

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 ADDRESSPO 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.Ballararat>**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

Wednesday 10:00-12:00

Thursday 1.00 – 3.00

PUBLIC OFFICERROS 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**u3aballaratbulletin@gmail.com

Next issue deadline:

Friday July 9

Diary Dates**Wednesday 16 June: New members' morning tea 10:30-11:30****Mon 21 June: cappuccino and chat at the Yacht Club 11:00-12:00****Thursday June 24: Celebration of BNCC upgrade 3:00-5:00 by
ticket only****Word Diversion**

Well, what can we say? Two escaped letters in succession! Though, as Tricia mentioned in her response, "But it's an even better puzzle when the letters get disguised as different letters – makes us really work!". Nevertheless, we can hope that any trend for escaping letters to try again has been nipped in the bud.

Aunt Jessie's solution was YESTERDAY (I suspect she was listening to Beatles' songs at the time she concocted the jumbled word). Solutions to Warwick's scrambles were GASOMETER and MEGASTORE. Interestingly, Margaret suggested a further solution – GEOMASTER. On checking, it is the name of a smartphone app, and also the name of a firm in Melbourne. Also interesting is, while checking the dictionary, I found the word "geomancy" (and hence "geomancer"), referring to a divination from patterns in a handful of earth thrown on the ground. Now, when I think of all the opportunities for divination that I have missed while gardening...

Mmmm, this word business is getting a bit "tragic", isn't it. More importantly, congratulations and barrow loads of kudos to Tricia Elliott, Alan Pittard, Margaret O'Neill and Michelle Parker for unscrambling various words.



Now, for next month's diversion. Aunt Jessie suggests that H E L P L I B O B I will help coax some brain cells into operation.

Warwick's spreadsheet-ed challenge is

L	T	E
N	I	E
M	O	S

SENOIMELT

Solutions please to Phill at

grantphillip@hotmail.com

Kudos, self-satisfaction (smug, or otherwise) and possible fame are offered to successful syllable un-scramblers.



We were just about to send an email telling you that restrictions were easing and we could open classes to their full extent, when we heard that we were going into lockdown again. When I first heard my heart sank and I thought oh no! Then when I thought about it for a minute, I thought yeah, I can have a break. I have been going full on for months now, driving into Ballarat every day, spending almost all day there, and I needed some time off. So, on the one hand I was not unhappy with the seven-day lockdown. On the other hand, I know it is not good for me. I am not motivated to do anything so, other than taking a walk each day, I am sitting around back in my stay-at-home clothes, reading, or watching TV, forcing myself to shower. I know I am better when I have things to do. Now that we are going into week two, I can say I've had it and I'm ready to get back to my busy schedule.

As I mentioned in the last Bulletin, we are planning on having a social event for the opening of the new lunchroom and changes that have been made at BNCC. We are still planning on going ahead but, of course, this could change at the last minute. Details on the event will be found elsewhere in the Bulletin. We are limited on space as restrictions are still in place so if you would like to attend you will need to respond to Anne quickly. We will then send you a ticket, or you can pick it up on the day of the event. We will be entertained by the Recorder Group, the Choir and the Celtic band, presentations will be made to last year's Lifetime Members, and you will have a chance to chat with other members, enjoy a glass of wine, tea or coffee and some nibbles. This will be our first social event and it will be great to get together again.

We'd like to let all members know that if they have something they would like to sell, or an event they would like to promote, there are two cork boards at BNCC that can be used for this purpose. The board is cleared every month but you can put it up again if it is still relevant.

I'm going to tell you two stories now before I get to my point so please bear with me. Several weeks ago, Peter and I took a drive to Blackwood, Trentham, and Daylesford. As we were leaving Daylesford, we stopped at the Mill Market. I was astounded by how much was there and it upset me at how many things we have that are disposable. There were massive amounts of dinner sets, cutlery, glasses (crystal and everyday), and, of course, serving trays, bowls and platters of every description. We keep things thinking they will be passed along and instead they are sold at estate sales or passed on to op shops. We are all guilty of it to some extent. (And I couldn't find the one thing I was looking for!)

My second story goes back a couple of months when I was at Hut48 (and I apologise to those who have heard this story before). I had back-to-back classes and brought my lunch with me. When I went to heat it up in the microwave, I realized there wasn't one. There is a very nice stove and oven but not a pot, pan, or dish to be found. I had brought my soup in a plastic container but couldn't heat it up. So, I could either have cold soup or buy something. I chose the second option.

Now, to my point. I am asking for donations of pots, pans, dishes, bowls, mugs and glasses. We can go out and buy what we need but I would like to reuse and recycle, if possible. I am guessing that out of 1153 members many of you are thinking of downsizing, or perhaps you have been doing some Covid cleaning.

We have been given a microwave, there are a few mugs there, and Lee has kindly donated some dishes and bowls, but we could use more. So, if you have anything that you think would be useful in the kitchen and is in good condition, we would appreciate your donations. You can drop them off at Hut 48 if you are near there or you can drop them off at the office when it is open and let them know it is for Hut48 and I will pick it up.

I held my first Cappuccino and chat last month. There were only four of us, but we had a nice talk about heart problems, children and grandies. I am going to alternate between Monday's and Tuesday's so that people that have classes on those days can possibly come on the alternate month. The next one will be on Monday, 21 June at 11:00 at the Yacht Club. I will reserve a space under U3A so just ask where we are. I hope to see some of you there, it's a great way to meet new people.

One last thing – when I sent out the mass emails about canceling our classes I had several undeliverable returned emails. If you did not receive the email please go to the website and update your email address on MyU3A, or go to the office when it is open and they can help you.

Let's hope we can get back to classes next week. I will keep you informed.

Elena
Elena.u3a@gmail.com

Nina's Administration Report

I thought lockdown would lead to a quiet existence, but no! Zoom is taking over our lives! Actually it is a great way to keep contact with reality. I have been having Zoom sessions with Committee, with my class and with members. In Committee we have been trying to use Teams to communicate and share documents – a great time saver. What we would do without technology now!

At our recent Zoomed sub-committee meeting we discussed the need for everyone to login to a venue using phones or tablets to scan the QR code. There will be no pencil and paper option. This is according to the new Government regulations. This may also cause some angst for those members who do not have a smart phone or tablet. Class members are able to log these members in but it will mean deleting their information and inserting the other persons but not saving it. This is tricky. Maybe it's a good time to upgrade your phone!!!!!!

We also decided not to hold a Summer School this year due to the uncertain times we live in.

Membership continues to grow and we welcome the new members. Don't forget that we have a New Members morning tea on the third Wednesday of the month from 10.30 – 11.30. A great chance to get together – anyone is welcome!

New members who enrol on line – come to the office to obtain your badge and other information – or email me to send you your badge etc.

Tutors and Class Reps – don't forget we have the photocopier and need to use it to make the cost of the lease worthwhile. You only need your U3A ID number to access it. It will print in B&W and colour and also A4 and A3 paper. BYO if you want coloured paper.

Just a reminder – when you are texting or emailing can you say who you are – I have received texts with a phone number and message and haven't a clue as to who the phone number belongs to!

Some interesting Stats:

We have 1178 members

We have 100 tutors and 151 classes with 2,314 enrolments

Our male to female ration is Female 837 and Male 341

Keep warm and safe and hope that we can soon get back to our face to face classes.

Nina ninan06@bigpond.com Ph: 0417 371 873

Class Co-ordinator's Report

There are two new classes being offered in Term 3



FORAGING EDIBLE and USEFUL WEEDS

This is a short 3 week course to be held at Clunes.

Topics covered will be an introduction to wild herbs and plentiful food in our local surroundings, learning how and what to collect, making home remedies and looking at ways we can introduce wild weeds into our diet.

For more information contact Chris Rockley at info@chrisrockley.com or 0478 254934

Day: Thursday

July: 15th, 22nd, 29th

Time: 10am to 11.30am



NEW COURSE - BRIDGE FOR BEGINNERS

Enjoy a game of cards? Then this new U3A course, proposed to be offered in Term 3 may interest **You!**

Contract Bridge or **Bridge** as it's commonly known, is an intriguing card game played by millions of people around the world from all walks of life. Derived from its much older cousin, *Whist*, popularized in England in the 16th century, the present-day form of Bridge although relatively recent, dates back almost a century. Bridge is a trick-taking card game played in pairs in groups of four. Arguably the champion of all card games, Bridge is guaranteed to keep you engrossed and entertained for hours, enhance social connections and increase mental health.

The proposed course will run throughout Term 3 and possibly continue into Term 4. Classes will be conducted on a weekly basis on Monday, from 2:30pm to 4:00pm in the BNCC Hall and cover both instruction and practical play. No prior knowledge is assumed but familiarity with other card games and the ability to stay focused for extended periods of time would be helpful.

To register your interest or for further information please contact Ann Agni.

Email: aagni@tpg.com.au or Mobile: 0402244635.



We now have to checkin using the QR codes in class.

If your phone won't do this, just ask someone nearby to checkin on their phone with your details, but not save them.

The easy way to checkin is through the **Service Victoria app**.

Download and open the **Service Victoria app** from the Apple Store or Google Play Store. Scan the QR code with your camera and follow the prompts to check-in.



THE UPGRADE OF OUR BALLARAT NORTH FACILITY

PROPOSED Date 24th June 2021 at 3.00pm

We were lulled into a false sense of security until last week but still hope that many U3A Ballarat members will

be able to join us so that Life Membership Certificates can now be presented to the recipients in person. We know you will be keen to see our new Lunch Room and the other improvements that The City of Ballarat have completed. Other new facilities are being negotiated at the moment and Blake will make a short presentation to keep you all informed.

We will be entertained by our Recorder Group, The Chorale and The Barnecoyle Group (Celtic Band subsidiary). Wine and Cheese will be served or slice and coffee.

Because of our Covid regulations, admittance will be by ticket only. To obtain your ticket please email Anne Ottrey on ottrey@ncable.net.au or phone 0422 963 985

Your Committee are so looking forward to seeing you in person!

Ballarat Speaker's lunch

Our Guest Speaker for June is Daphne Thompson.

Daphne is a Chinese Medicine Physician with 15 years' experience of running a busy clinical practice. After a diverse career including several years as a PhD researcher in gut microbiology, followed by 10 years working for the UK Government as a National Policy Adviser in Biotechnology, Science and Business Innovation, Daphne embarked on a study of Chinese Medicine and Acupuncture.

With a background in conventional western medicine, combined with a thorough knowledge of ancient Chinese practices, Daphne has a unique dream - in her words "create a healthcare for the future - one that serves people first; one that harnesses the strengths and synergies of Western biomedicine, Chinese Medicine and complementary therapies to optimise health care for the individual. Western Medicine (seeks to control) + Chinese Medicine (seeks to strengthen) = Connecting Medicine.

Come and hear Daphne's visionary thoughts for the future of healthcare.

When: Thursday 10th June at noon.

Where: City Oval Hotel Cnr Mair and Pleasant Sts Ballarat

How much: \$40 per person

Register: Please register at <https://www.trybooking.com/BRPSO> If you need help or wish to order a special meal contact Anthony on 0458 312 533

Help Combat Elder Abuse

An inheritance is not an entitlement.

If you or someone you know need support with important decisions, talk to someone you trust (like your GP, nurse or aged care service). Find out more about your rights via the Seniors Rights Victoria information line 1300 368 821 or 1800 RESPECT.



Your Finances, Your Choice.

If you or someone you know need support with important decisions, talk to someone you trust (like your GP, nurse or aged care service). Find out more about your rights via the Seniors Rights Victoria information line 1300 368 821 or 1800 RESPECT.





Ballarat North Community Centre – staged renovations almost complete!

It has been over 5 years since the City of Ballarat started renovations at 702 Walker Street. Stage 1 saw the removal of the stage, installation of a new heating unit to service the radiators, and replacement of half of the hall floor. Stage 2 was a major change to the overall internal structure of the building with the relocation and upgrading of the toilets, upgrading of the kitchen, construction of two new rooms on the north side of the building, reconstruction of the carpark, addition of bicycle racks, and installing of solar panels on the roof. Stage 3 concentrated on replacing

the other half of the hall flooring, cladding of the internal walls of the hall, replacing roof-located cooling units for the hall, and replacement of the hall curtains.

But the last stage – the building of a new lunchroom adjacent to the kitchen - has brought the whole building up to 2021 standards. Not only was a new lunchroom added to the south side of the building (where the old porch and concrete ramp used to be), but the walls of the blue and red room were clad to make the inside look so much larger. Comments about the “beige look” to the outside of the building now has been addressed by the BNCC Operations committee with new bright coloured panels (Spring bud, Crocus, Autumn Flame, and Havasu blue) on the exterior of the lunchroom to represent the four changing seasons in Ballarat. With the addition of 6 small tables and chairs to the lunchroom, members will be able to get a tea or coffee after or between classes without disturbing on-going activities in the rest of the centre. The final addition of mature plantings along the south and east sides of the building in mid-June will complete the picture – and start the “new look of the Midlands Reserve” to the west and north of the centre which will occur over the next 6 months (community spaces for gatherings, community vegetable garden, green space and more). The Operations Committee wish to express their sincere thanks to the CoB officials who have listened to our concerns about the old building (built in 1973) and have worked with us to bring the building up to compliance for the three groups (BN Senior Citizens, Genesis Church and U3A Ballarat) and for other community groups that utilize the centre in the evenings.

--- Blake Gordon for the BNCC Operations Committee

And at the Hut, there is a new disabled parking area sign and a drop-off zone.

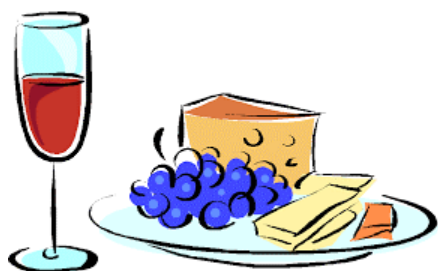
We are ever hopeful that the NBN will at last be installed!!

In fact, we believe it may have actually BEEN installed! At least on the exterior of the building!!

Inside, if not yet installed, at least the dongle works!!



Class Notes



Dining Out Group

Ian McKee class rep Glenda Cipolato facilitator

The July lunch will be held at the Western Hotel 1221 Sturt St Ballarat on Sunday 18th at 12pm. Please advise your intention to attend no later than Thursday 15th July to

Ian anneianmckee@ozemail.com.au or Glenda grc184@bigpond.com

WALKERS AND COFFEE Tutor: Chris Cullen Class Rep: Ruth Nunn Ph 5330 2027 Mob 0419 518 504

Walks start 10am sharp 1st and 4th Wednesdays 10-12 noon

23rd June Coffee Shop, Midvale Shopping Centre, Mt Clear

7th July Canberra Hotel, Macarthur Street (Cnr Creswick Rd)

28th July Ballarat Special School, Norman Street, Ballarat North

Ballarat North Neighbourhood House free courses

QR Code Scanner Android & Apple phones

Tuesday 15 June 11.00-12.00noon

How do I download the QR Code scanner, what is it and how do I use it. Join us at the Neighbourhood House to learn all about this new way of doing things

QR (Quick Response) Scanner is an essential QR reader for every Android or iPhone device, since COVID-19 they have become the must have. Join us to learn how to download, and use, the "Vic services qr code" for the Neighbourhood House.

Financial Support - CAFS

Thursday 17 & 24 June 1.00-2.00pm

Are you wanting some tip on how to reduce your utilities bills? and more...

Or wanting to know what discounts or concessions you're eligible for? How about learning to be "Money Smart" as the cooler nights of winter draw in? Join us, as CAFS - Ballarat are delivering 2 informative sessions on what discounts and concessions you might be eligible for, how you can reduce your utility bills and work towards a saving goal.

Learn to FaceTime

Wednesday 23 June 1.00 - 3.00pm

Call anyone, anywhere for a face to face chat using your Apple device.

In this course, you will learn how to use FaceTime - a service only offered on Apple devices. If you have an Apple computer, tablet or phone, you can use FaceTime to video call to the other side of the road, or world, for free.

myGov & My Health Record

Thursday 24 June 10.00am -12.00noon

The myGov portal is a simple and secure way to access government online services. Its aim is to provide Australians with a single online destination for accessing government services with one login and one password.

Contact Alison Demuth to reserve a place: **Ph 0491 753 307**