

TERM DATES 2020

Term 1	28 January to 20 March
Term 2	Cancelled
Term 3	Cancelled
Term 4	To be announced

DIARY DATES

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

Copy deadline for Newsletter #7 is Friday 9 October 2020.
Send articles to newsletter@u3aknox.org.au.

President's Report

After five months of COVID 19 lockdowns and restrictions I guess most of us have caught up on all the household painting and little jobs we have been putting off for years. It was really disappointing not being able to get back to running some classes in July, but with the huge upsurge in numbers of people contracting the disease it has been a good decision to shut things down. This is certainly the most disastrous time since WWII, which a few of you may remember. Hopefully, an antidote or a vaccine can be developed which will let us get back to some normality.

In the meantime, there are still a number of classes meeting via Zoom and Skype; a couple of them just starting last week.

Our U3A Events group led by Daphne Ristic, is planning some great activities, details of which appear in this newsletter. I commend their efforts. Please support their initiatives, they have worked very hard to bring them to you.

Whilst it is too early to say exactly when we will be returning to face-to-face classes, we still need to prepare for next year when it is anticipated that most courses which were running in Term 1 of this year will run again. Enrolment for succeeding years is usually held in November. We are also due to have our Annual General Meeting at the end of November.

Bearing in mind that November is under three months away and we have been closed for face-to-face for almost five months, there is every likelihood that we will still be on Level 2 restrictions and no more than 20 people can be in the same space together. I'm sure we can manage enrolment via the internet and by post, but our Annual General Meeting is a worry. At an AGM, the financial report for our U3A is presented for approval by our members. Also, we need to elect a new Committee of Management. Each of the current members' terms expires at the AGM. We need to have 50 people present, in person, for a quorum and our Rules do not allow for electronic presence (people joining on Zoom or Skype).

Because of COVID 19, Consumer Affairs Victoria will grant us a three month extension, therefore we may have to postpone our AGM until late January or February. By then we can all hope that the dreaded disease has abated and we can meet in larger groups.

Fairpark Pavilion Redevelopment

Earlier in 2019 the Member for Aston, Allan Tudge, announced a grant of \$3,000,000 towards the cost of building the new pavilion and Council had allocated another \$2,000,000 for the project.

In July Knox City Council hosted a Zoom meeting of Fairpark (where Parkhills campus is located) user groups to present a number of possible plans, drawn up by an independent group of consultants, for the re-location of the current Football/Cricket pavilion.

Five plans for the siting of the new building were put forward.

Four of the plans covered options to **demolish** our current building, one being to re-build on the site and the other three to construct a new building on one of three other sites.

A detailed explanation of the pros and cons of each site was given and the plan that the consultants recommended was to retain Parkhills for the use of U3A and build immediately to the south (where our back garden is and into the park behind).

Parkhills would need to be re-furbished to bring it into line with current building regulations (which have changed since it was last re-furbished in 2006).

We would be able to use rooms in the new building, which has yet to be designed. There are three other sporting groups with which we would be sharing the building: Fairpark Football Club, Fairpark Cricket Club and Fairpark Netball Club. All of these clubs are looking forward to moving into new premises, especially the Netball Club as at present they are operating out of a small storage shed.

Needless to say, the option recommended to Council suits the interests of our U3A. We would still retain a building, independent of the other groups, yet we would benefit by being able to use classrooms and hopefully a much larger space than our current rooms 1, 2 and 3 combined to allow larger exercise classes and meetings.

Your U3A Committee of Management considered all of what was presented and agreed that this was the best option. We have written to Council letting them know that we are very happy with this.

Council then called another meeting on 10 August, held as a forum, where feedback from all stakeholders was sought. All the other users had put in written submissions. None were fully in favour of the Council recommendations and various reasons were given. Although we were not given access to the written submission of others, some of these were raised in the forum. In the main, their preferences were to have the new building erected on one of the other sites. **This may suit us as long as we can still remain at Parkhills.** I am hopeful that some compromise can be made where all stakeholders benefit. The sporting clubs are well run by good people and do a fine job in the community with the younger generations. I am sure we can work with them and Council to achieve something acceptable to all, remembering of course, that Council has the final say.

*Lawrie Gaylard
President*

From the Course Coordinator

We are in lockdown but our wonderful tutors have not stopped offering new opportunities to learn new things and to keep connected with the U3A Knox Community. Here are some new activities on offer:

Self-care in COVID times

Christine Easdown will be offering this online short course on Friday 28 August, 10am to 12pm.

This is a repeat workshop where Christine will explore with you strategies for supporting your innate immunity as a defence against viral

infection—the first line of resistance to disease from an Oriental Medicine perspective.

This will include ways in which food is medicine—considering how different flavours and warming properties support immunity, as well as some Qi Gong exercises that benefit the organs associated with the immune system.

If you are interested in enrolling in this course send an email to office@u3aknox.org.au.

Indian vegetarian cooking— Intermediate (September) and Beginners (October)

After an overwhelming subscription in June and in August, Lini Kane has kindly offered to run an intermediate level course on Tuesdays 11am to 12.30pm during the month of September, starting on Tuesday 1 September. Lini is also planning to repeat the beginners' course in October.

This short course will build on what Lini taught in previous courses offered this year so it is particularly suited to those who participated in these. As previously, 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.

If you are interested in enrolling in these courses send an email to office@u3aknox.org.au.

Cycling Saturday—Leisurely

Arthur Gray is starting a new cycling group. He will guide riders through Melbourne suburbs, travelling by train for start of ride and return.

Arthur is planning four rides per term. These will vary in length from 20 to 40km. Return from each ride is expected to be between 2pm and 4pm.

This program will not start until public transport restrictions allow for groups of five or more people. You can enrol now in this course by sending an email to office@u3aknox.org.au, so you are set to go once social distancing restrictions are lifted.

Australian history: The history you were never told

Jim Poulter has made available to U3A Knox a series of articles on local history.

Jim has tutored U3A classes in Australian history and given innumerable talks to schools and community groups, in order that we might better share and take pride in our rich Australian Aboriginal history and heritage. Over the last few years Jim has also written a popular monthly column 'Birrarrung Stories' for the Warrandyte Diary Community Newspaper.

A retired social worker, Jim's close knowledge of our rich Aboriginal history and heritage does not come from abstract academic study, it comes from lived experience.

Jim Poulter's family first settled on the Yarra River at Templestowe in 1840. Close relationships were established with the local Aboriginal community, and these have endured through the generations. Jim has therefore been privy to the oral history both of his own family and Aboriginal families. He has known and worked with many iconic Aboriginal elders and tribal people who have trusted him with their knowledge. Many of his thirty books on our Australian Aboriginal history and heritage have been in collaboration with or the endorsement of Aboriginal elders.

You can read these articles on our website at <https://www.u3aknox.org.au/groups/australian-history/>

These resources could form the basis of a new course where the readings are discussed. If you are interested in leading such a course, please let me know. Jim has offered to make himself available as occasional invited speaker.

Esperanto for beginners

Why not fight the boredom of the imposed confinement by learning something new? A new language? Esperanto?

Why is Esperanto different from other languages?

Some people say that it is an artificial language. In fact, all languages are artificial in the sense that no one was born speaking a language. We all have to learn. Ludwik Lejzer Zamenhof published his first book in 1887. To avoid the slow evolutionary process of most languages, Esperanto is based on 16 rules that can't be changed and a list of words that can be extended using the rules. The advantage is that it remains simpler than any other language and has no exceptions. But simple does not mean simplistic. It is a system well thought through, instigating creativity.

As the language has been offered to humanity by a man who wanted communication between humans to improve, it is a universal language, not attached to any country.

What can I get from learning it?

It is good mental gymnastics.

Since 1887 it has spread on all continents. You can communicate with people whose language you don't know. Who could learn the thousand languages spoken throughout the world?

There is an Esperanto event every day somewhere on the planet: conference, seminar, common holidays, visits, club meetings, etc. Esperanto has a vast literature, including poetry. The internet has helped the development of Esperanto.

Franciska Troubale has taught Esperanto in different U3As for over ten years. She also taught overseas in France, where she was born, New Zealand, Vietnam, and Nepal.

For the time being, Franciska will run this course for beginners via Skype on Wednesdays from 2.45pm to 3.45pm. Franciska will be delighted to meet you for the first lesson on Wednesday 2 September.

If you are interested in enrolling in this course send an email to office@u3aknox.org.au.

Cristina Varsavsky
Course Coordinator, U3A Knox

Camera Club Online

The Camera Club meets each week on a Wednesday. We have a weekly topic and members bring photos on that topic (plus others) which the group view and discuss. We vote for the best of each member's photos presented. This improves our knowledge and skills as we learn more about photography. Finally, we vote for the Picture-of-the-week from the best of each member's photos. For the second part of our meetings we look at photographic skills that will improve our photos. Members also present things that they have been doing in photography.

In lockdown we have been using Zoom to meet each week and keep in contact. We get online at 11am each Wednesday. The meeting takes much the same format as our face-to-face meeting. Members upload their photos to a Google Drive and using the Zoom Share Screen function we view the photos online.

If you would like to join in, please enrol in Camera Club in the usual way and I will let you know how to connect.

Ian Morris



TERM DATES 2021

TERM 1 1 February to 26 March

TERM 2 26 April to 18 June

TERM 3 19 July to 10 September

TERM 4 11 October to 3 December

French Intermediate Class

At the beginning of the first lockdown I had discussions with Bernadette Clarisse about running our class on Zoom. Bernadette was very enthusiastic to run her three classes—Latin 2, French Intermediate and French Advanced on Zoom. So the three classes started online at the beginning of March and have been running online for six months now.

Every class member in the Intermediate French class was keen to give it a go and see how it would work. I think everyone will agree that it has worked surprisingly well. It is lovely to still see our U3A friends each week even though we can't meet in person. We have a laugh and bit of fun and of course keep up with our French. Thank you Bernadette and Tony for all your hard work.



The French Intermediate class working online

14 July Bastille Day

Usually each year the various French classes combine to have a get together and a bit of a celebration on Bastille Day—Bastille Day is a national holiday in France celebrating the storming of the Bastille leading to the French Revolution.

This year a few of us got together for an impromptu afternoon tea on Zoom. We dressed up in red, white and blue. We ate cake and drank tea, coffee and French wine all in the comfort of our own homes. A bit of fun!

If your class hasn't tried Zoom yet I recommend giving it a try. There are still plenty of time slots available on the U3A Zoom platform and there are plenty of people within U3A that can help you get started.



The French Advanced Class working online

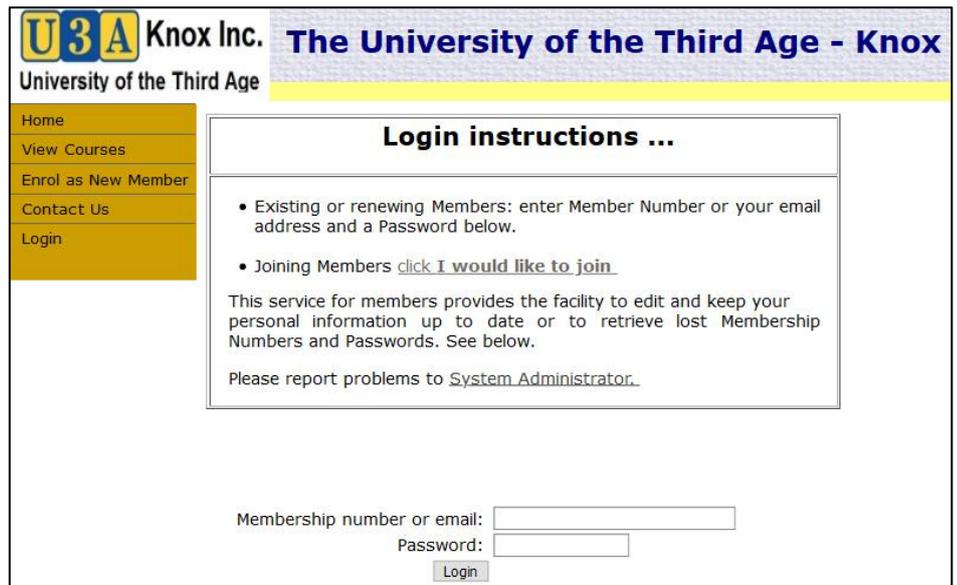
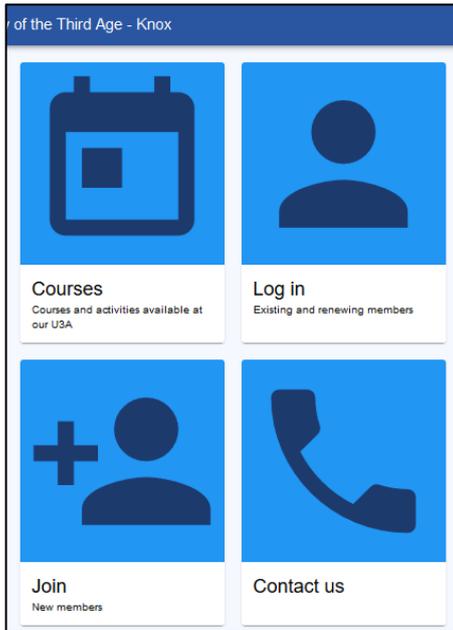
Lesley Gibson

From the Database Manager

While we have not been able to attend classes, there has been little activity on our database. However, that doesn't mean nothing has been happening. By the time you read this, there should be a new user Interface for our database. When you next log on it will look totally different from what you are used to. However, the same functions will be available. You can still view your details, enrol in classes and send absence notifications (although of course these will not be relevant at the moment).

It was designed so that people using devices such as mobile phones and tablets will find it much easier to use. It will also affect how those using laptops and desktops see the system.

You will see a login screen as in the first picture, rather than the one to which you might be accustomed.



Among the other changes, instead of a class listing like this ...

Select Courses for details

Click on Courses to view additional details.
 Courses can be sorted by clicking on one of the underlined headers such as Course, Start, Day, etc or by selecting a Course Category below.

Choose Category: [None]

<u>Code</u>	<u>Course</u>	<u>Venue</u>	<u>Boss</u>	<u>Finished Start</u>	<u>Full Day</u>	<u>New Time</u>	<u>1 day Frequency</u>
000020	Dummy course for payment of fees	TBA	None	28/01/2020	Tue	7:00	None
000010	Flowerdale Estate trip	None	Daphne Ristic	23/03/2020	Mon	9:00	1 day
01ACA02	Current Affairs	Parkhills 4	Robyn Key	03/02/2020	Mon	9:15	Wkly
01ACA04	Judaism and the Jewish People	Parkhills 4	Dina Burgess	03/02/2020	Mon	11:00	Wkly
01ACA06	Poetry Appreciation	Parkhills 2 3	Alistair Hopkins	03/02/2020	Mon	13:30	Wkly
01ART02	Painting with Acrylics am	Parkhills 1	Shirley Harper	03/02/2020	Mon	11:00	Wkly
01ART04	Drawing Level 2	Parkhills 5	Susan Peters	03/02/2020	Mon	11:15	Wkly
01ART06	Painting with Acrylics pm	Parkhills 1	Shirley Harper	03/02/2020	Mon	13:00	Wkly
01CRA02	Card Embroidery Monday	Parkhills 2 3	Noreen Wheeler	03/02/2020	Mon	11:00	Wkly
01CRA04	Crochet Intermediate	Parkhills 5	Pauline Webster	03/02/2020	Mon	12:30	Wkly
01CRA06	Keeping a Visual Diary/Art Journal	Parkhills 7	Lynette Powell	03/02/2020	Mon	13:00	Wkly
01CRA08	Craft	Parkhills 4	Noreen Wheeler	03/02/2020	Mon	13:30	Wkly
01CRA10	Patchwork 2 Advanced	Parkhills 6	Judy Harradence	03/02/2020	Mon	13:30	Wkly

... you will see ...

... with these selection options via 'FILTER'.

The screenshot shows the 'Courses' interface. On the left, a table lists courses with columns for Course, Course code, and Dates. A 'HELP' button is visible in the top right of the table. On the right, the 'Course Display Settings' panel is open, showing various filters and sorting options. The 'Exclude' section has checkboxes for 'Finished courses', 'Full courses', and 'Closed courses'. The 'Show Categories' section has checkboxes for 'Academic', 'Admin', 'Arts', 'Computer', 'Crafts', 'Dance', 'Exercise', and 'Games'. The 'Sort By...' section has a dropdown menu.

The symbols are explained in 'HELP', and course descriptions are accessible via the arrows.

For those of you used to shopping online, you will notice that enrolling in a class follows a similar procedure, with a 'shopping cart' of selected courses being taken to a 'checkout' to complete the enrolment.

Much more information will be made available before enrolment time. In the meantime, a short (six minute) video outlines the features: https://membershipadmin.com.au/video/UMAS4M_Demo.mp4. Of course, you can always log on and have a look around.

It might take a bit of getting used to, but once you have explored the system, do let me know if you have any suggestions or questions by emailing dbmanager@u3aknox.org.au.

Robyn McKay – Database Manager

Events

We are excited to bring you news of two events that are coming soon for U3A Knox members.

The first is a weekly Pub Trivia Quiz—without the pub unfortunately!

Each Friday at 3.30pm, you can participate in an eight round trivia quiz via Zoom. We expect this to last around an hour and a half and you will self score. During the quiz, members will have the opportunity to chat, with drinks and nibbles an optional extra!

Details are available on the U3A website at <https://www.u3aknox.org.au/courses-activities/> where you can register your interest as for any other U3A course. Numbers are limited so register soon! The first quiz is on Friday 28 August.

Our second event is an online Arts and Crafts Showcase.

This is an opportunity for our arts and crafts creatives to display their recent works online and make them available for sale.

The Arts and Crafts Showcase will coincide with the Knox Seniors Festival which runs from Monday 5 October until Monday 19 October.

Knox City Council will be advertising the Showcase as part of the Festival, so we're hoping to attract many visitors to our online Showcase. There are a number of different categories to cater for all your creative pursuits. Entry is open to U3A Knox members only and you can enter up to four pieces each at a cost of \$5 per entry.

To find out more about the Showcase, please visit our Coming Soon page – <https://www.u3aknox.org.au/virtual-events-activities/coming-soon/>.

If you are interested in participating, photograph your work and fill out the entry form available both online and in print (sent with the printed version of this newsletter). All entries with accompanying photos need to be in by Monday 21 September.

Your Events Committee

The Music Muster vs. COVID

Musicians are gregarious creatures. We like nothing more than to get together and make music. Give us an audience and we're in heaven. 2020 looked promising for the Music Muster. In January, a number of us went to the Girgarre Moosic Muster where we jammed, performed and attended workshops. Anita Orr won the song writing contest with the first song she ever wrote! Things continued on a high; U3A classes resumed and on 14 March the Music Muster performed a 20 minute set to an enthusiastic audience at the Melbourne Ukulele Festival (MUF) in Northcote. It was only March and we had more festival performances lined up during the year. What could go wrong—COVID! On 16 March Victoria went into lockdown, face-to-face U3A classes ceased and festival performances were cancelled.

What to do? I know; we'll get together online! From the end of March the Music Muster has been having weekly online Zoom sessions. It may not be as satisfying as playing in person, but we can see each other, catch up and make music with friends. We haven't been idle and have expanded our repertoire while in isolation. Each week members select and lead songs of their choice for the group to play along to, some also post open-mic style videos of themselves performing songs solo. Members of the Music Muster have developed new skills and confidence from leading songs and playing solo for their peers. We've also managed a performance or two. In May we performed (via pre-recorded video) at the 2020 Online Hills Ukulele Festival and will be doing a similar COVID safe performance at an online Play Music on the Porch Day concert on 29 August.

In fact, while in isolation The Music Muster has established a relationship with The Goulburn Valley U3A Ukulele Group ('Uke3A'—wish I'd thought of that name). Most of all we're having fun. We're staying connected, making music and keeping occupied. We'll continue to meet online until it is safe for us to gather in person and sing a few songs.

In addition to being the Music Muster Tutor, I am also half of a musical duo called Duplicity. Prior to COVID, Duplicity was busy performing around Melbourne and at music festivals in Australia and New Zealand. Now we perform online, playing regular virtual concerts, leading songs and running workshops for Ukulele groups around Australia and New Zealand and even performing at online festivals here and abroad. One positive thing we've seen come out of isolation is that many music groups have moved online and are running sessions open to everyone. Online collaborations through Zoom and other platforms have broken down geographic barriers and it is not unusual to now find interstate and international members of small ukulele groups. Zoom will never replace the fun of face-to-face sessions, but at the moment it's all we have and it's keeping us connected. The Music Muster will continue playing online until the wonderful day we can get together in person and make music.

*Brendan Canty
Music Muster Tutor*

Music Muster Zoom session



A Poem from Pam Ayres

I'm normally a social girl, I love to meet my mates,
But lately with the virus here, we can't go out the
gates.

You see, we are the 'oldies' now, we need to stay
inside,
If they haven't seen us for a while, they'll think
we've upped and died.

They'll never know the things we did before we got
this old,
There wasn't any Facebook, so not everything was
told.

We may seem sweet old ladies who would never be
uncouth
But we grew up in the 60s—if you only knew the
truth!

There was sex and drugs and rock 'n roll, the pill
and miniskirts
We smoked, we drank, we partied and were quite
outrageous flirts.

Then we settled down, got married and turned into
someone's mum,
Somebody's wife, then nana, Who on earth did we
become?

We didn't mind the change of pace because our
lives were full
But to bury us before we're dead is like a red rag to
a bull!

So here you find me stuck inside, for four weeks,
maybe more
I finally found myself again, then I had to close the
door!

It didn't really bother me, I'd while away the hour!
I'd bake for all the family but I've got no flaming
flour!

Now Netflix is just wonderful I like a gutsy thriller,
I'm swooning over Idris or some random sexy
killer.

At least I've got a stash of booze for when I'm
being idle
There's wine and whiskey, even gin If I'm feeling
suicidal!

So let's all drink to lockdown. To recovery and
health
And hope this awful virus doesn't decimate our
wealth.

We'll all get through the crisis and be back to join
our mates
Just hoping I'm not far too wide to fit through the
flaming gates!