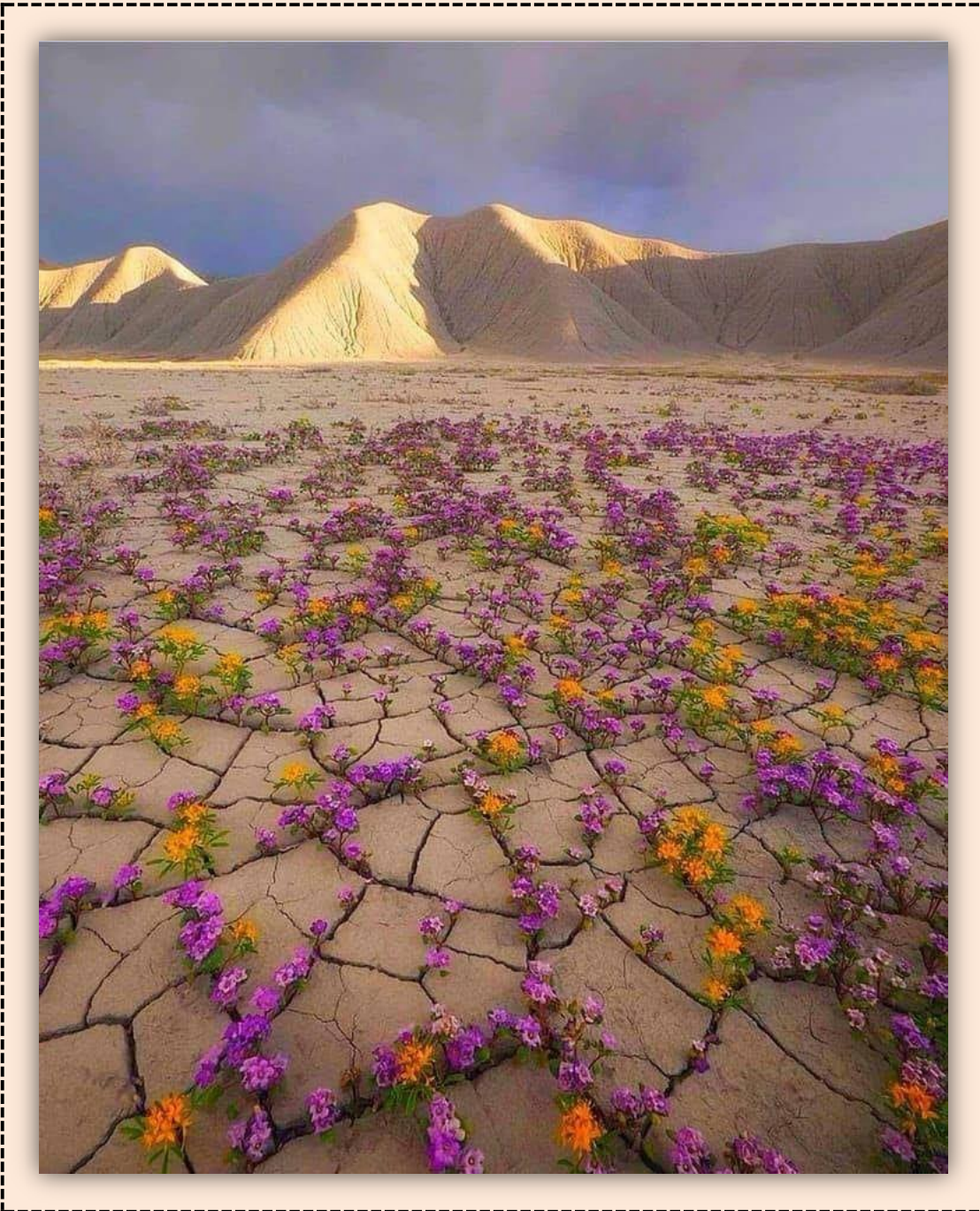
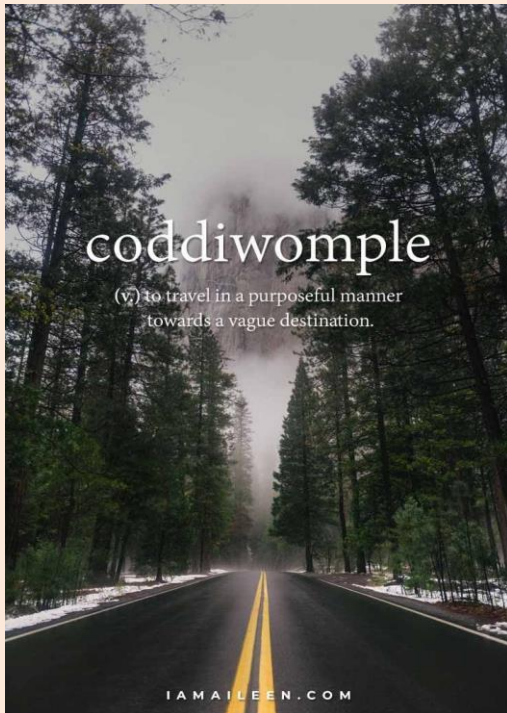


U3A July Lockdown News



The Atacama Desert in South America covers a 1,000-km strip of land and is one of the driest places in the world and the only true desert to receive less precipitation than the polar deserts. Wikipedia

Welcome everyone, to our July news edition. Would you believe that such beauty could come from a previously parched and cracked landscape? Yet even dry, arid land can return to life- just as we will do when the Covid scare is over. 😊



Thank you for all of the warm responses to the last News. It is much appreciated! I might even feel a little guilty about this issue as I am going to ask that we consider how to move out of our Lockdown lethargy to think about ways to begin reconnecting. Especially as it seems that we may have spent the last months merely **Coddiwompling** (see insert (L))

The holiday feeling was good but it could be a while before we can meet up with fellow members in our old groups. So, let's use this time to explore new ideas. These would include "distanced" U3A groups, run via email, phone or methods such as Whatsapp, Skype or

Zoom -which are currently used by members to keep in touch with family, friends and chosen groups. (I can hear some groans here- but don't stop reading -techie resistance and all ideas for and against are valid-let's hear it.)

Overseas U3As have had great fun and success with Zoom. This prompted local member Johann Rothmann, assisted by Mike Reynolds to put together training sessions for Helderberg U3Aers. A number of our group leaders are taking up the challenge of learning how to attend and run a Zoom meeting, opening new avenues for staying in touch with members and for continuing courses. It's both exciting and exhilarating to move forward like this and to stay connected. Thanks to Johan and Mike for offering this course. GOOD NEWS: Members will also have the chance to take this training with Mike and Johan. Peter Moore will be sending out details via group email. Keep Alert and Don't miss out!

Meanwhile, well done to our Art group members who are keeping in touch and sharing art etc. as Petra and Una keep the group going with challenges. New members are welcome to join. If any other groups are doing similar things - let us know how that works for you. 😊

Our other creative members must have had fun and time to work during lockdown. It would be lovely to see some of their work but we have few creative groups on our U3A course list -perhaps it is time to change that???



Looking ahead: Where is your 'happy place' during lockdown? Mine has to be my garden- clipping, potting and talking to my neglected 'green friends'. Second place would be sorting old photographs and reminiscing – Considering these choices, I have decided where I can offer to do my 'bit' for U3A. With or without a garden, if you would like to be part of a virtual gardening group – get in touch.

When I get Up From My Chair

by Pam Ayres

Quiet please! Kindly don't impede my
concentration
I am sitting in the garden thinking
thoughts of propagation
Of sowing and of nurturing the fruits my
work will bear
And the place won't know what's hit it
Once I get up from my chair.



I'm at the planning stages now, if you should need to ask
And if I'm looking weary, it's the rigours of the task
While the creation of a garden is a strain, as you can guess
So if my eyes should close, it isn't sleep of course, it's stress.

Oh, the mower I will cherish, and the tools I will oil
The dark, nutritious compost I will stroke into the soil
My sacrifice, devotion and heroic aftercare
Will leave you green with envy
Once I get up from my chair.

I've got lots of leeks to dibble and my runner beans to stake
And I want everything hung up – the garden hoe, the garden rake
I'll disinfect the green house, when I've finished in the shed
Then, beside my faded roses, I will snip off every head.

I will excavate the bindweed, treat the moss upon the lawn
That hairy bitter cress will curse the day that it was born
I will rise against the foe, and in the fight we will be matched
And the cabbage caterpillars they will curse the day they hatched.

Oh, the branches I will layer and the cuttings I will take
Let other fellows dig a pond.... I shall dig a LAKE.

My garden – what a showpiece!
There'll be pilgrims come to stare
And I'll bow and take the credit
Once I get up from my chair.

As we continue thoughts of possible home based courses here is some 'background 'information. The special borders used in this July issue were chosen to demonstrate some of the effects that were explored, months ago, with the 'Storytelling with Pictures' group. Our first experience of working from one of Australia's 'online' courses was a huge success. (NB: They are not really online- we received the material as pdf files – more like notes to work from.)



"Three sisters." What will you choose? Contact me for more details.

From being mere novices, we laughed and shared discoveries as we learned to master our computers and create wonderful short stories relating to our chosen pictures – all now beautifully showcased.

If any members would like to try the Storytelling with Pictures course at home, I am happy to put together this 'virtual' course. Maybe our past graduates would like to add their ideas and expertise.☺ My already chosen, first Picture Story will be about

.....Although Technology can be intimidating and feel completely foreign, once we master some fundamentals, it is just like absorbing any other new skill. Becoming more familiar with our computers and phones opens new worlds for us to enjoy.

To help us reach that mastery, over the last weeks we have gleaned lots of useful references. This highly recommended site seems easy and is packed with a wealth of varied information and instructions. It is especially useful as you can do this at home –at your own speed and comfort.

[Free Technology Tutorials at GCFGlobal](#)

edu.gcfglobal.org › [subjects](#) › [tech](#)

1. If hearing computer speak seems just like a foreign language
You want a site allowing you to go at your own pace.
We recommend GCFLearnFree.org, which is free of charge and supported by the Goodwill Community Foundation. Another free website that teaches seniors basic computer skills is TechBoomers.com.



Whilst the opportunity to virtually explore beautiful gardens, go on safari, go hiking in countries around the world, visit mountains, oceans and ice worlds has held its own pleasure and beauty, our outdoor groups are ready at the starting gate, waiting for the chance to get back out into their real world.

If you want to register with the group -to be added to their mailing list and be kept informed of start dates, just get contact details from the course list or the U3A website.

Tourism release is sadly but understandably taking more time so our Explore group has to watch and wait. I hope members are also taking some virtual trips and excursions. Maybe groups could watch the same virtual tour in their own homes and discuss it later –on the phone or via email-even Zoom- after the course!

I have rambled sufficiently now – so I am going to sign off and ask you to give some thought to new ways of keeping in touch and connected. Keep safe everyone – we are still in the woods, not safely out of them -whether we wish it or not. Judy Henry, News Editor ☺

"This was the pensioners' special hour.
I'd gone to get a bag of flour.
But I forgot, when through the door,
What I had gone to Waitrose for.
The Waitrose staff are extra kind.
I told them it had slipped my mind.
They asked what else I had forgot
They clearly thought I'd lost the plot.
I phoned my wife again to ask.
She reminded me of this special task:

"I need some flour to bake a cake
With all that cream you made me
take."
"Ah yes, I recall" I had to lie.
I dared not ask what flower to buy
But then I saw them, next the tills
A bunch of golden daffodils!



A. Childs

Please Remember

As businesses start to reopen, please understand they may have just survived one of the hardest professional and personal challenges they've ever faced.

While they're excited to open, the owners and employees are still stressed. They're not through the woods yet.

Please don't go to these businesses and complain about changes that were forced upon them due to lost revenue, lost employees, new policies and protocols. They don't have the same business they had 2 months ago.

They're doing everything they can to adapt to the situation. But everything is different for them.

Be kind. Be compassionate. Have patience.

They're still trying to recover from battle number one and their next battle of rebuilding has just begun.

Support local.