

ACTING PRESIDENT

ELENA TOMMASI 0421520414

ACTING VICE PRESIDENT

NINA NETHERWAY 0417371873

TREASURER

JEFF LANGDON 0411 552 862

SECRETARY

ROS McARTHUR 0409241115

CLASS CO-ORDINATORDENISE GRANT DeniseU3A@hotmail.com**MEMBERSHIP/MY U3A**

NINA NETHERWAY 0417371873

WEBSITE MANAGER

MARY MOLONEY 53301334

EQUIPMENT

CHRIS HINDHAUGH 0438701322

U3A BALLARAT ADDRESSPO BOX 2058, BAKERY HILL, BALLARAT,
VICTORIA 3350**U3A PHONE NUMBER**

0431 859 315

EMAIL info@u3aballarat.org.auWEB www.u3aballarat.org.au**CLASSROOMS**BALLARAT NORTH CAMPUS, BNCC
702 WALKER ST, BALLARAT NORTH**BNCC OFFICE** Currently closedEASTWOOD 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

9:30 am

1st Wednesday, Feb to Nov**BULLETIN EDITOR**

LEE ALBERT

u3aballaratbulletin@gmail.comeBulletin deadline: Sept 17
Bulletin deadline: October 9**Word Diversion**

AVALANCHE indeed! Congratulations and heaps of kudos to Carol Trethowan, John Elischer, Tricia Elliott, and Lysbeth Curtis.



So, getting straight down to business, Aunt Jessie has waffled another word to suggest that L I E S T U E V B might be a challenge.

In order to be in-line for heaps of kudos and glory, solutions please to Phill at grantphillip@hotmail.com

Did you know about the *Wine Windows of Florence*?

Buchette del vino became a thing in 1559, shortly after Cosimo I de' Medici decreed that Florence-dwelling vineyard owners could



bypass taverns and wine merchants to sell their product directly to the public. Wealthy wine families eager to pay less in taxes quickly figured out a workaround that would allow them to take advantage of the edict without requiring them to actually open their palace doors to the rabble:

Anyone on the street could use the wooden or metal knocker ... and rap on a wine window during its

open hours. A well-respected, well-paid servant, called a cantiniere and trained in properly preserving wine, stood on the other side. The cantiniere would open the little door, take the customer's empty straw-bottomed flask and their payment, refill the bottle down in the cantina (wine cellar), and hand it back out to the customer on the street.

The novel coronavirus pandemic has definitely played a major role in putting wine windows back on the public's radar, but [Babae](#), a casual year-old restaurant gets credit for being the first to reactivate a disused *buchetta del vino* for its intended purpose, selling glasses of red for a single hour each day starting in August 2019. https://abcmedia.akamaized.net/rn/podcast/2020/08/lnl_20200810_2240.mp3



I thought when I took over as President it would be with pomp and circumstance at the AGM, followed by one of our amazing teas. Instead I feel like I'm creeping in through the back door, but I guess that is our new way of doing things — and I'll have to make my own tea!

First I want to thank Phill for the way he has run U3A these past two years and especially the way he has handled the Covid situation. If I can do half as well as he has done I'll consider that I've done a good job. Next I want to thank the Committee for their work and commitment and look forward to working with them during my tenure. It is with much regret that we say goodbye to Anne Ottrey. I have worked closely with her on the Catering and Events Committee and her good sense and knowledge have been invaluable. She will be sorely missed but we are very happy that she has agreed to continue on the Events and Catering Sub Committee. I would also like to welcome Andrew Parker to the Committee. We are sure his skills and interests will be an excellent addition to the Committee.

Many of you know me from classes we have attended together, as past editor of the Bulletin, from Trivia Night or just from socialising. But many of you don't know me or how U3A became such an important part of my life.

Five years ago I moved here from the U.S. to be with my partner Peter. I knew no one other than Peter. I knew I would not be content sitting around doing nothing (of course that's what I'm doing now during Covid but I don't have a choice!) so I went to the library and asked if they knew of a book club I could join. They said they had one that I could join. I was talking to the members of the book club and mentioned that I was looking for something else to do and was hoping to find a Mah Jong group as I used to play every week at home. Someone suggested that U3A might have a group and handed me a U3A bookmark. I went online and looked at the classes and signed up soon after. The rest is history. I signed up for Mah Jong and before long I had enrolled in several more classes. I have made many friends through U3A and love my involvement in my classes and the Committee. I don't know what I would have done without U3A.

As for our Covid update, for the moment nothing has changed. Until we are out of Stage 3 we cannot do anything. Once restrictions ease outdoor classes will be able to resume and the indoor classes that indicated interest may also be able to resume, with restrictions and protocols, of course. We will keep you informed of any changes.

Denise is already hard at work planning next year's schedule. Don't forget to get your class forms to her if you are going to have a class next year.

Renovations have been completed at BNCC and Hut 48, our new facility at the airport, is up and running. Hopefully we will be able to start using all of our facilities in the not too distant future.

I look forward to the next two years and hope I will serve U3A well. Please feel free to call me or email if you have anything to discuss.

Elena Tommasi
elena.u3a@gmail.com

COVID lockdown has given much time for thinking – which could be a good thing or a bad thing! However, one of my rambling thoughts has been to imagine what it will be like when we return to 'normal' – if there is a 'normal'.

My Australian History class and I have greatly enjoyed our Zoom sessions. We have chatted, we have shared, we have listened and learned. Our presentations have been amazing as class members present a topic they have researched. We have learnt about Burke and Wills, the Convict Situation, William Patterson, the Scotts of Buninyong, Pioneer Women , The Making of the Eureka Film and more.

Email has also been a wonderful means of communicating with members – the eBulletin is sent out by email and invitations to *Zoom* sessions are sent by email. The eBulletins have been a great way of keeping us all informed, entertained and together.

Message is another communication method which has been used a lot to keep in touch. It has been a blessing that most U3A members have an email address and we can keep you up to date with what is going on as the Committee has continued its work during this lockdown.

When I had to fill in the nomination form for next year's class I decided to try to have a combination of a face to face session which is Zoomed for those who cannot get out due to age or illness or weather! I also thought this would then provide an opportunity for more members to join the class, as not everyone need attend in person.

Then in my rambling thoughts I wondered if those who would appreciate not attending in person would be those who have not yet 'bitten the bullet' and worked out how to use *Zoom*.

Opportunistically, Alison Demuth from the Ballarat North Neighbourhood House sent me an email re the computer **Be Connected** courses they are running on line. Following this a U3A friend then informed me that she had been attending these classes and they were wonderful. Very straightforward, understandable and with all the information you would need to get started. So I want to suggest that if you are a U3A member, then your mantra would be 'it's never too late to learn something new' and therefore you would be willing to tackle the deep dark secrets of using a tablet or a computer!!

Again my thoughts led me to believe that we need to make use of this technology to 'be connected' with one another, as the future looks very uncertain and would be very bleak if we could not contact another group of friends and continue with the wonderful classes that we run at U3A Ballarat.

My plea is that if you are a novice at using a tablet or computer, you take the opportunity to have a go during lockdown when you probably have time and try and learn how to use *Zoom*, email and other programs like *Facetime*. Your grandkids and friends would be rapt to see you when you talk with them!

Baden Powell's motto was 'Be Prepared' and I think this would stand us in good stead to cope with 2021 – especially if we start on our learning curve now!

Ref: See the eBulletins for dates of *Zoom* classes at Ballarat North Community House

Or go to : <https://beconnected.esafety.gov.au>

For help in starting your learning curve contact:

Nina Netherway

Ph: 0417 371 873

Email: ninan06@bigpond.com

CLASSES AVAILABLE AT BALLARAT NORTH NEIGHBOURHOOD HOUSE

Please note all classes are free and delivered using Zoom online. Please click on the link to submit your attendance and I will forward you the Zoom link. If you have any questions please contact us BallaratNorthNeighbourhood@gmail.com or mobile 0491 753 307

Photo Book Online

Thursday 10 & 17 September

1.00pm – 3.00pm

Using “Blurb” to create a basic photo book.

https://docs.google.com/forms/d/e/1FAIpQLSdoj0wUI-vFdg2DfyZ64gCLs5c1tmo_jNEsqW8lICIFQiPeIA/viewform?usp=pp_url

eBay (Buying and Selling)

Thursday 17 September

10.00 -12.00

https://docs.google.com/forms/d/e/1FAIpQLSchSN0dG-phvraQHRlCtAQ90QjgmX_7ex6VSVSyZafNlzOVZqw/viewform?usp=pp_url

Zoom – Learn How to use

Tuesday 15 September

11.00am -12.00pm

If you haven't used the software we give you instructions prior to the class and can assist you over the phone before joining us online

https://docs.google.com/forms/d/e/1FAIpQLScjg-Nh0RxZ3tM_ss9XBQnDRa9ly9dNncm7XxWP_X0egCJWeQ/viewform?usp=pp_url

“Procreate App” using your Apple iPad and iPencil

Monday 7 & 14 September

1.00pm– 3.00pm

You can purchase and download the Apple App before the session to join in or you are most welcome to watch how it is used to create Art and editing.

https://docs.google.com/forms/d/e/1FAIpQLSdXbfgUCVpzmwrVjyQ-D_EpHAHAzC-3ngR9nJDI5N9B5Ezu_g/viewform?usp=pp_url

Family Searching (starting from the beginning)

Tuesday 15 September

1.00 – 3.00pm

https://docs.google.com/forms/d/e/1FAIpQLSdbUCS6n02qjJ5spwbPTVHLuDVRcyoiKZPqDvsY4AaGVKfv_Q/viewform?usp=pp_url

We are waiting to hear announcements from Daniel Andrews about whether or not our classes for the rest of Term 3 and in Term 4 can resume. We then have to wait for the go-ahead from our venue managers before we can get going again. The outdoor classes and some indoor classes are ready to go again when we get the go ahead. Your tutors will contact you when classes are about to resume.

Planning for 2021

A reminder to tutors who would like to take a class next year. We are planning our venues and getting the Course Guide and timetables ready for 2021. Class Planning forms for 2021 were emailed to all prospective tutors at the start of August.

The due date for completed planning forms is **30th September**. It would be great to receive these earlier if possible. If tutors are not taking their class next year, then please let Denise Grant know via email or text. deniseu3a@hotmail.com or 0439321250.

If you want to take a new class next year or you did not receive the 2021 planning forms, or you do not have a printer, then please contact Helen Slater to obtain your printed form. Email Helen helen.slater19@gmail.com or 0448 408 145.

The instructions that accompanied the planning forms list how to submit your class details.

New classes for 2021

1. Intermediate Computer Skills – Terms 2 & 3 – Miriam Peck

This class is for those who are confident with regular use of the computer for word processing and who have some experience with spreadsheets. The class will take participants further, introducing them to functions that they might not be aware of. Topics will include:

- screenshots, working with folders, word processing, headers & footers, inserting and manipulating images, using columns, endnotes/footnotes, text direction, spreadsheets, freezing and hiding columns/rows, merging, centering and wrapping text, working with basic formulae, creating graphs and creating hyperlinks.

Participants will bring their own laptops or tablet computers so that they can practise the skills taught in class.

2. PowerPoint Introduction – Miriam Peck

This class is for those who are confident with regular use of the computer for word processing and would like to extend their skills to producing PowerPoint presentations, creating a well-designed presentation, animations and transitions, backgrounds, cropping photographs and timing.

Participants will bring their own laptops or tablet computers and will develop a presentation over the course of the class.

3. Napoleon – Jack Engwerda

The life and times of Napoleon. Was he a hero, villain or enigma?

4. French Beginners – Ron Verso

This class will assume that students are absolute beginners, and therefore will start with the basics. People with some knowledge of French and who would like to start over are also welcome. Reading, writing, speaking and understanding will proceed at a steady pace. Topics will include: meeting people, asking questions, talking about yourself, your family and work, booking into a hotel, eating and drinking.

5. Microsoft Office: Excel - Intermediate. (Short Course – 6 sessions) Starts May - Terry Charlton

How to get the best out of Microsoft Excel for current or previous users. You may need to complete the Basic course in Microsoft Excel before attending this one.

Elements covered will be approximately as follows, background and general navigational skills and some WOW examples of what excel can do, setup and structure of the file elements, the development of tables of information and data validation explanations, examples and practice, the development of live sub totals and totals, the development of pivot tables to facilitate analysis of the data, conditional formatting to improve the clarity of the data and an explanation of Visual Basic and Macros.

To attend you must have a PC preferably (but could use a Mac) with Excel installed.

6. Microsoft Office: How to start using Microsoft Office Products and get the best out of them. (Short Course – 6 sessions) Starts 1st February – Terry Charlton

Including MSWord, Excel, PowerPoint. Elements covered will be approximately as follows, background and discussion about what MS Office will do, how to setup each product to be ready for you to use them, understand the basic navigation and keyboard skills to start and get the best out of each program, start and use a MSWord example, start and use a PowerPoint example, start and use an Excel example, demonstrate some advanced formatting and navigation functions, if we have time, assist with individual projects.

To attend you must have a PC preferably (but could use a Mac) with Word installed.

Terry's Basic Excel class will begin after this class ends on March 15th.

7. Fitness - Light Aerobics - Pam Tobias

This is a ½ an hour walking indoor exercise session with an aerobic touch of low to medium impact

Classes Cancelled for Next Year

Big Card Game 2

Exploring Contemporary Art

Exploring Spirituality

French G

Thursday Book Club

German Beginners

Italian Intermediate Class A – Robyn Gilbert

Tapestry Weaving

The Vikings but this will be replaced with Napoleon



integratedliving
*supporting individuals
enriching communities*

MEMORY WELLNESS PROGRAM

About the program As a Memory Wellness participant you will receive an assessment of your current brain health and memory. This assessment means our Registered Nurses can tailor the Memory Wellness Program to your specific needs.

You will also take part in Memory Wellness group classes once a week in a face-to-face group session across a period of 16 weeks. During this time Registered Nurses will monitor your progress, make any adjustments to your customised program and help celebrate your achievements.

As part of the program you will receive an iPad for the duration of the course and enjoy learning how to use many great features on the device including;

Brain training activities like quizzes and puzzles

- Taking photos and sharing those with others
- Researching your interests and hobbies on the internet
- Using Facebook and other programs to connect with loved ones.

This is just one of the programs on offer. See the website for others:

<https://integratedliving.org.au/services/wellness-programs/cardiac-wellness>



If there's anything you want to learn about dementia, chances are it will be covered in our online Help Sheets.

The Help Sheets cover a very wide range of topics relating to dementia, including:

- General information about dementia
- Different types of dementia
- Effects of dementia on behaviour
- Advice for families and carers
- Tips to assist with social engagement
- Younger onset dementia Information for Aboriginal and Torres Strait Islander people
- Frequently asked questions

The Help Sheets provide advice, common sense approaches and practical strategies on the issues most commonly raised about dementia. They're available as PDF documents that you can read online, download or print. Visit the Dementia Australia website to view the Help Sheets.

discrimination@dementia.org.au

30 September is coming up fast!

So please now send me your contribution for inclusion in our Covid 19 book (and if you have forgotten all about this, give me a call and I'll go over it again!).

I've collected lots of stats, as well as cartoons and photos, to go as appendices to the book, and currently have several pieces already for inclusion.

Would love to hear from you – as this is our message in a bottle to future generations putting up with similar madnasses!

Let's hope our lockdowns are eased soon.

POSSIBLE BIO-SECURITY PROBLEM!



- Unidentified and unsolicited seeds are arriving in mail boxes around Australia from Asia
- Industry groups and government authorities fear the seeds could be a biosecurity risk

- Australia's biosecurity system underpins \$110 billion in farm production and \$42 billion inbound tourism each year

Authorities do not know who sent the seeds, or even what varieties the seeds are.

The Department of Agriculture, Water and Environment said 36 packages containing unidentified seeds had arrived at addresses across all Australian states over the past five weeks.

The unsolicited seeds were predominantly from China, Malaysia and Taiwan.

Anyone who receives unsolicited seeds in the mail is asked to report it to the Department of Agriculture, Water and Environment on 1800 798 636.

PHONE SCAM WARNING

The calls could be from an automated voice recording which prompts you to speak to an operator, or from a person directly. Recent callers have claimed to be from Telstra and advise that someone is trying to hack into your bank accounts. The caller is likely to ask you to download software that allows them to remotely access your accounts to check for signs of compromise and/or confirm your banking details.

Requests to remotely access your computer and/or perform software downloads on it should only be granted if they are expected, eg made in writing in advance:

- If you have made an IT support request, an automated email with a reference number is typically provided to the requester. Users can use that reference number to verify that such calls are in relation to that IT request
- Unexpected incoming calls requesting action or information that were not first advised in writing should be ignored under all circumstances.

SPEAKERS' CLUB LUNCH

Our September guest speaker is Clement Chihota. Clement is a lecturer in Social Work/Community and Human Services at Federation University. Clement grew up in Zimbabwe and has worked as a lecturer in Zimbabwe, South Africa, New Zealand and now Australia. A published poet and short-story writer, Clement will tell stories from his upbringing and his journey from Zimbabwe to Australia. He will also compare and contrast the difference in cultures between Africa and Australia and how the community culture in Africa might have relevance to our current situation with Covid19.

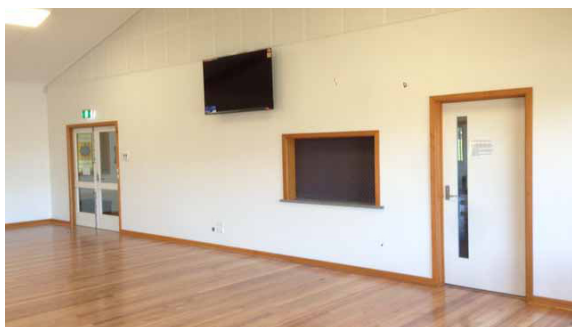
When: September 10th at 1pm

Where: On Zoom, a link will be provided when you register.

Registration: Please register at <https://www.trybooking.com/BLDCK>

Cost: \$16 per person goes to support the Upendo home for orphans and street kids in Tanzania.

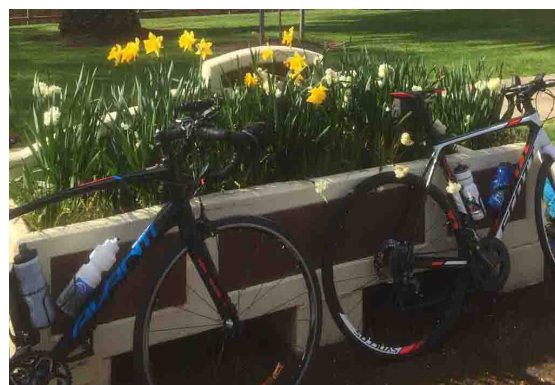
BNCC UPDATES



New TV, new cladding outside, windows on the south wall

U3A CYCLE TOURING GROUP is active

U3A cycle touring group are occupying themselves by locating horse water troughs in and around Ballarat. Lists are compiled using the internet - then it is onto the bike to find them.



THINGS TO DO

For some time the Florey Institute of Neuroscience and Mental Health in Melbourne has organised seminars and talks for various Melbourne-based U3As. They are now offering activities to regional U3As as well. Some of the activities will be online and easy to access.

This will be a valuable opportunity for U3A Ballarat members. To assist in the selection of topics the Institute is asking our members to help. We are able to make suggestions by completing a short (four minutes at most) survey.

The survey can be started by clicking on the link below, or if preferred, by copying and pasting the link into the address field of a browser. The survey can be done anonymously and is easy to do.

The link to the survey is

<https://www.surveymonkey.com/r/LS88M37>

Short Talks and Interviews

Goodness knows what might be offered by U3A Ballarat during Term 4. Regardless of what restrictions might still be in force, one suggestion, at least, has merit. The suggestion is that we develop a series of short talks and interviews.

So, the first question to ask is whether we have U3A Ballarat members who might be willing to give a short talk about a hobby, interest or passion. A session could last for anything between twenty minutes to an hour. If it would be easier, we can use an interview format, with the questions known beforehand and used to prompt the speaker.

The session will be broadcast only to members using video chat software. It would be possible to display documents, photos or a presentation.

Members interested in being involved, or who might have suggestions for speakers, could contact Phill at grantphillip@hotmail.com

PANDEMIC PETALS

What is your inner blossom this spring?



NUMBNUT
GUMNUT
- What day is it?
- Vague
- Is it still 2020?



FULL-THROTTLE
BLOOMIN' WATTLE
- Still blooming
- probably still baking
sourdough



BLAH BLAH
WARATAH.
- loud, random
- bit spikey



VERY SILLY
LILLY PILLY
- anti-masks
- covid-conspiracist
- Did their own "research"



GOT-A-CRUSH
BOTTLE BRUSH
- exploring Love In
The Time of Corona



CRANKY
BANKY
- over it.

@JessHarwoodArt

jessharwoodart.com

Did you know that U3AOnline have a wide selection of courses online?

You can access these in two ways.

1. You pay \$30 for a year's subscription and have access to all the Independent Study Courses. There are over 60 courses to select from.

OR

2. U3A Ballarat will pay for an organisation's subscription and for some of the most popular courses @ \$20 a course. You would have free access to these courses.

Here is the link to the list of courses available <https://www.u3aonline.org.au/courses>

If you are interested in any of the courses please contact me, Mary Maloney,
moomoo@southernphone.com.au

Once I have an indication of what people are interested in, we will sign up for those courses and send you instructions on how to access them.

Mary Maloney – Web Manager

SING ALONG WITH Davy Johnston, to the tune of "Road to Gundagai"

There's a care that we share
as we take the morning air
around the lake named Wendouree.

The distance we are keeping,
so the Covid keeps retreating,
and we can be more free.

Though our rooms stay unused, they'll open up much more,
and the mates from the classes will again go through the door;
so until the plague is rare, the gob clamps we still wear
around the lake named Wendouree



Next **eBulletin** deadline Sept 17

Next **Bulletin** deadline October 8

u3aballaratbulletin@gmail.com

If undeliverable return to:

U3A Ballarat
PO Box 2058
Bakery Hill, Vic 3354

U3A BULLETIN
BALLARAT
Reg. No. A 13304 K

Surface
Mail

Postage
Paid
Australia

PRIVACY STATEMENT

This organisation respects your right to information privacy. Information we collect and hold on members is kept in accordance with information privacy laws.

DISCLAIMER The services or products referred to in this publication are not endorsed by U3A Inc. Ballarat, Vic.

They have not been examined or tested by the Association which accepts no responsibility or liability for the accuracy or otherwise of the advertisement or for the quality, suitability for a purpose of that service or producer.

U3A Inc. Ballarat, Vic cannot be held responsible for copyright infringements whether accidental or intentional incurred when preparing material for U3A classes.

Ballarat U3A acknowledges the assistance of the Ballarat City Council in the publication of this Bulletin.