



University of the Third Age
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WORDS FROM PRESIDENT LYNNE....



Greetings to all.

What different times we are now living in. I do hope staying at home is not affecting too many members in a negative way.

The weather has been relatively kind to us which people have been able to advantage of by going outside whether to potter in the garden, reading or having a cuppa in the sunshine.

Jigsaws and board games have been growing in popularity and walking is on the rise. Let's hope these activities continue after restrictions are lifted.

We are very fortunate to have the wonderful Alexandra Gardens and Lake. I have noticed many U3A members walking around the lake, using the social distancing rule, of course!!!

My wish is that when our 'new' normal comes around, life continues on a similar path to what is happening now. Lynne.

If everyone is moving forward together, then success takes care of itself.

Autumn bloomers....



Correa Federation Bell, and Thryptomene

.....

MEMBER OF THE MONTH.

PHIL BROTCHIE.



I was born in 1939 in Bendigo, where I lived until age 9, then was in Geelong for 2 1/2 years, Eildon for 3 1/2 years then Melbourne, where I resided in various suburbs until I shifted to this area in 2009. I was educated at Alexandra High School, and University High School



from which I matriculated. I completed a Bachelor of Arts Degree at the University of Melbourne in 1961, after which I went on at other tertiary institutions to complete an Associate Diploma of Personnel Administration, a Graduate Diploma of Personnel Administration, a Diploma in Family Historical Studies, a Master of Business (Organisational Behaviour), a Doctor of Philosophy (PhD), and later qualified as a Teacher of English to Speakers of Other Languages (TESOL).

My major streams of study were Geography, English, Psychology and Organisational Behaviour, although my PhD thesis was on an historical theme – Australian missionaries in China. I had thankfully received a HECS exemption scholarship to pursue my Master's at Swinburne, and I received a similar scholarship through Deakin for my PhD. They also awarded me a Deakin Travel Scholarship in 1996-97 that funded my research in Singapore, at London University, in Edinburgh, at Yale University USA, Wheaton College (near Chicago) USA and Toronto Canada.

I worked for 45 years in the public service. I began in the Australian Government's Department of Defence - Board of Business Administration, then moved to the Victorian Government Statist's Office (Births, Deaths and Marriages), back to the Department of Defence, but this time in Defence Signals Division, and then to Department of Labour and National Service, Department of Prime Minister and Cabinet (Canberra), Public Service Board (Canberra), Prices Justification Tribunal (Melbourne), Industrial Relations Bureau, Department of Employment and Industrial Relations and finally the Bureau of Meteorology where, as an Executive Officer, I spent the last 21 years of my career, 3 years in their Executive Branch, 11 years as Industrial Relations Officer [IRO], and 7 as Assistant Executive Officer (Management) [AEXM].

Defence Signals Division posted me to Hong Kong for two years, and the Public Service Board sent me to Africa for a few months during which I pursued work in Ghana, Togo, Nigeria, Dahomey, Kenya, Tanzania; Pretoria, Johannesburg and Cape Town South Africa, and Mauritius. The Bureau of Meteorology regularly sent me to Canberra, other State/Territory capitals and other cities/towns in Australia where it had offices. After retirement in 2005 I did some consultancy work with the Australian Radiation Protection and Nuclear Safety Agency in Yallambie, Victoria and the Social Security Appeals Tribunal in Adelaide.

I was a Council Member of the Australasian Association of Genealogists and Record Agents from 1984-86 and Chairman from 1987-88. I was a member of Melbourne Boys' High School Education and Welfare Committee from 2000-2004. Commencing in September 2002, I volunteered with Bushwalking Victoria for about 13 years, the first three as Editor of their monthly magazine and the next 10 or so as their Land Management and Environment Consultant and Grampians Field Officer, writing environmental submissions to government and representing the organisation on VEAC's River Red Gum Forests Investigation Community Reference Group in 2006, on VEAC's Metropolitan Melbourne Investigation Community Reference Group in 2008 and on the Grampians Peaks Trail Task Force 2015- 2016. I was a member of Grampians Bushwalking Club from 2010 to 2015 and President from July 2015-July 2016. Only poor health has forced me to give up bushwalking, which I loved and enjoyed for something like seven decades.

I have self-published seven books, one springing from my doctoral thesis titled *Butler of the China Inland Mission*, a genealogical work called *From Bible to Brotchies*, a book of my poems named *Reflections*, and four books recording my interstate and overseas travels – *Rambling Memories*, *Rambling On*, *Final Fling* and *Bits and Pieces*. I love travel, and writing in this genre is a delight for me. I was married twice, and have five children and five grandchildren.

IPad Access

Ararat and District U3A has an opportunity to apply for a Federally funded grant through the Be Connected Program. If successful, it would enable us to purchase iPads to loan to members for use in their homes to improve their digital skills, access support services and essential information and connect with family and friends during this isolating time due to Covid 19 restrictions. We would be very happy to give any member the support to get started in this process. If you would be interested in borrowing an iPad from U3A for 3 to 6 months using

this program do not hesitate to contact.... Cont. Pam Brennan E: pambrennan98@gmail.com H: 53562520 M: 0419314849

Ten Members were asked to share what they have been up to in lockdown...



Erin Ballinger.

I've cleaned out every cupboard – in the house and the caravan.
I'm reading "Caesars Women" By Colleen McCullough - hard going.
I've finished three paintings and

cleaned my painting box.

I'm so thankful my grandson Tristan was finally evacuated from Peru, in lockdown now.

I'm playing games on my computer

It's really nice to spend so much time with husband.

P.S. I forgot to say ...I'm missing people. EB

Alex Orszaczki



I'm doing more bike riding than before 'the Virus', and still walking out in the bush, hunting for Parsons bands orchids.

My produce garden is just about finished, plenty of apples, a good year for tomatoes,

Dwarf beans are in the freezer; I've made pasta sauce too.

I'm reading the 'Australian' daily paper, a highlight for the morning, to find how our Super Funds have diminished in value(!!)

I'm listening to the ABC FM for instant news.

I'm spending more time on the phone and email with family and friends. AO

Jim Stringer. I don't know how we fitted U3A sessions into our schedule. Perhaps that's why there are so many things to do at home now! This is a surreal time we're going through. Everyone once was busy rushing around now nothing seems so urgent any longer; so,

What have I been doing?

Finally replaced the back step using skills from U3A Woodies!



Raised garden beds we bought in January - assembled and prepared for our winter vegetable crop. Carmel and I have been exploring the hills and bushland around the rifle range.



What haven't we done?

Flown to The Daintree for 3 weeks with our son Martin. He has filmed the annual "Nightwings" tree planting organised by Rainforest Rescue since 2013. He recently produced a short film for "Films For The Forest Film Festival". (<https://youtube/Z9hXreSigX8>) documenting the success of this project.

No Aradale and J Ward tours....

The annual trip to my father's Battalion reunion, then march to the Shrine cancelled JS

Lyn Baker

Like most I have been filling my freezer with yummy pumpkin soup and using my home-grown tomatoes to make lots of 'bolognaise' type sauces for the coming winter months.



Knitting is my way of not eating too much of what I am cooking, so I have knitted a jumper already.

I have been reading "America's Queen – the life of Jacqueline Kennedy Onassis." An interesting insight into the 'rich and famous'.

Howard and I have been walking the tracks of McDonald Park. I'm trying to keep up Pilates workouts (Hope I am doing it right??)

We have been keeping up video contact with our 5 children and 10 grandchildren, to provide that 'listening ear', mindful of how isolation is affecting our families. From home schooling to loss of employment, our family is experiencing it all.

No Easter camping in Port Fairy.

No caravanning in Queensland June and July.

And will there be the APT tour in August, to Canada and Alaska, all booked and paid for?? Hopefully we can get a 'credit' or re-schedule, if not? LB

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**Anne Marshall.** What am I doing in this social isolation time? Well not very exciting here. For the first couple of weeks we had shearers working in the shed near our house. This meant loud head banging music loud enough for

people miles away to hear. We (Daryl and I) never go near the shed at shearing in case we get a job so avoiding contact was no worry. After shearing ended the vineyard across the road started harvesting so we could hear that machine both day and all night. Anyway we are back to enjoying a very quiet life thank goodness. Daryl spends his days in the shed as per usual and I have decided to get the garden in some sort of order. This is quite a task as it has been neglected for some time. I have a bent grass weed that has overrun everywhere but with a bit of work each day I am gradually getting it removed. Unfortunately I think it will take a lot of work to eliminate it entirely. Repotting my plants has nearly been completed but the weeding will take forever I guess. My glory vine along the back veranda has put on a lovely show this year- the best it has been for years - or maybe I have found the time to enjoy it.

Inside the house I have found time to clean the silver which was very neglected and seldom used. I have spent hours knitting and crocheting - quite a feat when I haven't measured the grandchildren for a while. On-line bridge hasn't the same appeal as playing with company and croquet exercise is not available; a coffee with company is sorely missed. O for the good old days. AM

**Gwen Rhook**



What a task to write an article on my adventures in this very unusual time. When I gave thought to the situation I feel we are very fortunate in Australia.

The monumental event for me has been the younger generation deciding to have a dinner party each Thursday PM at 7 o'clock. A great night for all 14 of us on

Zoom. Alas one problem was teaching me how to use Zoom. My head ached and I'm sure they had migraines but good results makes for the highlight of each Thursday. I was so happy and relieved when my daughter and her husband decided to come home from Cambodia after 12 months living and teaching there, they quarantined for 2 weeks in a B&B.

Because of the distancing, I *missed very much* our family yearly Easter together. Never before had I spent the celebration on my own. But, I did really enjoy spending over two hours making rhubarb chutney with my granddaughter Sarah. With curry powder added to the pot, it tastes very nice. GR

**BBC Sport commentators Andrew Cotter and Nick Heath are in lockdown and are bored, so they've made up a new 'sports' commentary. Just use your favourite search engine, just type their names, one at a time, very very funny.**

### Phil and Zofia Dawes' lockdown activities...



- . am and pm walks
- . phase 10 card game
- . Gardening
- . Declutter
- . Revamping wooden nest of tables
- Reading - Paths Of Glory by Jeffrey

#### Archer

- . Sewing, mending and upcycling of old favourites
- . Knitting ankle warmers for winter
- . Cooking for the freezer
- . Hair trims for each other (a challenge!)
- . Harvesting chillies and figs

And highlight of the week - shooing a little bat out of our bedroom and house at an ungodly hour!! How it got in we have no idea, but there was a lot of squealing and ducking (especially from Phil)!! ZD&PD

### Graeme Ward. No U3A , no J Ward tours, but plenty of



time to read the papers online and study the markets. Listening to the ABC music app. and Spotify. I have not binged on Netflix but have looked at a few films. And I have learnt to become a better

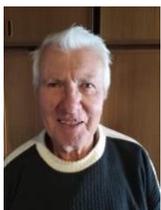
barista at about 11.00 am each day!

There are two books on my bedside table but you know the excuse – I have been so busy.... I do not know how I found the time to be a full-time farmer, and to spend each spring travelling Australia loss assessing hail damaged crops on farms.

Exercise? In a large garden there is plenty - trimming, raking and cleaning up leaves , stacking wood for the winter. I am still looking at the Mallee dust on our glass front windows but to wash it ruins the story of what a good dust storm can do, and besides, there is always tomorrow.

I don't like the new life very much. The inability to say we'll go to Adelaide, or Tasmania or anywhere! For the first time in twenty years it looks like spending a winter at home. And I do miss the social chats, but I am catching up with old friends on the phone.

Riding my bike in the Ararat Regional Park gives me the solitude and serenity of the bush - far away from the coronavirus. Hope you are all well and surviving the rules and regulations . GW



**Gerry Hirst.** Today I am due for a consultation with a Specialist.... by phone, with information about how my heart is performing, taken when I was asleep!

The Premier tells me to stay home and a certain distance from other people. All

this is because people worry about me. My daughter has taken over my life! 'I'm a nurse I know what's best for you'. This means I now have to eat what's healthy for me....

As an ex-teacher I wonder now that Home Schooling is in, what the student expulsion rate will be. How many teachers will take up drinking?

The television goes on at 8am not 5pm. Books that I have not read after buying them now sit on my coffee table awaiting their turn.

I painted the back door yesterday not sometime next month, maybe...

A friend called me up for a chat and a drink. Tomorrow it's my turn to ring up for a chat and a drink. Emails have left my computer more frequently than ever before. GH

### Sue Kirkham.

Is it really only 7 or 8 weeks? How is it possible for one's life to have changed completely in only a few weeks? Having spent the last few years with a balance between country town life and theatre going, in Europe and North America, suddenly no more theatre or live music but lots of reading and a bit of watching old films. I had everything booked for the new production of Wagner's Ring Cycle in Chicago last week and instead I am sitting in Ararat waiting for Qantas to refund the airfare! Likewise with tickets for another new "Ring" in Bayreuth in August having finally acquired really good tickets at the notoriously difficult to access theatre.

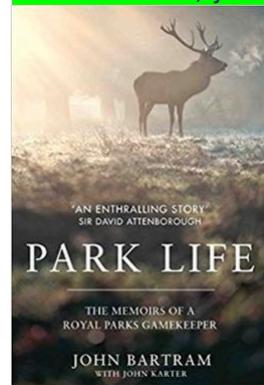
Have never been a fan of recorded performances but the last few days of TV have produced some surprises.

The Metropolitan Gala on Sunday was stunning with so many glorious singers performing in their sitting rooms or kitchens! Last week I saw an Australian popular concert which was technically fascinating.

Re-reading old novels and thrillers seem to be easier to concentrate on, rather than new works. Two exceptions to this are; "Bruny" by Heather Rose an excellent novel set in Tasmania, also I am attempting once again to read James Joyce's "Ulysses" this time with the help of daily readings from a library in Philadelphia. SK.

### Book recommendations:

**PARK LIFE. Memoirs of a Royal Parks Game Keeper.** Richmond Park, just 16 km from London's CBD, has



protected status as an important habitat for wildlife and is a National Nature Reserve, London's largest Site of Special Scientific Interest and a European Special Area of Conservation. Richmond Park is one of London's eight Royal Parks and covers an area of 2500 acres. It was once King Henry VIII's hunting ground.

John Bartram tells of his four decades as game keeper. 'You can't retire' he was told by Sir David Attenborough, when he announced his intention to step away.

A snap of the deer in Richmond Park resting at sunrise - taken by my daughter on her early morning (distancing) walk in the park near her home. She describes to me what she is seeing as she walks.... She doesn't see the notorious FENTON though!! He went to ground after his 'incident'. If you haven't seen it..... simply type in to your search engine: **FENTON IN RICHMOND PARK.** So naughty/funny. 😊



**Jean Harley was here.**  
**USA book of the month.**  
**Available Central Highlands library.**  
 "Heather Taylor Johnson has a poet's understanding of the world: her exploration of the way in which lives intertwine – for better or for worse – is nuanced and poignant." **Hannah Kent, author.**

Some of our book group loved the book, some didn't like the book. Watch ABC Jennifer Byrne book club discussion on Jean Harley was here: <http://www.abc.net.au/tv/firsttuesday/s4666946.htm>

How to make a great pizza...  
 - Peter Brennan

**POTATO, ROSEMARY AND GARLIC PIZZA**  
**INGREDIENTS :** Basic pizza dough: 1 tablespoon instant dried yeast, 1 teaspoon salt, 400g plain flour, Olive oil, 1 cup lukewarm water

Mix yeast salt and flour with an electric mixer dough hook. Mix water and 1 tablespoon olive oil - beat into dry ingredients using a dough hook. Knead until smooth and elastic, about 8 minutes. (by hand 10-15 minutes). Grease a bowl with olive oil and transfer the dough to the bowl, cover with plastic film or a tea towel until doubles - about 1 1/2 hours. Knock back the dough, fold gently in 4 and allow to rise again, covered, for 30-45 minutes.

**CARAMELISED ONIONS** may be bought from specialty stores, but it's so easy to make:  
 1 kg brown onions, peeled and thinly sliced, 1/2 cup olive oil, 1 bay leaf, 1 sprig rosemary.  
 Slice the onions and tip all the ingredients into a heavy-based frypan over a moderate heat.  
 Cover the pan and cook for 15 minutes until the onion has begun to soften, stirring frequently.  
 Remove the cover and continue to cook, stirring, until the onion has separated and started to turn a rich caramel brown.

The onions and their oil keep well in a covered container in the refrigerator for several days (or in the freezer)

**PIZZA INGREDIENTS** 1 quantity of pizza dough  
 1/2 cup caramelised onions  
 200 grams waxy potatoes (red) - thinly sliced 2 tablespoons rosemary leaves  
 2 cloves garlic, crushed  
 2 tablespoons olive oil  
 sea salt flakes. Top with grated parmesan to serve.



**METHOD**  
 Roll out the dough on a lightly floured surface and then press into a lightly greased pizza/oven tray  
 Spread with the caramelised onion and then top with the potatoes and rosemary  
 Combine the garlic, oil and salt in a bowl. Spoon over the pizza.  
 Bake at 180 degrees for 25-30 minutes or until golden and the base is crispy. Top with parmesan and serve with a mediterranean salad.



**Pizza Class**  
 Seena, Chris, Pam, Jim, Peter, Marlene, Janine.



My go to for efficient exercise now.... Old bike sitting idle in the shed, triangle frame lifting the back wheel off the ground.  
 Online, Big W has them for \$89 plus freight cost, there are others to find on the web too I'm sure.

Dr Michael Mosley claims 10 minutes of fast exercise on a bike is as good as a 30 minute walk. MB E&OE