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702 WALKER ST, BALLARAT NORTH**BNCC OFFICE** Currently closedEASTWOOD LEISURE COMPLEX
20 EASTWOOD ST BALLARAT 3350**Public Officer:** Ros McArthur
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Reg No13304 K ABN 3371 3445 856

COMMITTEE MEETINGSAt BNCC, 9:30 am
1st Wednesday, Feb to Nov**BULLETIN EDITOR**LEE ALBERT
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Next eBulletin deadline: Oct 22

Next Bulletin deadline: Nov 5

Word Diversion

Kudos and glory, regardless of how much they rely on imagination, are always good to spread around. The wonderful and worthy recipients this time are Roger Darby, Pauline Quirk and Tricia Elliott. The words? Aunt Jessie disguised SECRETARY until our three word un-wobblers got to work. Some of Warwick's words cleverly remained concealed; the ones revealed were YEARLINGS and LAYERINGS, while SEARINGLY and SYRINGEAL kept their secret.

Now, the pressure is on. With the days becoming longer and the weather getting better (well, sort of), there is less time to spend on cracking confused and chaotic words.



Never-the-less, AJ suggests that B A C M U N A L E might keep us occupied into the wee small hours.

WS reckons that the following might have three solutions:

T	L	E
I	N	S
A	R	C

CEIRNASTL

Solutions please to Phill at grantphillip@hotmail.com. As usual, there is any amount of kudos, glory and personal satisfaction, in a bag, just waiting to be claimed.



As they say the show must go on, or in our case it's the AGM must go on. The Committee had decided to postpone the AGM to October 27 in the hope that restrictions would be eased. This, as we all know, has not happened but we cannot put off the AGM any longer. So please mark your calendars for our VIRTUAL ZOOM AGM. We still need to have 120 members attend to make a quorum. So, we are asking, no, we are begging you to please, please sign up and sign in for the meeting. It is scheduled for 2 PM on October 27. We will send an email with the registration link and publish the link in the next eBulletin. If you do not have access to the internet and Zoom, or know of anyone in your classes that does not have access, please reach out to that member and invite him or her to attend with you. We know this is an inconvenience and we will all miss out on our wonderful afternoon tea but as I'm sure you're sick of hearing, these are extraordinary times and we need to adapt. If restrictions ease in the middle of this month we may be able to host small groups at a few of our venues but at this point, we cannot count on that.

Speaking of Zoom meetings, Lee Albert, Nina Netherway and I were lucky to attend a virtual meeting with the Governor of Victoria, Linda Dessau and her husband Tony Howard for International Day of Older People. She spent about 30 minutes with a group of approximately 130 U3A members. Three speakers from U3A, one from Belgrave, one from Mallacoota and one from the Melbourne Chinese U3A talked about some of the things they were doing during the shutdown. Susan Webster from U3A Network also gave a talk and U3A Ballarat got a special mention for the video done by Andrew Parker and the hiking group that was part of the Virtual Seniors week for Victoria. So, while it would have been nicer to have attended an actual tea with the Governor, this meeting was interesting and informative, and offered some good ideas.

I feel like I am repeating myself and will keep doing it but I need to thank the Committee who continues to work hard even though we are not having classes. Denise has been working to put together next year's schedule of classes, which means organising venue timetables and getting the booklet ready for printing and following up with those tutors who "forgot" to send in their forms. Nina and the Policy Subcommittee have also been hard at work writing new policies and updating older ones. Nina and the Administration Subcommittee (yes, Nina works very hard) are planning for registration for next year's classes. We are hoping that we will be able to have at least limited in person registration, but once again we may need to adapt and do it online. We are working hard to make plans that can meet everybody's needs.

I don't know about the rest of you but I think the lack of daily interaction and normal movement is taking a toll. I have trouble remembering the day of the week, date or month. I am forgetting things, and even though I try to do some exercise my fitness level has gone down. I spend plenty of time on Zoom meetings but it's not the same as getting up, getting dressed, going to classes, running errands (or should I say messages) and having plenty of personal interaction with lots of people. I'm sure I'm not alone so if any of you having similar feelings, don't despair; we're all in this together. I'm always available for a chat, as are the other Committee members.

PLEASE, help us out and sign in for the AGM. Thank you.

elena.u3a@gmail.com

The first draft of the 2021 Course Guide and timetable has been completed. Now we undertake the checking process. The drafts have been sent to tutors and class reps for them to check that their entries are correct.

The deadline for this checking time is 10 pm, 18th October.

After that date, the Course Guide will be sent to the printer and details will be added to MyU3A. Obviously changes can still be made for the MyU3A entries after that date, but not to the Course Guide.

About 30 classes which were scheduled to run in 2020 have cancelled for next year.

Big Card Game 2
Exploring Contemporary Art
Exploring Spirituality
French G
German Beginners
Italian Intermediate Class A – Robyn Gilbert (This has now been taken over by Glenda Cipolato so the class will continue to run)
Tapestry Weaving
The Vikings (but this will be replaced with Napoleon and the French Revolution)
Fourth Thursday Book Club
Collage Mixed Media (replaced by Zentangle Doodling)
Tasting and Talking Wine
Wine Production and Assessment
Tai Chi for Arthritis
Tai Chi for Arthritis for Beginners (there are still two Sun Style Tai Chi classes)
Rediscovering Patrick White
In Search of the Trojan War and Helen of Troy (Paul is now team-teaching Napoleon with Jack Engwerda)
Movie Making
Studio Drawing
Cultural Capital
Mirador
History of the Art Gallery
Circle Dance
Lead Lighting
Delve into our Botanic Gardens
Anxiety in Autism
Chinese Mandarin Beginners
Chinese Mandarin 2
Traditional Tai Chi by the Lake
Recorder Beginners
Psychology
Learn how to control and eliminate triggers to past anxiety experiences
Walking Basketball

Some more new classes to be offered in 2021

Title “A Hitchhikers Guide to the Night Sky” Graeme Hood

Have you have looked at the sky and wondered what is going on out there?

Then this course will give you a basic understanding of the motion of the Sun, Moon, Planets and other objects in the sky. It is a basic study of Astronomy from a personal viewing perspective which will allow you to appreciate both the vastness and beauty of space. The course will concentrate on identification of objects in the sky primarily with the naked eye. A small pair of binoculars whilst not essential can also be useful.

This will run fortnightly during term one and can be undertaken either in class or off campus through email in a newsletter format.

The aim is to provide you with the skills to identify objects and some valuable resources that will enable you to research any sky objects long after the course is finished. It should be noted that the primary emphasis for this course will be objects readily visible in late Summer.

Depending on interest, the course will repeat in following terms with an emphasis on different times of the year. For instance, you could attend the term one course and opt for off campus updates in the following terms.

Politics – So what? Tricia Cosgriff

Politics is a controversial space. In recent times interest in and discussion around politics has changed and has become contentious. Some people have become very disenchanted and are not interested in the politics of the 21st Century. Why should we care? What do we know about our political system, how it works and how we can influence it?

Readings and other content as well as key questions will be provided to the participants before each class. These will form the basis of the discussion and learning for the class.

Some questions we will explore include: What is politics? What makes power, politics and politicians? How is politics and power organised and exercised? Politics – perfectly imperfect? What do we expect and demand from those who govern? How are we powerful in politics and what is our influence? Rights and responsibilities?

The topics and areas for discussion will be guided by the participants.

Zentangle Doodling Lynhy Sainty

This is the Mixed Media Collage class from last year. For this year only due to the current conditions, I would like to facilitate a Zendoodling class. Learn to draw basic Zentangle patterns, putting them together, drawing them over or under watercolour, drawing around photographs, inside of shapes. Mindful doodling.

Enrolment procedures for 2021

The enrolment procedure for next year's classes is still under discussion. As you can appreciate, the method of enrolment will depend very much on the DHHS announcements in October and November.

Term 4 classes 2020

The current DHHS guidelines say that 10 people can meet outside, so the outdoor classes have resumed within Covid guidelines. At this point no indoor classes can take place at our official

until DHHS announces that adult education groups can meet indoors. We are also still waiting for our venues to open. At this stage they are all closed until further notice. The President, Elena Tommasi will send an email to all members when this position changes and we can resume classes.

BALLARAT NORTH NEIGHBOURHOOD HOUSE COURSES

We hope everyone is well and have been keeping busy. The Neighbourhood House is still physically closed however we are very much alive online. It has been great to see so many familiar faces and meet new ones online.

Continuing on with the theme we have some short information sessions booked for next week. To register your place on the screen please cut and paste the google form link, complete the form and hit submit. I will email the zoom link the day before the session. If this is your first time using Zoom, please contact us, if you need some help.

Linking services in myGov & Claiming Medicare with myGov 14 October 1.00 -3.00pm

One of the best things about a myGov account is you can access all of your online government services with one username and password by linking them to your account.

In this course, we show you how to link and then access your services, such as Medicare, ATO, Centrelink and more.

https://docs.google.com/forms/d/e/1FAIpQLSfsTNGwl0QpfDAddgCHZ67ltJz3wbuy3naWZp2lu0l5PLdlyA/viewform?usp=pp_url

Passwords Friday 16 October 10.00-12.00

This course will teach you the essentials of safe passwords, such as why we need safe passwords and how to make sure yours is as safe as possible.

This course will teach you how to create safe passwords as well as common mistakes to avoid.

https://docs.google.com/forms/d/e/1FAIpQLScfqFik0zhB30cl9Qy5fy65E0qLFhoovaQpzqi6LQbQ8qkrhQ/viewform?usp=pp_url

Avoiding Scams Friday 16 October 1.00- 3.00pm

We have all heard of the scams and tricks that can happen online, but in this course, you will learn that it's actually not that difficult to stay safe online, you just need to follow a few simple steps.

https://docs.google.com/forms/d/e/1FAIpQLSfsTNGwl0QpfDAddgCHZ67ltJz3wbuy3naWZp2lu0l5PLdlyA/viewform?usp=pp_url

October 21 classes:

All the classes below have the Zoom Link attached, please copy and paste the link into your search bar (google/safari/firefox) 5 minutes before the class date and time. Any question Please contact us on 0491 753 307

Watching and Listening Online 9:30-10:30 am

In this course, you will learn how to watch TV online and access catch-up services like ABC iView and SBS OnDemand. The course will also teach you how to access the radio online and use music services to listen to your songs whenever you like. Join Zoom meeting:

[https://us02web.zoom.us/j/86908816023?
pwd=VENuMWd5YTJ4ekphdki4SEdyVjVCQT09](https://us02web.zoom.us/j/86908816023?pwd=VENuMWd5YTJ4ekphdki4SEdyVjVCQT09)

Apple Maps 11:00-12:00

Maps makes it easier to get where you need to go with any of your Apple devices. And with Guides to help you find the best places to eat, shop and explore in selected cities, you'll have more to do and experience when you get there. Join Zoom Meeting:

[https://us02web.zoom.us/j/87096972232?
pwd=SE5WT1ZuNytoOUp1OFdtNTFybnZWUT09](https://us02web.zoom.us/j/87096972232?pwd=SE5WT1ZuNytoOUp1OFdtNTFybnZWUT09)

Exploring Google Earth 1:00-2:00

Have you ever wanted to see the different places in our backyard and beyond. We show you how to set yourself using Google Earth, how to use the controls and how to navigate to visit the wonders of the world. Also explore Google Earth's companion website - Google Arts & Culture. Join Zoom Meeting

[https://us02web.zoom.us/j/86443360661?
pwd=RUZ0cEY2YUZ1czhubkY3Z1NEb3RrUT09](https://us02web.zoom.us/j/86443360661?pwd=RUZ0cEY2YUZ1czhubkY3Z1NEb3RrUT09)

Blogs-Online Journal 2:30-3:30

Have you ever wanted to write about your hobbies or interests and share them with your friends, family or the community at large? This course takes you stepby-step through setting up your first blog (short for web log, or online journal), using free resources on the internet. Join Zoom Meeting

[https://us02web.zoom.us/j/86403037919?
pwd=S1kzdEc0M01UTEhLWWwrSkRnVWljUT09](https://us02web.zoom.us/j/86403037919?pwd=S1kzdEc0M01UTEhLWWwrSkRnVWljUT09)

Alison Demuth, Co ordinator

Mobile 0491 753 307

Tuesday – Friday 9.00am – 3.00pm

Privacy Impact Assessment for U3A Ballarat



U3A Victoria Network has been conducting a project on Data Privacy and Security during the last month following guidelines from the Office of the Victorian Information Commissioner, *Privacy Impact Assessment*.

A small group from Committee has been Zooming regularly on this topic of privacy regarding U3A Ballarat. We have been participating Network's Zoom sessions which have given information on how we should go about protecting the privacy of our members and the information we collect. This includes the use of computers, storage of data and the communication of this data. It does not just apply to membership information but all the other documents generated by Sub-Committees and the General Committee.

In fact our heads have been overwhelmed with the information we have gathered regarding the need for privacy policies and will lead to changes in our office protocols and how we store Committee information.

It has also led us to compile the *Guidelines for Protecting Privacy for U3A Ballarat Members*.

This document has been ratified by Committee and we would urge all members to read and commit to these guidelines. Other policy documents will be on the website as they are ratified by Committee.

GUIDELINES FOR PROTECTING PRIVACY FOR U3A BALLARAT MEMBERS

These are general guidelines on what information from our records should be provided to other members by our Tutors, Class Reps and all other members who have access to this information.

Implementation:

Tutors and Class Reps:

- a. In the case of Tutors and Class Reps, all members of a class should be asked to give their permission for their email contact details to be given to other members of the class.
- b. Tutors or Class Reps should provide a phone number/email to enable members of the class to contact them.
- c. While members should be encouraged to advise their absences on MyU3A, many will prefer to apologise in person. Making a class roll available at meetings will enable members to note in advance when they will be absent.

Committee Members and Office Volunteers

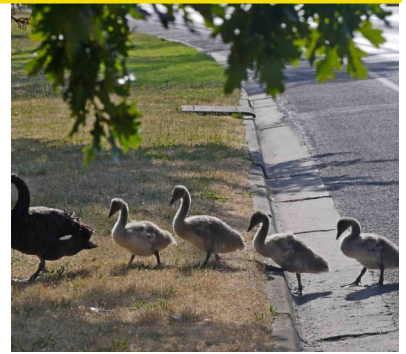
- a. Committee members and Office Volunteers should be careful to refer to the Timetable contact details that Tutors and Reps provide. If there is a phone number, it may be given out to a prospective class member. If there is an email address, this is what should be released.
- b. Should a U3A member request a phone number, email or address details of another member, it is mandatory to check first with that member that they are happy for this information to be released.
- c. Members will be warned when photos are to be taken. Anyone who does not want to be photographed will be able to remove themselves. In general, members will not be identified by name in publications, unless permission is given.
- d. When enrolments are being taken it is important that Membership Forms are processed into the system and then shredded.

General Membership

All members have an obligation to respect the privacy of other members and should ask permission before divulging anyone's personal information.

BALLARAT LAKE WALKERS

U3A Ballarat Lake Walkers, since COVID-19 came on the scene, diversified a little as we felt Lake Wendouree was getting a little too busy. We started walking in other parts of Ballarat and incorporated a bit of a history lesson with the walk. We did Buninyong with its interesting architecture, particularly the number of Doctors mansions from the 19th Century that still exist. Mt Pleasant area which incorporates the first school built in Ballarat. The Churches of Ballarat. Sturt Street and its beautiful character homes also a walk around the streets surrounding the Lake for its architecture and the Old Ballarat Cemetery. The wonderful team of walkers did the research and provided historical information on these walks.



When outside activities ceased we met via Zoom at our usual walking time on a Thursday morning thanks to the incredible IT skills of Sue, Lake Walkers Member, who set up the Zoom catch-up. To make these link-ups interesting we covered a variety of subjects such as reading books to discuss. We chose books that were inspiring like “Channel of Peace” which is about the small town of Gander, Newfoundland, who found itself receiving 38 transatlantic airline flights and 6,500 passengers on 9/11 when the airspace in the Northern Hemisphere was closed to air traffic. A state of emergency was put in place by the Mayor of Gander and the local residents of 9,000 united to provide food and accommodation for the international passengers. Another inspiring book is “A Diamond in the Dust” which is a powerful story of how one woman overcame tragedy to forge an outback empire. We have also delved a little into the History of Ballarat, such as the “Eureka Uprising”, “Women on the Goldfields” etc. etc.

We also kept in touch via email sharing inspiring You Tube Videos, and interesting images taken around the world. The group is small in number so we can safely walk and have coffee following the COVID guidelines.

BOOKS YOU MAY LIKE TO ORDER

Tricia Elliott has now collected 40 COVID-19 stories to be published at an estimated cost of \$20. Contact Tricia on tricia.elliott1@bigpond.com or Mob 0438 201 491

Last year, Noemi Mckinnon joined the U3A class called Writing Your Family History under Keira Lockyer. Her initial purpose was to simply write about my parents and leave a legacy for son James and his many cousins. When family and friends read the book, they encouraged her to publish as it depicts images of Philippine culture and history. The book *Dance Through Life* is a good read for history buffs and for those who are interested in understanding human behaviour in an Asian setting.

If U3A friends are interested in purchasing a copy, email Noemi at mckinnonnoemi@gmail.com

Gloriously Well Fed

A Virtual Interview in social media with a U3A Ballarat Member

“Today’s lunch: roast lamb, mint jelly, roast veggies in maple syrup, seeded mustard, Jamie Oliver roasted potatoes and beans in lemon jus. Cheers.”

Such was the caption on a photograph of a square white plate, upon which the above-mentioned food was artistically arranged. This appeared in a social media post, though it could well have been an article in a cookbook or an up-market lifestyle magazine. The natural reaction to the post was to feel hungry. The cheese sandwich I was about to eat for lunch did nothing to help.

Since the start of the first lockdown, Ken had been creating all manner of culinary delights for his and his wife’s daily midday dining experience. A description and photograph appeared each day in social media. Clearly, each day’s fare was top class. We, Ken’s social media followers, looked forward to each day’s post. With the lockdown rules in place, I guess Ken knew he was quite safe from having unannounced guests drop in for a lunch.

Even on the occasions when it seemed the pair might be ‘slumming it’, just for a change, the menu contained something exotic. Take, for example, “Spaghetti with chorizo, salami, onion, capsicum, bacon, fresh basil and tomato base sauce”, served in an elegant square bowl and complemented by equally elegant tableware. There was never a hint that the creations were taken from a book or someone’s favourite recipe, so we assume Ken’s imagination is very active. The culinary creations continued, “Lamb Rogan Josh with four veg, rice roti, bread and yoghurt. Cheers.”

Did his social media posts stir others into action? It wouldn’t be at all surprising if they had done so. It didn’t in this household. To be fair, I hadn’t shown Ken’s adventures with cuisine to my wife; goodness knows where doing that may have taken me. In any case, lunches were casual affairs in our house, with the evening meal involving greater levels of ceremony. In that context, the appreciation of Ken’s efforts is enhanced. I would have loved to have been there for (and would have taken an appropriate wine), “Lunch today, a little different to what I normally eat at home. Home made pizza, tomato base, three cheeses, onion, capsicum, sun dried tomatoes, olives, salami, pumpkin, fresh basil and parsley.”

Phill Grant

Hi Roslyn,

I loved your story. I’d never considered our relationship to the natural world in that way. I shared it with my friends. We’re going to join you in protecting our rivers for generations to come – this is how we start moving in the right direction.

Imagine opening your inbox one day to receive an email like that, from someone you have inspired. Imagine looking back years from now and knowing your efforts – and especially *your stories* – helped to protect your favourite river, lake or patch of bush.

We don't know what stories you have to tell, Roslyn, but we know stories have a real impact on how people see the world. They have the power to change the debate, move others to act, and highlight the environmental solutions our rivers need.

We want to help you make that happen. [Please join our free storytelling workshop on Wednesday 28 October >>](#)

Workshop: Storytelling and why it matters

Featuring – how emotions drive politics, secrets of story structure, telling personal stories for change.

WHEN: Wednesday 28 October 6:30pm-8pm

WHERE: Zoom online event

[Register here >>](#)

So how can stories change the debate and protect the places we care about? That's what our new training program will explain.

We'll take you through the psychological science behind how emotions drive action. We'll explain the secrets of story structure, how narrative creates political change, and how you can get started writing your own story about our changing landscape and what a healthy river can look like.

Then, over a series of monthly workshops, we'll show you how to translate this understanding of storytelling into getting media, writing opinion pieces, making social media videos and more.

You'll also join a community of other storytellers who are passionate about local rivers and protecting our natural world

The first session will be hosted by Greg Foyster, an author, journalist and Communications Manager at Environment Victoria.

Greg has cycled 6000 kilometres around Australia collecting stories of people living more simply and sustainably. He's also helped dozens of first-time writers get opinion pieces published in newspapers and is an expert at pitching to the media.

We believe in the power of your story to change the debate in your area, and to give hope to others who are working to protect their patch. We're sharing all the tools we know in these workshops.

Thanks for reading, and I hope to see you at [the first event on 28 October >>](#)

Farewell to **Lorna Ellis**,
U3A Ballarat's last foundation member.

Lorna was a dressmaker and as she had retired from fulltime work, she attended the meeting in 1987 held to arrange the local U3A group and "joined every class". But the Choir was her favourite activity which she enjoyed until moving to BUPA about 3 years ago.



Soon after the choir was formed they began singing at Lorna's home because she had a piano, but had to move on when the class outgrew her lounge room. Lorna was the lead soprano with a clear strong voice.

She often used her dressmaking talent to make costumes, bow ties, etc for the Choir to wear at various performances, When Lorna moved to BUPA her sewing machine went too and she even made articles for her Care Home.

Vale Lakshmi Maksay

We were saddened to hear recently that Lakshmi Maksay had passed away. Many members of U3A would have known her over a long period of time, particularly through her wide community involvement in education and multicultural affairs. Recently, she has been a valued member of the Classic Cinema class, and we'll miss her cheerful, friendly and generous presence there.

Shirley Faull, on behalf of the class.

Vale Pat Morris (1932 - 2020)

Pat's link with U3A goes back nearly thirty years. As a retired teacher of English, she was invited by Barbra Morison to lead the Literature Class. She did this very successfully by herself for a number of years until she joined a team of tutors.

Robyn McKnight, who is still class representative for this group, has shown her appreciation of Pat's contribution with this tribute.

"She worked tirelessly for our classes when we had only one tutor all year and this went on for a few years."

Pat was also a member of the Essays and Ideas Class until she was unable to attend because of her poor health.

She will be remembered by many of the older members for her intellect, her friendship and her contribution to U3A Ballarat.

John Poliness.

The next eBulletin deadline: **THURSDAY October 22**

The next Bulletin deadline **THURSDAY November 5**

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