

TERM DATES 2020

Term 1	28 January to 20 March
Term 2	Cancelled
Term 3	Cancelled
Term 4	Cancelled

DIARY DATES

To be advised.

**Look out for emails advertising
more virtual events.**

Copy deadline for Newsletter #8 is Friday 13 November 2020.

Send articles to newsletter@u3aknox.org.au.

President's Report

Art and Craft Showcase

Before I began writing this, I spent quite a bit of time looking at the exhibits in our Virtual Art & Craft Showcase. Over the years I have been constantly amazed at the number of very clever members we have. This year's virtual show proves that yet again, the works displayed are all high quality and our artists and craft people have excelled. All the items on display have been painted, drawn, photographed or made by our members.

Congratulations to all those who exhibited and well done to our Events Committee, especially Lyn Davies and Daphne Ristic, who developed the concept of a virtual show.

The showcase runs until 19 October, you can see it here: <https://www.u3aknox.org.au/arts-crafts-showcase/>

Enrolment

Enrolment for 2021 classes will be happening again in November, and enrolment details and instructions will be sent to all. As our office will not be open to the public, there will be an enormous strain on our volunteer workers. To help us out, we kindly ask our members, wherever possible, to enrol online.

To make up for the cancellation of classes in 2020, membership fees will be discounted; for those who would normally pay at the office, payment will be deferred until Term 1 next year.

Because of the uncertainty with COVID-19 still being present, we may have to severely limit the size of some of our classes. It is very likely that the one person per four square metre rule will apply and no more than 10 people in any indoor space will be permitted. Therefore, we will initially have to reduce the number of members enrolled in classes; those who miss out will be placed on a wait list and absorbed into the class if and when rules are relaxed or vacancies occur.

In the meantime, our Course Coordinator, Cristina Varsavsky, is working very, very hard to come up with a class list for next year.

Annual General Meeting

Under normal circumstances, this would be held in late November. However, we require a quorum of 50 members to be present and under COVID-19 restrictions this may not be possible. We have asked Consumer Affairs Victoria for a deferment until early 2021. We are still awaiting a decision from that body. Our Constitution states that members must be present to vote at the meeting (legislation

requires that the Financial Report of our organisation must be voted for and approved by our members). Also, there may be the need to conduct an election for Committee of Management positions.

The relevant Act does allow for such a meeting to be held by specific electronic means (we would use Zoom). Because of COVID-19 restrictions, the Act would override our Constitution and we may be enforced to conduct the meeting with members being present online. We would prefer to have members present for the meeting for two reasons:

1. Approximately 10% of our members don't have access to the internet
2. The Zoom voting system normally allows one vote per device and to allow an extra vote, whilst possible, is difficult to manage and ensure that it is not the same person voting multiple times.

New Pavilion at Fairpark

The site of the new multi-purpose community building at Fairpark (where our Parkhills campus is sited) has now been decided. It will be built to the

south of our current building (our Library is on the South side) and we will gain at least four extra classrooms. At this stage plans are being drawn up by architects. A budget of approx. \$5 million has been set, with \$3 million from the Federal Government thanks to the efforts of the Member for Aston, Alan Tudge.

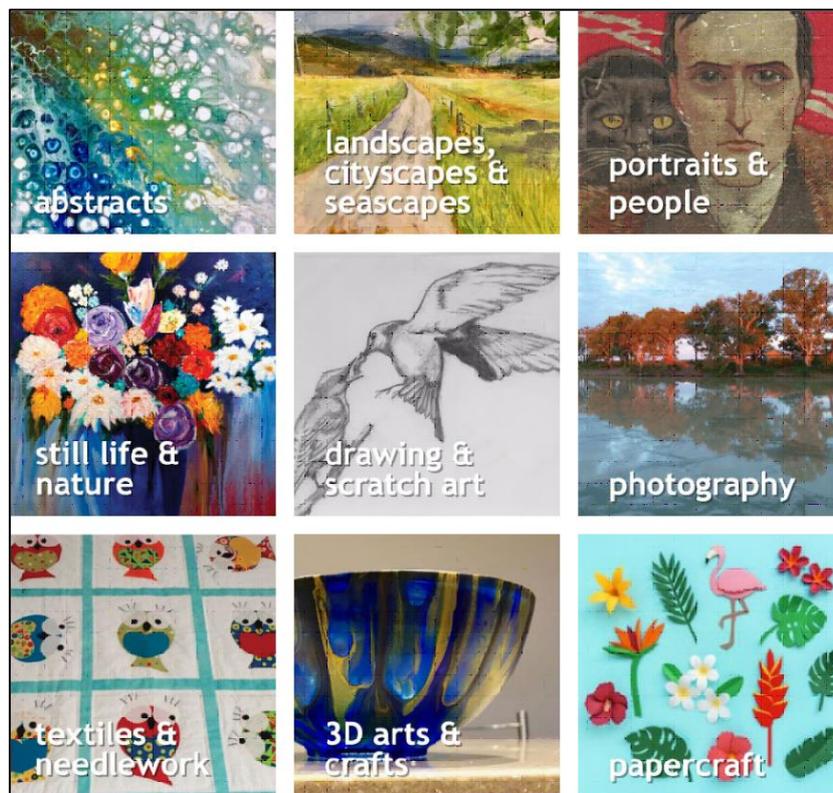
Our Music Muster Group

The group have been meeting via Zoom. Their leader, Brendan Canty has produced a video of many of them performing together in a Zoom meeting. Each time I watch it I see something new. Taking into account that some of the participants may have had slow internet connections, they are remarkably synchronised and are very entertaining. You can catch it here on Youtube:

<https://www.youtube.com/watch?reload=9&v=KjQY3rQXrP8&feature=youtu.be>

Well done folks.

*Lawrie Gaylard
President*



The U3A Arts and Craft Showcase

From the Course Coordinator

I am pleased to advise that currently we have a few more online opportunities for U3A Knox members:

New short course: Meditation

Jacinta Darlison will run this course. It will consist of various breathing, meditation and mindfulness techniques to help calm the mind and relax the body. You will need a comfortable quiet place in your home, cushions and a blanket for support and warmth.

No experience is needed. Offered on Tuesday 13, 20 and 27 of October, 2.00 to 2.45pm.

Courses with a few places left

The following courses and activities could accept a few more enrolments:

Esperanto for Beginners

Why not fight the boredom of the imposed confinement by learning a new language? This course is taught by Franciska Troubale on Wednesdays, 2.45 to 3.45pm.

The Good Solar

Everything you always wanted to know about solar but were afraid to ask. This course is offered by Daniel Wafler on Mondays 12 to 1.30pm.

The Pub Trivia Quiz

This is a great opportunity for you to hone your general knowledge, stay in contact and have some fun with your U3A friends. Organised by the Events Committee, it runs on Fridays, 3.30 to 5.00pm.

Indian Vegetarian Cooking for Beginners

Lini Kane will engage you in preparing simple and economical yet nutritious dishes that use various spices, veggies, pulses and milk products to tantalise your and your family's taste buds. Every Tuesday in November, 11.00am to 12.30pm.

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

Have you thought about running a course or an activity in the future?

We are currently planning the program for 2021.

Sharing your knowledge, skills and expertise with your fellow members can be very rewarding. I encourage you to think about what you could offer face-to-face or online.

We are always looking for new ideas and volunteer tutors to keep our program lively and engaging. If you would like to explore possibilities, please send an email to course_coordinator@u3aknox.org.au and I will arrange a time to chat about it.

*Cristina Varsavsky
Course Coordinator U3A Knox*

Volunteer Priority for Enrolment in Classes in 2021

Our policy is that members who have performed volunteer duties during the year will have priority when enrolling in classes for the following year. The members working the most hours will be given priority over those who have worked lesser hours and those who didn't perform volunteer duties at all.

We realise that by not having completed a whole Term 1 of 2020, our volunteer numbers will be much lower than in the past and that very few were able to submit their volunteer slips before our early closure.

Therefore in order to record the hours of members who volunteered in Term 1 2020, please email office@u3aknox.org.au with your hours in the following format:

Membership Number, Name, Duties Performed, Actual Hours Worked.

For members without internet connections who volunteered in Term 1 2020 and who wish to have their hours recorded, please phone Norelle Rawson on 0412 881 079.

Note: Members who volunteered for duties in Term 4 2019 have had their hours recorded and do not need to re-submit them.

Thunderstorm Asthma Public Health Campaign 2020

Grass pollen season brings a seasonal increase in asthma and hay fever (seasonal allergic rhinitis). It also brings the chance of epidemic thunderstorm asthma.

Thunderstorm asthma can affect those with asthma or seasonal hay fever. Having both asthma and seasonal hay fever and poorly managed asthma increases the risk further.

The best way that those at risk can protect themselves, is to have good control of their asthma and hay fever by having an up-to-date asthma action plan or hay fever treatment plan, learning asthma first aid and avoiding storms during the grass pollen season, including the wind gusts that precede them.

In addition, the National Asthma Council has recently updated the Australian Asthma Handbook with recommendations that offer new alternative treatment options for Victorians with mild asthma. All those with asthma, and particularly those with mild asthma, should see their GP to develop or review their asthma action plan and make sure any associated hay fever is well managed.

More than ever before, this year it is important to manage any hay fever or asthma symptoms, as these conditions can produce symptoms that are similar to coronavirus (COVID-19) such as a runny nose, cough or shortness of breath. While good management can help prevent these, it is critical to get tested for coronavirus if these are different to your usual symptoms.

People with asthma and hay fever symptoms may also touch their face more frequently, increasing their risk of being infected or transmitting coronavirus if they are not practising appropriate hand hygiene.

Wearing a face mask, maintaining at least 1.5 metres of physical distance between yourself and others and practicing good hand and respiratory hygiene remains critical as people

who are sneezing and coughing from their hay fever or asthma may produce more droplets and, if they have coronavirus, may be more likely to spread it to others.

If you have questions about COVID-19 call the dedicated hotline 1800 675 398—open 24 hours, 7 days, or visit the DHHS Coronavirus (COVID-19) website at <https://www.dhhs.vic.gov.au/coronavirus>.

The epidemic thunderstorm asthma public health campaign aims to ensure that all Victorians, and in particular people with asthma and/or hay fever, are as prepared as they can be should another epidemic thunderstorm asthma event occur. The following resources are available for use by health and community services and the general community:

- The Department of Health and Human Services' thunderstorm asthma campaign resources, including posters and a brochure, are available in 15 languages and can be downloaded from the Health.Vic website campaign toolkit. Alternatively they can be ordered at no cost using the link to the online order form on the toolkit page: www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/thunderstorm-asthma/toolkit
- Community information is available on the Better Health Channel: <http://www.betterhealth.vic.gov.au/thunderstormasthma>
- Additional resources are available for the general community, including sports and recreation groups, schools and workplaces from Asthma Australia: <https://asthma.org.au/>
- The Australian Asthma Handbook and a dedicated information paper on thunderstorm asthma are available from the National Asthma Council website: <https://www.nationalasthma.org.au/>

The epidemic thunderstorm asthma forecast will be issued throughout the grass pollen season from 1 October 2020 to 31 December 2020. You can access the forecast via the VicEmergency website or app, the Health.Vic website or the Melbourne Pollen website or app.

If you have further questions on thunderstorm asthma, please call the department's Environmental Health Unit on 1300 761 874 or email environmental.healthunit@dhhs.vic.gov.au.

*Epidemic Thunderstorm Asthma team
Department of Health & Human Services*

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

Volunteers Sought

The University of Melbourne looking for volunteer 'virtual' patients for optometry student learning activity as outlined below.

We are looking for volunteers aged 50+ to participate in a study to develop the interpersonal skills of optometry students. The study involves a brief phone/email screening to ensure eligibility for the study (English-proficient and access to a device with webcam and microphone), a 'virtual visit' akin to a telehealth consultation (no more than 1 hour),

and online questionnaires to gather feedback about students' interpersonal skills and about the teaching and learning initiative.

This project has received approval from the Human Research Ethics Committee at The University of Melbourne (HREC ID 2057675.1). There is no reimbursement for taking part in the study. If you are interested in participating, or would like further information, please contact Dr Bao Nguyen (03) 9035 8553 or bnguyen@unimelb.edu.au

Vale Susanna Szokolyai

Susanna passed away in late September after succumbing to an incurable disease. Susanna was a member for many years and participated in the Poetry, Recorder and Russian Literature groups.

A lovely lady who will be missed by her friends.

Note: If you learn of one of our members becoming ill or passing away, please let us know. We can be contacted via myself (president@u3aknox.org.au) or via our Secretary (secretary@u3aknox.org.au) and we will pass this on to our wonderful Welfare officer, Christine McDermott.

Vale Michael Warren

It is with regret that we learned of the passing at Cabrini Hospital of Michael on 8 October after losing his fight with cancer.

Michael was a very popular and enthusiastic member of the Men's Wednesday 9 Hole Golf group and the Walking Football team. He will be sadly missed by his many mates there.

His wife Gayle Slessar is a member of the U3A Ladies Golf group, our commiserations to Gayle and her family.

Rest in Peace Michael

Twelve Commandments for Seniors

1. Talk to yourself. There are times you need expert advice.
2. "In Style" are the clothes that still fit.
3. You don't need anger management. You need people to stop making you mad.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
6. "On time" is when you get there.
7. Even duct tape can't fix stupid—but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
9. Lately, you've noticed people your age are so much older than you.
10. Growing old should have taken longer.
11. Ageing has slowed you down, but it hasn't shut you up.
12. You still haven't learned to act your age and hope you never will.

And one more:

"One for the road" means going to the bathroom before you leave the house.

Courtesy of the Tuesday Riding Friends



Missing Parkhills?

Here are some views of the newly 'daylighted' Blind Creek behind the Parkhills campus.

