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U3A BALLARAT ADDRESSPO BOX 2058, BAKERY HILL, BALLARAT,
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EMAIL info@u3aballarat.org.au**WEB** www.u3aballarat.org.au**CLASSROOMS**BALLARAT NORTH CAMPUS, BNCC
702 WALKER ST, BALLARAT NORTH**BNCC OFFICE** MON 10-12 TUES 1-3
WED 10-12 THURS 1-3EASTWOOD LEISURE COMPLEX
20 EASTWOOD ST BALLARAT 3350**Public Officer:** Ros McArthur
14 Aryvale Avenue, Lake Gardens 3355
Reg No13304 K ABN 3371 3445 856**COMMITTEE MEETINGS**At BNCC, 9:30 am
1st Wednesday, Feb to Nov**BULLETIN ARTICLES**u3aballaratbulletin@gmail.com

by 6 August

Diary Dates

July 13 Some classes restart at Eastwood Leisure Centre

Other classes may restart when permission is given to use venues
such as BNCC

August 27 AGM see page 3 for details

Word Diversion

Hasn't it been great to see some sunshine? Yes, the days have been cool, but even so, cloudless and wind-free days have created a pleasant environment for a walk. Perhaps just the sort of environment in which to dress warmly in a scarf, jacket or coat with a high turned-up collar, hat pulled low over the forehead and just 'ooze' the appearance of being an **ENIGMATIC** character from a black and white movie. Perhaps Aunt Jessie had just watched *The Third Man* for the umpteenth time?

Anyway, be that as it may, Warwick Sellens and Joan Reynolds and Granddaughter, solved Aunt Jessie's enigmatic word and share the subsequent glory ad kudos.

Joan Reynolds and Granddaughter suggested 'promises' for Warwick's word, but an 'i' from the puzzle is still wandering around Lake Wendouree in a warm jacket and scarf. As it turned out, there were no solutions for this puzzle, though if we added an 'n', solutions could have been 'permission' and impression'



Aunt Jessie's next incentive to stay indoors and challenge the brain is **SANIRCUEN**

In the meantime
Warwick has posed the
letters in the table

E	N	E
D	M	R
E	T	F
FEDTMEREN		

Solutions please to Phill at
grantphillip@hotmail.com

The prize this time may be the chance
to join me, walking around the lake dressed in scarf, coat with
turned-up collar and a hat, pretending to ...



It's a bit tricky trying to decide what is the most significant news. Shall we take note of a second wave great toilet paper crisis, new restrictions for some Melbourne suburbs, or perhaps the consequent border closures for Victorians? Clearly, the threat of COVID infection remains, as do possible consequences and implications. Consequences range from the light-hearted to the serious.

In that context, the plan is still to re-start U3A Ballarat classes as venues become available and with appropriate protocols. Some outdoor activities have already started and some classes at the Eastwood Leisure Complex are scheduled to start on Monday 13 July, the beginning of Term 3. The protocols for those classes have been sent to Tutors and Class Representatives and are also printed in this edition of the Bulletin; they deal with cleaning, sanitizing and social distancing, and are intended to help ensure the safety of our members.

There are a couple of caveats. The first is that State Government or City of Ballarat directives, Health Department recommendations, or possibly the occurrence of COVID cases in Ballarat may derail the planned recommencement of U3A Ballarat classes. Another one is that individuals must feel personally comfortable being in a class situation and taking responsibility for personal anti-virus sanitation.

That said, it is certainly good news that classes are re-starting, not only because of the opportunities for learning but also for the face-to-face contact and social interaction. Of course, some classes will continue using video chat software such as Zoom, preferring to use a 'virtual classroom' for the time being. Some classes may well use a combination of a physical classroom and Zoomcontact with at-home members; such hybrid classes are now possible because so many of our members, during the lockdown, have gained skills and expertise in the use of the available software.

Naturally enough, re-starting classes was on the agenda for the Committee Meeting held on Wednesday 1 July. One of the decisions made at the meeting was that membership subscriptions would be discounted to \$25 for next year. The actual yearly subscription fee will remain at \$50, but will be discounted to \$25 for current members re-enrolling for next year. The discount recognizes that many members were not able to participate in their normal U3A classes or activities during the lockdown. The Committee is also aware that some members may insist on paying the full subscription.

Planning for the Annual General Meeting was also on the agenda. The plan, at the moment, is to hold the AGM, as already scheduled, on Thursday 27 August. Consequently, processes such as taking nominations for positions on the U3A Ballarat Committee will go ahead. However, please bear in mind that such things as further COVID restrictions may force a change in plans.

grantphillip@hotmail.com

U3A Ballarat - Re-starting classes at the Eastwood Leisure Complex

Proposed starting date - Monday 13 July 2020

The 'new normal' in the coronavirus environment.

Within the context of State Government directives, Department of Health and Human Services (Victoria) recommendations, the need for social distancing, protocols for keeping venues clean and personal anti-virus sanitation, it will be essential for U3A Ballarat members to follow the organisational rules shown below.

The purpose of the organisational rules is, as far as is possible, to ensure the safety of U3A Ballarat members by reducing the risk of viral infection. The rules are a combination of those required by ELC and those required by the U3A Ballarat Committee.

Members must not attend a class if they are, or have been recently, ill (or even vaguely unwell).

The Facilities to be made available

1. Training Room 1
2. Training Room 2
3. The toilets near Training Room 1 (entry and exit by the door facing Short Street.)
4. The store room near Training Room 1
5. Please note that the **kitchen and adjacent meeting room** near Training Room 1, and the corridor between Training Room 1 and the Reception Office, **are not available**.

Entry and Exit - by the shortest route and as promptly as possible.

1. Training Room 1: entry and exit by the door facing Short Street (on the Western side of the complex)
2. Training Room 2: entry and exit by the door facing Eastwood Street
3. Please note that the entry and exit routes are not available for socializing.
4. In order to avoid arriving and departing class members meeting in the entrances/exits, please arrange for members to arrive 'just in time' and to leave as promptly as possible.

Cleaning the Rooms

1. Desks and chairs should be wiped with disinfectant at the beginning and end of each session. (The disinfectant and cleaning materials will be supplied and kept on a table near the door to each room. Tutors please allow time in each session for cleaning.)
2. Any equipment used by the tutor should also be wiped with sanitizing hand wipes.
3. During cleaning, please open the windows and door to allow cleaning fumes to dissipate and for a change of air in the room.

Personal sanitation

1. Once each member has finished cleaning their desk and seat, they must wipe their hands with sanitizing crème or hand wipes. Each member is to bring their own sanitizing crème or hand wipes.
2. Please wear functional clothing, to cope with cleaning tasks and variance in temperatures when the windows are open.
3. Face masks might be considered desirable.
4. If a tea/coffee break is a part of a class program, each member must bring their own drink (in

a *Thermos* for example) and biscuits (but there is to be no sharing).

Class size, seating arrangements and organization

1. Training Room 1: 1 Tutor and 8 class members. Each class member to be seated at 1 table
2. Training Room 2: 1 Tutor and 8 class members. Each class member to be seated at 1 table
3. Please leave a list of members who were present in each session, with each member's telephone number, at the Reception Office at the end of each session, or email the list to Marita at the end of the session . (Email address to be notified. This can be done by the Tutor or the Class representative.)
4. Please note that, to achieve social distancing, appropriate teaching and learning strategies will need to be implemented. For example, small group discussions and individual assistance that involve a person-to-person distance of less than 1.5 m, would be inappropriate, as would be, for example, passing cards or sheets of paper between members.

Hybrid classes - some members in the classroom, some members in contact using Zoom

1. Each class will need their own Zoom account. (The Committee will reimburse the *Zoom Pro* monthly subscription costs, with a review of the decision to be undertaken at the end of September.)

Sanitizing Officer

1. U3A Ballarat's Sanitizing Officer(s), as required by ELC, will be ... (to be determined.)
2. The role of the Sanitizing Officer(s) will be to ensure the above organisational rules are functioning correctly.

THE SHORT VERSION

Make the 'new normal' as enjoyable as possible

Stay at home if ill or even vaguely unwell.

Only some rooms are available - enter and leave promptly and by the shortest route

Disinfect tables and chairs, change the air in the class room.

Use sanitizer or hand wipes.

One person per table.

Use appropriate teaching and learning strategies.

As has been discussed in other sections of this bulletin, there are some moves to start some classes at Eastwood on 13th July. There could be at some stage, some classes starting up at Hut 48 at the Airport later in the term. All other venues are still closed, so their classes will not resume until we are allowed to access the venues.

Of course, any start at Eastwood on 13th July will be subject to current developments with Covid-19 in Victoria, and any government announcements. There are also strict protocols for classes when they do start, as outlined in other articles in this bulletin.

CLASSES THAT ARE NOT MENTIONED IN THIS LIST HAVE BEEN CANCELLED UNTIL FURTHER NOTICE.

Classes hoping to start at Eastwood during the week of 13th July are:

Current Affairs – half Zoom and half in class; French Mind your Language; German A & B; Italian Advanced; Belly Dancing; Classic Cinema; Papercraft; Preserve your Memories; Exploring Spirituality; Ukulele classes; Film Musicals (but we need to find a new room because Eastwood is using Rooms 3 & 4), Italian – Amiamo L'Italiano; New Technology; Tai Chi Sun Style, Dutch.

Classes hoping to start when their venue finally opens: Pinarc, BNCC and BNNH are not yet open for our classes plus many other venues.

Celtic Band; Dance for Fun; Jung and Modern Man; Myths and Mythmaking; Poetry; The Aegean History; Genetics; Latin classes; Mixed Media Jewellery; Writing for Pleasure; MS Office; Movie Making; Tai Chi Wednesday; Cultural Capital is now in November; Mirador is now in November; Le Conservatoire; Book Folding; Jazzercise with Jen; Recorder Ensemble; Sterling Silver, Copper and Brass Jewellery to start in September; The Status and Future of Democracy.

These classes have been going ahead during lockdown either outside or by Zoom or other means, or at an alternative venue and will continue to do that indefinitely:

Essays and Ideas; Italian Intermediate A; Pole Walking; all Spanish classes; Genealogy; Read in French; Science and Society; The Vikings; Walkers and Coffee; Australian History Monday; Australian History Thursday; Ballarat Morning Lake Walk; Book Club 2 (to start 2nd July at Bunch of Grapes); Bush Walking; Cryptic Crosswords; Hiking Group; Joy of Writing; Walk, Talk and Coffee; Cycling Touring Group; Italian Intermediate C.

Classes with no response from tutors, so we assume that they are not running indefinitely. Contact tutor for information:

All Yoga classes; Collage and Media; Latin 3; Science; Tasting and Talking Wine; Chinese Mandarin; In Search of the Trojan War; Philosophy; Scrabble; Ceilidh; Lino Printing; Recorder Beginners; Studio Drawing; The Silk Road; Mostly Mosaics; Traditional Tai Chi by the Lake.

All other classes not listed have notified us that they are not resuming until we are Covid-19 clear.

TUTORS AND CLASS REPS.

At the end of this month the annual Class Planning Form will be sent out by email to either the tutor or class rep or both. Forms will have to be submitted by 21st September. Hopefully we will know a little more by then about what we can and can't do for 2021. Stay safe.

ANNUAL GENERAL MEETING THURSDAY 27th August 2020

The Annual General Meeting of U3A Ballarat, will be held by Webinar and for those with no web access at a venue TBA at 2:00 pm on Thursday 27th August 2020.

All U3A members are invited to attend. All current committee positions will be declared vacant at that meeting and nominations are called for Officers and Ordinary Members.

OFFICERS: PRESIDENT, VICE-PRESIDENT, SECRETARY, TREASURER

ORDINARY MEMBERS*: A minimum of 5 and a maximum of 10

*Note: The Immediate Past President is included as an Ordinary Member of the Committee, making a maximum of 15 members on the Committee. The duties of Ordinary Members vary from year to year, but can include Webpage Manager, Bulletin Editor, Publicity Officer, Class Coordinator, Social Convenor, Membership Officer, U3A Network Representative, Catering Coordinator, and Equipment Officer. Sub-committees for Finance/Grants, Accommodation/Operations, Administration, Communication and Technology meet and report regularly to the U3A Ballarat Committee.

NOMINATION FORM, UNIVERSITY OF THE THIRD AGE BALLARAT INCORPORATED
Reg. No A 13304K ABN 33713445856

Nominations for the positions listed above should be forwarded NOT LATER THAN Monday 17th August 2020 to:

The Secretary U3A Ballarat Inc.
P.O. Box 2058, Bakery Hill, Vic 3354
info@u3aballarat.org.au

I nominate for the position of
.....on the committee of U3A Ballarat Inc.

Signature

I hereby accept the nomination for the above position

Signed(Nominee)

Nominated by (Member)

THIS FEDERALLY FUNDED PROGRAM MAY BE OF INTEREST TO SOME MEMBERS

Short Term Restorative Care is an 8 week restorative care program with the objective to reverse or slow functional or cognitive decline and allow consumers to remain at home.

WHO IS ELIGIBLE?

STRC is ideal for people who are goal orientated and want to return to an earlier or improved level of function. To be eligible you must:

Be referred to **My Aged Care** (by anyone) and assessed by Aged Care Assessment Team

Anyone can complete the My Aged Care referral via their website or phone providing they have consent. Alternatively our Aged Care Advisors at Feros Care can assist with the referral by calling 1300 763 583.

- Not have been in hospital in the 3 months before the date of assessment
- Not have received Transitional Care in the 6 months before the assessment
- Not be in receipt of a Home Care Package or Residential Aged Care services
- Not be receiving end of life care

You can still receive your usual CHSP, DVA or NDIS services while you participate in the Short Term Restorative Care program.

To find out if you are eligible please call our Aged Care advisors on 1300 763 583.

Funding is very generous with approximately \$200 per day for 56 days.

We review clients Care Plans fortnightly over the 8 weeks and meet with their Doctor for a mandatory case conference

RESTORATIVE PROGRAMS

We offer an extensive range of services including exercise sessions, one-on-one physiotherapy, occupational therapy, psychology and counselling, home modification assessments, podiatry, nutrition and meal planning advice, nursing, transport, personal assistance and support services. You can even access innovative new assistive technologies to keep you safe and secure, monitor your health or keep you socially connected. There's something for everyone.



Understanding Dementia

MOOC

Free Online Course

Enrol Now for July 2020

Hello to all at U3A Ballarat Inc.,

Nearly half a million Australians are currently living with dementia and with the ageing of our population this number will double in the next 30 years. The majority of people with dementia live in the community. We know that the University of the Third Age provides valuable opportunities for learning and social engagement for older people. Some members may be caring for a loved one with dementia, or even experiencing early stage dementia themselves. Educated about this condition, U3A members and volunteers, as well as those in the wider community, can better support those living with dementia, their families and carers.

In response to the need for accessible evidence-based education, **the University of Tasmania's Wicking Dementia Research and Education Centre offers a free online course – The Understanding Dementia MOOC (Massive Open Online Course).**

The course focuses on the brain diseases that cause dementia, how these brain changes result in cognitive, behavioural and other symptoms, and the latest evidence about what constitutes high quality care.

The Understanding Dementia MOOC is open to everyone and will likely be of interest to your members, volunteers and others in your local community. It would be greatly appreciated if you could let people know about this free course. Ways you can let others know are listed below.

Enrolments are now open for the Understanding Dementia MOOC commencing on 7th July.

Course opens: 7th July, 2020

Course duration: 7 weeks

Estimated effort: 3 hours per week

Course access: Day or night, on your smart phone, tablet or computer

Course closes: 18th September, 2020 (content is accessible across 10 weeks)

Completion certificate?: Yes, there is a personalised certificate on completion

Cost: FREE

A RESEARCH PROJECT YOU MAY LIKE TO PARTICIPATE IN:

From: Francisco Regalado <fsfregalado@ua.pt>
Sent: Monday, 8 June 2020 7:38 PM
To: Info U3A Ballarat <info@u3aballarat.org.au>
Subject: Research project - invitation to participate

Dear Sir/Madam,

My name is Francisco Regalado, researcher and student of the Master in Multimedia Communication at the University of Aveiro in Portugal and I am studying the habits of online news consumption by senior citizens. This research fits within the project SEDUCE 2.0 - Use of Communication and Information in the online community miOne by senior citizens.

I would like to know if it would be possible to count on your collaboration for the distribution to your students, preferably with more than 50 years old, of the questionnaire available in the following link - <https://bit.ly/questionnaire-miOne>. Please note that all answers will remain anonymous and will be a great help in advancing the ongoing research.

In addition, it is important to mention that during these months our team has been implementing the online community miOne and I am very pleased to inform you that it is already available at <https://mione.altice.pt/> and you can follow the initiatives at <http://www.seduce.pt>. If you are available to collaborate with the project in future initiatives, please inform so in the reply to this email.

Thank you in advance for your collaboration,

Francisco Regalado
Master in Multimedia Communication
Department of Communication and Art, University of Aveiro, Portugal

SENIORS' FESTIVAL REIMAGINED

Regular videos featuring the activities and skills of Seniors in Victoria are being presented on YouTube and on Wednesday 1st July, Andrew Parker from our U3A Ballarat Hikers group was interviewed about his video of the U3A Ballarat Virtual Bush Bashers Band. Congratulations to one of our multi-skilled and talented leaders and the musical members of the U3A Ballarat Hikers group!

<https://www.youtube.com/watch?v=So2lBL3VHtg&feature=youtu.be>

COVID-19 SHUTDOWN OF THE POKIES HAS HELPED SOME:

BALLARAT resident Carol* (not her real name) has been able to pay her bills without a worry since the shutdown of poker machine venues due to COVID-19. She is one of thousands of people in Australia who are seeking help for their gambling addiction while access to the pokies is cut off. Alliance for Gambling Reform estimates more than \$2 million has been saved in less than two months across Australia since the closure of pokies venues. Carol first contacted Gambler's Help around two-and-a-half years ago and has weekly one on one sessions with her counsellor Saniya from CAFS Ballarat's financial counselling team.

If you or someone you know needs gambling support, contact **Gambler's Help on 1800 858 858**. Child and Family Services Ballarat financial counselling team can also provide help.

To access the free service, call 5337 3333 or email intake@cafs.org.au.

Interested in Citizen Science? Are you aged over 50?



In a study funded by the **Office for Ageing Well, SA Health**, we are investigating the health and wellbeing benefits of citizen science participation. For this **we are seeking people aged over 50 who either have been involved in citizen science or are interested in learning more**, to answer a series of questionnaires about physical activity, social connections, and overall quality of life.

Participants will receive a short book on how to create a wildlife friendly garden, and information on citizen science opportunities in South Australia.

If you are interested in taking part, please contact michelle.rogers@unisa.edu.au

This project has been approved by the University of South Australia's Human Research Ethics Committee Ethics, Protocol 202830.

Office for Ageing Well



AND LAST BUT NOT LEAST, WE WELCOME NEW MEMBERS



Libby Anderson
Lyndall Cooper-Smith
Henry Deutscher
Frances Lehmann
Alan Mallows
Jill Osmon
Leona Ryan

We now have a total membership of 1246. We do hope that when life settles down somewhat that all members will be able to return to their classes. Nina Netherway

THINGS WE SAY TODAY, WHICH WE OWE TO SHAKESPEARE:

"KNOCK, KNOCK! WHO'S THERE?" "HEART OF GOLD"
 "IN A PICKLE" "SET YOUR TEETH ON EDGE"
 "FAINT HEARTED" "SO-SO" "GOOD RIDDANCE"
 "LIE LOW" "FIGHT FIRE WITH FIRE" "BAITED BREATH" "SEND HIM PACKING"
 "COME WHAT MAY"
 "THE GAME IS UP"
 "WEAR YOUR HEART ON YOUR SLEEVE"
 "NOT SLEPT ONE WINK" "FULL CIRCLE" "OUT OF THE JAWS OF DEATH"
 "WHAT'S DONE IS DONE" "NAKED TRUTH" "TOO MUCH OF A GOOD THING"
 "BREAK THE ICE"
 "LAUGHING STOCK" "BREATHED HIS LAST" "WILD GOOSE CHASE"
 "HEART OF HEARTS" "VANISH INTO THIN AIR"
 "SEEN BETTER DAYS" "MAKES YOUR HAIR STAND ON END"
 "DEAD AS A DOORNAIL" "FOR GOODNESS' SAKE" "LOVE IS BLIND"
 "GREEN EYED MONSTER" "FAIR / FOUL PLAY / PLAY" "OFF WITH HIS HEAD"
 "THE WORLD IS MY OYSTER" "BRAVE NEW WORLD"
 "BE ALL / END ALL" "A SORRY SIGHT"

Vale

Laurence (Laurie) Collard

Laurie passed away recently in hospital. He will be missed by his wife Monsie and the class members in Rapt in Singing for Fun. He came to Australia in 2007 with Monsie and has been described as a very interesting person to know and one well-versed in history and politics, among other things. His class companions very much appreciated his pleasant nature, good humour and sense of enjoyment in being a part of the class.

The next Bulletin deadline: **THURSDAY AUGUST 5**
 Bulletin Editor, PO Box 2058, Bakery Hill,
 or u3aballaratbulletin@gmail.com

If undeliverable return to:
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Bakery Hill, Vic 3354

U3A BULLETIN
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