



the BULLETIN

March 2021

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EMAIL info@u3aballarat.org.auWEB www.u3aballarat.org.auFbook <https://www.facebook.com/U3A.Ballarat>**CLASSROOMS**BALLARAT NORTH CAMPUS, BNCC
702 Walker St, Ballarat North 3350EASTWOOD LEISURE COMPLEX
20 Eastwood St, Ballarat 3350

HUT 48, AIRPORT

PINARC

English St Golden Point 3350

OFFICEBALLARAT NORTH CAMPUS, BNCC
Tuesday 9.30 – 11.30
Thursday 1.00 – 3.00**PUBLIC OFFICER**ROS McARTHUR 0409241115
14 Aryvale Avenue, Lake Gardens 3355
Reg No13304 K ABN 3371 3445 856**COMMITTEE MEETINGS**BNCC 9:30 am
1st Wednesday, Feb to Nov**BULLETIN LEE ALBERT**bulletin@u3aballarat.org.au

Next issue deadline: Thursday April 8

Diary Dates**March 17: New Members' Morning Tea****March 25: Living at Home Longer, BNCC 2:00 pm RSVP required****March 27: Swap Tables at BNCC, 10-11:00 am****March 31: Office Volunteers Introductory talk, BNCC 10:00 am****Word Diversion**

Isn't it great that pandemic lockdowns may well be 'history'? Consequently, it seems that our 'word unwobblers' are out and frolicking in the fresh air. In between frolicking, only one scrambled word solver submitted solutions. Congratulations and kudos to Jerome Nugent Smith for offering MEALINESS and MESSALINE as solutions to Warwick's puzzle. Aunt Jessie will be enjoying an extra cappuccino this time, as she appreciates the glory of setting an unsolved puzzle.

This month, Aunt Jessie will rest on her laurels and submit the same scrambled word as last month; her word to unscramble is A C O R N T A I N T S

Warwick will also be feeling pleased that his puzzle can be repeated – there are two more solutions to be found. So, solutions other than 'mealiness' and 'messaline' please.

E	S	N
M	L	I
S	A	E

ENMALSIES

As usual, solutions to Phill at grantphillip@hotmail.com please. The usual superb and highly desirable, if ethereal, prizes are on offer; you know, kudos, glory and secret smugness.



Several people have asked me lately how it is being President. After a few moans and groans and rolling of my eyes I say it has been more challenging than expected. In the first few months I dealt with one problem after another. I felt like the minute I resolved one problem I got another email or phone call with another. The beginning of the year started out with many challenges, most of them directly, or indirectly, Covid related. Things have calmed down a little now I only have to deal with problems a few times a week or make that several times a week! But I have to say that my job would be impossible if it weren't for our fantastic, hard working Committee. I am so lucky to be working with such an excellent group of people.

Tricia Cosgriff has recently taken over as Office Manager and Covid Cleaning Superwoman. She has done an amazing job getting cleaning supplies, organizing our Covid cleaning procedures and getting the office up and running. After a suggestion from Helen Slater we have assigned Covid Marshalls for each venue who are responsible for keeping our cleaning supplies topped up at those venues. Hopefully this will take a little of the responsibility off Tricia and help save a Committee member from having to run around to each venue.

I would also like to give a huge thank you to Denise for her six years as Class Coordinator. She has organized our classes, kept up our timetables, and worked closely with our tutors. We appreciate everything she has done.

We would like to welcome Helen as our new Class Coordinator. Despite a badly broken leg she has taken on this new position and is learning the ins and outs. I'm sure Helen will do a fantastic job.

Thank you too, to Nina, Mary, Lee and Chris for their continuing work on our technical issues. They have spent many hours evaluating our equipment, working on how to best use it and what we need to do to best suit our tutors. Blake has also spent hours checking on our venues, solving problems and working on some exciting new possibilities for the future. As I said, I don't know what I would do without our amazing Committee members.

I would like to ask everyone to please understand that we are responsible for our space at all our venues. If you are having a problem at the venue do not go to the staff, or other tenant, at the venue. You can call Blake at 0487 429 183 or me at 0421 520 414 and we will do what we can do help. If necessary, we will talk with the people at the venue or work with our own people to work out what we need to do. So, if you are at ELC please do not go to Marita or the staff there, if you are at Pinarc do not go to the staff there, if you are at BNCC do not go to the Seniors and if you are at Hut 48 do not go to the RAAF people. Thank you all for your cooperation. And make sure the rooms are cleaned and locked when you leave.

I would also like to remind everyone to wear their badges. This is important for two reasons. The primary reason is the emergency information on the inside of your badge, and if you have not filled that out please do so. The second reason is that we are old and forgetful, at least I am, and until we get to know you it is nice to have your name visible as a reminder. I don't know about you, but the older I get the longer it takes me to remember someone's name.

Thank you all for your cooperation. I hope you are enjoying your classes, and everyone is settling in for the new year.

Elena

President@u3aballarat.org.au (please note the new email)

From Denise

To Helen

You now need to contact as Helen as your Class Coordinator.

Helen actually took over the job three weeks ago, but she has been waiting for the U3A computer belonging to the Class Coordinator to get all of its new software installed, so that she can make changes to all of the timetables and other documents. That problem now seems to be resolved, and Helen is now ready and able to take over the position fully.

Helen would like to be contacted by email if possible, as you have been doing for me this last six years. Her phone number is only to be used to text messages, or if there is an emergency which needs to be addressed immediately 0448408145

I would like to thank all tutors and class reps who have worked so hard this last six years to follow up all of my requests. It has been a pleasure to work with you all, and I would like to wish Helen good luck in her new position.

Thanks again for all the support and friendship and good luck with your future classes.

I would like to express gratitude to Denise for her patience and understanding in assisting me to take over the role of Class Coordinator. There have been a few difficulties en route but hopefully most have been sorted. If you wish to contact me the new email address for the class Coordinator is ClassCoordinator@u3aballarat.org.au

Helen Slater

NEW CLASS -- WINE APPRECIATION

Hunter Maberly, a wine graduate and experienced Fine Wine Manager would like to offer a class in wine appreciation.

The plan would be for the first class to discuss what those present would like to cover in discussing and trying different wines and/ or whiskey.

Each participant needs to bring their own glass. Water will be available in order to wash the glasses between tastings. Tasting sheet will be provided.

For the first class Hunter will bring 4 different wines.

For the remainder of the classes the cost of wines used will be borne by the class members.

This course will be held at Hut48 (Airport) on 1st and 3rd Fridays from 1:30 -3:30 in the Common Room, commencing in Term 2

BALLARAT NORTH NEIGHBOURHOOD HOUSE NEWS

The Ballarat North Neighbourhood House is currently moving slowly back to having programs in the House, hence some programs are either Face to Face or Online. Please have a look at what is on by clicking on our "link" below. If you are interested in a program please register your interest by clicking on the class. Please note our hours open are restricted and if you need to see us please ring to make a time.

Next week we have our Q & A sessions on Friday 12 March. We know many of you had plenty of questions while we were in lockdown so please come along. However, you can only register for one session as places are limited due to our COVID Safe Plan. Please register via:

<https://www.socialplanet.com.au/at/ballarat-north-neighbourhood-house>

Alison Demuth

Co ordinator

Mobile 0491 753 307

Monday & Tuesday 9.00am – 3.00pm

Thursday & Friday 9.00am -3.00pm

Email Alison.Demuth@salvationarmy.org.au

NINA'S ADMINISTRATION AND MEMBERSHIP REPORT

Several things to report:

1. You will notice that Committee members with named positions are now going to use an email address relevant to their office ending in @u3aballarat.org.au. We are doing this to make it easier for changeover of personnel – the email for their office goes with the job! It will also make it easier for you to know who to contact regarding your query.

So my email is now: membership@u3aballarat.org.au

I know it will be hard to get used to but we will manage!

2. At the time of writing we have 1111 members! That is terrific. Tutors and Class Reps please keep checking your Wait lists. If your class has reached its limits
3. **Photocopier.** We now have a photocopier on trial for one month – that is not a long time and we need to show that it is necessary that we keep it by using it! At the moment only Tutors and Reps have access. So please, email me to obtain your login number for the copier and then go for it!!!
4. **Lanyards** are now available and if you come to the office you can obtain one or email me and I will organise one for you. We would like everyone to have a nametag- particularly when using other venues – to show you are from U3A.
5. **COVID cleaning** – thank you very much for the attention classes are giving to the COVID cleaning. We know you are doing it by the amount of cleaning materials we need to purchase!!! If you find you are short of something i.e. paper towels, spray etc, there is a person responsible for this supply for each venue. This is listed in the Office Report. Please contact them.



New Members Morning Tea

This will be held on **Wednesday March 17th at BNCC at 10.30.**

Unfortunately we had to cancel it in February because of the COVID lockdown.

Please come along this month and meet other new members and Committee members and find out a bit more about how we operate. You could also borrow a book or a jigsaw from the library while you are there! This is not just restricted to new members – any member who would like to attend is welcome. Please wear your nametag.

Nina

membership@u3aballarat.org.au

Ph: 0417 371 873

Report of Swap Tables on the last Saturday in February

The organisers arrived nice and early and set up the hall at BNCC. Then we waited – however, we did not have to wait long before a member came in, very anxious about what he had brought. “Not a problem,” we said, “bring it in!” I don’t know what a certain Committee member’s wife thought when he arrived home after testing the member’s produce! It was garlic – strong Russian garlic! Then more members arrived, bringing a large array of fruit – plums, peaches, apples, pears - vegetables, jars of jam and pickles, and plants. The plants were amazing – we had bulbs of all sorts, seeds, potted plants, bunches of flowers. It was amazing. Members stood around selecting what they would like, talking to the people who had brought stuff about how to grow it, cook it, eat it etc. The room was abuzz with chatter. Throughout the hour – 10.00 to 11.00 am – members kept arriving with more goodies. Everyone went home with a smile on their face and bags of goodies they had a use for. SO – at the end of March – the last Saturday is our next Swap Tables. Come along whether you have anything to swap or not. We don’t all have productive gardens or make jams or pickles – but we appreciate those who do! Hopefully by the end of March we may be able to have a cuppa while we chat!



Unfortunately, the photographer was a bit slow at getting the camera out – too busy collecting! So the photos were taken near the end of the time.



CLASS NOTES

WALKERS AND COFFEE Chris Cullen and Ruth Nunn Class Rep: 0419 518 504 Email: kenru@ncable.net.au

Walks start 10am sharp 1st & 4th Wednesdays

3rd March Llanberris Netball Car Park, Eureka St Ballarat

24th March Kroomze-in Cafe, Boak Ave/Geelong Rd Mt Helen

7th April Racers Cafe, Cnr Webster St/Wendouree Pde Ballarat

28th April Victoria Park, Cnr Russell & Eyre Streets Ballarat

LITERATURE Robyn McKnight Class Representative

Our class has resumed for 2021 in Room 2 at Pinarc.

The book chosen for March will be "Our Shadows" by Gail Jones, and led by tutors Cathy and Rosalie.

Members are reminded of starting time at 10.30am till 12 noon.

DINING OUT GROUP



Next month's lunch will be held at the CROWN HOTEL 508 Warrenheip St, Buninyong VIC 3357 on Sunday 18th April at 12.00pm. The venue has confirmed all guests will be required to register using the QR code.

Please advise Ian McKee at anneianmckee@ozemail.com.au or Glenda Cipolato at grc184@bigpond.com of your intention to attend (or register an apology) no later than the Thurs prior – 15th April. We look forward to seeing you there!

HISTORY OF BUNINYONG Pam Engwarda Class Rep

The class was very happy to kick off the year in a very Covid safe environment in the beautiful old Court House in Buninyong, and we welcomed our new class members.

The first term of this year we decided to look at the Wadawurrung Aboriginal people who lived in this area for possibly 60,000 years before the early squatters started to arrive.

We began by looking at the estimated population of the Wadawurrung, before settlement, and the huge decline shortly after. We talked about the social structure of the Wadawurrung as well as their living areas and arrangements. We then learnt about their lives in an encampment and the way they divided labour between the men, women and children who made up the family groups who lived and travelled together.

For this class, we drew on an early document put out by the Buninyong Historical Society entitled "Aboriginal Archaeology of the Yendon-Lal Lal Area" where recollections had been put forward by a Buninyong resident back in 1989. From this, we were able to discover an area close to Mt. Buninyong where the Wadawurrung were believed to have camped, and close-by, an Aboriginal well was located. This brought to life this class as we were able to imagine what life may have been for the Wadawurrung prior to the 1830s in the local area.

We are all looking forward to having a talk from Professor Ian Clark in our next class and we are very grateful to him for his time. He is a recognised expert in the areas of Aboriginal history and culture in Victoria.

Finally, we will wrap up the term with a class focussing on the very early interactions between the Wadawurrung and some of the first squatters in the area. We will draw on early squatter's diaries, historical documents, records of the Aboriginal Protectorate as well as the excellent document by Dr. John Morris, "*The Culture and Society of the Watha-wurrung; Historical Evidence, 2010*" which has formed the basis of the classes for Term 1.

Our thanks to Glen Lake for taking our 1st term classes, all her research and presentation of this interesting subject.

COVID CLEANING SUPPLIES: TRICIA COSGRIFF

As you aware, Ballarat U3A operates across a number of venues in our great city. In order to streamline processes and reduce the running around :

- Each room in the venues used has been provided with a bucket of COVID cleaning supplies.
- Each venue has a back up supply of cleaning supplies
- Each venue has a COVID Marshall :

Eastwood Street	Julie Pittard
BNCC	Tricia Cosgriff
BSSC	Ros McArthur and Elena Tommasi
Hut 48 Airport	Nina Netherway and Elena Tommasi
PINARC	Jane Schurmann <i>please contact Tricia Cosgriff until Term 2</i>
BSEC	not required as BSEC supplies cleaning products
Buninyong	Lori Hutton

You need to contact the COVID Marshall for your venue who will be able resupply your room or tell you where/how you can access the supplies.

There are additional supplies at the Office and these can be accessed during Office hours :

Tuesday 9.30 to 11.30am

Thursday 1.00 to 3.00pm

The COVID Marshalls will contact myself for more supplies and keep me updated on needs.

We need some helpers!

Are you interested in being an Office Volunteer?

Can you use a computer?

How about a database?

Would you like to find out more?

Office Volunteer Introductory Session

10.00am Thursday March 31st BNCC

Contact: Tricia Cosgriff : officemanager@u3aballarat.org.au

Our office operates

Tuesday 9.30am to 11.30am

Thursday 1.00pm to 3.00pm

BNCC Library Anne Ottrey

The library at BNCC is back in action after a quiet time last year. It is a swap library used by all three groups at Ballarat North. Members donate books & jigsaw puzzles they have finished with, and take any items they would like. There is no record kept of who has taken what and you do not have to donate to borrow.

What to donate?

Fiction and biography in good condition; jigsaw puzzles. We don't have space for a non-fiction collection or magazines, so please donate these elsewhere.

Where is it?

In two large bookshelves in the corridor near the doors into the red & blue rooms.

Hot items?

Jigsaw puzzles have been in great demand as people arm themselves for the next sudden lockdown!



Have you ever thought of volunteering at Pinarc?

Come along to an information session on:

Tuesday 30th March 2021

Time: 1pm- 3pm

Venue: Pinarc Disability Support Boardroom 1828 Sturt Street, Alfredton

How do I register: To RSVP, please email volunteering@pinarc.org.au or phone 5329 1300

Members of the community will volunteer as 'Guest sessional presenters' in their field of expertise/ interest at any of our three centres, based at Golden Point, Pennyweight and Bonshaw. Program staff will provide full support and coordinate sessions times.

Volunteer guest presenters will deliver 1–2-hour sessions to small groups that may include activities such as:

- Music- singing and playing instruments
- Arts and crafts; Sewing; knitting, crochet etc.
- Cooking/ baking
- Dance / movement
- Pampering sessions or how to apply make-up etc.
- Sports/ games
- Computer games and activities

* Or anything you may suggest- belly dancing, yodelling or kite flying!



RESEARCH PROJECT WITH RMIT AND NETWORK VICTORIA

We invite all U3A members from across Victoria to participate in a research project on older adults and their use of Information and Communication Technology (ICT). This survey is a collaboration between U3A Network Victoria and RMIT University. The results will have implications for the development of policies, programs, and tools that help older adults engage with ICT in ways that benefit them.

The aim of the survey is to understand the lived experiences, practices, and perceptions of risk around ICT use, and how people use today's ICT to engage in the digital economy. Two main terms are associated with this survey and questions relate to both:

- **Information and Communication Technology**
- **The digital economy**

If the embedded link does not work for you then copy this link into a browser to access the survey:

https://rmit.au1.qualtrics.com/jfe/form/SV_0wiyMlvbiBVvrU1

We value and appreciate your involvement in the research. You do not have to be an expert or heavy user of ICT to participate. We are looking for people from a wide variety of backgrounds and with a wide range of experiences and abilities.

Your participation is entirely voluntary, and any information you provide will be treated with confidentiality. All data you provide in this survey is de-identified, meaning that any identifying details you provide such as your name and email address are separated from the answers you provide in the survey. This means that your name or any identifying details cannot be matched with the responses you provide.

Every U3A member who fully completes the entire survey will go into a draw for one of twenty \$50 WISH gift vouchers. When you opt to go in the draw for one of the prizes, you need to provide a phone number or email address, so you can be contacted if you win. This information will be kept separate from the survey data so that your details and the survey responses you provide cannot be linked. Please be assured that any details that might identify individual members are deidentified and will not be shared.

AN INTERESTING TALK YOU MAY WANT TO ATTEND

We all want to remain in our own homes, running our own lives for as long as possible. To ensure that you know how to do this:

You Are Invited to an important ***Living at Home Longer*** talk to be given by Phillip Dermody of Latrobe Community Health.

Where: Ballarat North Community Centre

When: Thursday 25th March 2021 at 2.00pm to be followed by afternoon tea.

RSVP to Ros McArthur on 0409241115 or rosmcarthur@icloud.com to ensure your place.

As you know by now, COVID-safe rules must be followed and we must adhere to the numbers allowed in the Hall. If you do not reserve your place and the numbers exceed our allowance, you will be turned away.

Key Boxes at U3A

Over the past year we've had little need to enter U3A venues due to COVID restrictions, but with classes starting again in February our volunteer tutors and reps have made detailed preparations for their classes. If you are the first person into BNCC, ELC, Pinarc or Hut#48 the first thing upon arrival is to access the key, open the external door and then set up your classroom. Several of you have experienced difficulty putting the code into the keypad, removing the key and then putting the key back after opening the external door.

- Each venue's code is different so you should record the code in your phone, diary or wallet so you can refer to it (memory plays tricks when you are under pressure)
- Make sure that tutor and rep in your class know the code and have PRACTICED opening the key box. All U3A Committee are able to help as they know the codes.

1. slide the CLEAR BUTTON down to cancel any numbers that may have been punched into the keypad previously. This essential step works if you punch in the wrong number too!
2. punch the numbers in SLOWLY, depressing the little buttons next to the number ALL THE WAY in – it is analog - unlike the electronic numbers on phones.
3. DEPRESS AND PUSH DOWN the OPEN button and tilt the key box cover out of the wall-mounted box exposing the key.
4. open the external door and QUICKLY replace the key in the box.
5. slide the CLEAR button down, punch the code in AGAIN (Note - as soon as you release pressure on the OPEN button it will LOCK and not fit back in the box).
6. depress the OPEN button and insert the key box cover by tilting the cover to so that the bottom of the key box cover goes in first, then pushing the top in while still keeping the OPEN button depressed.
7. Finally- release the finger pressure on the OPEN button ... and hey presto the box is locked ready for the next class.



Over the past weeks a SECOND key box (with white numbers against a dark background) has been installed at BNCC in case someone puts the key in their pocket or leaves the key inside without setting the sliding door to AUTO – so when the sliding door closes you are LOCKED OUT. The second key box is adjacent to the carpark in the little nook near the drainpipe and the air con/heating unit.

- Pinarc key box is outside the west door at the top of the stairs just outside Room 2.
- Hut#48 key box is next to the drainpipe to the left of the main entrance.
- ELC has a key box just outside TR2 left of the door; TR 1 has the key box on a board on the bookshelf using the old 2,3,1 rotating numbers.
- PRACTICE MAKES PERFECT - so please try each of the key boxes PREVIOUS to last-minute efforts just before a class when the pressure is on!



BALLARAT SPEAKERS' LUNCH

Our March guest speaker will be Dr Lynne Reeder from Fed Uni. Lynne is a member of the steering committee leading the group called Compassionate Ballarat, part of a worldwide wide network. Measuring the value of compassion in the community is a new field of scientific study, encompassing neuroscience, social science and psychology.

Lynne and the committee have been organizing lots of activities in our city and she has a very thought-provoking story to tell. It seemed to me after talking with Lynne that it would also be worthwhile having a conversation about the impact of Covid 19 on ourselves and on our community which we plan to do after her talk.

Where: City Oval Hotel, Ballarat

When: Thursday, March 11th at 12 noon

How Much: \$40 per person (\$12 goes to Upendo children's home in Tanzania)

RSVP: Please register at <https://www.trybooking.com/BPBIC> by Wednesday morning 9.30am.

If you can't register this way please contact Anthony on 0458 312 533. Let us know if you have any special dietary needs.

Looking forward to seeing you there.

Anthony

Vale Angela Sureda

Angela was a valued member of the Philosophy Class. Her contributions in discussion were always well considered and insightful and revealed her deep respect for human dignity. Her great kindness was shown through her willingness to organise afternoon tea, despite failing health, and to contact class members who were unwell or in difficulty, to check on their welfare. Angela also made valued contributions in other U3A classes such as Literature and Essays and Ideas.

She will be very sadly missed.