



Newsletter

December 2020

Lake Macquarie U3A Inc, PO Box 782, TORONTO NSW 2283

Email: secretary@lakemacquarie.u3anet.org.au Website: lakemacquarie.u3anet.org.au

Patron: Greg Piper MP

From Your Retiring President . . .

Goodbye to 2020 and the U3A year that barely was. Let's get back to attending our favourite courses and seeing those people we've missed. Covid-19 means adapting to changes in class size. At the moment (time of writing is 1 December) social distancing rules require limiting the number of people in an indoor room, or one person per 2 square metres. Allocation to courses will favour those who have previously been enrolled in that course. To make allocation as fair as possible the number of course applications per member will be capped at five per person (excluding the Wednesday talks). We hope these size restrictions improve but be assured we will respond quickly when they do.

There is another major change – ***for those members who were financial in 2020, the membership application fee for 2021 is \$30.00 per member.***

Normally at this time of year we hold our Annual General Meeting during which the treasurer presents the financial report and, amongst other things, we elect members of the committee for the ensuing year. Because of the unique situation that prevails, NSW Fair Trading has announced it will allow Associations such as ours to postpone our 2020 AGM to a time when restrictions on the size of gatherings (such as the AGM) are lifted. Alternatively, the next AGM may be held at the end of 2021; that is, on the same date and at the same place and time as the 2021 AGM is due to be held. However, we have decided to provide a summary of our 2020 financial accounts with this newsletter.

Because we cannot hold our AGM as usual and because some members of our committee wish to retire from the roles they have filled for the past 12 months or more, the committee has decided to avail itself of the provisions of our Constitution and accept the resignations of those people. The effect of this, in each case, is that a vacancy is created. That vacancy may be filled by members appointed by the committee. Our Constitution stipulates that such appointments will be valid until the next AGM is held. To be specific, the following office bearers and/or committee members have resigned and the people appointed as their replacements are listed below:

	Retiring	Replaced By
Office Bearers		
President	Colleen Neary	Rosalie Menzies
Vice President	Christine Peel	Pauline Wiche
Secretary	Pauline Wiche	Margaret Rose
Treasurer	Dearne Hawkins	Diana Emerton
Committee		
Venues	Roger Irving	Pam Bradford, who will also act as Assistant Treasurer
General Member	Robyn Dampney	

Other positions remain unchanged. On your behalf I thank committee members for being prepared to take on a new challenge.

My tenure as president is almost done. I want all members of Lake Macquarie U3A to know how hard the committee worked this year. Covid upset every plan we made but each term we were game ready to produce. We were always aware that members wanted to come back to play, to learn and be together and I can't thank everyone enough for keeping cheerful and positive and, above all, flexible. Thanks also to course leaders who remained committed despite the uncertainty. 2021 looks promising!

IMPORTANT: We are very aware of the dangers facing our age group and we've kept abreast of state and national rules. It is not the role of course leaders, course clerks and committee members to keep everyone safe - it is yours and mine. Every venue you attend will have rules; please make yourself aware of them and observe them. Use hand sanitiser and wear masks if it seems sensible. Just stay safe. The spikes in Victoria and South Australia have been a bleak reminder that complacency is a deadly position to take.

Thank you for the privilege of being your president.

Colleen Neary
Retiring President



From Your New President . . .

Hello fellow U3A members

My name is Rosalie Menzies and I am very honoured to have been nominated to take up the position of President - Lake Macquarie U3A for 2021. I will have big shoes to fill with the resignation of our current President, Colleen Neary, but I am looking forward to accepting this challenge knowing I will be supported by a very hard-working, committed and experienced committee.

I have been a member of Lake Mac U3A since my retiring here with my husband, Rod, in 2013. I have taken courses in many different areas ranging from the physical (Balance 'n' Bones, Chair Yoga, Line Dancing and Table Tennis), to the musical (Ukulele, Recorder), to the more mental ones (Keeping the Marbles Rolling, as well as several courses with John Carr looking at philosophical and psychological issues). A wonderful by-product of all this has been the opportunity for the marvellous social contact and development of great friendships. Research indicates that keeping active physically, mentally and socially is the best way to age happily and U3A certainly provides enormous opportunity to do this.

My background is in education working as a teacher in mainly the primary setting, but also in the secondary and, in the last 14 years of my career, also in the tertiary setting. It has been a most satisfying career moving from working in one Ipswich school to presenting voluntary workshops in the Ipswich district, to being seconded into head office of Education Queensland and working as a project officer for Commonwealth Projects on a state level and finally moving to Canberra to work on developing a financial literacy program at the national level. So I have much experience in heading committees, running meetings, organising and presenting at conferences and liaising with people from across all sections of the community.

So, although retirement is very enjoyable, I am feeling I would now quite like to take on another challenge and that is why I was excited when this opportunity came up.

A bit about me personally. I'm married, had two sons but my eldest passed away in 2018 after a long illness, and have seven delightful grandchildren – four in Queensland and three on the Central Coast.

I started life in Holland and migrated to Australia in 1958. Here we started off in Wollongong where I did most of my primary and secondary schooling. We then moved to Sydney where I did my teacher training. I lived in Sydney until I was 34, moved to the Blue Mountains where my love for bush walking started, then on to Queensland when I was 38. I had 20 wonderful years up there, but work drew me to ASIC in Canberra where I worked until my retirement in 2013. Now, I'm keeping fit with three gym sessions a week, tennis, table tennis, swimming and, of course, being Dutch, bike riding. Rod and I belong to a walking club and then there is also the book club. So, as you can see, I like staying busy!

I am looking forward to our new year at U3A, enjoying old and new courses, renewing acquaintances and meeting members old and new.

Rosalie Menzies

President—2021

MEMBER ENQUIRIES

For all enquiries, please contact

Phone 0490 367 591

Monday to Friday 9:00 am - 5:00 pm only

or

Email

memberliaison@lakemacquarie.u3anet.org.au

or

Online

lakemacquarie.u3anet.org.au/contact-us

Financial Report as at 31 October 2020

***This represents the financial position as at the end
of our financial year***

LMU3A RECEIPTS AND PAYMENTS SUMMARY				
AS AT 31 October 2020				
RECEIPTS	OCTOBER	YTD	ASSETS	
Cheques Cleared	\$0.00	\$0.00	Cheque Account at Start of Month	\$9,371.48
Excursion Income	\$0.00	\$0.00	TD 703938505	\$21,931.91
Function Income	\$0.00	\$761.35	TD 877939006	\$7,531.59
GST Refund	\$0.00	\$2,102.00	TD 732297700	\$10,529.87
Interest from Term Deposits	\$64.73	\$443.07	TD TD540435507	\$25,000.00
Member Fees	\$0.00	\$44,520.00		
Miscellaneous	\$0.00	\$2,290.00		
Non U3A Related Income	\$0.00	\$446.10		
Overpaid Refund Pending	\$0.00	\$0.00		
TOTAL INCOME	\$64.73	\$50,562.52	TOTAL ASSETS at start of month	\$74,364.85
PAYMENTS				
Capital Purchases	\$0.00	\$1,676.95	Members Cash Funds at Oct 01, 2020	\$74,364.85
Excursion Expenses	\$0.00	\$0.00	Add Cash Deficit at Oct 31, 2020	-\$30.27
Excursion Refund	\$0.00	\$0.00	Members Accumulated Funds at Oct 31, 2020	\$74,334.58
Filing Fees	\$0.00	\$0.00		
Function Expenses	\$0.00	\$1,324.38		
Function Refund	\$0.00	\$0.00		
Insurance	\$0.00	\$555.60		
Member Refund	\$0.00	\$540.00		
Network	\$0.00	\$1,161.01		
Phone & Postage	\$0.00	\$930.51	MEMBER PAYMENTS RECEIVED (recorded in financial DB)	
Printing & Stationery	\$95.00	\$936.45	Current Month	0
Refund	\$0.00	\$2,285.00	less Current Month Refunded	0
Other*	\$0.00	\$25,695.10	Total Members for Month	0
RENT				
Anglican Hall	\$0.00	\$2,970.52	YTD.	742
Bolton Point	\$0.00	\$1,600.25	less YTD Refunded	9
Booragul Uniting Church Hall	\$0.00	\$0.00	Total Members YTD	733
Bridge Club	\$0.00	\$315.00		
LMCC Library	\$0.00	\$4,624.75		
KC Dance HQ	\$0.00	\$660.00		
MPC	\$0.00	\$5,027.00		
Teralba Hall	\$0.00	\$900.90		
The Hub	\$0.00	\$1,640.00		
Woodrising	\$0.00	\$594.00		
TOTAL PAYMENTS	\$95.00	\$53,437.42		
OPERATING SURPLUS/DEFICIT	-\$30.27	-\$2,874.90		
Income Verification	\$64.73	\$9,371.48	Start Balance Verification	
Payments Verification	\$95.00	\$9,341.21	Bank End Balance Verification	
	-\$30.27	-\$30.27	Months Income/Expenses and Bank Balance differences reconcile	

* This represents a \$25,000 transfer to a term deposit

Dates For 2021

Term 1:	Monday 8 February - Friday 26 March
<i>Good Friday:</i>	<i>2 April</i>
<i>Easter Monday:</i>	<i>5 April</i>
Term 2:	Monday 26 April - Friday 25 June
<i>Queen's Birthday:</i>	<i>Monday 14 June</i>
Term 3:	Monday 19 July - Friday 17 September
Term 4:	Monday 11 October - Friday 3 December

LMU3A 2021 Semester 1 Program

In this special December newsletter, we wanted to let you know that our program for Semester 1 has been completed and will be forwarded to members early in January. It is a full program with plenty to offer. Most of your favourite courses are back, together with a host of new and interesting ones. There are two great excursions on offer.

So take it easy over December, have a wonderful Festive Season and prepare yourselves for a full and exciting LMU3A in 2021. Some courses will initially have reduced enrolments but these may be increased throughout the year if it is possible and the demand is there; some course venues have been changed to allow for distancing and Covid restrictions have been taken into account; we will wait and see how everything evolves and adjust accordingly.

Rest assured - Lake Macquarie U3A will be back in the coming year to keep you economically educated, entertained and energised!

Joy Norris
Program Coordinator



Passing on the Baton

After seven years of service, three as secretary, three as president and one as vice president, I am now ready to hand on the baton to a brand new president, a worldly-wise and very talented vice president and a great new and on-going familiar committee.

It has been a MOST interesting experience and one I shall not forget ... good for the little grey cells and wonderful meeting so many members and making new friends!

You are in safe hands and the good ship LMU3A is set to sail again in 2021 with a rich and talented crew plus an excellent program to tempt body and mind.

I am just adding a little photo as a tribute to some very fine gals who have served long and well on your committee. They are, of course, (from left to right) Pauline Wiche, yours truly, Colleen Neary and Robyn Dampney.

Christine Peel
Retiring Vice President

Bev Cowdroy—Premier’s Award for Outstanding Community Service



Our congratulations to Bev Cowdroy, shown here receiving her Premier’s Award for Outstanding Community Service from Greg Piper, MP.

Bev joined LMU3A in 2000 and quickly put her hand up to help on the committee. She acted as our membership coordinator for three years from 2001 to 2004, a position which helped increase numbers in our membership. She then took on the demanding role as vice president in 2006.

Bev’s passion was music and in 2010 she began her *Listening to Classical Music* classes in her own home, which proved to be a great success and were extremely popular with our members. In 2011 she presented a *Spring Concert Series* at the Anglican Church Hall in Toronto, followed by *Classical Music Pot Pourri* in 2012, *Great American Song Book* in 2013 and *Listening and Learning From Classical Music* in 2014.

Also contributing to the awarding of this honour were Bev’s other activities, particularly her executive roles with Toronto Day Centre for over 20 years, Toronto Uniting Church Pastoral Care organisation for 40 years and her position over many years as parish secretary for the Uniting Church where she is also an Elder.

We congratulate Bev on this well-deserved award.

Rob Cowdroy, Pauline Wiche, Colleen Neary

Together In Solitude: The Challenge

© Jennifer N Evensen

If you're anxious that all have been asked to stay home,
Take comfort in knowing you are not alone.

Tonight at 8, wherever you are,
Gaze up at the sky and pick out a star.

A moment alone or with people you love,
We all share the beautiful sky high above.

Take 30 seconds, be still in your mind;
Reflect on a happy, most memorable time.

The littlest things can give hearts a lift;
If we pause, take a moment, and cherish our gifts.

***Reproduced with permission of author and Family
Friend Poems***

Retirement of Jan Heath and Denise Sewang



Jan (on the left) and Denise



The circle in Speers Point Park

Many LMU3A members have had the joy of being part of the Peace and Circle Dance class, which has been running for well over 10 years. Our wonderful teachers, Denise and Jan, have decided it is time to retire. It has been a delight to be led by Denise and Jan, whose patience, fabulous mix of music and steps, love and laughter have kept me and so many others dancing weekly in the circle. The group is full of positive energy thanks to their leadership and example.

My first foray into dance was with this group, uncoordinated, struggling to remember the pattern and steps I'd just been shown . . . it has been wonderful to find that part of my brain mostly works now!

Most of the current class gathered in Speers Point Park on 28 November for a farewell morning tea. It was such a pleasure to be able to thank Jan and Denise in person, and for all of us to see each other again.

The group will continue in 2021 with class members learning a couple of dances each to lead. Jan and Denise are sharing much of their library of dances and music with us, and giving us great encouragement to continue.

All the very best to both of you for the future.

With loving thanks from all your Peace and Circle Dance members, past and present.

Barbara Nudd

A Recently Unearthed Rudyard Kipling Poem

© John Boyne

If you can talk with crowds, but keep your distance,
Or walk with friends – nor lose the common touch,
If people stay away on your insistence,
If you can drink alone, but not too much.
If you can fill each unforgiving minute
With books and music, writing, song and dance,
Yours is the Earth and everything that's in it,
(Just cancel this year's holiday in France.)

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Some Complaints From Travellers About Tourist Attractions

Arthur's Seat in Scotland – 'Not a chair in sight.'

The Great Wall of China – 'It's too long.'

Abbey Road in London - 'I was told to check out the zebras crossing Abbey Road whilst in London, but didn't see any.' (A zebra crossing is simply the name for a type of pedestrian crossing in the UK.)

The Grand Canyon – 'Just an overblown sandy ditch.'

Ben Nevis, Scotland – 'Very steep and too high; nothing at the top; cloudy at the top.'

Central Park, New York – 'Just some grass and trees.'

Stonehenge - 'Just a few rocks to look at and nothing to do. They should knock it down and build an arcade or funfair.'

Tumon Beach, Guam – 'Beach is too sandy.'

Big Ben – 'It's just a big clock.'

Eiffel Tower— 'Not as good as the Statue of Liberty.' Another described it as 'just a big hunk of rusty steel' and another was irate that the staff tried to speak to him in French 'but I don't speak French BECAUSE I'M A TOURIST!!!!'

Some Words of the (Very Strange) Year

Australian National Dictionary

Iso (abbreviation of isolation)

Macquarie Dictionary

Doomscrolling—scrolling through the barrage of bad news in 2020

Macquarie Dictionary—

Covidiot—a combination of Covid and idiot—especially popular after Melbourne was forced into a second lockdown, and defined as a person who refuses to follow health guidelines aimed at stopping the spread of the virus

People's Choice

Oxford Languages 2020

UK, Canada, Australia	Lockdown
USA	Shelter-in-place
UK, Singapore	Circuit breaker (see below)
Malaysia	MCO (movement control order)
Philippines	ECQ (enhanced community quarantine)

Dictionary.com

Pandemic (no explanation needed!)

Oxford English Dictionary

Several words which it describes as *Words of an Unprecedented Year*, including:

Bushfires

Covid-19

WFH (work from home)

Lockdown

Circuit-breaker (a tight set of restrictions designed to reverse the tide of the epidemic and bring the number of cases down)

Support bubbles (a support network which links 2 households)

Keyworkers

Furlough (unpaid leave)

Black Lives Matter

Moonshot (the UK government plan for frequent mass testing of 10 million people per day, except the technology did not exist—as ambitious as any space project)

Anthropause (the global slowdown of travel and other human activity and the subsequent welcome consequences, such as a decrease in light and noise pollution and being able to hear nature such as bird song)

Curtains or . . . ?



Selling for £5.99 (\$11.00), these curtains sold by Argos in the UK became the butt of shoppers' jokes for 'looking like cigarettes'

