



NO INDOOR CLASSES BUT SOME OUTDOOR ACTIVITIES

The rapid opening up of the State and our region has meant that NU3A is able to cautiously offer some of the outdoor activities that were originally scheduled for Term 3 or Term 4: Two local history walks and the Nobby's Geology Walk will go ahead, and Barefoot Bowls has been rescheduled for Friday 26th November at Carrington Bowling Club.

Your Committee has confirmed that there will be no indoor classes for the rest of this year. This decision was made in light of:

- Ongoing number of new infections in Newcastle area.
- The health information that older people are still vulnerable to the disease, especially if they have a compromised immune system.
- The impost on our volunteers, of having to ensure that people attending indoor activities have been double-vaccinated.
- The very high cost of deep cleaning of a venue on each occasion, should someone attend and then be found to have been COVID positive!

Planning is under way to reopen classes as "normal" (whatever that is then) in Term 1 of 2022, including the Morpeth cruise early in Term 1.

Newcastle Morning Herald and Miners' Advocate

Saturday 22 October 1921

QUOITS

G. Bell and W. Tiplady will play a quoit match for £25 a side at the Merewether Beach tram terminus to-day. The finals of the quoit handicap will also be played.

TAKE CARE OUT THERE (WE KNOW YOU WILL!)

Members will be keen to see familiar faces again in person, and hopefully can get together with family and friends as the restrictions ease. We have had some "object lessons" of the need for NU3A members to continue to be cautious. Members find they have been to an exposure site or have met with extended family and then had a grandchild come down with COVID, and had to be tested and isolate for the required period. The current strain around in Newcastle and surrounds is VERY infectious! Happily, none of our members (yet) to our knowledge has tested positive – let's keep it that way!!

A bear walks into a bar and says, "Give me a whisky and ... and ... and ... and... and ... cola."

"Why the big pause?" asks the bartender. The bear shrugged. "I was born with them."

HOW ABOUT LEADING A COURSE NEXT YEAR??

The Program Coordination team is under way with planning the Program for Terms 1 and 2 of 2022. We expect many of the "regular" courses to be available, and we are always looking for new courses and volunteer leaders. Do you have something that you are passionate or knowledgeable about, or would just like to research and share with others? Anything from a single session to the full year! You don't need to be a qualified teacher, and all formats are possible from lecturing through to facilitating a discussion or giving a demonstration.

Interested? Please email nu3aprogram@gmail.com with a brief description and one of the Program team will contact you.

CALL FOR VOLUNTEERS – FREE IT MENTOR TRAINING

Susan Coggan, one of our generous NU3A tutors has organised this opportunity with husband Richard Coggan and Probus South Pacific through Stay in Touch (an organisation that gets Be Connected grants). Susan and Richard contacted Stay in Touch, who obtained permission from PSP for U3A to join.

This free training provides interested volunteers with the skills and material to mentor other NU3A members in the basics of being connected to the digital world (phones, tablets, social media, even Zoom...). The expectation is that a few mentors would be trained from each U3A to then support other members, either individually or as a course in the U3A Program.

As Susan says: “This is a wonderful opportunity that needs **immediate action**, as places are limited and workshops start in November.”

The flyer from Stay in Touch is below and details are at [Probus Club Technology Events \(stayintouch.net.au\)](http://Probus Club Technology Events (stayintouch.net.au)). If you are interested, PLEASE EMAIL newcastleu3a.au@gmail.com or phone 0479 193 182 as soon as possible so we can coordinate the response.

Become a Digital Mentor for your U3A Group!
An Australian Government funded program for Seniors and over 50s delivered by Stay In Touch

Would you like to help your U3A Group members and peers with basic tech skills on their devices?

This is a free 10 month program for 100 volunteers from Australian Probus Clubs and NSW U3A Groups. Technology skills are nice to have, but not essential. We teach you how to mentor, and provide you with a tech tool kit that you can use with your learners!

TRAINING PROGRAM INCLUDES:

FIRST: Digital Mentor Workshops
Attend 2 x 2.5 hour small group training workshops via Zoom.
6 workshops to choose from between November 2021 – December 2021.

FOLLOWED BY: Ongoing training and support (OPTIONAL):

- 6 monthly x 1.5 hour group meetings to continue learning and share experiences with other NSW U3A and Australian Probus Club volunteers
- 30 weekly x 30 minute tech tip group training sessions
- 3 x 2 hour specialised technology group training sessions
- Member of a Digital Mentor WhatsApp group to provide/receive support Held between December 2021 – July 2022.

To view the Information Session handout pack go to:
<https://www.stayintouch.net.au/volunteer-digital-mentors-2021>

Numbers are limited!

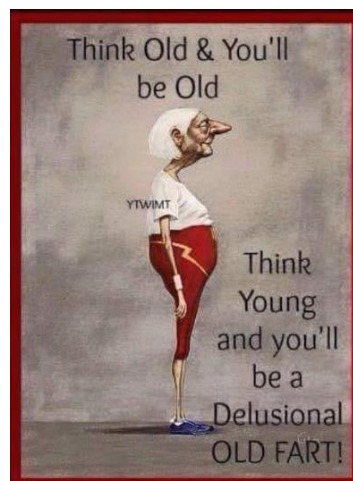
To BOOK into the program go to:
<https://www.stayintouch.net.au/probus-club-technology-events>

Trivia

1. Which side of the bed does superstition say is the wrong side?
2. What constellation contains the twins Castor and Pollux?
3. What three colours appear on the flag of France?
4. What are the names of Donald Duck’s nephews?
5. What is the minimum distance for a thoroughbred race in Australia?
6. What was the nationality of Pablo Picasso?
7. What is your star sign if your birthday is July 15?
8. On which day of the year did Miranda and her fellow students go on a picnic at Hanging Rock?
9. What is the northernmost country in continental South America?
10. What are the three orange streets on a Monopoly board?

TRIVIA answers (Spring newsletter)

1. The Louvre
2. Milk
3. The queen bee
4. Liver
5. The Twelve Days of Christmas
6. Painting
7. German measles
8. Maple leaf
9. Overture
10. Federation Cup
11. Munchkins
12. Contralto
13. Kinetic energy



14. Johnny Weismuller
15. 500
16. Othello
17. XC
18. Purple
19. Back to the Future
20. The Atlas Mountains
21. Keith Richards
22. France
23. When the wind changes
24. Operation Desert Storm