



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

MAY 2015

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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.

□

DIARY DATES 2015

Wed Apr 22	News & Views 2.00 pm, GPlace, Function Room Office open 1 – 2 pm
Wed May 6	New members morning tea & tour, Bingo Room, North Ballarat 10:30 - 11:30 am. Office open at North 10:30 am – 12 noon
Wed May 20	Committee Meeting - Ballarat North 9:30 am
Wed May 20	Class Notes for Bulletin due by 6 pm to Phill Grant grantphillip@hotmail.com
Wed May 27	News & Views 2.00 pm, GPlace, Function Room Office open 1 – 2 pm
Wed June 3	New members morning tea & tour, Bingo Room, North Ballarat, 10:30 - 11:30 am. Office open at North, 10:30 am – 12 noon
Sun Jun 14	Concert at Ballarat North SCC Hall, 2 pm Choristers and Celtic Players

Quick Reference - what's in this Bulletin?

- * Class Coordinator's Notes – possible new classes, page 5
- * Law Week 'You Decide Who Decides', page 3
- * The Last Frontier; Neuroscience at the Florey, page 3
- * Health and Safety Tips for Autumn and Winter, page 4
- * *Positive Ageing Strategy and Seniors' Festival*, page 5
- * Would you like to learn French in Noumea? pages 11 and 17
- * News & Views, page 15
- * Musical Interlude, page 16
- * U3A Ballarat Train Excursion to Melbourne page 18
- * South Street Volunteers, page 19

Phill Grant (grantphillip@hotmail.com)



PRESIDENT'S REPORT

Ballarat North

Events are now moving quickly. The Operations Group (U3A, Ballarat North Seniors and Eureka Chapel) have seen the architect's draft options and unanimously approve of Option #2. The only renovation we've asked him to consider is the addition of a café/lunchroom south of the present kitchen. It would be an excellent, welcoming new entry to the building and serve as a place to have a cuppa after class. Now the ball is in the City's hands as they attempt to fund the renovations and compliance issues in a series of stages that will still permit access to classrooms and toilets during the process. It would mean two new class/meeting rooms in addition to rejuvenating the building. Watch this space!

GPlace

The new key box has proved tricky to locate, but the alternative location of the key is working well.

The AGM was rescheduled to May 13 in order to resolve invoice/payment issues.

Quotes for renovations to the roof and the concrete slab in the driveway have been sent to the liquidators – Romanis Cant.

The garden continues to yield a harvest of tomatoes for the exchange table in the tearoom – and there are also fruit and vegetable contributions from member gardens and orchards. Come in and help yourself, or contribute, to the exchange table

Cleaning and room furniture are always on the agenda, so please do your part keeping the classrooms (1, 2), the community shed, the tearoom and the function room as clean or cleaner than when your class used them.

Autumn Term

With a successful Term 1 under our belt, classes have moved into the 'best time in Ballarat'. New classes in Meditation, Zen Buddhism Painting and Poetry and Mosaics have started. We had a terrific response to our request for new classes and tutors – just look in this bulletin for course descriptions of Wine making, Yoga (at BN) and Scrapbooking. We hope that several of these will appeal to new members who have been unsuccessful at getting classes they wanted in January. So

read and respond quickly to Mary Maloney, or the tutor, so that you can get enrolled in these interesting new courses.

The focus for Term 2 might be to help your classmates get to courses by carpooling in autumn and winter. This will generate discussion before and after class – and reduce the number of cars in the carpark. We are a community of learners – support in getting to class and returning home safely is a part of our ethic.

What is in a name? 'News and Views' has been popular over the past few years, but maybe we need a new title? The 4th Wednesday of each month at 2 pm, Colleen has arranged musical introductions to a fascinating series of talks that all members are invited to - free – with a yummy afternoon tea to follow. So why not bring a friend - listen, learn, and have a cuppa. You do not have to enroll – just come along!

Positive Ageing Strategy

The draft Positive Ageing Strategy is now available from the City of Ballarat website. They are inviting responses until 8 May. The Strategy can be downloaded and comments made at

<http://mysay.ballarat.vic.gov.au/positive-ageing-strategy>

The City of Ballarat is also canvassing our members for possible locations for new toilets in the CBD. What about in the middle island in Sturt Street – you never can get across at the lights in time before the flashing man turns red.

Blake Gordon, President

BALLARAT U3A WEBSITE

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

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

INTERNATIONAL U3A - NEWSLETTER

U3A SIGNPOST can be found online at:

<http://worldu3a.us6.list-manage2.com/track/click?u=4591b7dedb80e8dc4ca93c1af&id=df90a16210&e=a1f77c0935>

MEMBERSHIP



The new members' morning teas held each month have been a great success and I would urge any new member who has not yet attended a morning tea to do so. They are held at the Ballarat North Campus on the first Wednesday of the month from 10.30 – 11.30.

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

Nina Netherway, Membership Secretary
'phone 53344836
Emails: ninan06@bigpond.com

LAW WEEK 2015

You Decide Who Decides

Understanding enduring powers of attorney

Members of the public are invited to join the *Office of the Public Advocate* for an information session on enduring powers of attorney, using the interactive program 'You Decide Who Decides'

Date Thursday 14 May
Times 10.00 am – 12.00 pm
Location Level 3, 204 Lygon Street
Carlton 3053

Public Transport:

- Trams along Swanston St., towards Melbourne University – stop 3 Lincoln Square, then take Pelham St., and walk through Argyle Square towards 204 Lygon St.
- Closest stations are Parliament and Melbourne Central.
- A number of bus routes travel along Lygon Street
- www.pt.vic.gov.au

Contact person Lorraine Lipson
RSVP (email) OPAeducation@justice.vic.gov.au
Telephone 1300 309 337

The sessions are free but places are limited and bookings are essential

The Final Frontier: Neuroscience Research at the Florey

A short course
organised by U3A Melbourne City

This short course, offered specifically for U3A members by the Florey Institute, will provide an introduction to the world of neuroscience research at the Florey.

Part 1 of 3 weeks' duration will cover stroke prevention, major advances in stroke treatment based on latest international research and important treatment options after a stroke; neuro-degeneration and movement disorders with special emphasis on Parkinson's disease; and a brief history of the development of the tools required to investigate the microscopic changes associated with disease processes and a 'behind the scenes' overview of activities currently practised in Neuropathology research.

Part 2 of 4 weeks' duration to be held in October-November, will cover brain plasticity in health and disease; addiction and its impact on our lives; MRI – seeing inside the living brain; and Alzheimer's Disease.

Dates Tuesday, 12 & 19 May, 16 June
Times 11.00 am – 12.00 pm
Venue The Ian Potter Auditorium,
Melbourne Brain Centre,
30 Royal Parade, Parkville

Public Transport

Tram 19, stop 11, opposite the Royal Melbourne Hospital, right outside the Melbourne Brain Centre. Look for the Dr Dax café sign, enter foyer on the left and you are there.

Car parking with many disabled spaces is available under the building with lift access to the foyer/auditorium.

Online Booking is now open for Part 1

www.trybooking.com/131502

(Please provide your U3A name and membership ID when booking)

The Florey Institute of Neuroscience and Mental Health, is the largest neuroscience research institute in Australia, and is ranked number three in the world.

May's Diversion



Last month's site was the memorial at the far end of Remembrance Drive (The Avenue of Honour), where that avenue meets the Learmonth – Weatherboard Road. Incidentally, now that the underpass at the

Western Freeway has been completed it is possible to drive directly to the end of Remembrance Drive.

Congratulations to John Garner, Vivienne Martinich and Terry Dixon for identifying the site and providing information about the Memorial.

For this month's diversion;
Where in the world is...



... and if you were there, what would be the most likely topic of conversation?

Solutions to Phill Grant
grantphillip@hotmail.com

(sorry, no fabulous prizes are offered – just the glory of solving a problem)

HEALTH AND SAFETY TIPS for Autumn/Winter

Keep well and safe in the cold weather!

- Talk to your GP about flu and pneumonia vaccinations.
- If you have a cold or flu symptoms, don't push yourself to attend classes, sporting or other activities. Think of others – keep the virus to yourself.
- Try to get at least 10 minutes of sun twice

daily and discuss maintenance of bone strength with your GP. Not surprisingly, Ballarat has a high incidence of osteoporotic fractures.

- Keep physically active with some of the variety of U3A classes; check the excellent range of local community centre programs available on:

www.bchc.org.au

Click on *Clinical*, then on *Exercise and Fitness*

Awareness of falls prevention techniques is particularly important in the cold weather.

- Think about wet or frosty paths, stiff joints and tight muscles due to decreased activity.
- Turn on the light before it gets dark.
- Beware of the Bin! They are a safety hazard for the elderly.
- Check the soles of your shoes for wear.
- Watch out for traps – eg the electric blanket cord, rough surfaces covered by leaves, mats and rugs, busy grandchildren and frisky dogs!

Risk of falls is even greater if you have an infection, eg chest or urinary tract; the extra medication required to treat these this could further increase the risk especially if you are already taking prescribed or non - prescribed medication. Your GP and pharmacist can give advice about this.

Topical websites:

- Immune Australia Program;
www.immunise.health.gov.au
- Jean Hailes for Women's Health
www.jeanhailes.org.au

It would be good to learn as much as possible about staying healthy and fit to avoid those diseases that are known to be preventable. This will stand you in good stead if you do unfortunately have to deal with an accident or illness.

Marion Dick

Flu and Pneumonia Vaccinations

With reference to the flu and pneumonia vaccinations offered by Dr. Birch – due to the small number of U3A Ballarat members who wanted to make use of the offer it has been decided not to proceed with the offer at this stage.

A special request in regard to rollators and electric scooters



If you offer to put a rollator out of the road in the classroom, do not forget to give it back to the owner or they may be unable to go and get it.

Please, before moving any rollators ensure that the brakes are released, otherwise it

may cause problems requiring adjustment to the brakes.

Under no circumstances should an electric scooter be moved without the owner's permission as this could cause extensive damage if not done correctly.

The Melbourne Roof Tops Walk was great fun and very interesting!!!

We went down lanes, up onto rooftops, into hidden places and heard amazing stories.

Here we are on the roof of the Herald-Sun Building in Flinders Street.



Photo: Kerry Daniels

Participants who did not get a copy of the Walk on the day, please call me on 0438341230 and I will email you a copy.

Colleen Noonan

New Positive Ageing Strategy – What do you think?

The City of Ballarat has approved a draft Positive Ageing Strategy for 2015 – 2018. It has four key themes:

- Getting around safely
- Being socially active
- Being physically and mentally healthy
- Being useful or helpful

The Council is inviting feedback until May 8, after which an implementation plan will be developed, tied to the Council budget. Have a look online at:

<http://mysay.ballarat.vic.gov.au/positive-ageing-strategy>

and offer some feedback, so that your views can be considered in the planning stage. You may like to suggest that the Council continues to support the activities of organisations like the U3A, which help seniors remain socially active and healthy.

Seniors Festival

The Seniors Festival will be held in the month of October, with key events in the first week.

We are starting to plan U3A activities now, so that we can meet the deadlines for printed advertising booklets. Do you have a class that would like to perform in public, or be on show in a public venue? All ideas considered. Pass them on to:

Anne Ottrey ottrey@ncable.net.au
or 5336 2482.

Win a brand new iPad from Tech Savvy Seniors! (closes 31 May)

If you are in Victoria and have a Seniors Card, there is an iPad up for grabs through the *Tech Savvy Seniors iPad Competition*. Simply visit seniorsonline.vic.gov.au to go in the running to win your own iPad!

Victorian Tech Savvy Seniors is a Seniors Card Age Friendly Partners program with Telstra. It is designed to give Victorian seniors, particularly those in regional and rural Victoria, the opportunity to develop the skills to use technology for socialising, accessing important services or conducting personal business.

CLASS COORDINATOR'S NOTES

The two courses mentioned below are nearly ready to begin. If you are interested in either contact Mary Maloney to register.

Mary Maloney – Class Coordinator:
email moomoo@southernphone.com.au
or phone 5330 1334

A PERSONAL HISTORY OF JAZZ



Peter Weste, one of our members, has offered to run a course on the history of jazz. Peter says that he has been interested in Jazz for over seventy years and has a fine collection on CD. Peter has already successfully presented this course to Mornington U3A and is now offering to do the same for us. Peter has called this a Personal History because, as he says, 'it is not an academic treatise on an important part of the total music scene; it is my experience of the genre, featuring music that I have enjoyed over the years.' The course would cover the following topics and be presented in two-hour sessions. The Early Days, Swing Bands, Early Small Groups, Later Small Groups, Benny Goodman, Duke Ellington, The Blues, Early Post-War Bop, The Birth of the Cool, The Pianists, The Boy Singers, The Girl Singers.

This course will run on Tuesday mornings from 10.45 – 12.45 at G Place in Room 2 beginning 5 May.

2000 YEARS OF CHRISTIAN ART



Another of our members, Ron Hedgcock, has offered to run a course on Christian Art. Ron ran a similar course some years ago and has now updated the course. The scope of the course is as follows: Symbolism in Religious Art, and the meaning of Myth, The Garden of Eden Myth, and its symbolism, The Roman Catacombs, The Persecutions and the Martyrs, The Sistine Chapel and Michaelangelo's great paintings, The Reformation, and the Art works that developed in the Catholic and Protestant camps, The non-Canonical traditions and legends concerning the Virgin Mary.

Ron points out that the subject matter does not come with any specifically religious agenda, and is not designed as propaganda for any Church.

This course will run on the 3rd Wednesday of the month at G Place in Room 1 from 2.00 – 4.00 and starting in June.

NEW CLASSES

Contact Mary Maloney if you are interested in any of the new classes.

YOGA AT BALLARAT NORTH

We have two great Yoga classes running at present but often get asked if we have one in Ballarat. We recently received an offer from Julie Brusaschi to run a class at our Ballarat North venue.

The class will consist of a brief 5 minute relaxation and gentle warm ups; 10 -15 mins postures; breathing practice, 10 mins; and 15 – 20 mins relaxation to complete the class. Classes will be gentle and easy and students will be encouraged to practise at their own pace. Students will need to be able to get down and up from the floor and will require their own yoga mat, cushion and blanket and will need to wear loose, warm, comfy clothing and socks and bring water.

INTRODUCTION TO SCRAPBOOKING



Irene Warfe has offered to run a short course – 4 sessions each 1.5 hours. on scrapbooking. The class is aimed at those who wish to 'do something' with the photos they've collected over the years – preserve family photographs, record holiday experiences, etc. The class also encourages creativity as many scrap bookers develop their own style. Skills to be developed include selecting appropriate materials to preserve photos, page design, colour matching and journaling (telling the story of the photographs and/or experience).

- | | |
|---------|---|
| Week 1. | Why Scrapbook?
Basic materials needed.
Basic design techniques. |
| Week 2. | Organising your photographs.
Using memorabilia. |

- What to do with shapes and colours. Journaling.
- Week 3. Developing your style – traditional, enhanced, decorative?
- Week 4. Organising larger projects. Where to next?

WINE COURSE



Stephen Goodwin has offered to present a wine course later in the year. Stephen has two science degrees, Chemistry then Applied Biology. He was forty-five years in the Wine and Spirit industry - the last thirty as a

wine maker and thirty-five years as a wine show judge. He wrote and presented part of the Master of Wine Appreciation course, which ran for a number of years at La Trobe University.

The course will run something like this:

1. The origin of the grape vine. Viticulture and how it spread. The vines requirements. The year in the vineyard. Grape varieties.
2. Wine regions of the world: Old world, new world. Grapes and wine in Australia. World wine production.
3. Grapes, Fermentation, Yeast and Bacteria. A little Science: pH and SO₂, wine spoilage and winemaking faults.
4. White wine production. Winemakers influence on wine 'style'.
5. Red wine production. Oak barrels and Malo-lactic fermentation.
6. Sparkling wine production. Secondary fermentation and putting the bubbles in. Methode Champenoise.
7. Fortified wine production. Port, Sherry, Liqueur Muscat and Tokay. Maturation and blending.
8. Brandy and brandy spirit. Distillation techniques. Maturation. Cognac and Armagnac.
9. Wine bottling, maturation and storage. Changes with ageing. Wine service.

Each session will include some time for wine terminology and Q and A. There would be a short tasting from session 2 onward. Participants would need to bring their own glasses and a bucket! The cost of each week's wine would be split among the class.

Some other possibilities for new classes are:



Chemistry, Financial Planning and Orienteering. More news on these soon.

Contact Mary Maloney if you are interested.

Telephone 5330 1334

Email moomoo@southernphone.com.au

Mary Maloney, Class Coordinator.

CAR BOOT SALE

The car boot sale on Saturday 11 April at Ballarat North Senior Citizens' Hall was certainly successful. Not only that, but the weather and convivial company were very pleasant.

The next car boot sale is planned for October

The EXCHANGE TABLE at GPlace

Fruit, vegetables, etc; located in the U3A kitchen – take what you can use and/or leave your excess on the table for others.

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, and Mary Maloney, the Class Coordinator, would love to hear from those tutors or class representatives who have been secretive about their class lists,

* Did you know, that the 'News & Views', held every fourth Wednesday of the month, is open to all U3A Ballarat members?

* 'News & Views' always has interesting guest speakers, frequently has musical entertainment, and provides a chat-time over a cuppa and cakes?

CLASS NOTES

The next Bulletin deadline;
Wednesday May 20
to Phill Grant, PO Box 2058,
Bakery Hill, 3354 or
grantphillip@hotmail.com

ART GROUP

The Art Group meets each Thursday, from 10 am to 12 noon, at the Alexandra Croquet Club.

Barbara Preston, Class Tutor

AUSTRALIAN HISTORY

The Australian History Group meets on the 2nd and 4th Thursdays of each month, 1.30 – 3.30 pm at GPlace.

Nina Netherway and Zelda Martin

BALLARAT HISTORY

On 13 May please meet at 10.15 a.m. at the gate-house of Ballarat Old Cemetery in McArthur Street. We will be guided to see the special ANZAC exhibition, we hope, by the writer of a book on this exhibition. There is adequate parking around the area.

On 27 May we will be taken on a tour of The Mechanics Institute by Phil Roberts. For this, we will meet at the Institute at 10.30 am; a gold coin donation would be much appreciated.

At present the Institute is offering three months free membership to give you a taste of what is available, so this is a good opportunity to see and sample the organisation. There is a lift for those who may need one to reach the upper floors.

If you have any queries please contact me, Margaret Eedle on 5339 4465 or email margaret@eedle.com

Margaret Eedle, Class Rep.

BOOK GROUPS

First Thursday Book Group

Our group is looking for several new members
Some of the books we have recently read are:

Year of Wonders
Swing by Sailor
At Home

This month we will be reading *In my Skin*, and next month *And the Mountains Echoed*. If you are interested in reading and would like to join us, please give me a call.

Val Newman. Class Rep. 53388389.

Book Group 2

Room 1, GPlace, 1st Thursday of the month.
Vivienne Martinich, Class Rep,

BUSHWALKERS

April/May Walks

April 30: Moorabool Reservoir, led by Terry O'Brien. 8 kms, B.L, Code B, Car Pool \$5.

May 14: Smythesdale, led by Dale Gordon and Heather Bice. 7 kms, B.L, Code B, Car Pool \$5

May 28: Lerderderg Gorge. led by Ray Fenton and John Maguire. 8kms, B.L. Code C, Car Pool \$8



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

First and third Friday afternoons of each month at GPlace Room 2.

Val Newman, class rep., 53388389.

The CELTIC BAND

Date 14 June

Venue Ballarat North

Senior Citizens' Hall

Corrie Olsen, Tutor, and Ros Cole, class rep.

CHINA IN TRANSITION

From Mao to now

Meets 2nd & 4th Wednesdays, 11 – 12.30

Our class continues the fascinating journey along the modernisation of China route. There is great input from all of the participants and various class members have brought in extra material including maps of China, the Long March and additional reading material. At our last session, Rory brought along a Podcast with interesting facts about the part that the Dowager Empress Cixi played in the modernisation of China.

Colleen, our class tutor, has been in New Zealand and we welcome her back for our next session.

Dulcie Corbett, Class Rep. 0419583954

CHORISTERS

A notice to those who want to hear us sing. Yes, we are still getting ready for our big performance on 14 June. Here's a tip for those St. Kilda supporters. We are going to be singing the true version of *When the Saints go Marching In*. Hallelujah brother!!!!.The combined voices of the choir make this something to hear. Mind you, the rest of our items are not to be sneezed at. Hope to see you there.

Liz Bailey, class rep.

CLASSIC CINEMA

May 12; Cinema was used by all sides during WW2 to present morale-boosting messages and build national solidarity.

In Which We Serve (1942, Dir: Noel Coward and David Lean, 115 mins), which focuses on

the Royal Navy, shows the heroic efforts and sacrifices made by all sectors of British society. (Film only session, no subtitles.)

War Pictures: Australians at the Cinema 1914-1918, at ACMI, Federation Square, until July 26, presents an entertaining and informative survey of entertainment and news footage from the time.

Free, 10-5 daily and highly recommended!

Buninyong Film Festival will be screening a range of quality films on

Friday May 22 and Saturday May 23.

Always enjoyable and stimulating. Look out for their brochures, or find details online.

Marion Dick, class rep.,

5332 4831, or mobile: 0429 691 470

COMMUNITY GARDENING

Our next session on Thursday 7 May will be a Harvest Lunch. Join in the communal cooking in the GPlace kitchen from 9 am on, or bring along a dish to share. If you don't want to cook, you can help with gardening tasks. The lunch will commence in the Function Room at 12 noon. Let Anne Ottrey

ottrey@ncable.net.au

0422 963 985 or 5336 2482

know if you will be there and how you would like to contribute to the shared lunch.

Everyone is welcome to join in – you don't need to be a member of the class.

Anne Ottrey, mobile: 0422 963 985,

Phone: 5336 2482

COMPUTER CLASS

It appears that, due to lack of need, computer classes will not be required after the end of June. But **one last opportunity** to learn basic computer skills - if six or more members apply to begin a short course of 5 weeks, it will begin Monday, May 18.

Until that day classes will be revising WORD skills. If interested, contact Fran,

Kerry, Class Rep., 5332 6087

Fran Hanrahan, Tutor, 5336 0127

CRYPTIC CROSSWORDS

How many budding cryptic crossword enthusiasts solved the cryptic clue in last month's bulletin? To refresh your memory the clue was *Two girls, one on each knee (7)*.

The name of two girls is Pat and Ella, the next part of the clue indicates that if you put the two girl's names together you will have a *Patella* on each knee. Simple!

Here's another clue to keep your grey matter vibrant. *Jammed cylinder (5,4)*.

Mary Chappell, Class Rep., 5330 1633

CURRENT AFFAIRS

The Current Affairs Group meets on the 1st and 3rd Mondays, 10.45 am – 12.15 pm in Room 2 at GPlace.

Ros McArthur, Tutor

The CYCLE TOURING GROUP

Many kilometres have disappeared under the wheels of this group, and on varying road surfaces. From Beaufort to Ballarat, via Waubra and, of course, the cappuccino stop at Learmonth, the bitumen surface enabled road bikes to cruise. The most recent excursion to Creswick (the French Café) saw mountain and touring bikes make light work of unsealed roads and tracks.

Phill Grant

DANCERCISE

This enthusiastic group meets on Wednesdays at the Ballarat North Senior Citizens' Hall. *Jacqueline Cleverley, Class Rep.*

DIGITAL CAMERAS

Know your Digital Camera

A further class for compact point & shoot cameras may be held after June. *Carol Hall, Tutor, (03) 5339 2255 (ring if urgent)*

THE DINING OUT GROUP

For our second 'out of town' Sunday lunch we have chosen the Wallace Hotel and will meet

there on 27 May at 12.30. Just take the Western Highway towards Melbourne and turn off at the sign to Wallace. This will take you over the highway and it's not far to the hotel. As they say, you can't miss it. I've been there and had a very good meal and the hotel is something quite different in attractive surroundings, so do come and find out for yourselves.

Our April lunch at the Bunch of Grapes Hotel was a happy occasion and we hope to catch up with more of you in May

Ann Reynolds, Class Rep; 5309 1718
annreynolds@hemsleypark.com.au

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: GPlace, Room 2

Essays for May 2015

On Monday 11 May - from *The Best Australian Essays 2013 - How the Rudd Campaign Unravelling* by Pamela Williams, page 237; and from *The Norton Book of Personal Essays – A Preface to Persius* by Edmund Wilson, page 107.

On Monday 25 May from *The Best Australian Essays 2013 -- Strangers at the Gate* by Christos Tsiolkas, page 248; and from *The Norton Book of Personal Essays - Sleeping and Waking* by F. Scott Fitzgerald, page 113.

Margret Currie; 04 1929 0232 or 5333 2970

FILM MUSICALS

During term 2 we will concentrate on Afro-American musicals including: *Hallelujah, Stormy Weather, Car Wash* and *Lady Sings The Blues*. Because of availability films are subject to change at short notice.

If anyone has a copy of any of the above films and would be willing to lend it to us I would love to hear from you.

Bob Whitten, Class Rep., 5341 8189
email ibobdown@hotmail.com

JOURNEY WITH MY MUSIC

This class meets on the 2nd and 4th Mondays at GPlace, Room 2.

Our class of twenty-one is traveling well with no flight delays or customs hold ups. Having left Australia in Session One, we have now been to Hawaii, US West Coast, Mexico, Cuba, Brazil and finished Session Four in Las Vegas and the Navajo Indian Reservation. The next few sessions will take in jazz, blues, zydeco and whatever in various US cities, with the usual batch of stories.

Ralph Hislop, Tutor, 0457 238 852
and email ralph90next@gmail.com

LANGUAGES

BEGINNERS FRENCH

There is currently a waiting list for those wishing to join this class.

FRENCH E

Our class has returned from the Easter break (Pasqua) refreshed and ready to apply our growing knowledge to the tasks of the second term of the year.

Has everyone been watching the French drama *Witnesses* (*Les Tremoins*) on SBS? Also, there is a DVD series *Un Village Francais* - season 1 is now available to buy. Not sure if this was on Pay TV or not. These series help students immerse themselves with the French language and culture.

Some students find it easier to grasp language than others but we all enjoy and learn together and mistakes are what make us learn. At our age our brains have a large amount of information stored and it takes a little longer to download!

Peter Jones, Class Rep.

FRENCH

French classes in La Nouvelle-Calédonie.

It is proposed to organise a U3A Ballarat French-immersion excursion to New Caledonia. The excursion will include a

French language course and the opportunity for homestays during the course. The purpose of the excursion is to provide an enjoyable opportunity to rapidly develop French language skills and knowledge.

In general, classes will start at 8 am each day, with time for individual activities in the afternoon. If staying in a homestay, the hosts will provide transport to and from the language school.

Dates; 17 – 31 August 2015

Estimated Cost; about \$2000 (Australian), to cover the course, homestay accommodation and airfares.

Interested? Please contact Ken Gittins at kengittins@inet.net.au

Interested U3A members will be sent the information. Once it is clear that there will be a sufficient number of participants, organisational details will be distributed and it will be the participant's responsibility to pay an initial deposit.

Ken Gittins, Class Rep.

GERMAN

Fortgeschrittene - Advanced

Talking about the weather has its limits, so we have ventured inside – the current theme 'house and home'

Beginners – Anfänger

We have arrived at the airport. Now all we have to do is eat, find accommodation, see the sights...

Ken Gittins, Class Rep.

ITALIAN

The Italian 2 class (Monday 2.15 pm group) have been working through Chapter Four of our textbook *Ci Siamo* this term. We have been practising Italian; learning to shop for fruit and vegetables at the local market.

John Cheesema, Tutor
Wendy Balharrie, Class Rep., 53312329

LATIN III

Meets Tuesdays, 9.00 – 10.00 am, at Ballarat North Senior Citizens' Club
Gillian Robson, Class Rep.

LATIN 4 at 5

Meets Tuesdays 10.00 – 11.00 am at Ballarat North Senior Citizens' Club
Janice Cook

LITERATURE

The book to be discussed in May will be *In the Garden of Beasts* by Erik Larson, with tutor Greta Christie. This will take two sessions to be held on Thursdays 7 and 21 May.

Robyn McKnight, Class Rep.

MUSIC APPRECIATION

On May 1 Ron Hedgcock will present another of his enjoyable programs showing a selection from musical videos. Then on June 5 Mike Maloney will be in charge of the music for that day.

Janice Cook

NORDIC POLE WALKERS

Meets Tuesdays at 10 am.

During April we walked along the Yarrowee Trail between Stawell Street and Reid Street. In May we will continue on from Reid St towards the Freeway undercrossing and the Gong. Meet at the car park behind the Brown Hill pool on Humffray Street.

Mike Maloney, Class Rep. 5330 1334,
[<maloney28@southernphone.com.au>](mailto:maloney28@southernphone.com.au)
Pat McCarthy, Tutor; 5331 6219

OPERA ON VIDEO

Friday, 8 and 22 May, 2015, at 2.00 pm
BELLINI, *I Puritani*, starring Juan Diego Florez and Nino Machaidze

Graham Worrel, Class Rep.

PHILOSOPHY

Meets on the 1st and 3rd Wednesdays, 2.00 – 4.00 pm at GPlace
John Poliness, Class Rep.

POETRY

The Poetry group, after reading the strong, brave work of Emily Bronte, is entering the world of the Pre-Raphaelites with Christina Rossetti. We are celebrating this with a class trip to the National Gallery, led by our tutor, Alice Mills, to the exhibition 'Medieval Moderns: the Pre-Raphaelite Brotherhood'. Please come along to class to work out dates and details. Your rep apologises for not letting members know about Easter/school holiday breaks. (Learning on the job) There are no events in the near future to interrupt our meetings.

Millicent Reed, Class Rep.

RECORDER ENSEMBLE

Meets Fridays, 9.30 am – 12.00 pm, at Brown Hill Uniting Church Hall
Jacqueline Cleverley, Class Rep

SCIENCE CLASS

The U3A science class took a two day geology trip to have a close look at Western District volcanics.

The science class group of 23 'geologists' left a little past the crack of dawn (9:30 am) on March 16 from Scarsdale for a two day field trip. We drove south to the Red Rock maar complex passing the salty maar, Lake Beeac. From the Red Rock scoria cone summit, maars and volcanic cones could be viewed 360 degrees. In the Red Rock area there were over 40 maar eruptions with lava/scoria cones, which erupted later within the maars.

After lunch in Camperdown we drove up to the summit of Mt. Leura, a scoria cone on the edge of a maar, typical of the Camperdown area, to overlook the huge maar tuff ring. Part of Camperdown is in the maar as well as the newer scoria cone Mt. Leura and Mt. Sugarloaf. We took a short drive to two other

maar lakes, Bullen Merri and Gnotuk with deep vents then drove onto Mt. Shadwell where we spent over an hour fossicking in the quarry. The sound of hammers could be heard all the way to Ballarat as we broke open volcanic bombs to find olivine crystals.

Twenty of the class went on to Hamilton for a beautiful meal at the Botanic motel, followed by some brain breaking quizzes presented by class rep, Chris Hindhaugh and Tutor, Brenda Beck, followed by a good night's sleep.

In the morning, St. Patrick's Day, we headed south stopping at the Byaduk lava tube caves. Several brave souls climbed down into one. Most of us watched (and cheered them on) and walked the cave circuit to look into the sinks from the rims. It was a beautiful sunny autumn day and the bush walk was lovely.

Not far from Mt. Napier large blocks of basalt pushed up through the flowing lava to form large piles called 'tumuli'. There are only about three places in the world where this extraordinary natural event has taken place. We drove on to Mt. Eccles National Park for an extended lunch. While the BBQ lunch was being prepared, many of the group explored sites such as an easy access cave, an over view of the crater lake from the rim, a walk to the lava natural bridge or just a stroll in beautiful bush setting. We arrived home in Ballarat by 6 pm, happily exhausted. It was a lovely two days of looking at our interesting Western District back yard Lava Plains, good camaraderie and too much yummy food.

Brenda Beck, Tutor
Christopher Hindhaugh, Class Rep.



The class at Lake Bullen Merri, Camperdown



Some of the class at the Red Rock summit



Walking around the tumuli

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

We have been very busy either continuing with a left over project from last year or starting anew. There have been many enquiries re jewellery making, unfortunately the classes are full and the waiting list is long, some people have even put their name down for 2016.

Wendy Chandler, 5331 8904, Class Rep. (am)
Anne King, 5341 8002, Class Rep. (pm)



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.

Margaret Copping, Class Rep., 5334 1191, or 04 0902 1949

STROLLERS AND COFFEE

Walks start at 10 am
on the 1st and 4th Wednesdays

22 April; Meet at Victoria Park Cnr Russell and Winter Streets. Coffee at The Turret.

6 May; Meet at Lake Esmond, Later Street, Ballarat. Coffee at Zagamies

27 May; Meet at Buninyong, De Sosa Car Park.

3 June; Meet at Eau Verte (Potted Pear), Burnbank Street, Ballarat

29 June; Meet at Holliokey Park, Sports Complex, Dowling Street, Wendouree
Coffee at North Ballarat Club.

Wendy Chandler

Chris Cullen, Class Rep., 5332 3721

WAR OF THE ROSES AND THE TUDORS

Meets on the 2nd and 4th Wednesdays
at 10.45 am at GPlace, Room 2

Our journey so far has taken us to Edward II, Edward III, the Black Death, Richard II, Henry IV and Henry VI; some 150 years of history. The first recognised skirmish of the War of the Roses has occurred at St. Albans in 1455, and major protagonists have been killed. This was not a political struggle, but a very personal vendetta. It has begun.

Jack Engwerda, Tutor

Jill Hunter, Class Rep.

THE WHEEL TURNS FULL CIRCLE

Clothes and fashion from 1811-1911

Jan Herperger, Class Rep.

WOODWORKING

At the end of March, Blake brought several U3A representatives from the Grampians region to view our workshop. Terry entertained them with a demonstration of the various woodcutting machines we have. They were very impressed with the set up and hoped to be able to replicate it in their regions. The photograph shows a Shaker bench being made by Pat and Wendy.



*Heather Bice, Class Rep. 0419524714
or 53301357 bice2@tpg.com.au*

YOGA

For information about the Yoga classes, please contact the Tutor, or for the beginners' class please contact Lori on 53303143, or please see the information about the new Yoga class in the Class Coordinator's notes, page six.

Joy Whitten, Tutor 53418189.

ZEN BUDDHISM; POETRY AND PAINTING

We had a very interesting first class looking at the history of Buddhism and the changes in art as Buddhism developed over time. Despite starting a week late, we will run for four sessions, on Thursday mornings at the North Senior Citizens' Club at Armstrong Street North. Sessions are from 11 am to 12:30 pm, from April 15 to May 7. Please contact class rep Anne Ottrey on 5336 2482 or 0422 963 985 if you cannot attend. Additional members welcome.

Anne Ottrey, Class Rep. 0422 963 985

U3A NEWS & VIEWS

U3A members and friends are warmly invited to 'News & Views' which is held at GPLACE, on the 4th Wednesday of each month at 2 pm. It is an opportunity to hear an interesting speaker, listen to music from one of the U3A music or choral groups, and get together over afternoon tea.

Wednesday, May 27, 2.00pm
GPLACE, English Street, Golden Point



What is our future?

JOBS? POPULATION? DEVELOPMENT?

Leon Underwood

Overview of Ballarat's Economic Strategy 2015-19

Leon, a member of the City's Economic Development Team, will give us an insight into the trends behind the new economic strategy, the key areas of growth in important local industries and highlight a number of key projects identified for development.

Afternoon Tea
U3A Office open 1 - 2 pm
All welcome



A MUSICAL INTERLUDE



SUNDAY, JUNE 14, AT 2PM



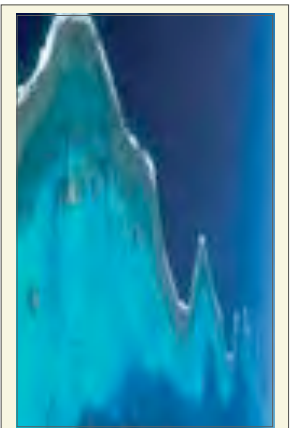
WITH
U3A CHOIR - CONDUCTOR, KEN TAYLOR
AND
U3A CELTIC BAND - CONDUCTOR, CORRIE OLSEN

AT BALLARAT NORTH SENIOR CITIZENS CLUB
WALKER ST, BALLARAT NORTH
FREE ENTRANCE AND AFTERNOON TEA PROVIDED

SPORTING ACTIVITIES

All water activities are available.

Enjoy the world's largest lagoon recently added to the World Heritage List of UNESCO



Experience an ecological Eldorado, walk or ride in a unique flora and fauna rich landscape.



FIND ALL INFORMATION:

www.visitnewcaledonia.com
www.office-tourisme.nc
www.adck.nc
www.aquarium.nc



CULTURAL ACTIVITIES.

Discover a fascinating melting pot of a thousand year old Kanak culture blended with Pacific, European and Asian cultures.

Visit villages, historic museums and the outstanding Tjibaou Cultural Center in Noumea, designed by renowned architect Renzo Piano, which is the cultural reference point for the entire South Pacific.



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Welcome to the Royal South Street Eisteddfod



Volunteers

From its inception, South Street has been generously supported by volunteers of all ages and backgrounds. Today, there are more than 200 dedicated unpaid helpers; all passionate about the performing arts and generously giving their time and energy from July to November each year. Every volunteer plays a vital role in ensuring the smooth running of competition events over a period of 14 weeks. Some days this can mean up to 80 volunteers are rostered to facilitate running the sessions. In 2014, the volunteers contributed about 18,000 hours of volunteered time. It is this very support that enables the Comps to continue.

What do Royal South Street Volunteers do?



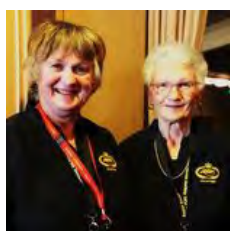
South Street Volunteers undertake a remarkable range of roles in some fabulous venues in Ballarat. Her Majesty's Theatre is naturally at the top of this list. Volunteers are Stage Managers, Discipline Chairpersons, Masters of Ceremonies, Curtain Operators, Timers, Runners, Security Officers, Technical Support (eg music co-ordination) Front of House Ushers, Doorpersons, Writers, Ticket Sellers, Drivers, and more. Not sure these are for you, well there are admin roles like Registration of Performers, Data entry, Collation of documents or Research in Archives. The important thing is that you can be an active volunteer as little or as much as your busy life allows.

What do South Street volunteers adore about the South Street Comps?

South Street volunteers love meeting and greeting audience members and performers alike. And they just love the thrill of the venue atmosphere whether it's Her Majesty's Theatre or elsewhere. They happily share their skills and knowledge with other volunteers as part of the rich friendships that develop along the way. Often volunteer's children follow in their parents footsteps, so South Street can boast generation upon generation of volunteering at the Comps. Volunteers really do make a difference to everyone's South Street experience while promoting the value of the performing arts.



What are the benefits of Volunteering for South Street?



South Street offers training to ensure all volunteers begin their own relationship with South Street knowledgeable, skilled and confident. You'll be part of Australia's leading Eisteddfod; you will have opportunities to learn new skills, while social get-togethers during off season are fun occasions focussing on involvement in the local community, and participating as a volunteer at South Street can be an impressive addition to your resume. And if you're new to this region, volunteering can also help you create a social network.

You will also be entitled to free admission to performances during the competitions as well as discount on merchandise*.

*Conditions apply

Who can become a South Street Volunteer?

Teenagers*, students*, young adults, retired people, singles and couples.

We ask volunteers to make a commitment to complete FOUR rostered shifts, however, we have found volunteers become addicted and during the comps our volunteers can be very busy indeed!

South Street soon becomes an absorbing and rewarding experience

*Must be over 16 years of age

Why not join The South Street Volunteers, and play a part in the busy, exhilarating life of Australia's leading Eisteddfod?