

**STAYING
INFORMED
ENTERTAINED**



NU3A ZOOMING ALONG – WHAT ABOUT THOSE WHO AREN'T?

It is great to see so many NU3A members continuing to attend classes via Zoom and Google Meet, including a number who had been unable to attend face-to-face classes at the beginning of Term 3. We have even had new members join since moving courses to Zoom! BUT... almost one third of current members prefer activity classes that we have not been able to offer on Zoom, and with this in mind Colleen Potts (belly dance, tap, and stretch class tutor) has kindly provided some online options to get us ALL moving!

Term 4....

The NSW Government yesterday extended our lockdown for another two weeks. It seems very likely that there will have to be changes to the Term 4 Program – **if you would like to offer a course on Zoom** please contact us. Decisions will be made by your Committee and Program Team in late September – feedback welcome before then about how you are finding life in lockdown.

For those not Zooming:

Many members have taken on the challenge of learning to Zoom. Our Zoom licences have good cybersecurity, and there is always help available to learn if you have not yet taken advantage of the Zoom courses on offer and would like to. Just phone 0479 193 182 or email newcastleu3a.au@gmail.com and an experienced Zoomer will assist.

If you or other members you know of may be feeling disconnected and isolated, **please get in touch** or let us know!

EXERCISE ANYONE?

Hello

I would like to share some exercise ideas that are excellent for house hibernation. You can do them in your own family room. They were put on YouTube during lockdown 2020 and I have suggested them to my stretch and dance classes so they can stay flexible during Term breaks but they are great for everyone.

Schellea Fowler is a lovely young Aussie blonde who has posted on YouTube lots of exercise and indoor walk and stretch routines that you can follow along with her during isolation (just click on the link below).

[fabulous 50 exercises - YouTube](#)

Her 30 minute Indoor walk videos consist of 30 seconds of indoor walking or jogging on the spot (or around your room) followed by 30 seconds of a full body exercise. The time flies - because you are having fun.

Her 10 minute arm exercises are great - some with and some without weights. If you don't have weights you use a can of baked beans in each hand. They consist of 10 exercises - each exercise you do for 50 seconds with a 10 second break to roll your shoulders and recover before the next one. These do wonders for your arm strength.



She has exercise routines for 10, 15, 20 minutes that target specific body areas and stretch routines to finish off your home workout. Well worth looking at and having a go. You are sure to find something that suits you and your body will love it.

Happy exercising,

Colleen



ADDITIONAL COURSES ON ZOOM IN TERM 3

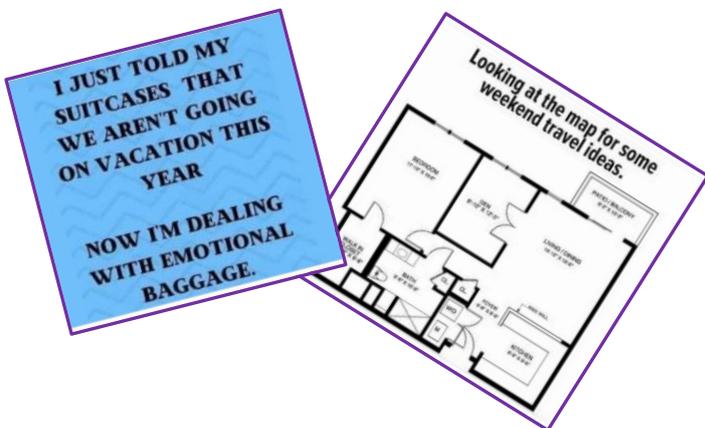
Julie Keating, who has published eight books on Newcastle in the 1800s, is presenting three Zoom sessions on this time frame in our early history. **Each Friday starting this week, 27th August, 10.00-11.30am.**

Please email nu3aenrolments@gmail.com to enrol and for Zoom details.

SESSION 1 (Aug 25): The first session will cover Women, not just in Newcastle but will include the development of the Australian legal system.

SESSION 2 (Sep 1): Government Services (covering post offices, schools, roads etc).

SESSION 3 (Sep 8): Will give an overview of residential architecture, from early miners' homes to substantial residences for the affluent in the community.



CALLING FOR CONTRIBUTIONS AND COURSE REPORTS FOR SPRING QUARTERLY NEWSLETTER

Please send in course reports from Term 3 and items of interest to members for the Spring Quarterly Newsletter, due for release at the end of Term 3 (that's just 2 weeks away!). Deadline for submission is midnight on Sunday 5th September - that's just 10 sleeps away – but what else are you going to do in lockdown??



Some perils of the English language

I take it you already know
Of tough and bough and cough and dough?
Others may stumble, but not you,
on hiccough, thorough, laugh and through.
Well done! And now you wish, perhaps,
to learn of less familiar traps?

Beware of heard, a dreadful word,
that looks like beard and sounds like bird.
And dead – it's said like bed not bead –
and for goodness' sake don't call it deed!
Watch out for meat and great and threat
(they rhyme with suite and straight and debt).

A moth is not the moth in mother,
nor both in bother, broth in brother.
And here is not a match for there,
nor dear and fear for bear and pear.
And then there's dose and rose and lose ---
just look them up – and goose and choose,
and cork and work and card and ward,
and font and front and word and sword,
and do and go and thwart and cart –
come, come I've hardly made a start.
A dreadful language? Man alive.
I'd mastered it when I was five.

HOW TO WEAR A MASK

(thanks Regal Cinema and Sonia Horner)



Trivia

1. What name is given to the study of volcanoes?
2. What colour is the background of the Eureka flag?
3. What superhero sidekick is known as Boy Wonder?
4. Which literary classic features the character Mr Toad?
5. How many wings does a butterfly have?
6. What European capital is often referred to as the City of Light?
7. How many tiles does each player pick up at the beginning of a game of Scrabble?
8. What is a baby crocodile called?
9. Who played the Penguin in the original television series of Batman?
10. What colour wine is produced by Verdelho grapes?



Trivia answers from #17

1. Canada and USA
2. 11
3. Vatican City
4. Scotland
5. Chad, Cuba, Fiji, Iran, Iraq, Laos, Mali, Niue, Oman, Peru, Togo
6. Ecuador
7. Romania
8. Mongolia
9. Zambia and Zimbabwe
10. Paraguay and Bolivia (navy)

The NSW Governments new 'Stay at home enforcement team'. Expected to be in full operation very soon.

