



the BULLETIN

August 2021

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BALLARAT NORTH CAMPUS, BNCC

Tuesday 9.30 – 11.30

Wednesday 10 – 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**bulletin@u3aballarat.org.auNext issue deadline:
Friday Sept 10**Diary Dates****August 26:** AGM, 2:00 pm at BNCC or by webinar**Sept 16:** Trivia Night, 4:00-6:00 pm at BNCC**October 28:** Celtic Band Concert, 2:00 pm at BNCC**November 11:** Thank you lunch for tutors and volunteers, venue
TBA**Word Diversion**

The 'new normal' has arrived and lockdowns are becoming 'ho hum'. The promise now is for a 'newer normal', sponsored by vaccine making companies. As it stands though, un-scrambling words can be done safely. Congratulations, loads of kudos and 'well done while keeping safe' to Margaret O'Neill and Tricia Elliott for restoring SIGNIFICANT, MICHOOSE and SMOOCHIES to their proper permutation.

Now, what's next?



Aunt Jessie has devised **NILEVITIGA** to tantalise our thoughts (sounds like a Latin word for the lifestyle of a river in Egypt, doesn't it?).

Warwick has spreadsheeted (now there's a verb devilishly derived from a noun) a scramble to challenge us with:

F	I	I
N	S	E
D	E	M

MINESDEFI

Solutions please to Phill at grantphillip@hotmail.com

The usual prizes are on offer – kudos galore and loads of secret smugness for those who want it.



I just sat down to write this article for the Bulletin full of good news and happiness that we were able to get back to classes when the Breaking News came on and here we are in lockdown #6.

I find the longer I am in lockdown the less I want to do so when I had the opportunity to get back to a few classes and meetings this week, it took some effort to get out of the house. Once I did get out, I thoroughly enjoyed my time working on projects, talking to committee members and classmates and having a nice dinner and lunch out.

Though I can understand why we are in lockdown again I can't say I'm happy about it. And if you want to judge me for that, as some did after my email regarding the last lockdown, then so be it. Please remember we don't know what others are going through so we should be careful of accusing and judging others. For some, lockdown is not difficult, they can find plenty of activities to keep them busy, for others it is difficult. I know I am lucky in many ways: I have a partner, so I am not alone; I live in the country and can leave my house walk for miles (or kilometres if you prefer) and the only thing I might see is a Kangaroo or two; I can go work at the farmhouse we are renovating; I could be doing plenty of tasks (my closets and drawers are still not cleared out and sorted); I have two jigsaw puzzles half completed, I have jewellery projects that need to be completed; and I have plenty of books I could be reading.

I know many others have it tougher than I do. I also know, having talked to classmates, that others are going through the same thing I am, having trouble getting motivated and getting lazier with each lockdown.

I have not seen my relatives in two years, my son, sister, and rest of my family live far away in a now inaccessible country. I know I am not alone in this, many of you have relatives living abroad but it doesn't make it any easier. I miss them dreadfully and a FaceTime or Zoom conversation only goes so far, but I guess I shouldn't complain at least we have that.

Life does go on, and we will prevail. So next up is the AGM scheduled for 26 August at 2 PM. It will be held as a hybrid meeting with allowable numbers in the hall at BNCC and the rest on Webinar as we had it last year. This presents some challenges as we have no idea what the restrictions will be on 26 August. If this lockdown ends we may be able to have 50 or 100 people in the hall, if it is extended, or lockdown #7 hits, we may have to go to a full Webinar again. There is nothing like uncertainty to keep us flexible and on our toes! At any rate, we will keep you informed. If we are able to have a face-to-face meeting, reservations will be mandatory, but we will let you know as soon as we do.

Also, on the calendar for later this year is our annual Trivia Night scheduled for 16 September, a performance by the Celtic Band scheduled for 28 October and the Tutors, Reps and Volunteer Thank You Lunch scheduled for 11 November. All these events are tentative, of course, dependent on Covid Conditions.

I am keeping my fingers crossed that this lockdown will be contained to the seven days and we can get back to it again quickly. In the meantime, go clean out those drawers and closets whether for the first time or the third time, or if you're like me shuffle from the bedroom to the kitchen to the couch and back again.

Elena
elena.u3a@gmail.com

P.S. If you are alone and need to have a chat know that I, or anyone else on the Committee, are just a phone call away.



An Invitation

Dear Members of U3A Ballarat,

Our AGM will be held on Thursday 26th August 2021 at 2.00pm.

We are asking **each one** of you to assist us to deal with the Covid-19 uncertainty in one of two ways so that we will achieve a quorum of 120+ members.

We plan on achieving this by offering you the choice of attending at Ballarat North Community Centre (where a maximum of perhaps 50- 100 may attend) or joining our AGM by Webinar as you all so cleverly did in 2020.

I know that some of your eyes have gone blank, but at least this year there is a choice (so far).

I hasten to assure you that if you have an email address, a smart phone, an iPad, a tablet or computer, you **can** attend a Webinar.

All you do is indicate that you will attend by clicking on the link we will send you by email a little closer to the date.

You will then be emailed a message with an instruction saying [click here to join](#) from 1.50 pm on the day. We know that in many cases there is more than one member per household but **only one** of you need register, though both will take part. You will need to advise our convenor Lee Albert

u3aballaratbulletin@gmail.com

of any extra members who will attend through your link. This is vital to achieve our quorum, otherwise we will need to do this ALL again.

You will receive a bundle of reports and an Agenda. After reading the reports, any concerns or queries you may have, should be emailed to Lee Albert u3aballaratbulletin@gmail.com so they can be dealt with at the AGM.

We hope to see you in person or through the Webinar and will have a great afternoon tea for those at Ballarat North Community Centre.

Ros McArthur

Secretary

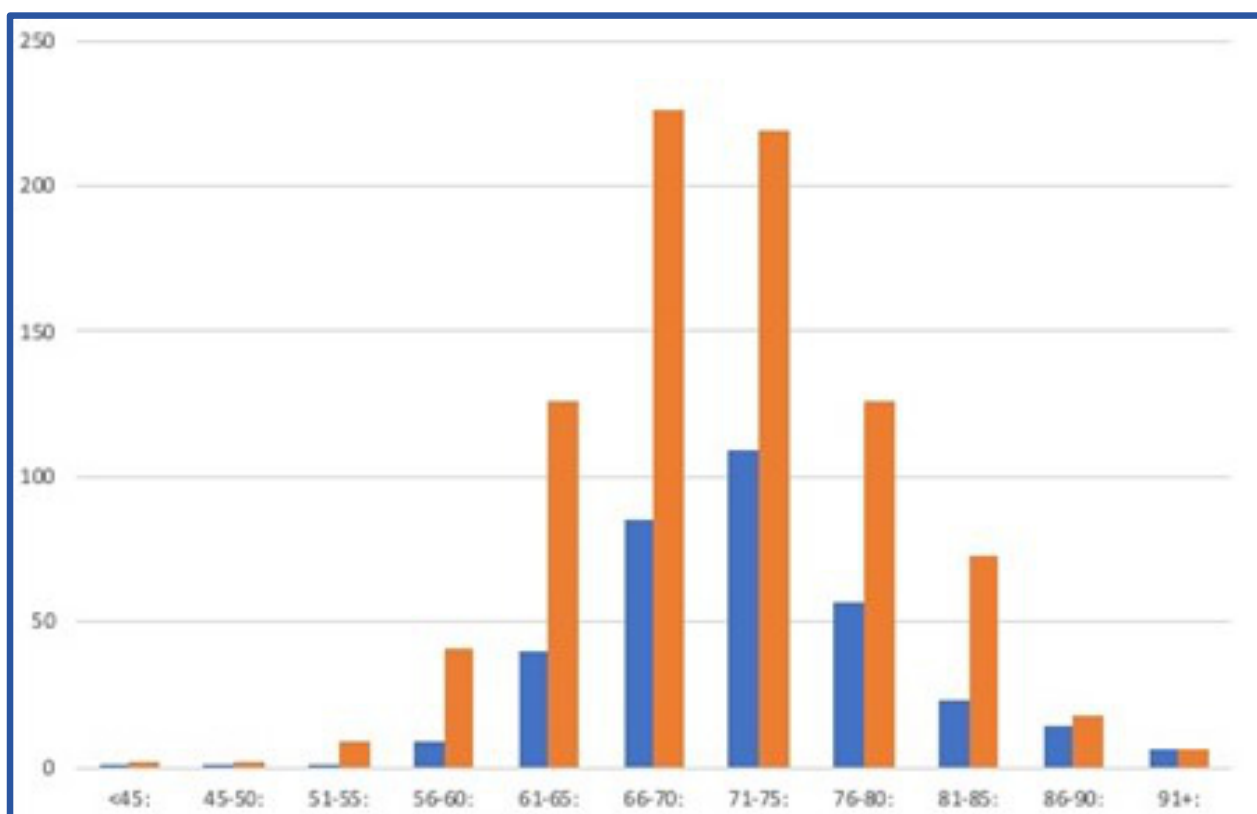
Nina's Administration Report

The Administration Sub-Committee met via Zoom and covered a lot of ground in a very short time! Decisions were made on the end-of-year dates regarding classes for 2022 and December enrolment days. Tutors will receive a form soon re classes for next year, so please start thinking about what classes you wish to take. Also, anyone who would like to share their knowledge by leading a class next should contact Helen, the Class Co-ordinator, for the relevant documents to complete.

The Tutors and Reps **"thank you"** lunch will be on 11 November. The Catering Committee are working out how we are going to do it! So, Tutors and Class Reps please keep the day free as we really do want to thank you for all you have done to keep U3A Ballarat running during this time of ups and downs.

It was also decided to keep the Office open at normal office times during school term holidays excluding January!

I was looking at MyU3A re the age range of our members and it's quite fascinating as we have a normal curve from the age of 45, peaking at 66-70 for women and 71-75 for men to 91+. Also, the proportion of men to women is interesting.



The total membership is 1,194 members, males 346 and females 848.

Just a note re emails to Committee members – we love getting your emails but, particularly when there is a query about MyU3A, please add your surname to your email, or if it's about a class, state the class name. It makes it much easier for us to find you or your class on the database if you do that. Thanks very much.

Nina Netherway
0417371873
ninan06@bigpond.com

If you have always wanted to learn Line Dancing here is your opportunity

Line Dancing is a fun, physical and healthy activity, suitable for all ages. The course will cover the common Line Dancing steps and combinations of steps. Specifically, this course will familiarise participants with the names of steps and the general language of Line Dancing. The aim of this introductory course is to provide participants with the competence and confidence to join any basic Line Dancing class locally or nationally, without feeling overwhelmed. So take the very first step and join the wonderful family of Line Dancing.

For more information contact Bill Handley : handleystb@gmail.com

Venue: BNCC Hall

Time & Day: Wednesday 9:15 – 10:15

Dates: 25/8, 1/9; 8/9; 15/9.

TUTORS & REPS

Could all classes please check their WAITLISTS. It has been brought to my attention that not all lists are being checked regularly and some names have been sitting there for a considerable time. I realise that the “on again, off again” situation with classes is making things difficult but your vigilance would be appreciated.

2022 CLASSES - TUTORS & REPS

Information sheets and Class Form for 2022 classes will be emailed to you on Monday August 9th

You are asked to return the form by **Friday September 10th**. The preferred method of return is by email.

Printed copies of the Form and Information Sheets are available at the office for anyone needing them.

Completed forms may also be left at the office. There will be a blue box just inside the door in which to place the forms

In the 4-6 weeks after the return of the forms, the Course Guide will be compiled and you will be sent a draft copy in order to check that all your information has been entered correctly. We anticipated publishing the Course Guide on November 1st.

A big **THANK YOU** to all tutors who are doing such a wonderful job under quite trying circumstances. You are doing a marvellous job organising your classes to comply with the regulations, just to have the regulations changed before you can even get started. Let us hope that the lockdowns will pay dividends and we can return to normality soon. Take care and stay well.

Helen Slater

And here is an artist's impression of the new rooms at B-SECC



Class Notes

LITERATURE Robyn McKnight, Class Rep

Due to Covid restrictions our classes will not resume until we are able to assemble as a complete class.

Our tutors have already issued the book titles for members to prepare.

Tutor Cathy Gear will begin with “Klara and the Sun” by Kazuo Ishiguro for two sessions, to be followed by Helen Nethercote with her selection of “Here we Are” by Graham Swift.

Any developments and changes will be notified personally by email.

U3A INTERMEDIATE UKULELE CLASS – Student Review of Class – July 2021



COVID 19 has been a struggle for many both mentally and socially with long periods of time spent by yourself. Our class has been so beneficial as a support both on class days and outside the designated class days, mainly to see how we are all coping and a general social catch-up.

The majority of the students in this class are attending their fourth year of learning the Ukulele with Clare and Peta.

During the last couple of years while Covid -19 has been of great concern to all, we have been very fortunate to have tutors who have gone above and beyond to keep the class progressing and the enthusiasm of the students alive.

Last year Clare and Peta put a lot of time and effort into producing a Ukulele Song Book for our class. The songs were chosen so that progression would continue with new chords being introduced as new songs were being learned. This book has allowed the class to progress from 2020 into 2021 and allow the students to feel that they were advancing in their skills. Also, using this book allowed us all to be confident we were all using the one version of each song.

As Covid-19 influenced how people felt about mixing together, it was decided to have classes outside at Lake Wendouree, which proved not only how much we enjoyed playing together but how well the whole group got on socially and we found that time slipped away while just catching up with each other if we didn't watch the clock and remember that playing was so very important to us as well.

We also have been very fortunate to be able to have some of our classes at The Bunch of Grapes, which were preceded by lunch, and once again proved how very well our group got on together and how much fun we have in participating in this class.

After our classes Clare and Peta have provided further tuition by posting videos of songs that we had done in class, to assist with timing and rhythm and also tutorials that break down strumming patterns. Without these it is felt that we would not have continued to progress and it is easy to become a bit stagnant when such wonderful support is not there. We were all very surprised on actually how many videos had been posted for us and then realised that the time given by both Clare and Peta was not only class time but many hours of extra time to produce these videos for us.

It was decided we will continue with our Lunch Class at the Bunch of Grapes for the remainder of the year, which everyone was very grateful for, and that Clare and Peta would continue to post the videos that are of such great benefit when we don't have the opportunity to play together on a weekly basis.

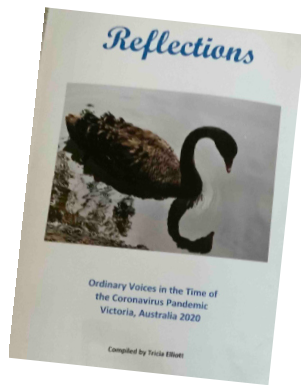
Playing the ukulele has become a big part of all our lives and has taught us much more than just playing the ukulele! We are very grateful to these two amazing teachers who continually offer more and more of their time to help each and every one of us.

Speaker's Lunch

Donovan, Ethnohistorian, on European collectors of Indigenous artifacts at noon 12th August 2021

\$40 per person City Oval Hotel

If you need help or wish to order a special meal contact Anthony on 0458 312 533



Remember this book?

I have decided to do a follow-up collection to our very successful *Reflections: Ordinary Voices in the Time of the Coronavirus Pandemic 2020*, and am inviting all contributors (and anyone else they may think of) to be a part of this.

I know, for me and probably for you, this year has been very different from last year – much colder, grey and depressing, and much scarier given the Delta variant. Perhaps it has been harder to keep positive this year. But, I think our thoughts and feelings of this year could be exactly what our great-grandkids need to hear.

The same guidelines apply as for last year: your thoughts, feelings, stories, jokes, photos – whatever you wish to contribute – in MSWord (photos in .JPEG) – and of whatever length you choose. For example, I think that that my piece will be a “scrapbook” (scrap-article?) – so many jokes, pithy sayings and clever headlines have come my way this year, that I would like to preserve some of them for future generations.

I am emailing all those contacted for last year’s book – but, again, many people, who weren’t involved last year, may wish to be involved this year. So please give them my email and phone number for them to contact me easily.

I think to make this year’s book viable we would need a minimum of 20 contributors – so could you please let me know if you are interested by **31 August 2021**. And also let me know of anyone you know who might like to be involved. If we go ahead, I would aim to have the book printed and ready to go by mid-December, which means I would need your contribution by **30 Nov 2021**.

Our 2020 Reflections has been so well received, especially by those who were not involved. So it seems that the wider world enjoys our thoughts, humour, in short – our reflections. And again, if this year’s book goes ahead, I will place a copy with the National Library, State Library, and Ballarat Library.

Tricia Elliott

Mob: 0438 201 491

Email: tricia.elliott1@bigpond.com



Florey Institute's Lectures for U3As

The Florey Institute of Neuroscience and Mental Health is again making available lectures exclusively for members of Victorian U3As.

On September 9, Professor Kevin Barnham and Dr Leah Beauchamp will offer a lecture called *Parkinson’s Disease: Defining a New Paradigm*. The lecture will update on recent advances in the science of Parkinson’s Disease (PD) including:

- What is Parkinson’s?
- How COVID can cause Parkinsonism
- How is PD diagnosed?
- New treatments and scam treatments.

To register for this event please go to:

<https://www.eventbrite.com.au/e/parkinsons-disease-defining-a-new-paradigm-tickets-165228110727?aff=ebdssbeac>

Living with Parkinson's Disease?

Research Volunteers Needed for a Walking Study



- Do you have a diagnosis of Parkinson's Disease that has been confirmed by a doctor?

Are you:

- Moving around the community independently?
- Able to walk at least 100m without a walking aid or the assistance of another person?

Description: Researchers at Australian Catholic University, Ballarat campus are looking for volunteers to participate in a physiotherapy study to determine the consistency of a walkway measurement system in people with Parkinson's Disease. The study has been given ethics approval by the ACU Human Research Ethics Committee and consists of a single visit that will take a maximum of 2 hours to complete. The study involves a total of 5 walking trials. The study begins with 3 walking trials, including a practice for familiarity, where the volunteer will walk across an electronic mat that records information about the footstep pattern e.g. step length. These trials are followed by a 30-minute break and then another 2 walking trials. The aim of the study is to provide information about the consistency of walking measurements over time in people with Parkinson's Disease. The completion of this study will assist in determining the effectiveness of physiotherapy walking treatments for people with PD.

Where: Assessment will be conducted in April-August 2021 in research laboratory 110.1.08 at Australian Catholic University, 1200 Mair Street, Ballarat, Vic 3350

Contact: If you have any enquiries or are interested in volunteering in this project, please contact:

- Dr Belinda Bilney via phone (03 53365367) or email at: belinda.bilney@acu.edu.au or
- Mikaela Xiberras (student) via email at: mikaela.xiberras@myacu.edu.au



THE UNIVERSITY OF
MELBOURNE

Melbourne School
of Population and
Global Health

ARE YOU A POSTMENOPAUSAL WOMAN OVER THE AGE OF 50?

WE WANT TO HEAR FROM YOU!

The Sexual Health Unit at the University of Melbourne is conducting a survey to find out what postmenopausal women know about a vaginal condition which is common in younger women but is not well understood in postmenopausal women.

Complete the survey here:
go.unimelb.edu.au/o9ti

Please contact linde@student.unimelb.edu If you have any questions

Approved by the University of Melbourne Human Ethics Committee, ID: 14600
Images by Marcus Aurelius on Pexels and Linde Stewart on iStock



Some results from a research project by RMIT

Late last year, RMIT researcher Torgeir Aleti invited members of U3As across Victoria to participate in a project seeking to understand how seniors use technology, how they perceive its risks and what measures they use to mitigate them. Members shared their experiences and thoughts and from these videoed interviews, vignettes have been prepared focussing on various aspects of the research. You can access these in the link below:

<https://www.shapingconnections.org/perceived-risks-associated-with-ict>

A challenge for the book folders.....

Replicate if you can...



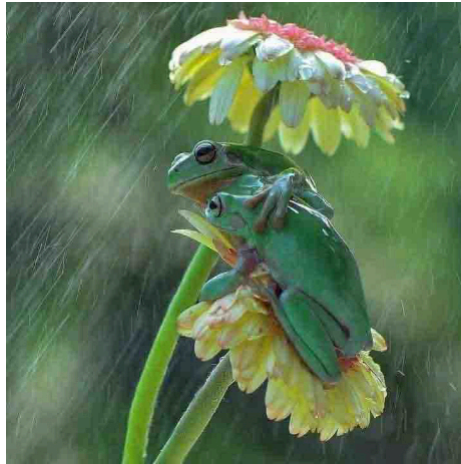
And if the lockdowns are getting you down.....

It's OK to hitch a ride with someone stronger.....



Kindness and patience will get us through this.....

And as Elena has said: your committee is a phone call away if you want to talk.....



The next Bulletin deadline: **FRIDAY September 10**

Bulletin Editor, PO Box 2058, Bakery Hill,
or u3aballaratbulletin@gmail.com