

## TERM DATES 2020

- Term 1** 28 January to 20 March
- Term 2** Cancelled
- Term 3** Cancelled
- Term 4** 5 October to 27 November

## DIARY DATES

- To be advised.**
- Look out for emails advertising more virtual events.**

**Copy deadline for Newsletter #6 is Friday 21 August 2020.**

## President's Report

Once again, our State Government has ordered that we minimise our outside activities and stay at home whenever possible. In view of the huge rise in numbers of people contracting the dreaded COVID 19 virus, I doubt if any one of us would argue against that. So as far as indoor classes go, we will need to wait for at least another 6 weeks.

A great deal of work had been done by Cristina Varsavsky, your Course Coordinator to have some classes re-start on 20 July, but now we will need to wait it out until it is safe to leave our homes again.

Also, we needed to come up with action plans for notification to authorities should one of our members contract the disease, along with how we would cover sanitisation and cleaning of buildings owned by Knox City Council. These needed to be approved before we could use their premises. Other venues required similar undertakings. Any classes restarting would be operating under the strict social distancing and numbers allowable rules laid down by the Dept of Health and Human Services.

A few weeks ago, with the COVID 19 numbers dropping, some of us were looking forward to re-joining their classes again for face-to-face contact with friends. Similarly, there were some of us who were taking a more cautious approach and were prepared to wait.

At this stage we will have to hold out and see how the people of Melbourne respond to this latest outbreak. Therefore, we cannot give any indication as to when we can re-start face-to-face classes. It would be nice to think that we will be back for Term 4, but there is no guarantee.

In the meantime, we still have classes operating using Zoom and a few of the outdoor activities are continuing, using social distancing and keeping to groups of two.

Stay home and stay well.

*Lawrie Gaylard*  
*President*

### For their support, we thank

 **Bendigo Bank**

Ferntree Gully, Rowville  
and Scoresby

**Ferntree Gully**

 **TOYOTA**

# From the Course Coordinator

## New courses offered via Zoom!

### 1. Finding true happiness - Beginners

Marcel Saxone will be repeating this 8-week course starting on 28 July, on Tuesdays 12 to 1.30pm. The title says everything, but sessions will include topics such as: learning to live with hope and optimism; learning by observation and rehearsal; pleasure versus gratification; discovering personal strengths; leading a virtuous life; satisfaction with the moment; the impact of the ego; the three brains and neuroscience; and resolving past unhappiness.

### 2. Indian vegetarian cooking

After the overwhelming subscription in June, Lini Kane has kindly offered to run these classes again in August, on Tuesdays 11 to 12.30pm.

If you are meat eaters then you can add the vegetarian dishes for variety, flavour, colour, and taste. Every session will engage you in preparing simple and economical yet nutritious dishes that use various spices, veggies, pulses and milk products to tantalise your/ your family's taste buds.

These recipes will be very easy to follow and the added bonus will be—you can taste what you make in the comfort of your own home.

### 3. Self care for healthy ageing

Christine Easdown will be offering this course on Tuesdays, 9.30 to 11 am starting on 20 July.

Growing old is said to be one of the most difficult chapters in the art of living. As we are living longer today than previous generations, we may be thinking about the manner and rate at which we age, and the limitations ageing imposes. We will explore the Chinese life-nourishing tradition which offers some useful strategies on aging successfully. The course will include topics such as diet and nutrition, digestive complaints, and management of arthritis.

The three courses are offered online delivered through the Zoom platform. Enrolled students will be sent "how to log in" details closer to the date of the session. If you are interested in enrolling in these courses send an email to [office@u3aknox.org.au](mailto:office@u3aknox.org.au).

## A novel but worthwhile experience

Teaching Indian vegetarian cooking online, via Zoom, was a novel experience for all of us involved, including me.

Emailing a list of ingredients in advance on Friday nights to prepare for cooking on the following Tuesdays (from 11am to 12.30) was a challenge in itself.

Giving a list of ingredients for three recipes for each session was not enough. Adding names and locations of shops nearby to buy some required spices had to be taken care of at the same time. At times, names of spices and flours in Indian terms, along with a photo of some unfamiliar veggies was a must!

By Monday night, taping a video of each recipe in action was the hubby's chore, which he did with devotion so special thanks to Vinay (Dr. Vinay G. Kane).

Now, refer to the worthwhile feedback from the following participants with my heartfelt thanks!

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Thank you Lini for the delicious recipes we have enjoyed over the past 5 sessions. I have always loved Indian food but now feel confident in making my own chapati, raita, and many different curries. I have learned to use quite different spices and seeds. I also love the Indian rice we used and found the pilau very flavoursome and have created other dishes using this rice and recipes on the packet.

This was a fantastic course to do on Zoom and Lini put in a huge amount of work in creating videos to show techniques and in developing comprehensive ingredient lists. I look forward to doing another course, hopefully in person later in the year.

Thanks again Lini, **Jenny Crynes**

Hi Lini,

I'd like to thank you very much for the obvious large amount of work you put into this course for us. I really appreciated the well set out and colourful list of ingredients before each lesson. The videos were great too.

I have really enjoyed cooking this Indian vegetarian food. My husband and I always looked forward to each Tuesday, me for the cooking challenge and both of us for the eating. Up until recently, we were not fans of Indian cuisine, but this course has given us a new and wonderful understanding of Indian food, one which we have greatly enjoyed. It's been a highlight of our week, in these isolation days of the COVID 19 crisis.

So thank you again very much for increasing our repertoire of food and teaching us new cooking methods, foods and flavours. It was an extra challenge making the dishes gluten-free but the last week's paratha was absolutely delicious, so it gave me heart to know that I can do them this way and that they're still really tasty.

I would dearly love to do more cooking with you and learn some more.

Stay safe and well. Kind regards, **Trudi**

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I thoroughly enjoyed the recent series of Indian cooking classes which you provided through U3A Knox.

Each week, we were provided with a list of ingredients and menu a couple of days in advance of the class commencing for that particular weekly session. Once the class commenced, all participants were guided step by step on the method to cook various dishes on the menu. Lini, you were so patient and passed on many tips and suggestions that I feel every member of the class appreciated.

I would thoroughly recommend to anyone who has an interest in Indian cooking to watch out for any future cooking sessions that you will be offering.

**Robyn Banks**

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So,

Come one, come all!

Keep track of the next sessions,

On our newsletter, after all!

With special thanks to Cristina and Phil who made this possible

*Manalini (Lini) Kane*



Pav Bhaji, Green apple Methamba and Urad daal fritters on 30 June



Jill Wilson with her cooking of the same menu