



the BULLETIN

October 11, 2021

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 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:

November 5

Diary Dates**Nov 11: "Thank You" lunch for tutors, reps and volunteers****BSEC. 12:00** Invitations need a prompt RSVP**Nov 10, 17 and 24: Training sessions for Office volunteers****BNCC 10-12****Word Diversion**

Well, I think we saw some Spring weather, or do I need to see an OPTOMETRIST, as suggested by Aunt Jessie? In the meantime Warwick's scrambled words unscrambled sprouted as INTRODUCE and REDUCTION. Which is, of course all well and good, especially as Anne Ottrey and Michelle Parker may well have neglected their gardens during that few minutes of Spring weather, in order to cultivate some solutions. Congratulations to each of them – stacks of kudos and seedlings may be claimed by them at any time.

What about some new words to de-compost? Aunt Jessie, while relaxing in her rocking chair by the rose garden, has harvested **MEDATHOSE** (sounds like a specialist's watering aid, doesn't it?). Warwick's fertile mind has filled the following punnet for your consumption:

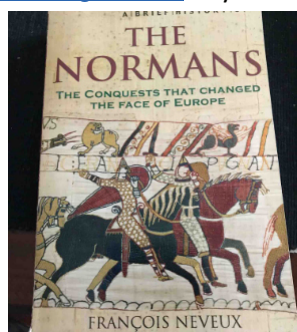
D	G	S
O	N	B
A	R	I

Solutions please to Phill at grantphillip@hotmail.com for a chance to share in any amount of the usual kudos and self-satisfaction, with perhaps the chance of an early cherry tomato or two. (Oh dear, I fear I have lost the plot!)

DGSONBARI

Lost Owner!!!

Do you know who owns this book?

Please email u3aballaratbulletin@gmail.com if you do, so it can be returned.



What a crazy month this has been. Into lockdown, out of lockdown, earthquake, politicians resigning, promises (hopefully not empty) of international travel opening soon. What's next? I was going to say life is exciting and you never know what to expect but right now, at least for me, life is still not very exciting. I'm still doing way too much sitting around.

Classes are slowly beginning again with some negotiation so we can limit the number of people in a venue to 20. Many groups are compromising by alternating the weeks they meet or the times they meet, or the venues where they meet. This has enabled some classes to start again even on a limited basis. Thank you, Helen, for all your hard work in helping to arrange these classes.

Helen, Nina and Mary have been hard at work entering next year's classes onto the website and preparing the class booklets. They, and Tricia, are planning a training session so we are ready for enrolments to begin on 1 December. If things go according to plan (Victoria Government's plan, that is) we should be able to have enrolments without too much difficulty. However, if there is one thing we have learned in the past two years, it is that things can change in a minute and plans are meant to be changed or discarded. But we can be optimistic.

Plans are also proceeding for this year's Thank You Lunch for Tutors, Reps and Volunteers on 11 November. Since we could not have one last year, this year's will be extra special. As long as the "Opening Up Road Map" (the new buzz words for the year) proceeds as announced, we will have a lovely catered lunch at BSEC. If you are a volunteer, you will be receiving your invitation shortly.

The Committee has had several discussions about vaccinations and attending class. Until there are mandatory guidelines from the government, we cannot make vaccinations mandatory. I believe that at some point, (and it could be sooner rather than later), they will be requiring people to be double vaxxed to enter certain venues. The Ballarat Council may make it mandatory to enter Council buildings. If, or when, that happens, we will follow the guidelines and it will be mandatory to be double vaccinated to attend class, but for right now, we are highly encouraging you to be vaccinated but it is not mandatory.

As for masks, they **are** mandatory. So, unless you have a medical exemption (and please have proof of that) you are required to wear a mask to attend class. If you don't wear a mask (without an exemption) don't come to class.

Enough about that. Someone called me recently to talk about our plans for Christmas. I thought why are we talking about Christmas? But really, it's not that far off. It always seems like the last few months of the year fly by. With plans for training sessions, enrolments, the Volunteers thank you lunch, and next year's classes, the Committee has a busy time ahead which makes the time pass quickly and before we know it, Christmas will be here.

Remember:
No mask
No Classs

Elena Tommasi
elena.u3a@gmail.com



Nina's Administration Report

Robert Burns said in his poem about a mouse who had his nest destroyed after putting so much work into it, "the best laid schemes o' mice an' men gang aft a-gley". Or to translate, the best laid plans of mice and men can still go wrong.

That's how we feel at the moment, as plans for our Tutor Training are going astray – although we hope to hold the sessions in November! We are just hoping that it doesn't happen also to our plans for the Tutors and Reps Thank you Lunch on November 11!

It has happened for several other plans though:

1. **The Office** will not be open until things get a bit back to normal – Tricia Cosgriff, the Office Manager, will let us know.
2. There will be NO further **New Members' Morning Teas** this year. Classes which cannot meet at ELC and Pinarc at the moment are being shifted to vacancies in our other venues thus taking the availability of the Blue Room.

So, although a lot of planning meetings have been held over the last month, not a lot has been put into action just yet. However, give us time - we have the plans.....

It's great that classes are carrying on with limited numbers in some cases, split classes, shared venue access times and altered venues. We are a very resourceful lot. A big thank you to Helen Slater, who in the midst of planning class times and venues for 2022, has also been shifting classes from ELC and Pinarc to vacant spots at BNCC and the Hut for this year!

We appreciate the co-operation between classes at this time.

Members of Committee have been attending Zoom sessions run by U3A Victoria Network on administration type topics – communication, publicity, policies etc. These have been most beneficial in giving another perspective and chatting with other U3A's. One thing COVID has been of benefit for is the opening up of communication channels between Melbourne and the regions. We can now feel more part of Network and participate in the activities they offer without having to travel.

The Hut. It was brought to my attention today when I was at the Hut for Recorder that members with classes there may not be aware that the doors are fire safety doors, in that they lock with a key on the outside. If you are inside, you can easily exit using the handle but the door will lock behind you. So therefore, to stop this, the handle is unlocked back when using the rooms. HOWEVER, unless you release this lock when you shut the door the door is still unlocked. So please check the doors when leaving to ensure they are locked. Also, the front door has to be really banged shut to securely lock it.

Membership – we have had several new members join us for Term 4 – welcome to these members. Membership will be closed from November 1.

A heads up for enrolments for 2022. We will be following (or we hope to be!) the same process as previous years. Classes will be advertised in early November and enrolments begin on December 1. You can enrol online or in person at BNCC (again hopefully!) More information in next month's Bulletin.

Keep well and safe and wear your mask!

Nina

Membership/MyU3A



Class Co-ordinator's Report

Helen Slater

Thank you to all the Tutors and Class Reps who have done such a wonderful job in completing their Class Forms for 2022. So far we have 145 classes listed for 2022. Nina and Mary have been busy entering the information into the Myu3a program and we are now ready to compile the Course Guide. I hope all Tutors have taken the opportunity to look over their entry as once it is prepared for print the entry cannot be altered. The Course Guide should be ready by November.

Line Dance class has been deferred until next year and the 4 week Yoga class that was to be held in October/November has been cancelled.

Due to the 20 person per building rule classes at ELC, PINARC and BESEC have not been held. Some of these classes have managed to slot into free times at BNCC and Hut 48. Hopefully this may only be necessary until the end of October. If restrictions change then we may be able to go back to normal classes.

We are optimistic that the Tutors and Reps Lunch will be held on November 11th at Ballarat Sports and Entertainment Centre, in Norman St Wendouree

More information will be forthcoming.

Speaker's Club Lunch

Our next interesting speaker will be Joanne Allwood. Joanne is a PhD candidate at Fed Uni studying food microbiology. She currently spends a lot of her time in the lab studying the microbiology of the traditional Japanese product Miso.

Miso is an ancient, fermented food known predominantly as the seasoning in miso soup. It is becoming increasingly popular with chefs and cooks, who are using its characteristic savoury flavour as a seasoning, in marinades and even in desserts. Its current popularity doesn't stop with its unique flavour, research indicating that the microorganisms involved in the fermentation process not only preserve our food but may also be beneficial to our health.

You will hear what is known about probiotics, prebiotics, and postbiotics in miso. Learn about its nutritional value, and details of research indicating other potential health benefits. Discover koji, the secret ingredient in miso's two stage fermentation process, and the history of the many varieties of miso available. Joanne will finish off with some tips and recipes to tempt you to try miso at home!

When: Thursday 14th October at 1pm

Where: On Zoom

How Much: \$15 per person (100% goes to support the Upendo Children's home in Tanzania)

Registration: Please book on Trybooking at <https://www.trybooking.com/BUHJS> <https://anthonymsim2010-dot-yamm-track.appspot.com/Redirect?ukey=1SQm0eT1_VQfCdUf_5S6nPyq5j9F-al0-wsM7tC50-sY-59792935&key=YAMMID-53051456&link=https://www.trybooking.com/BUHJS>

before 10am Thursday 14th October



Class Notes

WALKERS AND COFFEE Tutor: Chris Cullen Class Rep: Ruth Nunn Ph 5339 2027

Mob 0419 518 504

Walks Start 10am sharp 1st and 4th Wednesdays 10 – 12 noon

6th October Brown Hill Swimming Pool, 377 Humffray St Nth, Brown Hill.

27th October Pipers by the Lake

3rd November Meet in Learmonth – at 321 Café, Main Street Learmonth.

24th November Cnr Lydiard & Macarthur Sts Ballarat – Coffee at The Tin Roof

1st December Ballarat Leagues Club, 52 Humffray St Nth Ballarat – Lunch

22nd December Llanberis Netball Courts Eureka Sts Ballarat

CELTIC BAND

Due to Covid 19 restrictions, the Celtic Band Concert planned for Thursday, October 28 will be postponed to a date to be advised.

Thanking you,
Corrie Olsen



Dining Out Group Ian McKee class rep, Glenda Cipolato facilitator

The November lunch will be our last for 2021. It will be held at Craig's Hotel Lydiard St Ballarat on Sunday 21st at 12pm. Please advise of your intention to attend no later than Thurs 18th to Ian anneianmckee@ozemail.com.au or Glenda grc184@bigpond.com

Hope you can join us to help wind up the 'unforgettable' year that was – 2021!

Thunderstorm Asthma season is coming up! October-December Be ready!

Thunderstorm asthma is asthma that is triggered by a particular type of thunderstorm when there is a high amount of grass pollen in the air (typically between October and end December).

It can result in people wheezing, feeling short of breath, and tight in the chest with coughing.

This can be sudden, serious, and even life threatening.

For more information visit [Thunderstorm asthma](https://www.betterhealth.vic.gov.au/thunderstormasthma) on the Better Health Channel website:

<https://www.betterhealth.vic.gov.au/thunderstormasthma>



Get ready for grass pollen season

You can reduce the chance of being affected by thunderstorm asthma.

If you think you may have asthma or hay fever, talk to your doctor.

If you have asthma, see your doctor regularly. Update your asthma action plan, carry your reliever medication and treat any hay fever.

If you experience hay fever, see your doctor or pharmacist about the best treatment and your risk of thunderstorm asthma.

Have reliever medication available.

Learn how and when to use your medications properly.

Learn asthma first aid and if you have an asthma action plan make sure you understand what to do if you get an asthma flare or attack.

Check the [epidemic thunderstorm asthma forecast](http://emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast) :on the Vic Emergency website.

<http://emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast>

Avoid thunderstorms in grass pollen season, especially the wind gusts before the storm. Stay inside and close doors and windows.

Who is at risk?

You are at risk of thunderstorm asthma if you:

- have asthma (or have had asthma in the past)
- have hay fever (allergy affecting the nose) during Spring.

If you feel short of breath, tight in the chest, wheeze or cough during pollen season – you might have undiagnosed asthma.



Asthma first aid can save someone's life.

Do not wait until asthma is severe to start first aid.

If you think someone is having an asthma attack...

Step 1 – Sit the person upright.

Step 2 – Shake the blue/grey puffer, put 1 puff into a spacer, take 4 breaths from the spacer. Repeat this 4 times.

Step 3 – Wait 4 minutes and repeat step 2 if the person does not feel better.

Step 4 – If the person still does not feel better, call 000. Repeat step 2 every 4 minutes while you wait.



Ready and Waiting

U3A Ballarat went to the Farmers' Market

Saturday morning, 9th October, VERY bright and early,
Elena, Nina, Lee (and helper husband Rob),
set up an information stall for passers-by.

Then along came Ros, Chris and Blake to help as well.

They spoke to 53 interested people,
handed out brochures and class lists,
learned about Utilikilts (check that out for yourselves),
sampled the goodies at the food stalls,

And all was good

Until

Elena lost her phone
(I won't say where)
It was recovered, but had died from its inundation

She now has her first iPhone
So
All is well!!!