

Taradale U3A Newsletter

April 2020

taradaleu3a.org.nz



PRESIDENT PETER'S PONDERINGS

One of the positive aspects of the self-isolation regime currently afflicting us is the ability to communicate relatively freely with those we are close to through the wonder that is modern communications technology. While the process of setting up some of this technology has occasionally caused clenched teeth, slammed doors and, dare I say it, muffled words and expressions many of us would rather not hear, the resulting online meetings with family and friends are very fulfilling.



Many U3A groups are using technology to continue their regular meetings and to pose occasional tasks to keep idle minds occupied. The internet also allows production of a newsletter which can be read by most U3A members. The downside, however, is that for the current version we are unable to reproduce it in hard copy due to the limitations of the lockdown regime. If you are able to share your copy with anyone you know not able to receive it via email, without breaking the lockdown rules, of course, it would be greatly appreciated.

Stay safe, everybody! **President Peter**



This is a special email-only edition of our newsletter, just to keep in touch with our members and assure you we are all thinking of everyone and hoping you are managing in this time of self-isolation and small “bubbles”. Do keep in touch with each other by phone or email or video calls, and we look forward to the days when our various groups can begin meeting again. If you are in contact with any U3A members who do not have email – please let them know that your Committee is thinking of them too even though we are not able to send out hard copies of the newsletter to them.

NEW ZEALAND IS MOVING TO ALERT LEVEL 3 AT 11:59PM ON MONDAY 27 APRIL 2020.

Under Alert Level 3 we will still have significant restrictions on our day-to-day lives. The risk of COVID-19 has diminished, but it has not gone away.

Older people and those with underlying medical conditions are at a higher-risk of severe illness. At Alert Level 3, you should still avoid the supermarket. Ask others to deliver your supermarket shop, or order online. Limiting our interactions with others will still be our best defence against COVID-19, so we should all continue to stay home as much as possible.

Under Alert Level 3, seniors can:

- ✚ Extend their 'bubble' carefully, for example by letting close family or a caregiver into their home.
- ✚ Go to a local beach or park for fresh air and exercise.
- ✚ Shop for essential services such as at the chemist or supermarket.
- ✚ Take children to school if they are caregivers.
- ✚ Volunteer or go to work if they cannot do this from home and it is safe.
- ✚ Attend permitted gatherings of up to 10 people for wedding services, funerals and tangihanga. Physical distancing and public health measures must be maintained.
- ✚ Get meals or other products delivered if it can be contactless.
- ✚ Access some home help, such as house cleaning that might be available.

And:

- ✚ Public venues such as libraries, museums, cinemas, food courts, gyms, pools, playgrounds, markets will still be closed.
- ✚ Healthcare services will use virtual, non-contact consultations where possible.
- ✚ Inter-regional travel will still be highly limited (e.g. for essential workers, with limited exemptions for others).

U3A IN ALERT LEVEL THREE

So - for those of us in the U3A age-group, Level 3 won't look much different to Level 4 ... still restricted to home except for essential trips to such as the Chemist, the Doctor or for groceries; maintaining our physical distance from other people outside our own bubble; no meetings; lots of emails, phone or video calls to keep in touch with family and friends; and hoping that the success of New Zealand's efforts to contain Covid19 will continue.

Your Committee will be meeting (on-line, of course) in mid-May to talk about how and when Taradale U3A might gradually resume gatherings once the COVID19 Alert Levels drop sufficiently.

In the meantime – we encourage you to think of creative ways for your Group/s to keep in touch and perhaps do some Group activities ... below are a few snippets from some of our Committee members and Convenors about what their groups have been doing during the past few weeks in lockdown.



Our **FRENCH GROUP** (Upper Conversational) are keeping in touch on our usual Friday meeting day by sending a group email in French, saying what we have been doing and any thoughts we may have about the situation. However to a certain extent our emails are becoming a bit repetitive because each week is fairly similar! Not much changes. Hopefully next week will give us a little more freedom - and we will have more to say. **Carol Dacey, convenor Ph: 845 1995**

GEOGRAPHY GROUP: Although the Geography Group wasn't able to meet in April, our convenors kept our minds active by sending out a short quiz about Waterways which is our theme for this year. It was pretty challenging!

Do you know the names of the world's three longest rivers? Nor did we, as the third longest was a big surprise. Thank you Tony and Christine - it was a fun way to keep the group in touch.

"WORDS, WORDS, WORDS".



We got off to a good start to the year with three meetings before lockdown. Franki James had prepared a wonderful information sheet, plus some activities connected to "April Fools Day" which we emailed or posted to our members by April 1. Since then Vic Chick has suggested some creative writing activities which will go out to all members shortly. I thought our members (and anyone else) might like to come up with as many four or more letter words from the letters in **APRIL LOCKDOWN**. I've come up with **138**. Any challengers? All the best for the next few weeks for those on their own, or unwell. Looking forward to getting together again. **Janice Hambly Ph: 844 8857**

Another **FRENCH GROUP** (Middle Conversational) has gone high-tech and continuing to meet by **Zoom App**.

We have been wearing different hats and talking about them, about teddy bears in windows and next week about where we would like to visit/return to in France once the world is safe to travel in again.

Lynn Lusby Ph: 845 4985



BON VIVANT

With many thanks to the IT assistance of Peter & Ann Green ably guided by Noel Mann, most **BON VIVANT** members have been meeting from their bubbles via the Duo App twice a week. Lots of interesting discussions and focus around what supermarket has stocks of garlic or where to source whiskey – after all, we are a food and wine group!



Yesterday (22/4) was our monthly meeting - which proceeded via Duo App and the subject was "**mould**". Being a creative and versatile bunch our offerings covered Mold (the village in Wales) Koji (the mould of Japan), the Jellyologist (wonderful picture of lamingtons), a beetroot mould, a brass mould, yoghurt mould, homemade wooden mouldings, several ceiling moulds, a botrytis wine, cheese and in the midst of it all a wonderful musical interlude on "mould" by one of our members who shall remain anonymous.

Pity we could not sample the delicious goodies we shared pictorially. **Sue Lambourn Ph: 845 1585**

REFLECTIONS FROM LOCKDOWN

With no Haircuts, I am starting to look like an original Beatle with a silver colouring to my hair. I am even waxing lyrical about it. I feel like I have been locked inside a "**Yellow Submarine**", for the best part of "**Eight Days a week**". I might even be described as looking like I've had a "**Hard Day's night**". My collar on my shirt disappears under my tail feathers. In fact, "**I am the Walrus**", is on my mind. It is getting so bad that I may have to "**Twist and Shout**". I may need "**Help**", but "**With a little help from my friends**", we will get through this. But "**Hey Jude**", "**I feel fine**". It's been a "**Long and winding road**" but, "**We can work it out**". I am just waiting to "**Get Back**", to normality, even "**Come Together**". Until then there is still "**Something in the way**" Covid-19 moves. It's hard to "**Imagine**", what its' going to be like, when this is all over. But, what do you know it, "**Here comes the sun**" I hope it "**Don't let me down.**" Maybe, it's going to be "**Strawberry Fields forever**". With all this time on my hands maybe I will become a "**Paperback Writer**". Until then it's "**Ob-La-Di, Ob-La Da**" in our Lockdown Bubble.

Cheers, Chris Geddis (apologies to Paul McCartney and John Lennon)

OUR DAILY WALK DURING LOCKDOWN:

"Ok dear . . . the dishes are all done we have made the bed . . . rubbish put out . . . so let's go for a walk since it is such a nice day."

So down our little street we go – left or right? We went left yesterday, so let's go right for a change down Orotu Drive. Lawns all nice and neat around here, and not a weed to be seen. Not many people about, but several cyclists pass - all keeping their distance. Here comes a couple out for a stroll like us. Automatically now we keep well left and they right as we near each other . . . *hello . . . fine day . . . coping well with the lock-down?? . . . yes – you too??* Isn't it nice how people now smile and greet each other in passing.

Oh look – several teddy bears in those windows – great how many families have taken to letting their teddy bears look at all the people passing by, staring in their windows. Even saw a penguin and a horse looking out. Turn the corner into Pacific Drive . . . wow - not a soul to be seen anywhere . . . have the Martians arrived and sucked everyone up??? Oh no – look – there is another person out over there weeding their garden, so stop and chat a bit – at a safe distance of course – Notice how quiet it is??? Very very few cars going by, the odd cyclist, but then you never hear them coming from behind – and no planes!! Well, not the big noisy ones.

Oh look – a hop-scotch some children have drawn on the footpath. Let’s try it “*I used to be rather good at this mumble mumble years ago*” . . . hop one hop two . . . whoops . . almost came to grief . . almost lost me balance so better to leave such things to the youngsters. Nice gardens over there, their lawns are very green. How do they manage it when ours looks like a patchwork with green and brown patches – unfair – perhaps if I had watered it more. Oh look – more teddy bears in several houses.

Ok, on the home straight now. We have completed several blocks, talked to four people, saw six cyclists, four cars and two people out jogging . . . what a busy neighbourhood we live in.

Home now, and time for a cuppa another walk tomorrow – wonder what we might see then???????

(We hope you are all enjoying your daily escapes too from the Newsletter Editors)



FROM A PREVIOUS PANDEMIC:

Photo taken during Spanish flu 1919



History repeats itself. Came across this poem written in 1869 by Kathleen O'Mara, reprinted during 1919 Pandemic.

And people stayed at home
 And read books
 And listened
 And they rested
 And did exercises
 And made art and played
 And learned new ways of being
 And stopped and listened
 More deeply
 Someone meditated, someone prayed
 Someone met their shadow
 And people began to think differently
 And people healed.
 And in the absence of people who
 Lived in ignorant ways
 Dangerous, meaningless and heartless,
 The earth also began to heal
 And when the danger ended and
 People found themselves
 They grieved for the dead
 And made new choices
 And dreamed of new visions
 And created new ways of living
 And completely healed the earth
 Just as they were healed.

Reprinted during Spanish flu
 Pandemic, 1919

Photo taken during Spanish flu 1919

LOCKDOWN CAN MAKE PEOPLE GO CRAZY

Just be careful because people are going crazy from being in lock down! Actually I've just been talking about this with the microwave & toaster while drinking coffee and all of us agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end the iron calmed me down as she said everything will be fine, no situation is too pressing. The hoover was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over!

The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me toyes, you guessed itpull myself together.



MORE LOCKDOWN

- Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.
- I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe.
- I need to practice social-distancing from the refrigerator.
- Still haven't decided where to go next weekend ----- The Living Room or The Bedroom
- Every few days try your jeans on just to make sure they fit. Pyjamas will have you believe all is well in the kingdom.
- Home-schooling is going well. Two students suspended for fighting and one teacher fired for drinking on the job.
- This morning I saw a neighbour talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog..... we laughed a lot.
- My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet.
- Day 5 of Home-schooling: One of these little monsters called in a bomb threat.
- I'm so excited --- it's time to take out the garbage. What should I wear?
- I hope the weather is good tomorrow for my trip to *Puerto Backyarda*. I'm getting tired of *Los Livingroom*.
- Classified Ad: Single man with toilet paper seeks woman with hand sanitizer for good clean fun.
- Day 6 of Home-schooling: My child just said "I hope I don't have the same teacher next year".



WANTED

Do you have some amusing tale about your lockdown experiences???

Have you learnt some new skill during lockdown???

Has your group done something new to keep in touch???

If so then we would love to hear from you for our next U3A newsletter.

Send your words of wisdom to us at newsletters@taradaleu3a.org.nz



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DATES TO REMEMBER: Keep watching this space -