

March 2020

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## President's Post

Thankyou everyone for your patience and understanding throughout this time that we have had to go into voluntary self-isolation and shutting down our U3A. This situation will continue, so do make contact with other members.

Ann Findlay our Secretary asks me to draw attention to Friday Yoga with Christine now operating on Skype, Jan Matthews is running the Book Club on Skype too and Tim with the Art group is sharing our efforts with other members. I have just heard that Mandarin is also going on Skype. Thanks for keeping our members connected.

We will keep you up to date with what is going on and hope that none of you are negatively affected by COVID-19. Stay well.

*Judy Cox, President*

## Your group Contributions

Recently I asked for contributions from your groups and your tutors have replied overwhelmingly. I have decided to eke these out with three published this month. These three were the 1st three in to me so there was no favouritism.

Maureen our Editor has included these in this the March edition.

### Memories 2016



*Judy Cox and Maribel Steel at Burnley Gardens*

**Lockdown** by Tony Danino is attached and worth going through. To quote 'we need to keep in regular contact with family and friends using our Smartphones and Tablets'.

So, we have prepared the attached information sheet to help you learn about **WhatsApp**, **Skype**, **Facebook Messenger** and other Apps (applications), which you can use to communicate, both locally and internationally. Remaining engaged with others is essential during the challenging times ahead.

**See Tony's attachment.**

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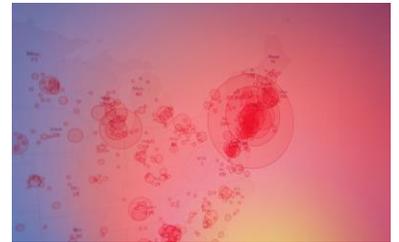
## COVID-19

## SOME IDEAS

**Nature is important:** If you can go outside safely, and without interacting with others or touching infected surfaces, remember that humans need outdoor time.

**Beating loneliness:** Writer **Amanda Ripley** urges everyone, parents and kids included, to do these four things daily to ward off debilitating loneliness while we're stuck at home:

1. Exercise.
2. Actually talk to friends by phone (not text them) several times a day.
3. Practice meditation/mindfulness.
4. Do something small to help someone else.



**Our story:** As we walk around our suburb, diligently avoiding close contact with others we call out 'good morning' or 'stay well'.

People, even those we have not met before including tradies, look up, smile and wish us well too. Such good vibes emanate.

## Drawing and Water Colour Painting for the Novice

### Timothy Tsui Tutor

“Drawing & Water Colour Painting for The Novice” is a new class in 2020. It is designed for those members who are interested in art but do not know how to start. The course will run through drawing with pencil, charcoal, ink, and other medium, and finally finish in water colour. The class is limited to 10 positions. They were quickly filled at the beginning of the class. In the first 5 lessons so far, we had gone through mainly the theory of drawing, including the basic materials, their property and usage, the elements of proportion, perspective, light & shadows, and textures applicable to drawing. For each element the tutor did a quick and simple drawing to illustrate how it is done with a pencil. Then every member student did a drawing on the same object. They showed great interest and full attention in the topics and produced good drawings.

*Timothy Tsui is an experienced artist having displayed many of his works created through drawings and watercolours.*

*In 2019 Tim sold a fabulous piece at an art show. We were delighted to have him demonstrate his work at the U3A Wheelers Hill open day.*

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## Knitting

### Merle Arendze Tutor

Some info re our knitting class.

We have seven really lovely ladies in the group. Their knitting experience is at different levels. One lady learned about knit and purl for the first time. However at the end of our first session she was very proud of herself and she is doing very well.

It's a great ladies group. We have our cuppa at 11am with lots of chatting and laughter. Thanks again for your generous donation of wool and needles.

It has come in very handy. 😊

*Merle Arendze approached us to ask whether she could start a Knitting group. As you can see it has already become quite a success.*



## Electric Musical Keyboard News

### by Graeme Kinzett

"Learn to play the electric musical keyboard class has gone gangbusters with last year's number of 12 active members to 22 this year.

For people who cannot read or play music, this class shows you how to play your first 2 or 3 tunes in your first class.

U3A has 2 keyboards for people to try first. If you wish to continue, you can either bring your own keyboard or Yamaha has a keyboard suitable for beginner through to experienced player for about \$300.

Classes are every Tuesday from 10 am to 12 noon with a short break for morning tea."

*Graeme Kinzett has had many years of experience running classes such as this, having done so for several years, prior to joining U3A Wheelers Hill.*

## QUOTE FOR THE MONTH

