U3A WALLAN INC.

Newsletter – Issue 10 – June 2021

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Welcome Members – Edited Edition

Message from the U3A Wallan Inc. President

Marleen wishes to thank everybody for their cards, flowers, and good wishes which she received while she was recently in hospital. She tells us that she is now at home and convalescing and wishes us in turn, to stay safe.

Message from the U3A Wallan Inc. Committee

Because of the current COVID 19 restrictions, the U3A Wallan Inc. Committee [edit 10/6/21] *has been advised by the Mitchell Shire that classes and activities can resume from Tuesday 15th June; except for dancing and cooking as per the current guidelines.*

Unfortunately, included in our postponements are our Indian Cooking demonstration which was scheduled for the 18th of June.

Also included on the postponement list is the Social Dance which was scheduled for the 19th of June.

Message from Lesley our Social Secretary

We will reschedule our Solicitor Talk for later in the year and we have some remarkably interesting speakers for you to look forward to when this current COVID 19 event has passed.

Birthdays Celebrations

June Happy Birthday Wishes to:

9th June - Mary C.

20th June - Fred C.

28th June – Sylvia

29th June - Paul A.

Good News Story

Marleen tells us that while she was in Kilmore Hospital recently, she was placed in a two-bed ward. To her happy surprise the lady in the next bed was none other than a childhood friend. They spent many pleasant hours catching up on old times.

Tips for Beating the COVID_19 Isolation Blues

- Try Sharon's recipe
- Write your life story – remember you are the only one who can write it in the first person
- Work on your Bucket List - give yourself something to look forward too
- Contact other members, family, and friends – stay connected!
- Exercise and healthy eating are key to longevity amongst other things!
- Stay positive, reach out for help, support each other, be kind, life is good!
- We would love to hear how you are beating the blues, Silly? – Constructive? – you could help any one of us email: *secretary@u3awallan.org.au*

Visit the DHHS website for more information and resources for older people and seniors https://www.coronavirus.vic.gov.au/information-older-people-and-seniors-covid-19

Recipes

It is the weather for soup, so we are featuring once again. Sharon of Fun Cooking's, much sought-after Thai Pumpkin Soup.

Sharon's Thai Pumpkin Soup

Ingredients

1 large Kent Pumpkin cut up and chopped
1 medium sweet potato cut up and chopped
1 medium brown onion cut up and chopped
1 large carrot cut up and chopped
1 large potato cut up and chopped
1 litre Carton of (Campbells) Thai Chicken stock
1 litre Carton of (Campbells) Real Soup Base
You can substitute vegetable stock for either
No salt and pepper to be added
Thai paste – yellow, green, or red to individual taste
1 chili grated – no seeds for mild flavour or include seeds for hot
Fresh coriander
1 whole can of coconut cream

Method

Place chopped vegetables and soup bases into a large stock pot
Bring to the boil
Simmer – stir frequently until soft and ready to puree
Put whole in blender in batches – blend to suit – smooth or chunky
Return to pot
Chop coriander – stalk as well - put into mix
Add chili to taste
Thai red curry paste or if preferred green or yellow paste
Stir
Add coconut cream – whole can
When ready pour into serving bowls

Suggested Garnish

Fried shredded coconut
Finely chopped chili
Finely chopped coriander

ENJOY – DELICIOUS!!!!!

U3A WALLAN INC.

2021 Term 2 – Classes/Activities Timetable – Resuming from Tue 15/6; except dance/cooking

***Refreshment Trolley not available** - bring bottle of **water**. A mask to be carried at all times – Masks are required to be worn indoors and required to be worn outdoors if social distancing is not possible or in line with government directive; sanitizing, hand hygiene and if unwell do not attend.

Density limits (1 person per 4m2), group size capped at 10 people for activities.

All activities to be held at **Wallan Neighbourhood House (WNH)** unless otherwise indicated.

QR Code Sign In or Manual Sign In is required at Wallan Neighbourhood House at the entrance.

Class/Activities & Times

*New Classes and Activities will be published as they become available – **Register for new classes at U3A office***

Class	Time	When	Location
Card Craft with Carole	10 am – 12 noon	1st Friday of the Month	WNH
Card Games Expressions of Interest Welcome	10.00 am – 12 noon	Tuesdays Weekly *-To be Confirmed*	WNH
Computers – 1:1 ICT Tutoring	11.00 am – 12 noon	Wednesdays Fortnightly Resuming Wed 14th July *Except School Holidays*	WNH
Dancing	1.00 pm – 3.00 pm	Tuesdays Weekly Postponed until further notice	WNH
Fun Cooking Class	10 am – 12 noon	3rd Friday of the Month Postponed until further notice	WNH
Gardening	10.30 am – 11.30am	Fridays Fortnightly	WNH
Italian	10.00 am – 11.30 am	Thursdays Weekly *Except School Holidays*	WNH
Luncheon Club	To be announced	Last Fridays of each Month	Held at Venue Carpool from WNH
Mah-Jong	10.00 am – 12 noon	Tuesdays Weekly	WNH
Pilates	9.30 am – 10.30 am 1.30 pm – 2.30 pm	Mondays Weekly Thurs Weekly	WNH
Tai Chi	9.30 am – 10.30 am	Wednesdays Weekly	WNH
Walking	9.30 am	Fridays Weekly	WNH meet top of stairs
Write for Life	12.15 pm – 2.15 pm	Wednesdays Fortnightly *Except School Holidays*	WNH
Water Aerobics	1.00 pm 9.30 am	Mondays and/or Fridays	HIDDEN VALLEY Cost: Casual $12 or 10 classes for $90

Our Mission is to make the third age the fun age for Wallan and district residents through participation in U3A Wallan Inc. activities.

An Extract from Mitchell Shire Email – 10th June 2021

We thank you for your patience while we work through these new COVID-Safe guidelines effective from 11th June…

MITCHELL SHIRE COUNCIL.
Community Development

COVID-19 Mitchell Shire facilities guide

for Mitchell Shire facilities user groups – Applies as at 11 June 2021

The user group is responsible for ensuring the following:

Before use of the site:

- Supply your completed COVID-19 Safe Return Plan (if not already supplied) and acknowledge acceptance of this guide to community.development@mitchellshire.vic.gov.au
- User groups are to supply their own disinfectant spray and paper towel. Household spray /detergent is acceptable (eg. Spray & Wipe)
- Consider an outside gathering as an alternative where possible

During use of the site:

- Masks are required to be worn indoors. Masks are required to be worn outdoors if social distancing is not possible or in line with government directive.
- Ensure any density limits (1 person per 4m2), group size caps (10 for activities, 20 for weddings, 75 for religious ceremonies including funerals) and total facility caps (75) are adhered to (refer to Council staff for direction if unsure)
- Wipe down touchable surfaces prior to use and after each activity/ event. Household spray /detergent is acceptable (e.g. Spray & Wipe) – Please bring your own
- Use hand sanitiser on entry to the buildings
- Promote washing hands with soap and water whilst in the building
- All attendees need to sign in on arrival confirming:
  - They or a member of their family is **not** unwell
  - First and last name and phone number
  - Time of arrival
  - Time of departure
- Adhere to "Max number of people" signs in each location
- Appoint a person to ensure that QR Code is used to register every attendee onto the Service Victoria QR Code system
- Contact between participants should be avoided
- Open windows, doors and use Air Conditioners to increase air circulation where possible
- No sharing of food or buffet-style or "help yourself" serving of food.
  - Crockery/cutlery should only be used by one person
  - Consider disposable plates and glasses if a dishwasher is not available
  - Appoint one person to serve food and ensure strict food handling – gloves, mask, hand sanitiser etc.
  - Individual servings of tea/coffee/sugar/biscuits should be used

After use of the site:

- Wipe down touchable services prior to use and after the event. Household spray /detergent is acceptable (eg. Spray & Wipe)
- Contain and dispose of all rubbish to an outside bin by the end of the event/ gathering
- Safely store all participant records
- Advise Council and arrange for deep cleaning if advised post the visit of any person who is diagnosed with COVID-19.

For support or assistance

Email community.development@mitchellshire.vic.gov.au or call 5734 6200 to speak to the Administration Officer - Community Development and Youth Services team, Community Development Officer – Liveability or Coordinator Community Development and Youth Services.

Contact us:
t: (03) 5734 6200
e: mitchell@mitchellshire.vic.gov.au
w: www.mitchellshire.vic.gov.au

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MITCHELL SHIRE COUNCIL

Tutors Messages

U3A Gardening Group

When: Fridays Fortnightly 10.30 am – 11.30am **Where:** Neighbourhood House Wallan

Leader John L. Since our first meeting on the 26th of March 2021, we have had 5 fortnightly meetings with an average attendance of 6 U3A members.

Due to the Mitchell Shire reconfiguring our allocated open space/courtyard at the Neighbourhood House we have had to replant most of our flowers and vegetables into 4 portable planter beds which were kindly donated to us by the Mitchell Shire.

Once these works are completed, we will be able to reassess our gardening group planting needs.

I wish to thank the number of U3A members that are continuing to water our pots and planter beds on a regular basis.

Tai Chi with Master Gil

Leader Gil B. Hi there Tai Chi Group. What a fantastic group you are. Everyone is welcome anytime. We are looking forward to seeing you all when this interval is over. Keep practising.
Lots of love, Gil and Helen

Sharon of Fun Cooking – Postponed due to COVID_19 restrictions

Some tips when using your Air Fryer: - Warm up the air fryer like you would your oven i.e., set the temperature as your recipe indicates set the warmup time for about 4mins if needed line your basket with aluminium foil prior to cooking.

<u>For precooked food</u>

For example, a pie

- Set temperature a little lower than you normally would, food will cook more quickly than your oven
- Check half way for progress

Air Fryer Cooking at first is <u>trial and error until you get used to it!</u>

Computers – 1:1 ICT Tutoring – Returning Wed 14th July

Leader Andrea B. The 1:1 Information Communication and Technology (ICT) tutoring group that has been running on Wednesdays fortnightly has certainly had some fun and laughs with understanding *"all things computers*". After all, if anyone can make learning fun about *"all things computers"* then it's our computer learners team!

Topics covered so far have included, but not exhausted, is understanding APPLE & ANDROID devices, QR Code scanning and installation on mobile phones, being connected safely, organising files and photo albums, emailling and attaching photos and documents, storage and backing up devices, APPs and usage, software formatting and most importantly answering your "How to….." questions! Come along Wednesdays fortnightly (except school hols, that is when I ***#LiveLoveLaughLearnTravelLongTime***) and ask all your computer and device questions with one on one support from our team of computer learners.

Better Health Channel – Importance of Dietary Minerals

https://www.betterhealth.vic.gov.au/ - a safe website to visit for all your health-related queries.

Iron and Anaemia

Iron is a mineral that works with other substances to create haemoglobin, the compound that carries oxygen in the blood. Women and men metabolise iron from food at roughly the same rate. However, while men need around 8 mg of iron in their daily diet, women need up to 18 mg (or 27 mg if pregnant).

Iron deficiency is the most common nutrient deficiency in women. Insufficient iron can lead to anaemia. Common symptoms of anaemia include tiredness and breathlessness.

Sources of iron - Good dietary iron sources include red meat, chicken and fish, fortified cereals, legumes and nuts, leafy green vegetables. Iron absorption can be impaired by very high-fibre diets, alcohol, the tannic acid in tea and concentrated sources of calcium (for example, calcium supplements).

Zinc

This nutrient is needed to maintain the health of cells. Taking iron supplements may interfere with the absorption of zinc, so women taking iron supplements should continue to eat iron-rich foods, which are also a good source of zinc.

Calcium and osteoporosis

Osteoporosis is a disorder characterised by thinning of the bones until they are weak and easily fracture or break. Women are at greater risk of developing osteoporosis than men, particularly after menopause, because oestrogen levels are reduced.

Many factors are involved in the development of osteoporosis, including:

- Low calcium intake during the growing years increases susceptibility to osteoporosis later in life. Bone strength in later life depends on the development of bones earlier in life. Adequate calcium intake during youth is essential to achieve peak bone mass
- Salt, caffeine and alcohol intake may interfere with the balance of calcium in the body by affecting the absorption of calcium and increasing the amount lost in the urine. Moderate alcohol intake (one to two standard drinks per day) and moderate tea, coffee and caffeine-containing drinks (no more than six cups per day) are recommended. Avoid adding salt at the table and in cooking
- Exercise, or the lack of it, can affect the development of osteoporosis
- Maintaining a low body weight (body mass index (BMI) less than 18) has been associated with the development of osteoporosis.

Vitamin D and calcium

Vitamin D increases calcium absorption and is required for normal bone metabolism. The main source of vitamin D for most people is sunshine.

Women who have very low levels of sunlight exposure or have naturally very dark skin are at risk of vitamin D deficiency. Those affected may include women who cover most of their body when outdoors, shift workers, those who are unable to regularly get out of their house or women in residential care. Women who have certain medical conditions or are on some medications may also be affected.

It is important to balance the need to maintain adequate vitamin D levels with the risk of skin cancer from too much sun exposure. A sensible balance of sun protection and exposure can ensure that women are not at risk of vitamin D deficiency.

Good dietary sources of vitamin D are margarine, eggs and oily fish (such as mackerel and sardines).

Good sources of calcium include dairy foods, calcium-fortified soymilk and fish with edible bones. For women who can't eat these foods, calcium supplements may be desirable.

Vitamin C

Vitamin C is important for normal gum, tooth, bone, and body tissue formation. One of the best sources of Vitamin C is oranges, but it is also found in other fruits, particularly papaya and strawberries, and a variety of vegetables, including red capsicum and broccoli.

Healthy Eating

Eating a variety of healthy foods is the key to a well-balanced diet and good nutrition. It keeps our bodies working well and helps prevent diseases such as type 2 diabetes, cancer, and cardiovascular disease.

https://www.betterhealth.vic.gov.au/healthyliving/healthy-eating

These web sites are managed and authorised by the Department of Health, State Government of Victoria, Australia

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Reference: Vic Health (2020). Better Health Channel

Writer's Corner

Spring at Harston

©Wendy Welch Bennett

Down at the school where the flowers grow
With roses standing in a fragrant row
Children at attention sing *Australia Fair*

Near tank drink-fountains under bright sun glare
Garden monitors water cane mulched beds
With *Harston* school hats on top of their heads
Nectar birds dart between bottlebrush blooms
Growing outside of computer lined rooms

A scarecrow rows in a veggie patch race
To the tinkle of a beaded wind chime's pace
Children tuck into homemade lunches
Sitting outside on barbeque benches

While *Harston* pupils work in class inside
Playgroup toddlers glide a slippery slide
Bright coloured parrots graze the cricket green
With black-tailed wagtails bobbing in-between

Multi-talented teachers who can also milk cows
Rule classes wisely with their respected know-how
Eucalypt trees dwarf buildings of green and cream
A container shed awaits a mural unseen

The school bus arrives at the home time bell
Rubbish monitors at the dumpster finish their job well
Children clustering at the gate, quietly give way
To Jack with a school bouquet, to make his sick mum's day

Photo Credit: Harston Primary School

New Website Coming Soon!

The Committee is pleased to announce our new U3A Wallan Inc. Website is close to being published live at www.u3awallan.org.au

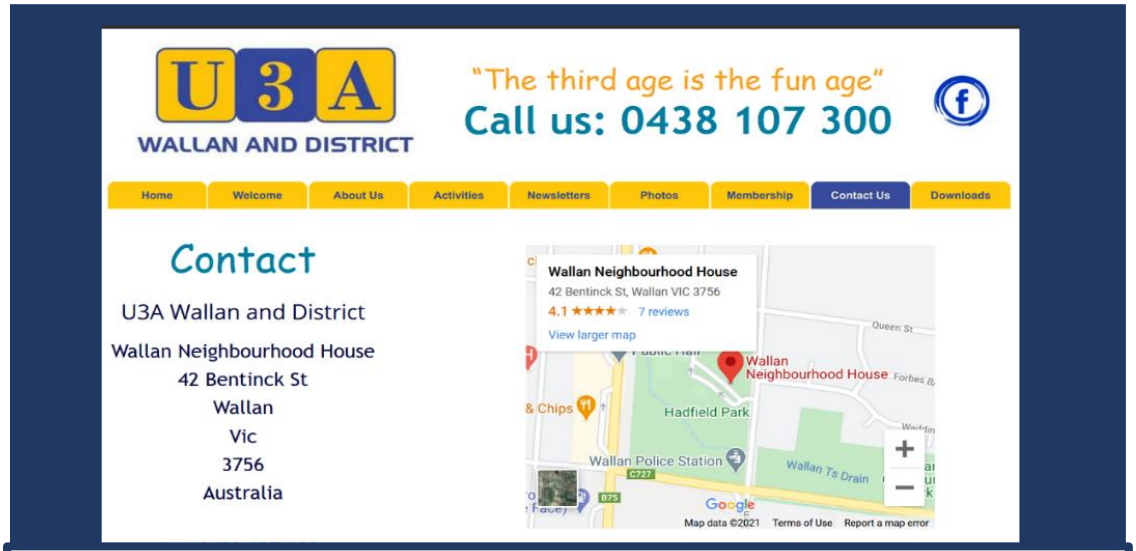
Many thanks to Kevin (U3A Whittlesea) and the U3A Network support that has allowed us to make a substantial financial saving on transferring our website to the U3A Network design and moving our hosting provider. We extend our special thanks for the supreme technical support from Peter from U3A Network and Hume, who without him we would not have been able to get our New Website.

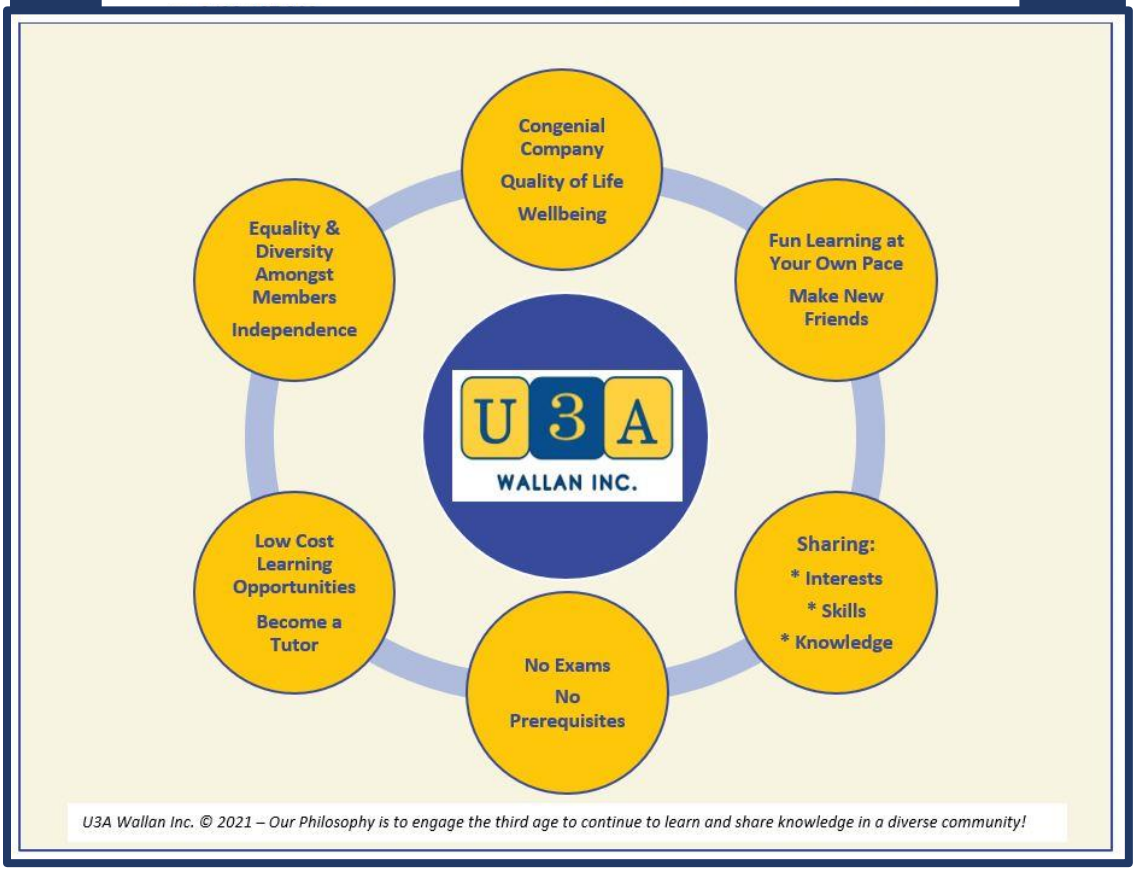
We hope the new website will raise awareness of our great community group and attract new members, leaders, classes, and activities and most of all volunteers!

Photo Gallery

Our Photo Gallery is Under Development
Watch this Space!

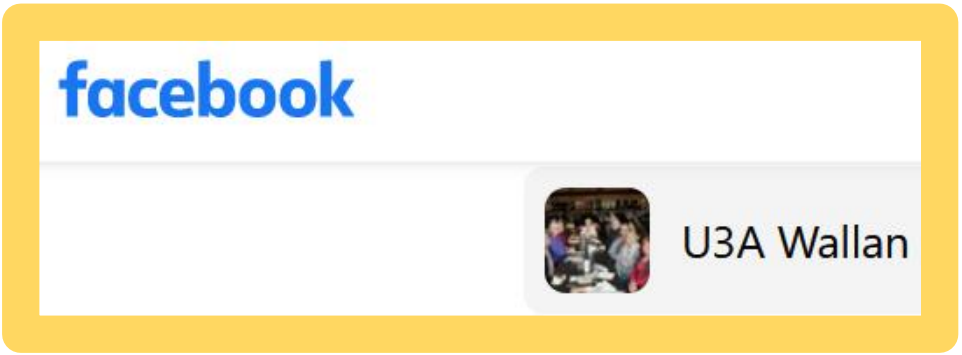
Contact U3A Wallan Inc. to find out more about our wonderful classes, activities, and leaders/tutors.





The Power of Mind Quotes: *"Happiness, true happiness, is an inner quality. It is a state of mind. If your mind is at peace, you are happy. If your mind is at peace, but you have nothing else, you can be happy. If you have everything the world can give - pleasure, possessions, power - but lack peace of mind, you can never be happy."* - **Dada Vaswani**

Members may choose to follow the U3A Wallan Facebook Private Group to stay in touch with U3A Wallan Inc and events.



(University of the 3rd Age)

THE PERFECT SOLUTION TO MAINTAINING BRAIN ACTIVITY, SOCIAL INTERACTION AND FUN.

"The third age is the fun age"

Call us: 0438 107 300

Thanks and Feedback

We wish to thank all contributors to the newsletter
The U3A Wallan Inc. Newsletters can also be found on at
www.u3awallan.org.au

At U3A Wallan Inc. we value your feedback and contributions. Please do not hesitate in providing feedback on any of our content, features, articles, classes, stories, and format of the newsletter.

Email secretary@u3awallan.org.au

We welcome any new volunteers interested in supporting the operations & administration of this wonderful community incorporation.

Phone Brenda on 0438 107 300 to find out how you can help out – no obligations!

QR Code Sign In is required at WNH front entrance

Density limit is 10 in a group with 1 person per 4 square metres, masks must be worn at all times, sanitise, hand wash, clean down surfaces and if unwell don't attend.
Tea and coffee cannot be provided.

Next General Committee Meeting Mon 5th July @ 1pm
All Welcome - depending on COVID Restrictions