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No A0053715K

## OCTOBER. 2020 NEWSLETTER, NO. 59



### President Lynne Wilson.

This report is going to be short and sweet.

What unusual weather with it being warm and sunny one week and snowing the next!!! The snow was pretty to watch, though.

The only U3A Network event I attended by Zoom was the Members' Council meeting on Wednesday 16<sup>th</sup> September. Unfortunately I and many other U3A members were not able to log into the Network's AGM held on the same day due to technical difficulties, which was disappointing.

As we head into the last quarter of the year, let's hope that our lifestyles get back to some kind of normalcy, whatever that may be.

Keep well.  
Lynne

### MEMBER OF THE MONTH, FRANCES KENNEDY.

My parents lived at Maroona and were married in Ararat. I was born in Pinnaroo, South Australia, one of six children. My parents and their families moved up to the Mallee when it was to be opened up, but as it proved unprofitable, we moved back to Maroona when I was five, where we lived in the former Crown Hotel which my grandmother owned. It had been closed for many years. After the railway line was laid from Portland to Geelong the township of Maroona was shifted to its present site. My grandmother had boarders while the railway line was being built. The Maroona racecourse was on my grandmother's property where a picnic race meeting was held annually. We loved seeing the racegoers, floats etc. coming through our gate. On the morning after the races we would go down to the jockey's room and the bar area and find threepences and sixpences. I remember when the WW2 troupe trains came through.

We walked 1 ½ miles to school; some came on horse-back or were driven. Then I went to Ararat High school and that was the first year the Education Department gave a grant for McMillan motors to run a bus from Willaura to Ararat. One morning coming down the Chally hill into Ararat we noticed the front wheel of the bus running down the hill in front of us! As a result we were late for school.

After leaving school I worked as a typist in the District Postal Manager's Office at the Ararat Post Office and after two years I was transferred to Head Quarters in Melbourne. I boarded in Spring Street and would often walk from Spencer Street to Spring Street in Stiletto heels! A friend who was working with me suggested the best way to learn the city streets was to catch the 'old green rattler', a double decker bus which came screeching into the bus stop, fumes everywhere. We would go up the bus stairs – a great way to learn the city. The cost for a strip of eight tickets, was eightpence!



I met my husband in Melbourne, married and had 4 children, we lived in Ringwood, a small town in those days. After his sudden death I moved back to Ararat. I was offered a week's relief work at the Post Office and from then on became a relief typist working one to ten days for six months and staying for six years until I retired when the Post Office and Telecom then known as PMG were separated.

I took up golf achieving every golfers dream – a hole in one in 1986! I played pennant and won my first championship at 70 years of age. We had many golf weeks around Victoria. I also



travelled on a golf trips around England, playing at some of the prestigious British Open golf courses, including St Andrews, and also Chantilly in Paris. I have been lucky enough to have enjoyed many travels overseas. Italy, Danube cruising, and Europe three times, Malaysia for a golf weekend, Fiji and even Russia.

I began volunteering at the Visitor Information Centre when it was near the town hall, and then too, when it was moved to the Railway Station. Unfortunately the Covid 19 hit and the VIC was closed.

I joined U3A and enjoy playing solo, outings and presentations of other people's travels. There are so many activities available. But we are now closed due to the pandemic. Hopefully it won't be long before it opens again.



**Congratulations to you on your 90<sup>th</sup> in March Frances. We were sorry for you that your party had to be postponed due to the first lockdown.**

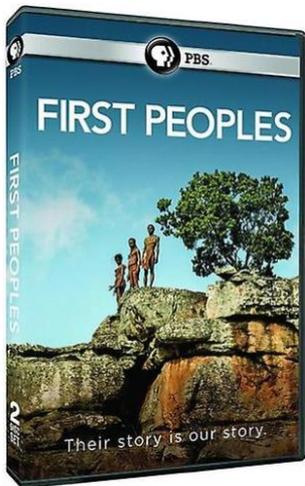
**And special mention for 2 more important birthdays coming up.**

Congratulations to –

Keith Little, 90 years on 7 October and Val Spalding 90 years on 10 November. Hip hooray!

## **Australian history class held in term 2.**

### **First peoples.... led by Mary Alp.**



Our Indigenous Australian story to date:

Imagine the thoughts of the Eora Nation people who stood on the cliffs and shores of Sydney watching the huge white sails announcing the First Fleet's 11 ships arrival into Sydney Cove in 1788.

In their wildest dreams, these Indigenous Australians could never have imagined the extent of the destruction & dispossession that this mysterious British contact would bring to their communally based civilization. Their primary concern may have been their safety, but they would soon realise that unlike other visitors, these strangers had come to stay.

Thus, began the devastating conflict between two opposing cultures, the consequences of which we are still unravelling & healing today.

The white colonialists & their convict entourage quickly set about putting the new economic system in place. They looked upon the Indigenous Australians as primitives, barbarians and nomads with neither culture nor religious beliefs. In time, they were sure that the Aboriginal race would 'die out' as a matter of natural selection. They put in place cruel practices that would subjugate, educate and Christianise these savages while they went about building their imperial empire.

Today we know just how wrong these negative assumptions were. The First People resisted but eventually and after extreme hardships and anguish, have again adapted to change. This is not surprising. Change and adaptation has always been part of their history as we see when we look at the period our course covers ... prehistory to the present.

To date, besides talks, we have seen the amazing First Footprint DVD series of Aboriginal Australia from 60,000 years ago to 1788. The imagery has been stunning ... amazing archaeological, anthropological, ancient art and oral historical evidence of adaptation to the greatest environmental changes ever experienced in human history. These people have been here a very long time.

Some amazing discoveries include:

- The first human open sea voyages made 60,000 years ago to an unknown land of deadly megafauna & strange plants.
- The Great Drought that followed the last Ice Age 30,000 years ago and lasted for another 10,000 years and turned 90% of Australia into desert.
- The Great Flood of 18,000 years ago, caused by melting polar ice caps, in which 25% of Greater Australia flooded, thereby separating New Guinea & Tasmania from the mainland.
- Then from 9,000 years ago to 1788 Australia had become what is called The Biggest Estate on Earth. The Aboriginals had rejected agriculture in preference to sustainably managing their land with such tools as fire stick farming.

- They continued vast trade routes and a shared religious tradition with far-reaching social networks which saw the Indigenous people flourish.
- The Aboriginals are even accredited with among other firsts as being the earliest believers in an afterlife and of having the world's first known cremation.

It has taken a long time for many of us to appreciate the sophistication of our Indigenous Australians and their culture. These are hardly 'primitive' or 'irreligious' people.

No wonder that many people question the appropriateness of celebrating Australia Day on that day of the First Fleets arrival at Sydney Cove.

This year quietly represents the quarter millennium (250 year) anniversary of Cook's 'discovery' of Australia. Those of us old enough to remember the huge 200-hundred-year anniversary celebrations in 1970 might realise that times are finally changing.

Our course continues when covid-19 allows! **Mary Alp.**

**Audio books:** Beryl Raselli has recommended two audio books she's recently listened to –

**100 Years of Dirt** by writer and Guardian journalist Rick Morton "... is an unflinching memoir in which the mother is a hero who is never rewarded. It is a meditation on the anger, violence, treachery and cruelty that ran through the generational veins of Rick Morton's family".



**Speaking Up** by Australian Academic and Lawyer Professor Gillian Triggs who "speaks with a firm, evenly modulated voice. But hers is also a voice that has been vociferously misrepresented in Australian politics. *Speaking Up*, published within a year of the end of her tenure as the president of the Australian Human Rights Commission, is an attempt to set the record straight".



You will need the **Borrow Box App** on your ipad or tablet to be able to access both of these from Ararat Library. Ashleigh at the Library kindly offers her assistance to talk you through the download the app and the books – 53521722. A great way to relax and 'hear' a book. Rick Morton narrates his himself. Both are available in book form from the Library too of course.

## Art Group...

### led by Erin Waite-Ballinger

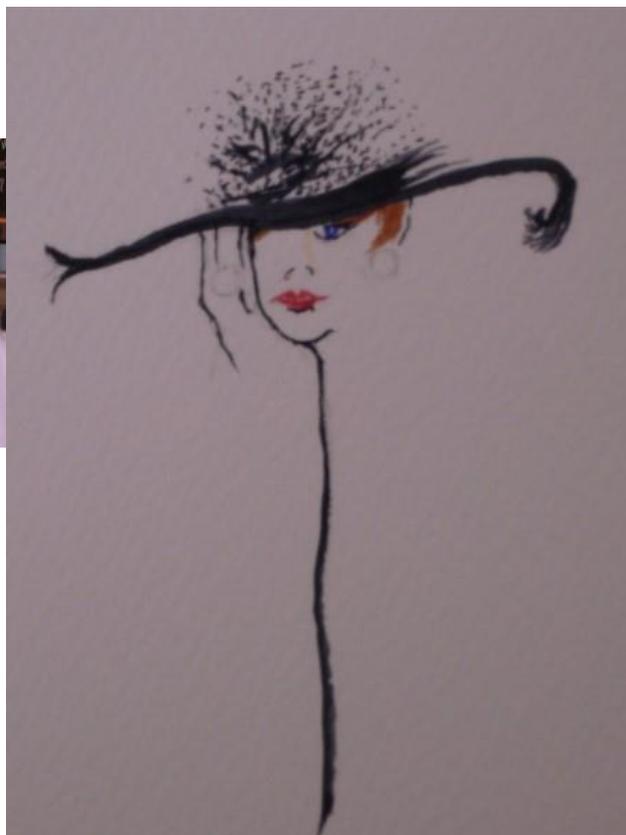
Most people who come to Art have always liked the idea but "never had a go". The Art Group commenced with Margaret Wright, a talented water colourist, who still takes an interest and acts as a mentor at times. The group is flexible in numbers with up to 11 people attending regularly. We meet every 2<sup>nd</sup> Tuesday from 10 a.m. until 12 Noon.



Women and Men attend and the group is friendly and helpful to each other and welcomes new people attending.

**Erin Waite-Ballinger**  
**The Hat Lady**

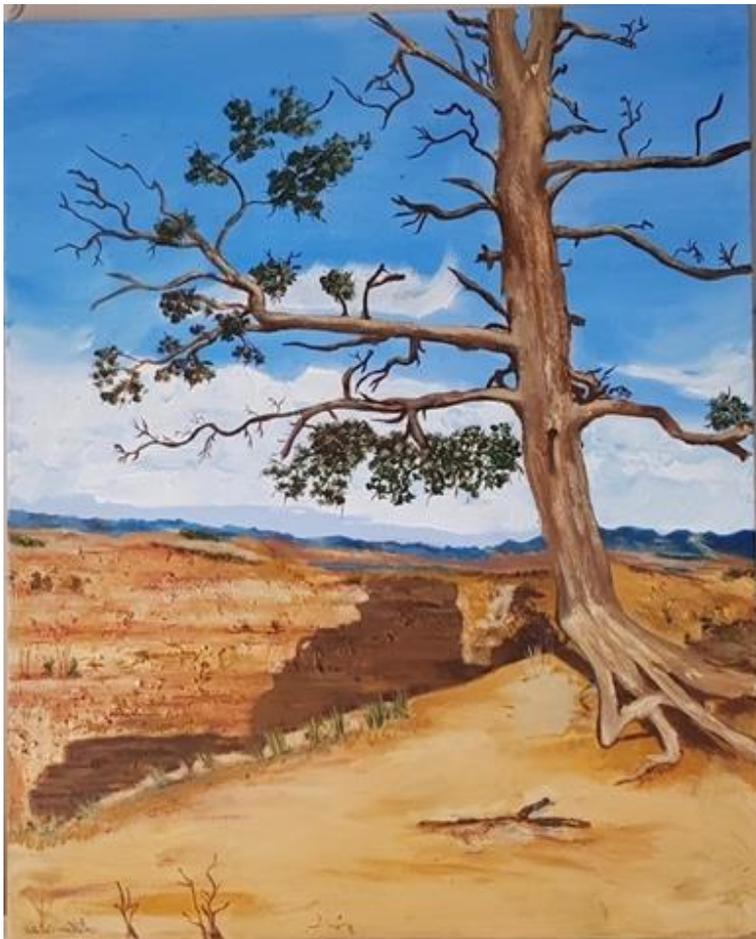
Most members are self-taught and range from novice to capable have never tried putting paint on paper. Help is available even if you have never tried putting paint on paper. We use Artist CD's of painting techniques and education handouts to help as reference points and explanations. Art is a learning experience, whether you are talented or just learning, it's fun and rewarding. We use different techniques, and materials, which includes paints, papers, brushes and then presentation of work. The mediums used



are water colour, oils, acrylics , pastels, pencils, charcoal, but any medium is welcome.

Members are encouraged to use whichever medium feels comfortable for them to express themselves with. This is very relaxing and each of our members have something to offer to the group.

We have a session with a member showing how they use a medium they are comfortable with which is always informative and then we all “have a go” with various results. Our latest effort has been to experience an outdoor painting morning which we all enjoyed especially as we do have some lovely views surrounding us at U3A/MPT. (When we resume) you are welcome to come and sit in on a session to see if this might be something of interest to you. **Erin.**



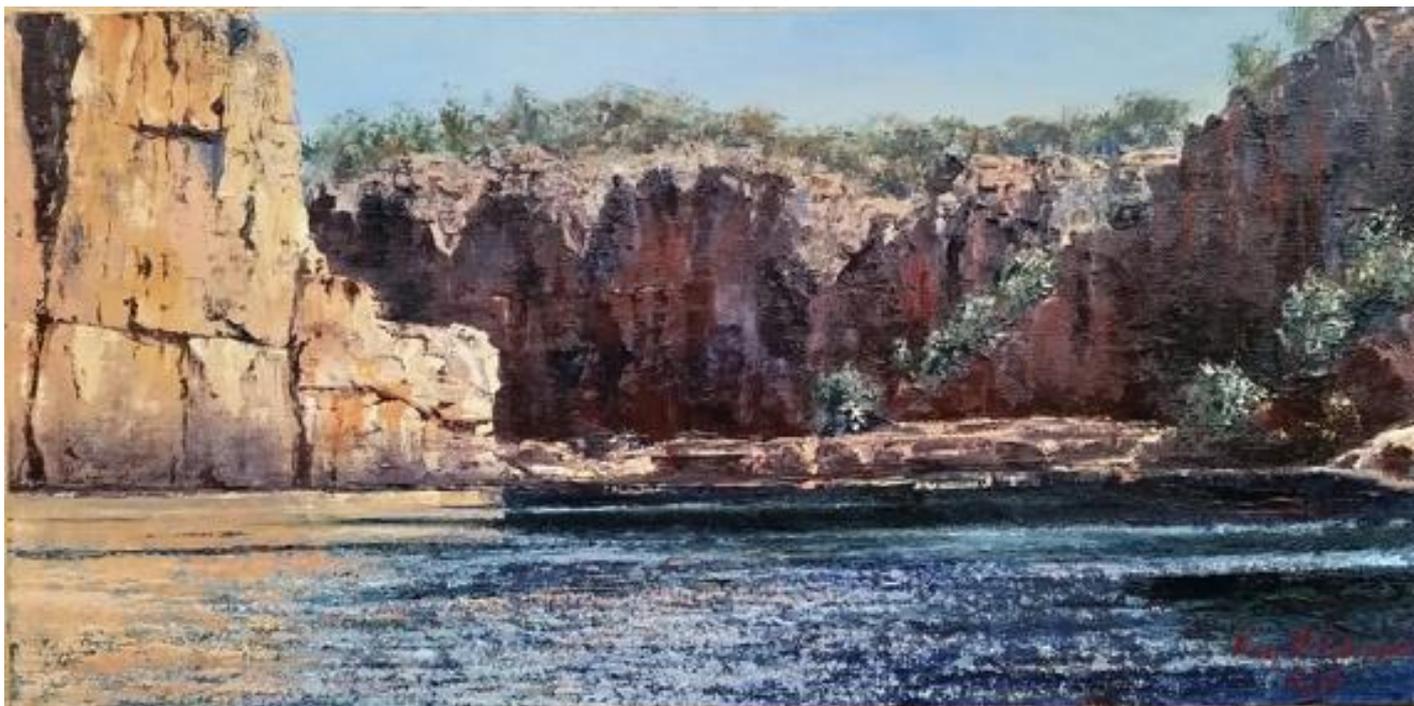
**Bryce Canyon Utah. Linda Heard.**



**Chris Doak.**

**Frosty Morning.**





**Kay Robinson. 'Katherine Gorge – Northern Territory'**

## **PILATES**

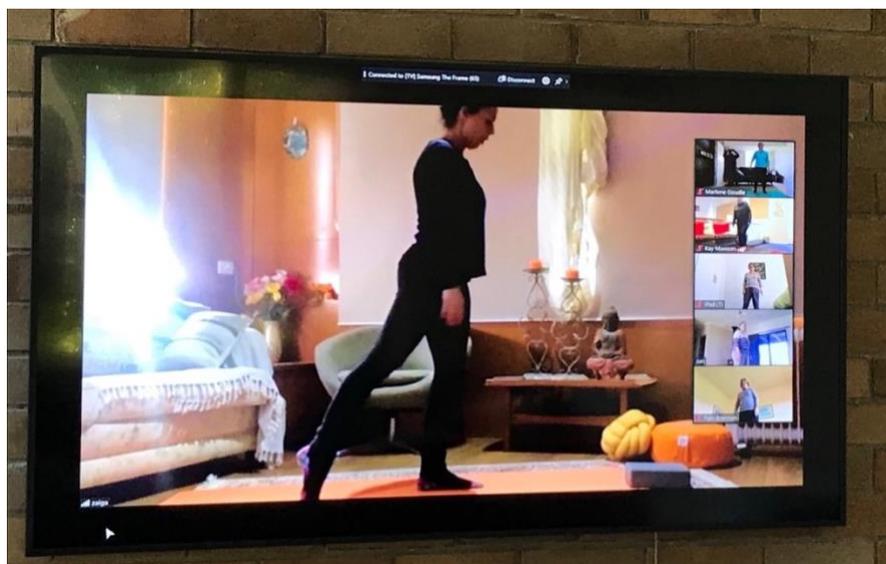
The U3A group have graduated to high technology during the COVID-19 induced break from regular classes.

Our leader, Zaiga, guides the class from Moyston every Thursday afternoon and 6- 8 people have joined in each week from their homes. So far the classes have gone quite smoothly. The (free) Zoom session does time out after 40 minutes but we are able to click to re-join within a few minutes to finish the session.

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasises proper postural alignment, core strength and muscle balance and focuses on control rather than repetition. Pilates is named for its creator Joseph Pilates, who developed the exercises in the 1920s.

Zoom is a type of video conferencing, where multiple people can join to see and hear each other on screen. An email link is sent out so that participants can easily connect up via Zoom on their ipads, laptops or smart TVs. Payment has been organised to be made by electronic bank transfer at the end of term.

It has been so much better to keep the routine of the weekly classes and to be able to see and say hello to others joining in... and not to have to wear the dreaded mask! **Marlene Goudie.**



## PETER BRENNAN'S OCTOBER RECIPE .

### ASPARAGUS AND SMOKED TROUT (SALMON) PASTA

My spring treat is fresh asparagus and this recipe highlights it with either smoked trout or smoked salmon (both available in your local supermarket)

Ingredients are for 4 people, so adjust for singles or couple

#### INGREDIENTS

400 grams fettuccini  
1 tablespoon oil  
1 red onion, thinly sliced  
1 garlic clove, crushed  
1 bunch asparagus, woody stem removed and cut in half  
½ cup white wine (or chicken stock)  
1 teaspoon Dijon mustard  
300 ml carton cream  
200 grams smoked trout or smoked salmon slices, chopped  
2 tablespoons chopped dill

#### METHOD

1. Cook the pasta in boiling salted water according to packet instructions. Drain and keep warm
2. Meanwhile, heat the oil in a frying pan on high. Saute onion and garlic for 3-4 minutes until tender
3. Add the asparagus and saute for 1-2 minutes. Stir in the wine (stock) and simmer for 2-3 minutes, until reduced by half. Blend in the cream and bring to the boil
4. Reduce the heat and stir in the trout (salmon) and dill. Toss the sauce through the hot pasta. Season to taste. *PB*

DELICIOUS!



### Electronic Gadgetry.

A Doctor's telephone appointment was made for a repeat prescription. At the end of the consultation, the doctor asked 'Would you like me to text the prescription through to your phone?'. 'Sure, I haven't done that before but I'll give it a go'. I phoned the chemist 'yes, to send a text it is good'. There was an extra prompt I didn't think through at first. Eventually after some muttering I clicked COPY and the phone screen lit up to display the next three prompts, and the **QR bar code** with all the information was sent, done! The medication was waiting to be collected (or delivered). **Just one year ago, who would have thought....**



And something for **all** music lovers. A feature in the AGE, so I just typed into the search engine – MSO Choir Paul Kelly Youtube, and up came - MSO, a 200 piece virtual choir singing Paul Kelly's Leaps and Bounds. Released on 17 September, and dedicated to Melbourne... It's probably worth linking into your good stereo with your audio jack for the best sound, iPad really doesn't do it justice.

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