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Hawkesbury Incorporated

Webpage: www.hawkesbury.u3anet.org.au

News from the Office –August 2021

PRESIDENTS REPORT.

Hello everyone. Best wishes from the Committee of Hawkesbury U3A. As conditions were changing daily, this Newsletter was delayed until the expected extension of the Lockdown was announced. September may be the month that sees resumption of classes and if this is the case, it will also be dependent on Tutors and Convenors being prepared to return.

Zoom classes have been held during the last few weeks as have emailed and phone activities by others which has kept a limited number of members involved.

Isolation is difficult, especially for those living alone, so contact is a good way of keeping spirits up.

This Delta virus is causing more anxiety for many, including those who prepare, print and send the Newsletter. Annette Haynes' willingness to visit the Post Office to post the mailed copies is appreciated.

I wish you all a time of safety and good health. If you are finding the road too bumpy, please ring and have a chat with me on 0413 805 595 or Jeanette on 0427 979 655.

Geoff Hatch JP
President

LOCKDOWN

This Lockdown has proved more challenging for some while others have taken the opportunity to catch up on tasks that have been put aside while more interesting activities were enjoyed. Many backyard sheds are being worked in, gardening tasks enjoyed, while inside, cobwebs discovered, those jobs that have been put aside until later have taken on another meaning – keeping busy! Listening to music can be very soothing and for me it is ABC Classic FM. Others have come up with new ways to entertain themselves. I have included a poem from Sue Robertson and a few thoughts from Laurie Forth. There is a wonderful idea from North Richmond Community Centre, the flyer for which is enclosed in this Newsletter.

Also included is the following from Jean Pitkin:

Here is a puzzle sent from my brother in UK. It is 'find the birds' in a made-up letter. While this is English and there are a few specifically British birds, the majority are generic. Answers on page 2.

How many birds can you spot?

Dear Ed,

Starting early, we took it easy, and at the Bell Inn Eton we picked up Jack Dawling and Ernest. One chatted a lot, so time passed swiftly, but rain on the motorway was a grave nuisance. After lunch I decided to hand over the wheel and steal an hour's sleep before reaching Ullswater at midnight in gale force winds. Next morning on to Scotland where our hotel was in as fine a glen as I have seen, with rushing stream at the bottom of a steep lover's lane. It is all that is now left of an old mill, but it is now renovated and very smart inside, no other one for miles around! Eric rows though awkwardly, leaving Anne to doze in the stern. Excellent food, though no good for taking off inches from the waist or keeping wide awake. Nothing is wanting except perhaps for regular kilts and pipers. *(If you find this too difficult, use the answers to 'find the word'.*

Love from all
Ardelle

Bird Quiz answers

1. Redstart
2. Kite
3. Linnet
4. Jackdaw
5. Gander
6. Stonechat
7. Swift
8. Raven
9. Dove
10. Teal
11. Gull
12. Nightingale
13. Eagle
14. Thrush
15. Plover
16. Owl
17. Tit
18. Wren
19. Martin
20. Heron
21. Crow
22. Hawk
23. Gannet
24. Tern
25. Finch
26. Stork
27. Swan
28. Lark
29. Sandpiper
30. Mallard

LOCKDOWN AGAIN!

Sue Robertson

(with apologies to Banjo Patterson)

There was movement in the
'burbs
'cause the word had got
around

That the Delta strain of Covid
was about

There was panic in the lab
As we rushed to get the jab
And everyone was stopped
from going out

Now as lockdown settled in
And we all got quite
depressed

Some thought we'd better
stock up on supplies
Pasta, rice and flour
Were the items of the hour
And *TOILET PAPER* – much to
our surprise!

So it's QR codes and masks
And no visits to our friends
And the lockdown is
extended week by week
But the pollies have no clue
As to what they ought to do
They can't seem to stop the
awful Covid creep

There are Covid testing
stations
Where you queue up for a
test
And they shove a cotton
swab into your nose
If it hasn't reached your
brain
Then you won't have felt the
pain
But you do not want another
one of those!

So as Covid wreaks its havoc
And we all stay safe at home
We can catch up on the
things that we should do
It's not all gloom and doom
We'll be vaccinated soon
We won't need to join the
Covid testing queue!

SOME THOUGHTS FROM LAURIE FORTH

Today I have been thinking of the word *adaptable*— *able to adjust to new conditions*. Sometime in my recent memory I heard the comment—*Throughout time, the species who survived were those who were most adaptable, who embraced change. The others became extinct.*

Victor Frankl, Psychiatrist, and survivor of Nazi concentration camps, observed in his book *Man's Search for Meaning 1946*— *that those who survived the concentration camp were not always the strongest or healthiest, but were those who still had a purpose, who had something they had yet to do.*

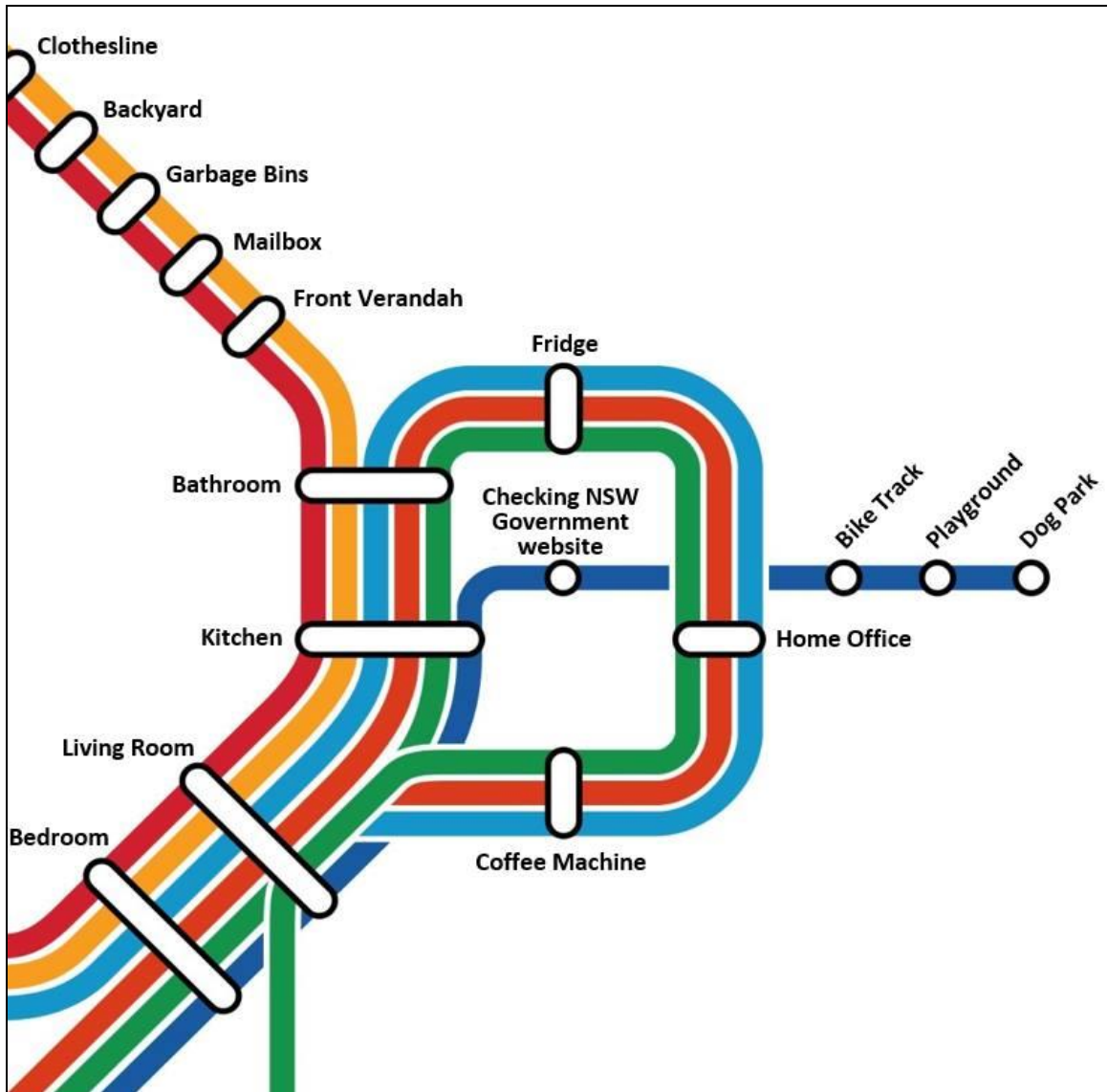
More than any time since the WW2, now is the time when we must adapt, and work with these changes in our lives. It is a time to separate the *needs* from the *wants*, to find our purpose, and to structure our days. There is much we can find to do. Being confined at home won't kill us but the virus can.

So, my friends, adapt to this new lifestyle for as long as it lasts, drag out those unfinished objects and use whatever is available to keep yourself safe mentally and physically.

If you are wondering, Ken Fraser hopes to be home by the end of August.

Take care everybody. As the song goes; "*We'll meet again, don't know where, don't know when, but I know we'll meet again some sunny day.*"

Jeanette Hatch,
Secretary



Posted on Facebook by NSW Police on July 6, 12.29pm

[NSW Police Force](#)

A lot of people's commutes are looking a little different these days, so we thought we'd make a few changes to the rail map.