

PRESIDENT

ELENA TOMMASI 0421520414

VICE PRESIDENT

NINA NETHERWAY 0417371873

TREASURER

JEFF LANGDON 0411 552 862

SECRETARY

ROS McARTHUR 0409241115

CLASS CO-ORDINATOR HELEN SLATERClassCoordinator@u3aballarat.org.au**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.auWEB www.u3aballarat.org.auFacebook <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

Wednesday 10 – 12:00

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**u3aballaratbulletin@gmail.com

Next issue deadline:

October 8

Diary Dates**Sept 15:** New members' Morning Tea 10:30 at BNCC**October 13, 27 and November 10:** Office Volunteers Training

Sessions 9:30-12:00 BNCC

Word Diversion

In a week in which we learnt that the State will no longer 'go for zero', we can happily report that Aunt Jessie and Warwick are still striving for any number of scrambled letters greater than zero. Similarly, the wise word un-wobblers will willingly wrestle wonderful words from Aunt Jessie's and Warwick's challenges. Mmmm; w's seem to rule that last sentence. Did you hear about the wabbit found weclining in a fridge? Yes, it noted that the fridge was a Westinghouse. (Oh dear, oh dear, oh dear – if you don't hear from me next month, it will probably be because I have been locked away.)

Anyway, tonnes and tonnes of kudos to Tricia Elliott, Wendy Gottlieb and Margaret O'Neill for fleshing out INVIGILATE, FEMINISED and MISDEFINE for last month's diversions.



Now, for the next tea/coffee break, Aunt Jessie suggests that

POTTOMSIRET will sweeten the time, while Warwick has 'spreadsheeted' (no, that's not a real verb, just a creative one) another set of sweet letters.

i	e	c
o	n	r
u	d	t

tec	rin	udo
-----	-----	-----

Solutions please to Phill at grantphillip@hotmail.com Wordly winners will weceive an award, well, at least an offer, of so much kudos and glory, they could fill a wefrigerator.



When I wrote my article last month, we had just gone into lockdown again (number 6?). It was a short one and we went back to having classes for a couple of weeks and went into lockdown again. It is so hard to keep up! I'm not going to talk about being in lockdown. I'm sure you're as tired of hearing about it as I am of talking about it. What are we going to talk about when Covid is under control? I guess we'll go back to talking about our ailments, aching bodies, kids, grandkids, and all the wonderful events we'll be able to attend.

And speaking of wonderful events, as an aside before I get to my main points, I have bought tickets to six different events, the first being in September and the others spaced out until next May. So far, all but one has been either postponed or cancelled. We'll see what happens with the ones coming up. I'm not counting on anything but remain hopeful.

I would like to thank everyone who attended our Webinar AGM. Since we were in lockdown, we were unable to have a hybrid meeting. In fact, a group of us were having a final rehearsal in the hall at BNCC when it was announced we were in lockdown again.

We had well over our required quorum with about 175 attendees. Though we missed our entertainment and wonderful afternoon tea we achieved everything we needed to get done. There were a few glitches with the voting polls, but we worked it out, so no harm, no foul. (I think that's an American expression that comes from Baseball, but I think you get the drift. It means that no foul will be called because the mistake – this was more of a glitch by Zoom, didn't have an effect on the outcome.)

I apologise if I sound like a broken record, but I feel like this needs to be repeated. I want to again thank everyone on the Committee for their hard work, support and dedication. As I said at the AGM as President, I am just a small cog in the running of U3A. It is everyone on the Committee, the Tutors, Reps and volunteers that keep our organisation operating so well.

I would also like to again congratulate Roslyn McArthur and Mary Maloney on their Lifetime Membership awards. If you were not at the AGM, they were endowed with this award for at least 10 years of service to U3A Ballarat and during that time rendered sustained and conspicuous distinguished voluntary service. Ros has served on the Committee for many years as Secretary and has also been a Tutor and Class Rep. Mary too, has served on the Committee for many years as Class Coordinator and Web Manager. She has also been a Tutor and Class Rep.

I know we are not able to hold classes right now and we don't know what next week's easing of restrictions will be, (if they are eased), but when we do get back to class it is imperative that EVERYONE sign in with the QR Codes. If you are unable to sign in with your phone, then please ask someone else in your class to do it for you. In fact, every class should have a person responsible for signing in those that can't. This can be the Tutor, Class Rep or another agreeable person. I have done it for a few people, and it is not difficult. If we are to remain compliant so that we can continue to meet, we must follow these government regulations. And yes, I know that stores have paper sign in sheets, but someone from that store needs to go into the Vic.Gov website and enter all those names each night. We do not have that ability so we cannot have paper sign in.

Due to the uncertainty of meeting, and our recent experiences of holding and cancelling events, we have decided to cancel Trivia Night. We are still hoping to have Celtic Band performance and the Tutors, Reps and Volunteer "thank you" lunch. Both are extremely tentative at this point. If we are limited to 50 attendees, we will not have the lunch as we don't want to have to turn anyone away. If we do cancel it, we will try again early next year. We will just need to wait and see what happens as we get closer.

Finally, I am imploring everyone to please, please, please get vaccinated if you have not already done so. It is for your safety as well as the safety of those around you. It is easy to say that we don't have any cases in the area so we don't need to get vaccinated, but it is also easy to see how quickly it can spread.

Someone Peter was working with (when he was working) was at the Coles in Bacchus Marsh close to the time when someone there had tested positive. He had to get tested and isolate until he got his results. All the students had to get tested as well. If he had tested positive (which he did not) everyone in the building where he worked would have had to get tested and isolate. That would have meant that I would probably have had to get tested and isolate. I had attended classes that day so everyone I associated with may have had to get tested. You get the picture. It is a domino effect and can spread so easily from just one casual association. And even though Peter and I have both been vaccinated we can still get it and pass it along to someone who is not vaccinated.

Okay, I'll get off my high horse now. I will let you know what we can do next week when (if) restrictions are eased.

Elena
elena.u3a@gmail.com

Nina's Administration Report

The Administration Sub-Committee met at the end of August and made plans for three sessions of Office Training during October and November. We hope that all office volunteers and ***any other people interested in office volunteering*** will attend. We have quite a detailed and comprehensive program worked out - all COVID permitting of course! Then plan B will have to come into action!!! For further details and expressions of interest contact the Office Manager, Tricia Cosgriff: officemanager@u3aballarat.org.au

We also did some initial planning for the end of the year enrolment time. Tutors are getting their class information for 2022 to Helen and the Training sessions will give the Office volunteers the skills they need. If you have a skill you would like to share with others, please contact Helen so she can create a class. We really need Tutors to keep our flourishing U3A going.

Tutors and Class Reps – if you want to learn how to Zoom your class or run your class as a hybrid, ie. have some class members in a room and some on Zoom, check out the articles on our website or contact Chris Hindhaugh or Nina Netherway. It is a most rewarding way of conducting a class – particularly in lockdown when everybody resorts to Zoom.

We have been lamenting the small number of **computer classes** being offered. If you need help with your devices, Kerry Daniells and his helpers are waiting to help you on a Friday. Contact Kerry on 0412 700 986 or 5332 6087 for more details.

COVID has made the use of technology imperative as we log in everywhere with smart phones and QR codes. We would like everybody to log in with their phone as when you put your name on a sheet, 'someone' has to transcribe that into their phone. For contact tracing it is so much quicker when you use your phone. I can see this is going to be a long-term thing we have to do, like wearing a mask.

So, we would love someone to run a QR code class and a smart phone class!!! Now there is a challenge.

Remember, when you teach something you learn probably more than the participants!

Membership has again increased to 1,201. We welcome the new members and hope they enjoy their classes. New members' morning tea will be held on Wednesday September 15 at 10.30 at BNCC. We

may still be in lockdown – but if we are not, it will be on, so come along whether you are a new member or a long time member – you will be welcome.

Passwords: Some of you have been confused by the passwords you need to get to the Members Only area of the website and your area on MyU3A.

You need the password Balrt16 to get into the Members Area.

Then to get to MyU3A, scroll down the page to the yellow button with MY U3A. There you will need your U3A ID – on your receipt and your password which would have been sent to you. That will enable you to access your record and make changes, ie phone, address, classes etc. If you have a problem because you don't know your ID, please contact the Office, Nina or Mary.

Nina Netherway
Administration Sub-Committee Chair

Office Report

Tricia Cosgriff

The U3A Office at BNCC is open

- Tuesday 9.30am to 11.30am
- Wednesday 10.00am to 12.00pm
- Thursday 1.00pm to 3.00pm

We have rostered volunteers in the Office over the September School Holidays so the Office will be open during the normal hours of the two weeks beginning Monday September 20 and Monday 27.

During the last month we have purchased a "Square" electronic payment device, so now we can accept electronic payments as part of the 'service'. All debit and credit cards can be used.

Tutors and Class Representatives, if you need to help marking Term 3 attendance rolls this can be done during the School Holidays so you can either come into the Office and someone will help you OR you can drop the handwritten rolls into the Office and we can enter these on the system for you.

We will be conducting Training Sessions in October for Office Volunteers as well and there is more information about this in this Bulletin, so if you think that you can help out, please let me know.

Training Sessions for Office Volunteers

In preparation for Enrolment in December we are planning to run some training sessions in October and November.

Sessions will be on **Wednesday mornings from 9.30am until 12.00pm in the Blue Room at BNCC**

on **October 13, October 27 and November 10**

We will cover topics including:

- How to set up and use the Computers and Microsoft Teams
- How to use the Square payment system
- How to set up and use the Badge Maker
- My U3A database
- Frequently Asked Questions

If you are not currently an Office volunteer, but have some computer knowledge, you are welcome to attend the sessions and maybe assist with the enrolment process in December.

Tricia Cosgriff

officemanager@u3aballarat.org.au

Yoga for Beginners

Four week introduction to yoga for asanas, yoga nidra and meditation – 27/10, 3/11, 10/11, 17/11.

Wednesdays 11:30 – 12:30 Airport Hut 48

Phone Lori on 0435 414 070 for further information

CLASSES FOR 2022

Just a reminder to all Tutors that the **Information for 2022 Class forms are due in this coming Friday , September 10th**

Please send your form to: ClassCoordinator@u3aballarat.org.au

Courses on how to use Smart Phones and Tablets

The idea has been put forward that some of our members would find it useful to have courses on:

- how to use a Smart Phone – managing QR codes, sending and receiving emails etc.
- how to get the most out of your Tablet
- how to create a Power point Presentation

I would be interested in hearing from anyone who would like to run a class or classes in this area
Helen Slater



QR code tip!

If you have a phone with a camera which refuses to load QR codes, try this:

- **Don't** click first on your camera icon,
- Click on the **Service Victoria** icon in your app list.



It will load the code and give you the check-in screen!

And if you haven't yet got the Service Victoria app, get it on **Google Play** for Smart phones, or the **App Store** for iPhones. <https://apk-empire.com/service-victoria/>
au.gov.vic.service.digitalwallet.citizen

COVID Safe Protocols



It is essential for U3A Ballarat members to follow the rules shown below.

Members must not attend a venue if:

- they are, or have been recently, ill (or even vaguely unwell), or
- they have been physically near people who have contracted COVID-19.

On entering the venue:

- Scan the QR Code with your phone.
- If you can't use your phone to sign in, you must ask someone else to do it for you.
- Sanitise hands, using the sanitiser supplied or sanitiser of your own.

Entry and Exit

- By the shortest route and as promptly as possible.
- Do not congregate outside classrooms or hallways.

COVID Safe Officer(s)

- The role of the COVID Safe Officers will be to ensure the above rules are followed correctly.
- U3A COVID Safe Officer will be Tricia Cosgriff.
- Class Reps or a class appointed person are responsible for each class.

Cleaning the Rooms

- Desks, chairs, door handles and light switches should be wiped with disinfectant at the end of each class ready for the next class.
- Any equipment used by the members should also be wiped regularly with sanitising wipes.
- During cleaning, please open the windows and door to allow cleaning fumes to dissipate and for a change of air in the room.

Personal sanitation

- Once each member has finished cleaning desks, seats and/or equipment, they must clean their hands with sanitising lotion or hand wipes.

Food and Drink

- Consumption of food and drink as part of class will follow venue and Government guidelines.

The number of people in each room, seating arrangements and organization

- Density limits will be displayed on the doors of each room.
- Seating arrangements must ensure that social distancing is maintained.
- Music groups and physical activity groups will be advised of changes to Government guidelines.

U3A Ballarat cannot mandate that members be fully vaccinated before attending class, but we urge any unvaccinated members to get the jabs before joining classes.

If most people are vaccinated, the virus can't spread as easily. This also protects people who can't get vaccinated.

Class Notes

Dining Out Group

Ian McKee class rep, Glenda Cipolatto facilitator

The October lunch will be held at the Wallace Hotel, 741 Bungaree-Wallace Rd, Wallace VIC on Sunday 17th at 12pm. Please advise of your intention to attend no later than Thurs 14th to Ian anneianmckee@ozemail.com.au or Glenda grc184@bigpond.com

We look forward to seeing you there!



Music Appreciation: Janice Cook

What a stop and start year this has been for this group. At least several members heard a program on 2nd July which Joan had prepared to play to us in mid 2020. Who knows if we will be able to meet again this year with the problem of not all members being able to attend because of limited numbers allowed in the room we currently use. Maybe 2022 will treat us better.

At the July class, mention was made of long time member Cec Plumb who recently died and because of age had not been able to attend for a few years. Cec was probably a foundation member of this group which began over 30 years ago and his contribution and musical knowledge was appreciated. As well as his involvement in Music Appreciation, Cec was a previous tutor of the Creative Writing Group and was involved in distribution of the Bulletin in earlier years.

Speakers' Lunch

Our next great speaker is Howard Brandenburg who lives in Wickliffe (west of Lake Bolac). Born in New Mexico, Howard moved to Australia with his partner Dr. Ayesha Burdett. They met while studying fish and invertebrates in the river systems of New Mexico. Howard is an aquatic biologist and is currently studying aquatic life in various wetlands and rivers in Victoria. He is also a talented artist creating oil paintings and using scientific illustration to describe larval fish development. Check out his website at <https://laterallinesart.com/>

Howard has entitled his talk "The Course of Currents" and will use his beautiful drawings and photos to take us on a visual and scientific journey along the Rio Grande and Colorado Rivers in the US and the Hopkins River in Victoria, while illustrating how humans have altered the way these river systems function.

Date: September 9th at 1pm Cost \$15 per person

Please register at <https://www.trybooking.com/BTWTS> before 12 noon on the 9th.

U3A Honour Board

 U3A BALLARAT UNIVERSITY OF THE THIRD AGE			
HONOUR ROLL			
PRESIDENTS		LIFE MEMBERSHIPS	
1987	NAN HAYDON	2017	NAN HAYDON
1988	RAY BELL	2018	ANNE BOAG
1989	MAVIS O'FLYNN		JANICE COOK
1990-91	KEN FFITCH		RUTH HAWLEY
1992-93	DOROTHY DOUGLAS		JOHN OLSEN
1994-95	MARGARET GRAHAM		JOHN POLINISS
1996-97	FRED BISHOP		CATH TAYLOR
1998	RON MORGAN	2019	NINA NETHERWAY
1999-2000	GRAHAM DOUGLAS	2000	BLAKE GORDON
2001-02	BRIAN NEWELL		ANNE OTTREY
2003-04	JOY STOREY	2021	MARY MALONEY
2005-07	RUTH HAWLEY		ROS MCARTHUR
2008-10	ANNE BOAG		
2011-12	JOHN OLSEN		
2013-14	ANNE OTTREY		
2015-16	BLAKE GORDON		
2017-18	JACK ENGWERDA		
2019-20	PHILLIP GRANT		
2021-	ELENA TOMMASI		
20			
20			
20			
20			
20			

At our 34th AGM held on the 26th August, President Elena presented Mary Maloney and Ros McArthur with Life Membership framed certificates.

Earlier in August the U3A Committee discussed making an Honour Board recognising our Presidents and Life Members.

The result — an image of the honour board (thanks to Graham Hawley) appears here. In good time (considering the virus lockdowns), once we can get it made out of wood and lettered, an Honour Board will adorn a wall at Ballarat North Community Centre in our 35th year of U3A classes in Ballarat.