



the BULLETIN

April 9 2021

PRESIDENT

ELENA TOMMASI 0421520414

VICE PRESIDENT

NINA NETHERWAY 0417371873

TREASURER

JEFF LANGDON 0411 552 862

SECRETARY

ROS McARTHUR 0409241115

CLASS CO-ORDINATOR

HELEN SLATER helen.slater19@gmail.com

MEMBERSHIP/MY U3A

NINA NETHERWAY 0417371873

WEBSITE MANAGER

MARY MALONEY 0411 260 047

EQUIPMENT

CHRIS HINDHAUGH 0438701322

U3A BALLARAT ADDRESS

PO BOX 2058, BAKERY HILL, BALLARAT,
VICTORIA 3350

U3A PHONE NUMBER

0431 859 315

EMAIL info@u3aballarat.org.au

WEB www.u3aballarat.org.au

Facebook <https://www.facebook.com/U3A.Ballarat>

CLASSROOMS

BALLARAT NORTH CAMPUS, BNCC
702 Walker St, Ballarat North 3350

EASTWOOD LEISURE COMPLEX

20 Eastwood St, Ballarat 3350

HUT 48, AIRPORT

PINARC

English St Golden Point 3350

OFFICE

BALLARAT 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:

Friday May 7

Diary Dates

April 21 New Members morning tea BNCC 10-11 am

April 24 Swap tables BNCC 10-11 am

May 18 Cappuccino and chat at the Yacht Club 11 am



Word Diversion

Congratulations and heaps of kudos, glory and secret smugness to Michelle Parker and Tricia Elliott for solving last month's word diversions. Their solution to Aunt Jessie's puzzle was TRANSACTION. Warwick's multi-word solutions can now be revealed as MEALINESS, MELANISES, MILANESES and SEAMLINES.

For this month we might ask about the difficult diversions to be dealt with. Will Aunt Jessie and Warwick provide impossible brain strainers, or will deciding between the "AZ" vaccine, or the "P" mixture, occupy all available cerebral capacities?

Perhaps dealing with the word diversions will be more enjoyable.



Aunt Jessie's challenge is
NEONFICCO.

Warwick's spreadsheet surprise is...

M	A	C
N	S	E
C	H	I

ICNHSCEMA

As usual, solutions to Phill at grantphillip@hotmail.com please. Prizes? Well, sheep stations and luxury vehicles seem to be out of fashion at the moment, so let's settle for buckets of kudos, glory and ever-so-modest bragging rights.



Without going into too much detail I will say that March was a difficult month for me. I was dealing with my partner's scary medical concern. Luckily things are now going well, and he should be as good as new in the not too distant future. Scares like this make you realize how fragile life is and how important it is to live it to the fullest. I know we say that and then soon enough we are back to living life the same way we did before. I'm going to try to make sure that doesn't happen, but I can already see us falling into old patterns.

Luckily, I have two things working for me that made the month a little easier. The first is that I have a great team behind me, and they stepped up without question. Nina immediately agreed to handle any problems that came up, and everyone else on the Committee offered their support as well. The second is that things seem to be running smoothly right now. Our early back-to-class glitches have been worked out. Thanks to Tricia Cosgrove, Covid Officer extraordinaire, and our venue Marshals, we are staying on top of the Covid procedures. The hitches we encountered at our venues at the beginning of the term are being solved. U3A Ballarat is moving along at a solid pace.

Although I think this has already been addressed, I would like to emphasize to all classes to make sure their classrooms and all doors to the buildings are locked when you leave. Several doors have been left unlocked which leaves us open to vandals and theft.

We have put up curtains at Hut 48 that we hope will absorb at least some of the sound, as well as darken the room for better viewing on the screens. The CoB has added disabled parking spots and drop off areas and even though we have lost several parking spaces because of this there is still plenty of parking available. This venue is turning out to be quite popular and a hit with the classes that are meeting there.

I have said that I am going to institute Coffee and Chat again but have been unable to do that. I would like to follow through so I will be offering the first one on Tuesday, May 18 at The Yacht Club at 11:00. Please come and join me for a cuppa and a chat. You don't need a reason to come just a chance to get out and say hello to me, and hopefully, other U3A members. I will send a reminder next month but mark your calendars now and I would like to see you there.

I hope you are all getting back to a more normal life and routine. I am scheduled for my job on Monday and urge you to get yours as well. We still need to be cautious and safe.

Elena
President@u3aballarat.org.au

Please make sure that you
lock up the room at the end of class

– even if you think another class is following you. They may have a week off and the room would remain unlocked.

This is MOST IMPORTANT!

It is everyone's responsibility to check that this is being done – not just the Class Reps.

NEW MEMBERS are still joining and we now have 1133 members. The enthusiasm of the new members was demonstrated at the New Member Morning Tea held in March – the first one for a year! After the group stopped chatting – which took quite a while, we talked about what U3A was all about and how we operated. There were a lot of questions from the very interested group. I would urge any new member to come along to the next morning tea for new members on April 21 at 10.00 – 11.00. You never know who you will meet and what you will find out!!

OFFICE: A successful office orientation program was held and five new faces will be seen doing office duty over the next few months. We do thank these volunteers as without them we cannot open the office.

We are hoping that the office will be open on a Wednesday morning from 10.00 – 12.00 as it has become quite busy. It will also give tutors more times to use the photocopier which we have decided to keep. We are currently printing the Bulletin using the photocopier which is a saving on outside printing. However, we are relying on volunteers to do it!

Don't forget that if you wish to use the copier you will need to obtain an access number from me before going to the office. At this stage only Tutors/Reps are able to access the copier. Please do not come to the office expecting to be able to copy material if you do not have an access number.

SHARE TABLES was again a most successful event. We had heaps of produce to share and it was wonderful to see the delight givers received from the takers! I went home with some beautiful apples, tomatoes and plants. Unfortunately, I was talking so much I missed out on a lot of other goodies which were available!! Come along to the next one on April 24!

THE POLICY GROUP from the Committee has been busy finalising many policies which we need to have to keep us safe and legal. They will be placed on the website in the members area, so have a read.

I hope you have all had an enjoyable break over Easter and come back to classes feeling renewed and refreshed!

All classes can be found on www.u3aballarat.org.au, but here are some which you may not have noted before.

Application of Global Economics to Everyday Life

Starts 20th April.Term 2

"Everything that happens in the world has an economic impact, and will affect you personally, either directly or indirectly."

The course simplifies economics plus integrates everyday topical material- examples, local case studies related-applied to economic principles with optimal class participation & discussion. For example: we are all impacted by COVID-19. Threats to Ballarat economy from COVID-19 are real, tangible: impact of loss of international students on tertiary & secondary sectors-loss of revenues, unemployment, multiplier affects.

Contact Jerome if you are interested in joining this class.jpn46@bigpond.com

Boom, Borrow, Bubble, Beware or Bust...

Starts 17th February)

Every Australian has an investment in shares on the ASX. Either directly or indirectly via their managed superannuation fund(s). Therefore, a direct financial interest in what happens to their hard-earned money. The course simplifies plus integrates topical materials- examples, case studies related-applied to investing principles & on the ASX with optimal class participation & discussion.

For Example: Boom, Borrow, Bubble, Beware or Bust via impact of massive expansion of Money Supply (M3) by Federal Reserve Bank-Commonwealth Government in creating an ASX current Share Price "Bubble".

Contact Jerome if you are interested in attending this class.jpn46@bigpond.com

Wine Appreciation

This class is being offered for those who would like to discuss and try different wines and/or whiskey. The topics to be covered will be determined by those present at the first class. Each participant will need to bring their own glass. Water will be available to wash the glasses between tastings. Tasting sheets will be provided. The tutor will provide wines for the first class but for the remainder of the course the cost of the wines will be borne by class members.

For information contact: Elaine Maberly at egm154@me.com

Five Fantastic Films of the Fifties (5 week short course)

A good case can be made for the 1950s as the most exciting decade in film history.

This course will operate over 5 weeks allowing participants to experience the cinema majesty of what your presenter Bryan Putt, considers to be five exceptional film genres from the period.The screenings will be held in a private, commercial quality cinema in Ballarat East near the Eureka Stockade cannons. Cinema is air-conditioned for participant's comfort.

The program will include introductory comments followed by discussion about the film. There will also be a short first half featuring a newsreel, cartoon or featurette from the period.

Five weeks. Monday 1pm commencing MondayApril 19

A gold coin donation per session will cover the cost of afternoon tea.

Note the cinema does not have disability access.

Direct entry is from the street where ample parking is available. Toilets on site.

Enquires: bryanmeganpictures@gmail.com

Microsoft Office: Excel - An introduction.

(Short Course – 6 sessions) Starts 15th March

An introduction to Microsoft Excel and how to get the best out of it for beginners or for those who have just forgotten how.

Elements covered will be approximately as follows;

1. Examples of what Excel can do.
2. How Excel works
3. Basic navigational skills
4. How to create Workbooks
5. How to format a page
6. How to view pages
7. How to change colours, Styles etc
8. How to create lines and boxes etc
9. How to Print Workbooks

To attend you must have a laptop, (and could use a Mac) with Excel installed.

Please contact Terry by email: tcharlton@email.com or phone for more information.

CLASS NOTES

LITERATURE Robyn McKnight Class Rep

Our class will be reading “Past the Shadows” by Favel Parrett led by tutor Greta Christie.
It will be our only class for the month on 15th April.

Our book for May will be “The Yield” by Tara June Winch, led by tutors Fran and Margaret Joy.

U3A PHOTOCOPIER IS A FANTASTIC RESOURCE Judy D’Ombrain Class Rep

As the Class Rep for the U3A Chorale, I have to make multiple copies of music on a regular basis for distribution to class members. In the past, this has meant both inconvenience & expense, since I have had to make lengthy visits to Officeworks to get the job done. Now, however, the state-of-the-art copier in the Ballarat U3A Office at BNCC has changed all that. This machine is available to tutors & class reps during office opening hours, and is extremely simple to use, making copies in every possible size & configuration, & for a fraction of the cost of commercial photocopying. All you have to do is get your personal PIN code from the Office, & they will bill you for your copying at the end of each month. What could be simpler? Give it a go next time you need class materials: I highly recommend it! We need to make good use of this wonderful resource to ensure that U3A can continue to make it available to us in the future.

WALKERS AND COFFEE Tutor Chris Cullen Class Rep Ruth Nunn Ph: 0419 518 504

Walks Start 10.00am sharp 1st and 4th Wednesdays

7th April Racers Cafe. Cnr Webster St and Wendouree Pde

28th april Victoria Park. Cnr Russell & Eyre Sts

5th May I Made It Cafe, 113 Albert Street Senbastopol

26th May St Georges Lake Creswick

DINING OUT GROUP Glenda Cipolato Class Rep

The next lunch will be held on Sunday 16th May 12 – 2pm at Oscar’s Hotel & Restaurant 18 Doveton St South, Ballarat Vic, 3350.

Guests are reminded they will need to register their attendance using the QR code. Members are requested to advise their intention to attend (or register an apology) with Ian on anneianmckee@ozemail.com.au or Glenda on grc184@bigpond.com by the Thursday prior – May 13th.

We look forward to seeing you there.



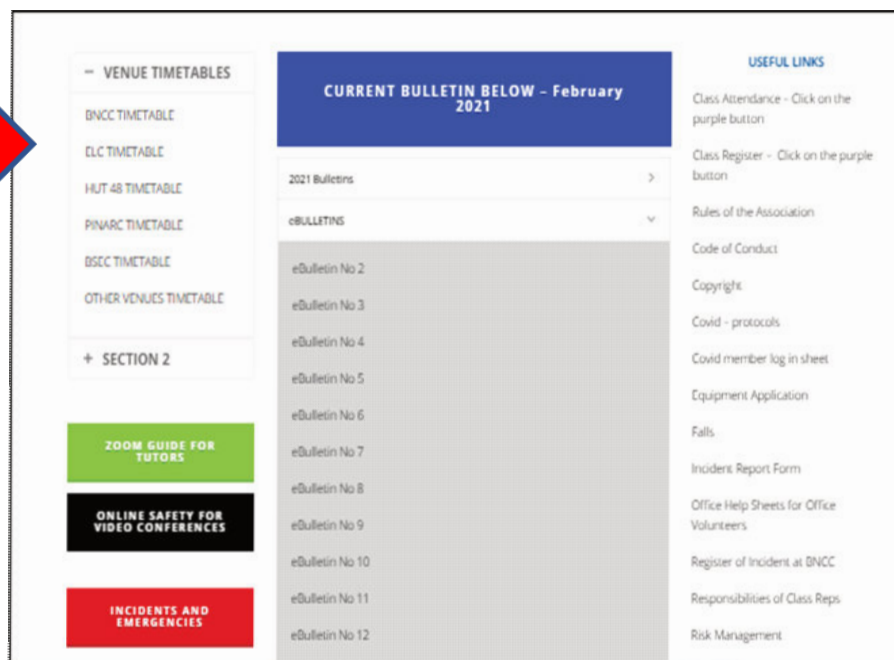
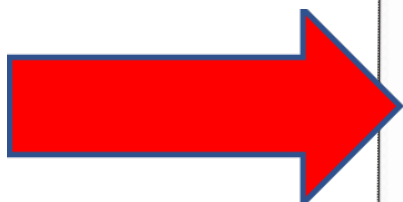


WEB NEWS

Timetables for all our venues can now be found on the Members'

Only page of the website. Address is www.u3aballarat.org.au

The timetables are listed on the left side of the Members' Only page.



The University of Melbourne is conducting a research project on the treatment of knee osteoarthritis.

The study is called **PEAK Study: Physiotherapy, Exercise and physical Activity for Knee osteoarthritis**. This study is comparing two methods of delivery of physiotherapy on the pain and function levels of people with knee osteoarthritis. Knee osteoarthritis is a common condition in adults, causing pain and reduced quality of life. Findings from this study will help inform physiotherapists and health service providers about the most effective methods of delivering physiotherapy services to people with osteoarthritis.

Our current recruitment drive has the goal of finding volunteers aged over 45 years who have knee pain. All treatments are provided to the participants with no charge, and we have physios located across metro and regional Queensland and Victoria. More information on the study can be found at www.peakstudy.com.au
All eligible participants will receive:

- 5 x consultations with a physiotherapist over a period of 3 months,
- An individualised strengthening exercise program & physical activity plan,
- A wearable activity monitor (to keep),
- Educational and exercise resources,
- ALL AT NO COST!

To participate, you can phone the trial coordinator Penny Campbell on (03) 9035 5702

If you participate in the study, further information about how your information will be handled will be provided to you in the information sheet and consent form. Please be advised that the nearest participating physiotherapist is located in Doncaster. However, there is an option to receive the treatment exercises at home via Zoom.

A GIPPSLAND JOURNEY: Howard Gibbon

It was a hardy and intrepid band of cyclists from U3A Ballarat who gathered in front of the Fish Creek Hotel at nine in the morning on March 2nd. The plan? To ride the entire length of the South Gippsland Rail Trail. Why Fish Creek you ask? This pretty little village happens to be at the mid point of the rail trail – so on Day One it was Fish Creek to Leongatha and return in a day, a distance of around 65kms. A lovely day's ride through the hills and woods of S Gippsland. But isn't Gippsland all hills/up and down? Not on the rail trail, trains aren't good at climbing hills so the builders of railways have to find ways of insinuating the tracks through the landscape using cuttings and embankments so that the trains can avoid long hard climbs and challenging descents. When these railways are no longer needed for trains they are a delight for cyclists like us.

So, on Day One we headed west from Fish Creek, first stop Meeniyan, another pretty little Gippsland village, to sample the scrumptious wares at the bakery there before continuing on to Koonwarra and lunch in Leongatha, returning by the same route in the afternoon.

On day two we took off in the opposite direction - heading east from Fish Creek through woodland country for breakfast in Foster. Then eastwards again through open dairy country to Toora and the end of the trail at Welshpool. A small band of enthusiastic peddlers decided they wanted to dip their toes in the ocean and rode the extra 5kms from Welshpool to Port Welshpool. Then it was back to Toora for a late lunch and the final leg through Foster to the Fish Creek Hotel.

The weather angels smiled on us on both days, definitely a big bonus, so it was a very satisfied, albeit rather weary, band of cyclists who wound up back at the Fish Creek Hotel at the end of Day Two. Not only did we complete two days cycling through some magnificent Victorian countryside, but we made a significant contribution to the economic revival of the region as well – how's that for a warm fuzzy feeling?

The Great Southern Rail Trail video of the trip is on the U3A Ballarat You Tube channel at

<https://youtu.be/O9SfmwrK3ak>

