



Newsletter for April 2020. New Zealand in lockdown. No May meeting.

President's Report

Two weeks into lockdown. How are you all going? I hope you are keeping safe and getting help with your shopping and managing to keep in touch with other people by phone, internet, or simply over the garden fence.



Such a shame that we have not been able to have our usual U3A meetings and study groups.

But we haven't stopped learning! After all, U3A originally stood for University of the 3rd age. Many U3A members are staying in touch by phone and/or email. For example, people in Trish Litherland's film group are recommending 3 films each week to each other. And our Book Review Group members agree we can still do our monthly report on books we have recently enjoyed by email or phone, rather than in person.

Do hope you are keeping in touch with other people in your U3A group. I am sure they will be happy to hear from you.

Some U3Aers have become quite adventurous in seeking learning alternatives: new games, listening to radio interviews or podcasts, even watching Parliament!

Have you taken part in a "virtual" meeting yet? Are you up to the challenge of Skype (remembering the password after years of neglect?) or using Zoom for a video meeting? Last Friday eleven of us managed a successful World Today get together on Zoom. We found this was more successful on a computer than on a tablet. Let me know if you would like to be initiated into this tech area.

For me, phone calls with family and friends are increasing. Now is a good chance to look out for people who may be on their own. I have enjoyed catching up with old friends and have been touched to receive lovely calls from two neighbours offering help, as well as hearing from new U3A friends. Quite an effort to accept help when you feel your independence is threatened! But we do it for the cause.

"Stay home. Save lives" is the key message for the lockdown. In my case that means bunking down in my home in Stanmore Bay, keeping in touch by telephone and internet, and walking late each afternoon down along the beach, which is only a hop, step and jump away. I trust Jacinda would approve.

If you need more information on Covid-19, you will find some helpful phone numbers and internet links in this newsletter. In the meantime, I hope you are managing to get out into the sunshine and get a little bit of exercise.

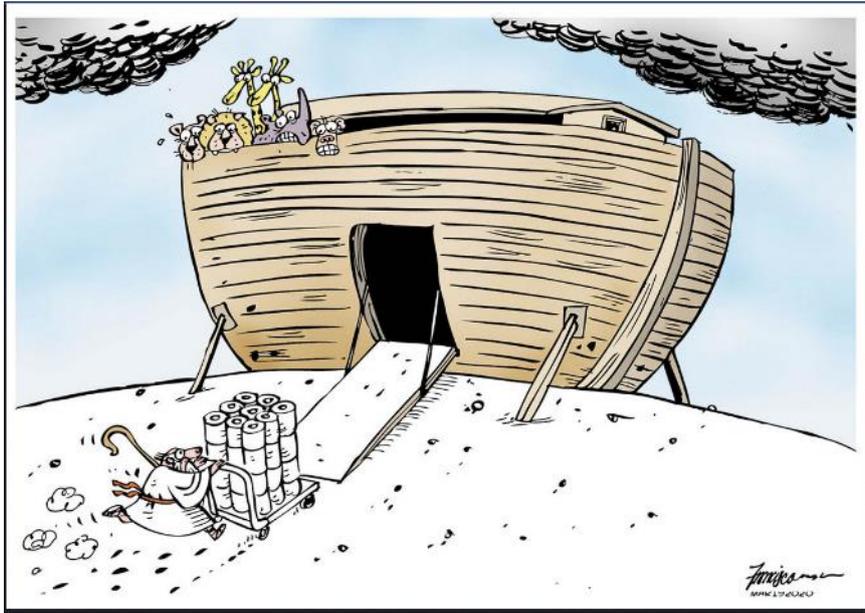
Best wishes

Judy Keall

Useful phone numbers

Healthline: 0800 358 5453 - if you have any symptoms or have been in close contact with someone confirmed with COVID-19

Need to talk? 1737 is free to call or text from any landline or mobile phone, 24 hours a day 7 days a week. This is a Ministry of Health mental health initiative, a free service for New Zealanders feeling down, anxious, a bit overwhelmed or just needing to chat to someone



An apt cartoon from the Philippines

Committee

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Groups and contacts

Ancient History: Ayad Hussona

Archaeology: Kay McLean

Book Club: Sheila Hussona

Book Review: Cheril Clarke

Cards and Games: Diana Pipke

Discussion: Bob and Jenny Kelly

Film Discussion: Trish Litherland

History: John Hoby

Mah-jong: Geoff or Sheila Taylor

Regional New Zealand: Barbara Tucker

Short Film Making: Ian and Nancy Miller

The World Today: Pauline Wetton

The Writers: Cheril Clarke

Travel: Noel Newling

Editor's Note

This is a cutdown/shutdown newsletter! We have reduced it so that if we *can* print it out on a home printer, it will not be too difficult.

Please pay your 2020 subscriptions if you have not already done so.

Single \$25, Couples \$40

Online to the HBC U3A account at: ASB 12-3046-0275951-00

Maureen

Online Resources for lockdown

To stay informed during the pandemic, there are some useful sites.

- First of all our government's [website](#).
- The Financial Times has an excellent free to read [section](#) on the virus with graphs.
- John Hopkins University has followed the data from the start and has an [interactive map](#)

SYMPTOMS OF COVID-19, FLU AND COLD

	DRY COUGH	FEVER	RUNNY NOSE	SORE THROAT	BREATH-LESSNESS	HEADACHE	BODY ACHES	SNEEZE	FATIGUE	DIARRHOEA
COVID -19	✓✓✓	✓✓✓	✓	✓✓	✓✓✓	✓✓	✓✓	~	✓✓	✓
FLU	✓✓✓	✓✓✓	✓✓	✓✓	✗	✓✓✓	✓✓✓	✗	✓✓✓	✓✓
COLD	✓	~	✓✓✓	✓✓✓	✗	~	✓✓✓	✓✓✓	✓✓	✗

✓✓✓ FREQUENTLY
 ✓✓ SOMETIMES
 ✓ LITTLE
 ~ RARE
 ✗ NOT

@SIOUXSIEW @XTOTL thespinoff.co.nz

SOURCE: WHO, CDC CC-BY-SA

FOR THE LATEST INFO PLEASE SEE [who.int](#) or [health.govt.nz](#)

20 MARCH 2020