



**MORELAND**  
UNIVERSITY OF THE THIRD AGE

# NEWSLETTER

Number 10

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## A WORD FROM THE PRESIDENT

### Greetings to each of you,

What an exciting time to be writing to you as we revel in the new COVID normal. For Term 2 we have nine face to face programs, a full range of seven outdoor and public space activities and some eight programs continuing on Zoom. We hope there is something for everybody. And the Annual General Meeting will be held this month.

All of us need to read and be familiar with the COVID Safe Plan on page 8 of the Term 2 Program Guide sent to all Members on March 30.



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### FOR YOUR CALENDAR

- 19 April *Term 2 starts*
- 21 April **3A Moreland AGM**  
*Via Zoom, 2pm*
- 25 June *Term 2 ends*

The Plan can also be found on the U3A Moreland website at <https://u3amoreland.org.au/category/latest-news/>.

**Our Annual General Meeting (AGM) will be held on Wednesday April 21 at 2.00pm via Zoom**, just 3 days short of the 6th anniversary of U3A Moreland's very first activities.

This is our second AGM on Zoom. While it's effective and convenient to meet on Zoom, there may be less zing than when we gather for cuppa and cake afterwards. But that does not make this AGM any less important. In fact it is a very important AGM. U3A Moreland successfully "pivoted" to deliver activities online, but our Committee did not survive COVID as well as our Programs.

Following a few resignations for various reasons, only 4 Members remain on the Committee and another is leaving shortly, moving away from Moreland. So we need Members to nominate for the Committee.

*continued next page ...*

*A word from the President, continued ...*

You don't need others to nominate you, you can nominate yourself. Do think about it.

Looking back, I congratulate all Members on what we achieved in the last 12 months. We, and I mean U3A Moreland Members, banded together via Zoom and telephone to support one another successfully through lockdown and the restriction periods. I imagine all of us had times when we felt isolated and lonely, but for me, seeing the familiar friendly faces of the regular Poetry, Games and Sunday Lunch Members added joy and a few laughs to my week. A surprise bonus came when Members joined new groups. Without leaving my house, I enjoyed the company of new friends.

While the majority of Members became Zoom users, this did not prevent keeping in touch,

## **A MEMBER'S REFLECTION ON 2020**

The past year challenged all of us and in many different ways, especially the lack of face to face contact with family and friends.

But there were also significant positive discoveries!

When it was no longer possible to meet face to face, U3A organised many get togethers on Zoom. I certainly was on a steep learning curve there, never having even heard of this thing called Zoom. And I was pretty sceptical about how on earth we could have a coffee get together, a film discussion, a French language class or a painting and drawing session on the computer. But - it worked!

And there were benefits. Not only did I feel virtuous at having learned a new trick in my 79th year, but more importantly I got to know the group participants so much better. In a face to face group, we often only get to talk with the people right next to us. The film discussions and the coffee sessions in busy cafés are not conducive to hearing all that is being said, especially for those of us whose hearing is no longer what it used to be! But on Zoom, we

via the phone and social media, with those Members who for whatever reasons did not join Zoom. We may not be "digital natives" but we certainly showed that we could "pivot" and master modern technology when the need arose.

Looking forward to seeing you at the AGM and in face to face activities in Term 2, 2021,

*Pauline O'Brien,  
Acting President, U3A Moreland.*



spoke only one at a time (mostly, that is!). We also had a chance to discuss the issues of the day and check in to make sure that we were all doing reasonably okay.

And then we had the Monday Matters sessions, really informative and interesting, plus the fun trivia events. And if that was not enough, we were also alerted to a series of interesting courses - Preventing Dementia and Living with Dementia, presented by the University of Tasmania. These Open Online Courses have given me a much clearer understanding of all the issues involved with this condition that affects so many in society. In fact, U3A activities filled up my diary pretty much throughout the year!

And all of this would not have been possible without the dedicated U3A organising Teams, the Facilitators of all the Programs, and the essential technical support from the Zoom Support Team.

For me, U3A has been a life saver and I am sure I speak for all of us when I say a heartfelt THANK YOU to everyone organising it all!

*Beryl Mulder*

## Together in the park at last ...

Maggie Bishop facilitated a final meeting of the 2020 poetry group to discuss "Girl, Woman, Other" by Bernadine Evaristo. By then, covid restrictions had loosened off, and members were able to meet in a park.



## DID YOU KNOW?

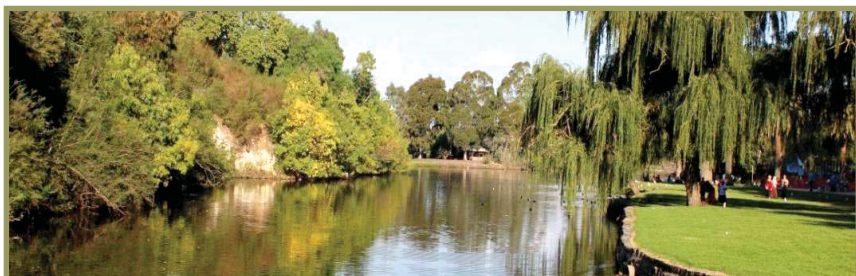
*A new regular feature brought to you by U3A Moreland's Zoom Support Team.*

On a PC or laptop, you can **switch between open pages or programs** by pressing **Alt-Tab**. Hold down the Alt key with your thumb then press Tab. It will take you to your most recent page or program - or if you continue to hold down Alt and press Tab, you can scroll across all open pages/programs until you reach what you're looking for.

For example, if you're working in Word and you want to look at your mail, just Alt-Tab across. This is much easier than minimising programs to get them out of the way

And a reminder - if you need help in using IT for U3A purposes, e.g. zoom sessions, email [info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com) and a Zoom Support Team member will be happy to help.

*Pauline Charleston, Zoom Support Team Coordinator*



## COBURG LAKE WALK, 2021

During Term 1, Coburg Lake Walks were enjoyed by all Members who attended.

Firstly we learnt about the history of the lake. It was constructed in 1915 as a weir on the Merri Creek, then became a popular swimming resort for the locals with diving boards and dressing sheds.

The local indigenous people once lived and hunted in the Merri Creek area. As we explored, we discovered a variety of birdlife belonging to the area such as ibis, swans, ducks, owls and even a heron.

There is interesting artwork throughout the park such as a fish sculpture dedicated to refugees and numerous mosaics displaying local wildlife.

We often finished with a coffee at the new Pentridge precinct, which was a pleasure to visit.

Blessed with some beautiful mild weather, our Coburg Lake explorations were a great way to start the week.

We look forward to reconvening in Term 2!

*Trish Jannu, Facilitator*

## FROM THE PROGRAM TEAM

The core of U3A are the Programs we manage to offer. Each Term the Program Guide rolls out and Members respond to what is offered.

So how does it all come together, what goes on behind the scenes?

Over time four Members have teamed up to form the Program Team. They explore all possibilities for Programs, implore Members to contribute their skills and knowledge, and seek to bring variety, joy and challenge to Members' lives. Their work requires some inspiration, much attention to detail,

numerous emails, and more than a few hours of exchanges and meetings. It's all part of the U3A Moreland Program coming together. We do of course give our software administrator the ever competent Simon Ransome lots of work loading the Program onto our Membership data base for you to access, so you can make your choices and participate.

There's nothing like team work to get things done.

*The Program Team*

## Computer and technology classes with Moreland Libraries

- Do you have questions about using computers, phones or devices?
- Navigating health information online?
- How do we know what to trust online? How to keep yourself safer online?

If this is you, make a booking at a time that suits you.

Call 9389 8603 or email [learnmore@moreland.vic.gov.au](mailto:learnmore@moreland.vic.gov.au)



**Moreland**  
City Council



***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](mailto:newsletter@u3amoreland.org.au)***

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