



MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

Number 8

July 2020

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FROM U3A MORELAND COMMITTEE OF MANAGEMENT

A different Term 2

Since the last Newsletter you received back in March we have all experienced a different time in Term 2, 2020. A lot has changed in our lives.

Throughout this time the Committee of Management endeavoured to keep in touch with our Members while COVID-19 restricted our operations.

Your involvement became possible as some Facilitators were quickly very active and began offering Programs on line – *Poetry, Games, and Sunday Lunch* groups started using Zoom with Members responding and joining in. Other Facilitators followed with online *Coffee, Cuppa and Chat, Big Issues, French Conversation, Movies Discussion Group, Painting and Drawing, and Exploring Global Challenges and Contentious Ideas.*

This was assisted with U3A Network Victoria offering the Victorian U3A movement a Go Online Zoom Support Package.

We accepted this offer and some very diligent



*U3A Moreland
Acting President,
John Lopatecki*

Members have given their time, energy and skills in establishing a Zoom Support Team.

They are available to offer assistance and training sessions for more Members to develop online skills and be able to join in.

While we are aware that not all our Members wish to, or can participate using online technology, it is the only option for indoor Programs presently. We are here to offer you every support if you wish to try. Do get in touch.

Also as health and social restrictions were somewhat eased, the outdoor Programs of *Nordic Walking, Bike Riding and Tennis* recommenced.

We will update you closer to the time on plans for Term 3, 2020 commencing Monday 13th July as we hope to expand our options for online and any possible outdoor Programs.

Meantime stay as safe, healthy, active and involved as possible.

*Sincere wishes,
U3A Moreland Committee of Management.*

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OUR COMMUNITY DURING THE COVID EMERGENCY

Nine U3A Moreland programs are running on Zoom. Sometimes we wish we could meet again like before, but the Zoom meetings do help keep us together.

We welcome your ideas for running Programs on Zoom. The Zoom Support Team give excellent training so that everyone can participate if they want to. Just get in touch.



*The Coffee Cuppa and Chat group meeting on Zoom.
Facilitator: Melinda Venticich
Photo: Deb Pace*

Surviving 'Rona' in 2020

As leader of both Nordic Walking and Bike Riding for U3A Moreland, it was strange not to be doing those activities on our regular fortnightly basis. It's not that we're best of friends within each group, but there are wonderful connections between each of the group members, and new reasons to connect being found with each outing. Some had like me, been walking and cycling, either alone or with partners; some had done very little, depending on their personal circumstances and outlook on this strange period of life.

After two months of lockdown, and the 'OK' from the Program Team that we could Nordic Walk (with a maximum of 10 in the group), off we went on May 28th, Coburg Lake to the Kodak site and back in a loop, great to be back. We've since been out again on June 11th, Clifton Hill to Dights Falls loop; and we'll be out again this week over in Ivanhoe.



Last week's Bike Ride, a loop from Coburg to Coburg Lake over 25km was great, with all participants happy to be back in the saddle as a group, whether they had ridden solo in the meantime or not. We bought take away coffee at the end, that we consumed just within sight of each other (such was the care in social distancing).

It's easy to maintain social distancing, whether Nordic Walking or Cycling, you can wear a mask if needed, we have hand sanitiser on hand if required, it's all OK. We're lucky to be an outdoors group, so we can be back!

Joel Matthews, Program Facilitator

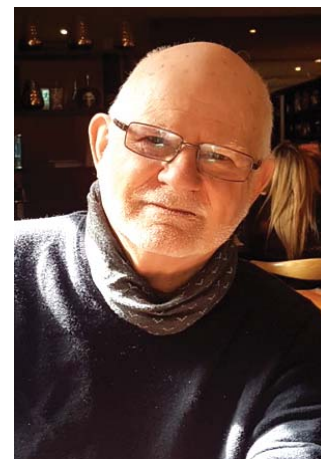
The Poetry Group, and a memoir

During the Covid emergency the U3A Moreland Poetry group has been discussing Australian poems both via Zoom and email so that everyone can join in. Participation has been high, and enthusiastic.

The Poetry Facilitator, Dr Michael Galvin, has also been working on a project of his own. *The Ben Book* is a memoir of the life and times of his son, Ben, who had the serious and disabling disease known as Duchenne Muscular Dystrophy (DMD), and passed away in 2007 aged 22.

Michael said "A major goal was to document exactly what is involved in the day to day life of a young person with a serious physical disability such as DMD, and to offer reflections on this experience." The book is for anyone who has lost a child, as well as those involved in the disability community as clients, carers or professionals.

The Ben Book has been published by Ginninderra Press, in Adelaide. Further information is available from the author at michaelrossgalvin@gmail.com.



Facilitator:
Dr Michael Galvin

Christine Filiamundi

POSITION VACANT URGENT

CHIEF REPORTER

For this U3A Moreland newsletter to survive, the newsletter committee needs a new chief reporter.

Deb Pace has been filling this position, and more, since 2018, and now she needs to move on. We will miss her terribly because she was the one who got our newsletter started and she's done a great job keeping us on track.

The chief reporter's job is to collect the stories from around our U3A and beyond. The newsletter committee meets 3 or 4 times a year for planning.

Please consider applying. The pay's not too good (\$0), but you'll meet lots of wonderful U3A Members.

Let us know you're interested by sending an email to newsletter@u3amoreland.org.au. We need you.

Christine Filiamundi





The reimagined festival is online:
<https://www.seniorsonline.vic.gov.au/festivalsandawards>

While the government has cancelled the Seniors Festival in October as we have known it, already it is presenting it 'reimagined'. New entertainment performances from popular artists in music, dance, comedy, opera, storytelling and more are added each week. All performances are captioned too. Just go online <https://www.seniorsonline.vic.gov.au/festivalsandawards>

The weekly performances so far have been around these themes: Welcome; Love; Pride; Renegades and Game Changers; Nourishment; More than Human; and Peace and Place.

Check out their website for some entertainment.

COMING UP:

U3A Moreland AGM

Monday 13th July at 2.00pm

Lots of notices about this and how to be involved are coming your way.

Contact by email or phone if you need more information or if you need help to join in. We look forward to seeing you.

If you have a story to share with other members, wish to promote your group activities, or have feedback about our newsletter please feel free to email your ideas to the newsletter team at: newsletter@u3amoreland.org.au

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