



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

march 2015

PRESIDENT

BLAKE GORDON

VICE-PRESIDENT

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SECRETARY

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CLASSROOMS & OFFICE

GPLACE, 102 ENGLISH ST, BALLARAT,
VIC 3350

BALLARAT NORTH CAMPUS,
702 WALKER ST, BALLARAT NTH.

OFFICE HOURS –

1ST WED. 10.30 - 12.00 - NORTH
CAMPUS

4TH WED 1.00 - 2.00 - FUNCTION RM

Public Officer: Ros McArthur 11 Hamlet St,
Wendouree 3350 Reg. No. A 13304 K
ABN 3371 3445 856

MEETING DATES

EXECUTIVE MEETINGS

monthly on the **3rd Wednesday**
at 9.30am from February to
November.

NEWS and VIEWS monthly on
the **4th Wednesday** commencing
at 2.00 pm.

Check Bulletin for venue.

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DIARY DATES 2015

Wed Feb 25	Meeting of new tutors and class representatives, 12.30 pm, GPlace, Room 1
Wed Feb 25	News & Views 2.00 pm, GPlace, Function Room Office open 1 – 2 pm
Wed Mar 4	New members morning tea & tour, Bingo Room, North Ballarat 10:30 - 11:30 am. Office open at North 10:30 am – 12 noon
Wed Mar 18	Committee Meeting - Ballarat North 9:30 am
Wed Mar 18	Class Notes for Bulletin due by 6 pm to Phill Grant grantphillip@hotmail.com
Mon Mar 23	U3A Regional Meeting, GPlace, Function Room
Wed Mar 25	Meeting of prospective new tutors, 12.30, GPlace
Wed Mar 25	News & Views, 2 pm Function Room GPlace. Office open 1-2 pm
Wed Apr 1	New members morning tea & tour, Bingo Room, North Ballarat 10:30 - 11:30 am.
Sat Mar 28 to Sun Apr 11	Easter School Holidays Will your classes be running?

Quick Reference - what's in this Bulletin?

- * Ballarat National Theatre production, page 3
- * The Exchange Table at GPlace, page 2
- * Pneumonia and Flu vaccinations, page 5
- * So, it's going to be hot, page 6
- * News and Views, page 14
- * Melbourne Rooftops Walk, page 15
- * Invitation to Prospective Tutors, page 16

Have you considered receiving the Bulletin by email? Doing so would save paper and money (especially if you read the Bulletin on-screen). Please let Nina Netherway know if you would like the Bulletin emailed to you. ninan06@bigpond.com

Phill Grant (grantphillip@hotmail.com)

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VALE

Tom Norwood

Former tutor of Creative Writing and participant in
many U3A Ballarat classes.

PRESIDENT'S REPORT

GPlace Working Bee

Thursday 22 January proved a tremendous tidy up of Room 1, Room 2, the tearoom and the gardens (particularly the white rock garden). The committee would like to thank U3A Members that gave up two hours in the heat to make such an effective summer clean. We started 2015 with all things working and in spick-and-span order for classes.

Sign-Up Day

Over 50 new members and over 70 old members took advantage of our sign-up day with tutors and reps from many classes. The hard work of Mary Maloney and Nina Netherways' teams made registration and sign-up for classes a hive of activity. Many classes put on new sections – Italian, Genealogy, Jewelry, French, Mosaics, etc. – while others were filled and new members had to put on waiting lists. This over-enrolment brings with it problems. With enrolments up by 10% - over 683 members to date - we will have to try harder to find classes that can accept more participants, or add more classes, as the term progresses. So please check and carefully consider the request for more tutors and new classes in this bulletin.

Ballarat North SCC

Jack Engwerda and I attended a joint meeting with BNSCC, City of Ballarat and Eureka Chapel on 30 January at Ballarat North. With the imminent removal of the former kinder and scout hall north of the Seniors building, the Eureka Chapel had to move from the scout hall. After a searching discussion, it was decided to invite Pastor Iain Beggs to hold Sunday church services in the BN hall, and meetings on Wednesday and Thursday evenings in the bingo room when U3A and BNSCC are not using the facilities. A great solution for all four groups! The first service was held on 8 February in the hall!

February Morning Tea

Over 25 attended our first morning tea of the year on 4 February. A suggestion was made those present that a small map of our venues and basic communication data about U3A be

produced. Moving quickly Graham Hawley designed a small bookmark for immediate use in promotion by "word-of-bookmark" to friends and new comers alike. We are listening – and putting good ideas into action promptly.

2015 Classes Started

On Monday 2 February classes started at several venues. The new classes and facilities for extra classes provided the committee with several challenges. The response includes two new tables, a polishing /grinding bench, and a soldering bench (all built by Terry Dixon and Merv Quinn) in the community shed at GPlace - now ready for jewelers, woodworkers and mosaics makers. Bigger classes will try using the Function Room as an alternative to Room 1 and 2. Program Growth Support Grants and City of Ballarat Community Grant applications are in the final stages, thanks to John Olsen, to ensure our growing membership and new classes are properly supported. First Aid signs at GPlace and Ballarat North – large red crosses thanks to Anne Ottrey - were laminated and put in place to underline our OHS policy.

Civic Hall Meeting

Anne Ottrey and I attended a meeting with a planning officer exploring the future of the Civic Hall. We explained our case for making it a senior's hub and left a copy of our correspondence over the past three years.

Webpage

Our present webpage has served us very well, so why make a change? The committee is looking for a new webmaster to replace Graham Hawley, who after 10 years wishes to step down. Plans and design for a new U3A webpage are taking shape – watch this space.

Blake Gordon, President

The EXCHANGE TABLE at GPlace

In the tea room at GPlace there is a table full of goodies from garden(s). It's a bit like the 'tooth fairy' really. You may take what you need, and/or you may place excess produce from your garden for others to take.

MEMBERSHIP



Thanks to those of you have renewed and remembered to put 'Membership' on their envelope! It has really helped.

We now have 597 members who have renewed their membership, 87 new members, giving a total of 684 members!

Nina Netherway and Zelda Martin
'phone 53344836
Emails: ninan06@bigpond.com
zeldam03@bigpond.com

PLEASE wear your nametags to class - and make sure you have completed the medical information on the reverse.

Nina Netherway
Membership Secretary

BALLARAT NATIONAL THEATRE

Ballarat National Theatre have their first production opening on Saturday 4 April.

The production is called,

WHO REMEMBERS THE GREAT WAR? *From those who were there!*

The brief synopsis of the production is as follows:

To coincide with the centenary of Gallipoli, this pot-pourri of plays, sketches, poems and songs highlights the heroism, heartache and hilarity of the event later dubbed 'the war to end all wars'.

This promises to be a great evening in the theatre with a wide variety of entertainment. For this production we are making the special offer to U3A members to attend on Tuesday 7 April at 8 pm for \$18.00, compared to the full adult price of \$25.00. We are unable to offer the Sunday matinee, as we usually do, because we will not be performing on Easter Sunday.

Ballarat National Theatre (continued)

The full list of performance is as follows:

Saturday 4 April @ 8 pm
Tuesday 7 April @ 8 pm
Wednesday 8 April @ 8 pm
Thursday 9 April @ 8 pm
Friday 10 April @ 8 pm
Saturday 11 April @ 2 pm

March's Diversion

Last month's site was London, the Tower Bridge to be precise, and the predicted daytime temperature was 6^o C (but anywhere near that figure was acceptable). Many thanks to Mary Cornwell and Margarat Eedle for their answers.



For this month's diversion;
Where in the world is... (and when was it founded, what was its original name and why might you want to go there)?



Solutions to Phill Grant
grantphillip@hotmail.com
(sorry, no fabulous prizes are offered – just the glory of solving a problem)

CLASS COORDINATOR'S NOTES

IMPORTANT NOTICE

Please make sure you contact the class rep or tutor before you attend any class for the first time.

If it is a new class then you need to contact Mary Maloney

MOSAICS



The first term Mosaics class started on the 20 of February. The second term class will start at the beginning of the second school term.

ZEN BUDDHISM PAINTING AND POETRY



Using painting and poetry as the basic material for discussion, Professor Richard Perry will explore the rise of Zen Buddhism in China and its growth in Japan. Strange and wonderful Zen personalities, nature imagery, change in artistic style and the philosophical/experiential path of Zen will be explained. There will be ample time for question and argument.

This course will run for 4 weeks in April.

Venue: Ballarat North Senior Citizens' Club in Walker Street.

Dates: April 9, 16, 23 and 30

Time: 11 am – 12.30 pm; Thursdays

****PLEASE CONFIRM YOUR INTEREST BY THE END OF FEBRUARY****

NEW SHORT COURSES

NATURE'S WAY OF SELF-HEALING



Learn how to reduce stress and anxiety with new self-help meditation. Meditate your-self to peace while not having to talk or think about

your problems. Over four, two hour sessions you will learn how to reduce your stress and anxiety by yourself at home. Also learn how this new meditation is having great results in removing the angst out of autism.

Leigh Skewes has offered to run this course. He is a Registered Psychiatric Nurse; he holds a Diploma in Counselling Psychology and a Diploma in Solution Oriented Hypnosis; he is trained in Emotional Freedom Techniques (EFT); Be Set Free Fast (BSFF); Eye Movement Desensitisation and Reprocessing (EMDR); and holds a Certificate IV in Alcohol and other Drugs.

Leigh is the CEO of the 'Centre of Subconscious Research' and has been instrumental in the development of the natural healing meditation therapy called 'Subconscious Freedom Therapy' in Australia. This self-help meditation does not require the person to think or talk about the problem and has been twenty years in the development.

The course will run on a Tuesday morning at Ballart North Senior Citizens' Club

Contact Mary Maloney if you are interested in attending.

HISTORY AND SPREAD OF THE ENGLISH LANGUAGE

This class will not be run in 2015 but will be offered again in 2016.

TUTORS

Please send me the name of your class rep if you have appointed someone new for 2015.

Thank you.

I look forward to meeting with the new tutors and reps on Wednesday, 25 Feb at G Place at 12.30.

Mary Maloney, Class Coordinator.

Advance Notice – CAR BOOT SALE

Saturday 11 April
Ballarat North Senior Citizens' Hall

BALLARAT U3A WEBSITE



Now would be a good time to view the Ballarat U3A website. Why? Because it may soon change.

<http://www.u3aballarat.org.au>

Wanted!

Somebody with a working knowledge of *Wordpress* to redesign our website. To help you get it going there is a website working group who will then feed it, nurture it and make sure it grows to be a wholesome website worthy of its U3A parentage.

You will be fully assisted by the team to get it under way, so if you feel you have this expertise (or know of someone else who has, whether a member or not) please contact either the present webmaster, Graham Hawley ghawley@ncable.net.au or President, Blake Gordon eurekao@tpg.com.au who will answer any questions you may have.

PNEUMONIA and FLU VACCINATIONS – A REMINDER

Dr. David Birch, who has a country practice in Smythes Creek, has offered to provide vaccinations for both 'PNEUMOVAK', preventing pneumonia for a five year period, and the FLU. He has suggested that the PNEUMOVAK be administered mid-March 2015, and the FLU vaccination in mid-April 2015.

The FLU vaccinations are free to all U3A members and their partners, on presentation of their Medicare card. The PNEUMOVAK vaccination is free to U3A

members who are over 65 years of age, on presentation of their Medicare card. Dr. Birch will administer the vaccinations at GPlace at a date and time to be confirmed.

If you are interested in receiving either or both, please contact Jack Engwerda on 5341 2118, email: jackpam1@bigpond or inform your class rep.

Don't miss out on this opportunity, as it's free to you and your partner. Closing date Monday 9th March 2015, as the vaccines need to be ordered.

BALLARAT NORTH SENIOR CITIZENS' BUS TRIP

Ballarat U3A members are very welcome to participate in the **Ballarat North Senior Citizens' Bus Trip to Bend** on **Tuesday 17 March**

- The Mini Minor Gallery – artist studio with work available
- Confectionary Capers
- BYO lunch
- Cost \$35 – to be paid by 3 March to BNSC

If interested,
Faye Edwards,
for more details.

ODDS and SODS from the COMMITTEE and others

* Did you know that there are Ballarat U3A bookmarks available that have lots of contact information printed on them, and they work well as bookmarks?

* Nina Netherway, the Membership Secretary, would love to hear from tutors or class representatives, especially if they send current class lists.

* Did you know, that the laptop mouse belongs in the laptop bag?

* Did you know that all participants, class reps, tutors and committee members are voluntary?

* Zelda Martin is really looking forward to meeting prospective tutors on March 25.

SO, IT'S GETTING HOT?

The Department of Health and Human Services has asked that the following information be sent to U3A's.

Take heat seriously:

While heat-related illness can affect anybody, people over 65, particularly those living alone and with a pre-existing medical condition, are most at risk.

If you know extreme heat is on the way, take a few minutes to plan for it. Think about how you can keep your house cool; check that devices such as air-conditioners, air coolers, fans, blinds and refrigerators are in full working order. Think about friends, family and neighbours, especially those who might be vulnerable and consider how you could look out for them. If you have a chronic health condition, or are taking medication, talk to your doctor so you know what to do. Some medications, for example, can reduce awareness of physical discomfort, which means that heat-related illness symptoms may be ignored.

When the heat hits:

Stay cool indoors – keep air circulating around you. Use air-conditioning or a fan if possible. Take a cool shower, bath or sponge bath if it is safe for you to do so (or ask someone – such as a carer – for assistance). Stay out of the sun as much possible. Indoors is best. If that's not possible think about a 'Plan B' to escape the heat such as staying with a friend or family member who has air conditioning.

If you lose power – contact your provider on the 'Faults and Emergencies' number on your most recent electricity bill. A power outage guide is also available at www.energyandresources.vic.gov.au/power-outage-guide. Keep your mobile charged

Keep up your fluids – don't wait until you are thirsty to drink. Drink plenty of water or other cool, non-alcoholic fluids, and avoid drinks that contain lots of sugar. The exception is if your doctor normally limits your fluids. If this applies to you, check how much to drink during hot weather.

Take it easy – whether it is work or play, too much physical activity on a hot day can lead to heat stress or heat related illness. Delay any outdoor and strenuous activities such as sport, gardening and home improvements to a cooler day.

Protect yourself outside – if you must be outdoors, remember to protect yourself from the sun – stick to the shade, 'slip, slop, slap' by covering exposed skin with light coloured, lightweight clothes, using sunscreen and wearing a hat, 'seek' shade and 'slide' on sunglasses.

Do not leave anyone in a parked car – even on cool days or if the windows are left open a fraction. Cars can heat up to dangerous temperatures very quickly. Children, the elderly and pets that are left unattended in parked cars for even a few minutes are at risk of serious heat-related illnesses and possibly death.

Watch out for others – Remember to check in with others regularly who might have trouble coping in the heat – a phone call can make all the difference."

More information on heat health

More information on heat health is available at: www.betterhealth.vic.gov.au.

If you haven't already, you can also subscribe to receive heat alerts by email by visiting: www.health.vic.gov.au/subscribe.

For health concerns call your doctor or Nurse-on-Call on 1300 60 60 24.

Resources available to you

The Department of Health and Human Services has images and text that can be used to help spread heat safe messages. You can download this material and use it in your publications, club or association activities, community services or promotional material where heat safe messages are appropriate.

Visit: http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/stay_healthy_in_the_heat

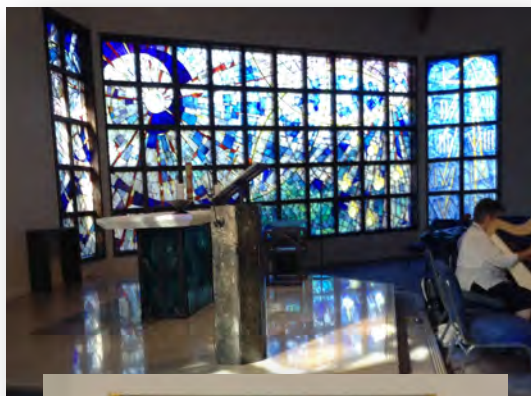
CLASS NOTES

The next Bulletin deadline;
Wednesday March 18
to Phill Grant, PO Box 2058,
Bakery Hill, 3354 or
grantphillip@hotmail.com

ART GROUP

On Thursday the 19 February, the Art Group visited the newly opened Church of Saint Peter and Saint Paul in Buninyong. Margaret McCarty gave us a very comprehensive tour, both inside and out, to see the beautiful stained glass windows, the two larger ones representing one of Saint Peter, and the other of Saint Paul, the glass altar, and the delightful icon painted by a world renowned lady in her nineties.

The model of the building and its history of development, were very interesting, as was its state-of-the-art heating, cooling and lighting.



We were entertained by a trio from the Celtic Band, playing several musical items.
Barbara Preston, class tutor

BALLARAT HISTORY

On Wednesday 11 March a small group (maximum 10) will visit the Public Records Office while the majority of the class will meet in Room 2 at GPlace (usual time 10.30) when Nina and Zelda will show their Towers and Turrets programme.

Those who wish to go to the PRO please contact Margaret Eedle by Friday 6 March as it is necessary to let the PRO people know who will be attending.

The programme for 25 March has not yet been finalised but please come along at 10.30 that morning and all will be revealed!

Margaret Eedle, class rep.,

BOOK FOLDING

The photo shows the book-folders with their first completed project – a rolled or barrel book. A second project has since been completed with some very creative variations on the patterns. Up for a challenge, the class has now started folding heart patterns into

Bookfolding

book pages. On March 3, we will fold a Christmas tree from an old magazine.



Anne Ottrey, class tutor;

BOOK GROUPS

First Thursday Book Group

Val Newman. Class Rep.

Book Group 2

Room 1, GPlace, 1st Thursday of the month.

Vivienne Martinich, Class Rep,

BUSHWALKERS

March 12.

Pier (Port Melbourne) to Park(Luna)
Catch the 8.21 am train from Wendouree OR the 8.36 am train from Ballarat Station please sit in front carriage. Get off in Melbourne at Southern Cross station. Walk across the road to the tram stop and catch the 109 tram in Collins St., which will be turning left into Spencer St. Stay on this tram until the end of the line, Port Melbourne. Have a coffee, examine the Pier and Spirit of Tasmania if it is in port, then start the walk heading toward *St. Kilda Beach* which is to the right walking out of the pier, which is behind you. This is an easy 6 km walk along the foreshore noting the bronze planetary statues and architecture along Beach Parade. Bring lunch or buy it on the way when we reach St. Kilda. Don't forget sunscreen, hat if sunny and water.

When we finish the walk we catch the No. 96 tram in Ackland St., or Esplanade, St. Kilda which will bring us back to Southern Cross Station. For those who boarded the train at Wendouree you need to be on the 3.20 pm train to Ballarat as this goes through to Wendouree. The next Wendouree train is 4.38 pm peak hour train.

March 26

Discover the various interesting sights in the hidden world of Ballarat's back alleyways and lanes. We'll leave from Western Oval on the corner of Eyre St. and Pleasant St. Sth. at 9.45 - or meet first at GPlace by 9.30. About 7 km of very easy walking. Bring lunch to have at the Oval afterwards. Shirley Faull will lead the above walk for those not going to camp at Nelson on this day.



Brian relating the history of Le Gerche



John having a seat with Le Gerche before tackling the walk.

KEY. A – easy, B – undulating, C – hilly, longer, D – strenuous. BL – bring lunch.
NOTE. Meeting place is GPlace at 9.20 am to leave at 9.30 am

Laraine Gunning (Class Rep.) and Lynne Fenton

CANASTA

We will be meeting at the same place and the same time, but on the first and third Friday afternoons of each month, 2 pm at GPlace, Room 2.

There is a waiting list, contact;

Val Newman, class rep.

CHINA IN TRANSITION

Meets 2nd & 4th Wednesdays, 11 – 12.30

March 11: Unit 3 – The Power Struggles – Civil War: KMT vs CCP – The Long March, War of Resistance against Japan

March 25: Unit 4 – Mao Zedong's Political and Socio-economic reforms, the Great Leap Forward

Dulcie Corbett, class rep.

CHORISTERS

Welcome back to everyone and now to the joys of singing together.

It does seem a long time since we last sang together but hopefully now we are in a new venue, the Uniting Church in Grevillia Road, we will make the most of our opportunities and give Ken our full attention as both he and Cath both spend hours organising all the music etc. that goes to make that great sound.

We have terrific new numbers to sing in the new programme, plus some old ones as well. Getting together only once a week, the hour seems to go very quickly so I'm sure we will make the most of it.

Liz Bailey, class rep.

CLASSIC CINEMA

March 10: *Boudu saved from Drowning* (France, 1933, 87 mins, Dir: Jean Renoir) is a delightful comedy centred on the 'uncivilised' antics of a tramp who has been dragged from the River Seine - and the questionable motives of his rescuers.

March 31: The original film version of *Showboat* (USA, 1936, 113 mins, Dir: James Whale) is quite famous for the wonderful performances of Paul Robeson and Helen Morgan, but very seldom seen. This wonderful entertainment also provides a strong anti-slavery message. (Film only session)

Marion Dick, class rep.,

COMMUNITY GARDENING

Zucchinis and other excesses

Zucchinis are in profusion at the moment, so it was suggested that we set up an exchange table in the tearoom at GPlace. Excess crops from the garden and from anyone who has



garden produce to spare, can be placed on the table for sharing with the GPlace community.

Already appearing are apples, plums, kale and, naturally, zucchinis. Help yourself!

The Community Garden was thoroughly weeded at our first session. Old plantings were removed, some new seeds sown and beans, zucchini, kale, a cucumber and a few tomatoes harvested. The gardens are being regularly watered thanks to a group of reliable volunteers. At our **next session on Thursday 5 March**, 9:30 am – 11:30 am, we will plant some autumn seeds and seedlings, continue harvesting, and hopefully tidy up the entry bed at the front of GPlace.

Anne Ottrey,

COMPUTER CLASS

Call for a member who has some skills in the use of the Windows 8 System to demonstrate basic skills in the use of it to Fran and Kerry.

The short course of 4 weeks for beginners to start on Monday, March 16 will not go ahead unless we have about 6 members interested. Further classes will depend on requests from members for classes in skills such as in using *WORD, Excel, Power Point, Publisher*, etc.

For inquiries please contact the tutor, Fran,
Class rep for 2015 is Kerry,

Fran Hanrahan, Tutor,

DIGITAL CAMERAS

Know your Digital Camera

An extra class for Digital Single Lens Reflex Cameras and Mirrorless Interchangeable Lens Cameras will be held on Wednesdays April 8, 15, 22 & 29. There are vacancies in this class, which is held at the tutor's home from 10 am-12 noon. If you are interested, please phone, letting me know the brand & model of your camera.

A further class for compact point & shoot cameras may be held after June.

Carol Hall, Tutor,

THE DINING OUT GROUP

A most enjoyable lunch was held on 15 February at the Lake View Hotel. It was particularly pleasing to welcome a number of new members to our group and we hope you will continue to join us on the 3rd Sunday of each month.

Our next gathering will be on Sunday, 14 March at 12.30 at the Captain's Creek Winery, Blampied. This venue has been recommended by one of our members and we look forward to our first 'out of town' venture for the year. Directions are to take the Daylesford road and turn left at Blampied opposite the Swiss Mountain Hotel. There is a sign to Captain's Creek Winery and further along the road, another one. There will be a flag flying at the entrance. If anyone needs transport please contact me and arrangements will be made. Also, don't forget your name-tags.

If you are coming, please let me know by Thursday, 12 March as I have to let the venue know our numbers on Friday, 13 March. It is not necessary to contact me if you are not coming.

Ann Reynolds, class rep;

ESSAYS AND IDEAS

The Essays and Ideas Group meet on the 2nd and 4th Monday of each month, from 10.45 am - 12.15 pm.

Venue: G Place, Room 2

Essays for March 2015

On Monday 9 March:

NO CLASS THIS DAY – Labour Day.

On Monday 23 March:

from *The Best Australian Essays 2013* - *La Mort Boheme of London's Soho No More* by Guy Rundle, page 189 - and from *The Norton Book of Personal Essays –A visit to a Grandmother* by Rebecca West page 83.

On Monday 30 March – the 5 Monday;

and our group meets for coffee at 10.30 – venue to be considered.!!!

Margret Currie;

FILM MUSICALS

The first term for 2015 will be films based on Shakespeare's plays. The first was *The Boys from Syracuse* and other films for the term will be *Kiss Me Kate*, *Prospero's Books* and *Loves Labour's Lost*.

Anyone who would like to join the class please contact the Class Rep., Bob Whitten

Bob Whitten, class rep.

JOURNEY WITH MY MUSIC

First class for the year went well as we set off along Australia's East Coast with 21 attending and two apologies. There are no vacancies in this class as we leave for Honolulu and USA West Coast on Monday 23 February at the new time of 1430 till 1600, hopefully with the room open at GPlace 2 by 1415.

Ralph Hislop, Tutor,

LANGUAGES

French E

After finishing 2014 with a vignette presentation to our wonderful Tutor, Jean-Jacques, we are looking forward to another stellar year.

Many thanks to all the participants and to those that worked behind the scenes to make

our presentation so much fun! The food and wine afterwards completed a memorable event - French theme of course! Unfortunately we were all so busy that no photos were taken nor were videos allowed! Maybe this year!

We wonder where Jean-Jacques' travels will take him this year and what format our next vignette will take. The class are learning French by having a good time and putting our increasing knowledge to every day situations.

School was never this much fun!

Peter Jones, class rep.

FRENCH



Ken Gittins, class rep.

GERMAN

Fortgeschrittene - Advanced

Sarah sold her car and we now know enough to buy a car in Germany (and test out the Autobahn speed limits?)

Beginners – Anfänger

We know who we are and can start a conversation. Now all we have to do is eat, find accommodation, see the sights...

Ken Gittins, Class Rep.

LATIN

Latin Classes have recommenced for 2015 at the Ballarat North Campus. We are using the Cambridge Latin Course Books, which have interesting stories about life in the Roman Empire in the First Century A.D. The stories

are set in various places in the Empire, which makes for interesting reading. In Book III we are reading about the organisation of the Roman Army of occupation in Britain, and also some of the politics of that era. Many of the characters are historical figures and are based on information recorded on monuments and in other writings. As our vocabulary increases, and the sentences we read become longer, we are learning more and more about the Latin grammar, this can be challenging, but it is very rewarding as well.

Gillian Robson, class rep.

LITERATURE

Our class will be reading *Dinner at the Homesick Restaurant* by Anne Tyler, led by tutor John Poliness during March. Class dates are Thursdays 4 and 19 of March at 10.45 till 12.15.

Robyn McKnight, class rep.

NORDIC POLE WALKERS

During March we will be walking along the north side Yarrowee Trail from Peel St. towards the Gong, a section at a time. Initially we will meet at the corner of Peel and Nicholson St. (park in Nicholson St.). Later in the month we will meet further along the trail – contact the Class Rep or Tutor for meeting points.

Mike Maloney, class rep.

Pat McCarthy, tutor;

OPERA ON VIDEO

Friday March 13 and 27,
at 2.00 pm

Graham Worrel, class rep.

PHILOSOPHY

The U3A philosophers meet at GPlace on Wednesdays at 2 pm.

John Poliness, class rep.

RECORDER ENSEMBLE

The Recorder Ensemble started the U3A year with an inspiring workshop in Clunes. Jill Ferris, a recorder teacher from Melbourne, challenged us to find the melody in the part written for our recorder, whether bass, tenor, alto or soprano, and to make our instrument sing.

She also showed us some ways to enhance the clarity of our playing. It's all in the tongue. We enjoyed lunch from the neighbouring pie shop, but not before Dieter had given us a timely explanation of how to keep the recorder clean and in good condition. We finished by playing a five part piece together.

Thanks to June for organising the whole day for us. It's good to learn in a different space now and again!

Jacqueline Cleverley, class rep

SILVER JEWELLERY MAKING

Tuesdays at 9.30 am until 12.30 and
1.00 pm until 3.30
in the Men's/Community Shed
GPlace

Wendy Chandler, class rep.

SIT AND STITCH

The classes are on the 2nd and 4th Thursdays, 9.30 - 3.30 at Ballarat North Campus. New members welcome. Bring along your sewing and machine, embroidery, knitting or crochet. Stay all day and bring your lunch or whatever time you are able. Looking forward to catching up with class members and welcoming new friends.

Margaret Copping, Class Rep.,

STROLLERS AND COFFEE

4 March; Meet at Gong Gong Reservoir, Daylesford Rd. Coffee after walk at Provedore, Western Highway.

25 March; Meet at MADE, 102 Stawell St., Eureka Stockade.

1 April; Meet at Kroomze Inn Café, Cnr. Boak Ave. & Geelong Highway.

22 April; Meet at Victoria Park, Cnr. Russell & Winter St. Coffee after walk at the Turret Café, 802 Sturt St.

*Wendy Chandler
Chris Cullen, class rep.,*

WAR OF THE ROSES AND THE TUDORS

March 12 and 26
at 10.45 am at GPlace

Come and share in the lives of Edward II, Isabella and Edward III, the 'Warrior King'. The times when the seeds were sown for the eventual and inevitable 'War of the Roses'.

Jill Hunter

THE WHEEL TURNS FULL CIRCLE

The course *The Wheel turns Full Circle* will be held at GPlace, Room 2, each week on Friday, from 10 am – 12 noon.
For further information please ring;

Sue Taylor,

WOODWORKING

At the end of a very successful 2014 we celebrated with a luncheon prepared by our tutor Terry Dixon and viewed his carpentry skills in the form of his new kitchen. Thank you Terry.

The 2014 challenge theme was The Kitchen and we made a wide variety of items from boxes to cutting boards to utensils. Ian Channing and Brian Costigan were equal winners.

Woodwork is a very popular choice amongst U3A members. We only have enough bench space for twelve members and have a full class for 2015 plus a waiting list. Feel free to add your name to the waiting list as things can change during the year.

Heather Bice, class rep.



Heather Bice (Class Rep) and Terry Dixon (Tutor) discussing new members added to the Woodwork class for 2015 at the new benches made by 'Terv' on the east wall of the GPlace Community Shed.



Two new members in Woodwork class get stuck into sawing, planing and sanding in the upgraded Community Shed at GPlace.

YOGA

The first advanced yoga class for 2015 started on Friday January 30 at 9.30 am. Lori has enough names to start the beginners' class and that started on Monday 2 February at 9.30 am (Buninyong Uniting Church hall). Anyone who would like to attend the beginners' class please contact Lori.

Joy Whitten, Tutor



To cope with increased students demands places in Woodwork, Jewellery and Mosaic classes in the Community Shed, two new work benches seating six members, plus a polishing and grinding station and a purpose built soldering station for two have been constructed and installed in early February by 'Terv'.



Another 'Terv-built' work-station in the GPlace Community Shed.

Some people just know the right thing to say at the right time!

'In the end it's not the years in your life that count, it's the life in your years'

'The best thing about the future is that it comes one day at a time'

'Most folks are as happy as they make up their minds to be'

Abraham Lincoln

U3A NEWS & VIEWS

Wednesday March 25, 2.00 pm

GPLACE, English Street, Golden Point

"The Role of Radio and the ABC in Communities"

Prue Bentley

Acting Regional Content Director, ABC Local Radio, Victoria

After volunteering on community radio in Sydney, Prue studied at the Australian Film Television and Radio School and has made her career as a radio story teller. Prue's career in ABC Radio has taken her to four states in on-air and management roles. She has now made her home in Ballarat.



Music by the U3A Recorder Quintet

Afternoon Tea

U3A Office open 1.00 – 2.00

EVERYBODY WELCOME.

U3A TRAIN EXCURSION TO MELBOURNE
Tuesday 31 March

Melbourne Rooftops Walk

Adventure to the historic high places of Melbourne, to discover hidden places, great stories and views from places such as atriums, art deco buildings, attic studios, hotels, rooftop bars.

This is a walking tour so an average level of fitness is needed.



Details

Time Meet at front carriage 8.36 train (8.21 Wendouree)

Cost \$20, paid at the start of the walk.

Call Colleen Noonan, to book. Only 20 places.

Please wear your U3A name tags.

An Invitation

Have you ever thought about becoming a tutor? Have you ever wondered whether being a tutor is really 'you'? Of course, there may be a number of reasons why you have not thought too seriously about this in the past. We could put your mind at rest on at least some of these.

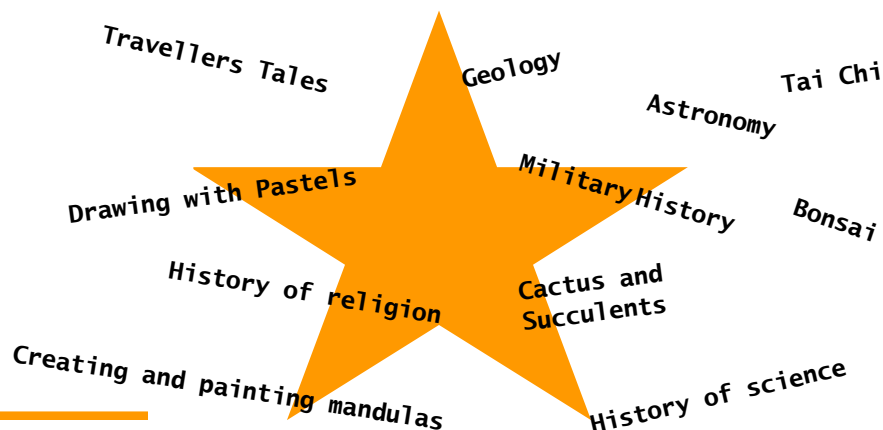
- Perhaps you thought a commitment would be too large. But we run short courses (4-5 meetings); courses that run six months, 12 months, or are on-going. It is your choice. Courses can run weekly, fortnightly or monthly.
- Perhaps you think you don't have time to prepare lessons. U3A Online has notes for a large number of courses which you could print out to use with your students. That is, you would be a facilitator.

Ballarat U3A has experienced a large increase in new members, so **we urgently need new tutors to run new classes**. Please ask yourself.....

- Do you have foreign language skills you could teach?
- A hobby that you could share with other members?
- 'Academic' knowledge you could teach ?

We invite you to a light lunch on **Wednesday 25 March at 12.30 – 1.30** (before News & Views) to meet some of our experienced tutors and some of our committee so we can discuss any questions you may have.

Listed at the end of this invitation are just a few of the courses run by other U3As. There are hundreds of others. **Please think of a course you could run.**



**U3A Network Queensland Inc. &
U3A Asia Pacific Alliance**



All U3A Members are
Invited

INTERNATIONAL CONFERENCE

28th, 29th & 30th May 2015 BRISBANE

Day 1 & 2 at Brisbane City Hall
International & Local Guest Speakers



Day 3 at U3A Brisbane Premises, 344 Queen St, Brisbane

- Queensland Network AGM
- Inaugural Presidents Council
- Concurrent Workshops

Information on Web: www.u3aqldconference.org

Contact: Rhonda Weston

Email: info@u3aqldconference.org



facebook.com/u3aqldconference

Phone: 4613 6559



“Cherish Today – Challenge Tomorrow”

