



U3A NETWORK NSW Inc. E-BULLETIN

Information for Member U3A Committees and Interstate U3A Members

March 2020

*U3A Network NSW - 2020 Conference
at ShellHarbour City*



Enhancing the Third Age

*29 April – 1 May, 2020
Visit the Network Website to view the program
and to make your booking to attend*

<https://nsw.u3anet.org.au/>

Welcome from the President's Desk

Welcome to 2020. A tumultuous start to our year but we U3A members support each other and continue to deliver our wonderful courses ensuring our lives continue to be enriched.

The [2020 Conference program](#) is now on the Network's website and I urge you to visit the site and share my excitement about what is being offered. Register now and reserve your place to join us in scenic Shellharbour for an opportunity to contribute your ideas on the special topics at our Open Forum. Joining your fellow Regional members in the Regions Roundup will be an opportunity to continue the conversations enjoyed at your Region's Forum.

There is a choice of options for attendance:

Conference \$125

Dinner \$40

Conference and Dinner \$165

Wednesday (only) including the welcome function \$55

Thursday (only) to hear some dynamic guest speakers \$75

Thank you to the members who attend their Regional Forums. These events are an opportunity for our Member U3As to meet other committee members, work together and be current with the latest Network information. The aim is to develop bonds of friendship, support and communication. This strengthens the contact between Regional Representatives and their Region's Member U3As and is a means of giving

support when required.

The vision of the Network is to promote the U3A movement, provide services to our members and represent them through partnership and collaboration.

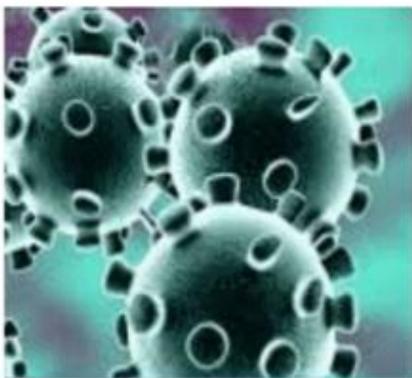
My inspiration to share is:

"A wonderful memory is the best gift you can give to anyone."

Come and join us in April at glorious Shellharbour for our conference and share your opinions and meet fellow members from around the State.

Laurene Mulcahy

President



***Member U3A Associations
please CLICK
for guidance
from U3A Network NSW
on responses to
Coronavirus (COVID-19)***

Important Information

CORONAVIRUS (COVID19) PRECAUTIONS

U3A Network NSW is assessing advice on how U3As might best minimise potential risks to our members from the Coronavirus (COVID-19) outbreak that originated in Wuhan in China. While the risk from human-to-human transmission in Australia is currently low, U3As Committees and members share a duty to one and other, to act in a manner that is caring and supportive and as such Network considers it appropriate to recommend some prudent and practical precautions, outlined below.

An Awareness:

Both the Australian and NSW Government are publishing on their websites information that is updated daily, at least

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>

Facebook users can like and follow NSW Health, on the Facebook feed for regular updates.

Globally The World Health Organisation website

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

The situation is constantly evolving therefore committee and members should be encouraged to closely monitor it. Task a committee member to be the focus of your U3As response.

Attendance at Courses

Members should be advised before attending courses or classes.

1. If they have travelled recently from China, Italy, Iran or other countries with infection outbreaks, they should self-isolate at home for two weeks afterwards.
2. If they have upper respiratory symptoms - fever, cough, sneezing, sore throat – they should avoid classes until the nature of their illness is clear and they no longer have such symptoms.

Venues including Home based Courses

1. Update your protocols for venues to ensure the venue remains a safe environment for courses while the current situation continues.
2. Ensure adequate hand washing facilities, soaps and hand sanitizers are available for the predicted attendance. It may be that the U3A will need to provide those facilities.
3. Commercial venues have an obligation to provide a safe environment and a facility fit for purpose. This requirement should be brought to their notice.
4. Monitor the site before and during the course attendance.
5. Ensure the cleanliness of the site including contact surfaces
6. Consider placing signs at venues as to Hand washing/ Contact/ Attendance. These are available from the websites quoted and now commercially.
7. Have good hygiene at food and drink dispensing areas.
8. Consider members bringing their own tea and coffee cups/ mugs.

Everyone's Personal Conduct

1. It is the personal responsibility of members to see to their own health, and morally to those with whom they connect

2. As with a normal flu season minimise or avoid hand- shaking, friendly hugs and kissing.
3. Wash hands regularly with appropriate sanitisers or soap and water. Carry a personal sanitiser pack and avoid touching your face if possible.
4. Follow the other good practice of covering your mouth and nose with a tissue when you cough or sneeze and dispose in a rubbish bin immediately

AGM Information

Our AGM is being held on May 1 at the Shellharbour Club, Cnr Wattle and Shellharbour Roads, Shellharbour at 11am. The Notice of Meeting, A Call for Nominations for positions on the Network Management Committee and the Nomination Form has been emailed to all Member U3As. Please give active consideration to nominating for positions on the Network Committee.

As with every U3A, the Network relies totally on volunteers, and without our volunteers we have no U3A.

More information can be accessed here:

<https://nsw.u3anet.org.au/meetings/agm/>

Very Important Information

Special General Meeting

The Network is conducting a Special General Meeting on March 30 to approve changes to the Network's Constitution relating to an electronic vote for contested positions for Membership of the Network's committee at the AGM in lieu of a postal vote and further to allow the Network's executive committee to meet on a more regular basis not restricted by the fact that they can now only meet on an 'urgent' basis. Any decision of the executive would still require the ratification of the full Management Committee.

Every Member U3A has been sent a Notice of Meeting containing the Special Resolutions, and explanatory memorandum describing the changes and the means by which the meeting will be conducted electronically.



Please feel free to share this E-Bulletin with other members of your Committee, and invite them to [subscribe here](#) so they can receive our communications directly themselves. We welcome feedback about anything contained in this E-Bulletin - you can contact us by clicking [here](#).

If you no longer wish to receive E-Bulletins you may [unsubscribe here](#), but we will be sorry to see you go!

U3A is about sharing knowledge and great ideas. If you have something newsy and shows the diversity of our U3As, please contact our Publications Editor, Ainslie Lamb, at ainslie2518@gmail.com

Until the next E-Bulletin,
Enjoy your retirement with U3A,

Laurene Mulcahy

President

U3A Network NSW Inc.

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