

All U3A members and friends are warmly invited to

U3A NEWS & VIEWS

Wednesday, March 23, 2 pm. at GPlace.

Politics in Paradise:

Observations from a year volunteering in the Maldives

Speaker- BJ Johnson



Many people have only a vague idea, at best, of the location of the Maldives and think of it as a honeymoon destination. After all, who wouldn't want to enjoy white coral sands in a tropical sea?! But the Maldives is much more than its tourist side which is often unseen by visitors. This 'lesser known side' comprises a developing country, which is 100% Muslim by law and all that that entails.

As we all know, volunteering is not just for the young, and this applies to Australian Volunteers for International Development (AVID) as well. BJ spent a total of 12 months with the AVID program in the Maldives, and will share a brief 'virtual tour' of the country and some of the ups and downs of the experience.



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

MARCH 2016

PRESIDENT

BLAKE GORDON ☎ 5331 7937

VICE-PRESIDENT

JACK ENGWERDA ☎ 5341 2118

TREASURER

HELEN SLATER ☎ 04 4840 8145

SECRETARY

ROS MCARTHUR ☎ 5332 5714

CLASS CO-ORDINATOR

DENISE GRANT

DeniseU3A@hotmail.com

MEMBERSHIP AND WEBSITE

NINA NETHERWAY ☎ 5334 4836

WEBSITE MANAGER

MARY MALONEY ☎ 5330 1334

EQUIPMENT

VACANT ☎

BALLARAT U3A ADDRESS

PO BOX 2058, BAKERY HILL,
BALLARAT, VIC 3354

U3A PHONE NUMBER

0431 859 315

E-MAIL ADDRESS

info@u3aballarat.org.au

WEB ADDRESS

www.u3aballarat.org.au

CLASSROOMS & OFFICE

GPLACE, 102 ENGLISH ST, BALLARAT,
VIC 3350

BALLARAT NORTH CAMPUS, BNCC

702 WALKER ST, BALLARAT NTH.

OFFICE HOURS –

1ST WED 10.30 -11.30 - BNCC

4TH WED 1.00 - 2.00 - GPLACE

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
9.30 am; Feb to Nov. BNCC

NEWS and VIEWS

monthly on the 4th Wednesday
2.00 pm. GPlace

DIARY DATES 2016

Thur Feb 25	New Tutors and Reps meeting at GPlace 1 – 2 pm, Room 2. Training and use of equipment session for all Tutors and Reps, 2 – 4 pm (if you need to)
Wed Mar 2	New members' morning tea and tour, Bingo Room, Ballarat North Community Centre, 10.30 - 11.30 am, Office open at North 10.30 – 11.30 am
Wed Mar 16	U3A Committee Meeting. Ballarat North CC 9.30 am – 12.00 pm
Wed Mar 16	Deadline for March Bulletin articles (to Phill Grant – and indeed before the sandman makes his evening rounds - grantphillip@hotmail.com)
Mon Mar 21	Grampians regions U3A Meeting at Ballarat (Hepburn host) 09.30 am - 3.00 pm
Wed Mar 23	News & Views, 2 pm, GPlace. Office open 1 – 2 pm
Thurs Mar 24	School Holidays start – will your classes run?
Wed Apr 6	New members' morning tea and tour, Bingo Room, Ballarat North Community Centre, 10.30 - 11.30 am, Office open at North 10.30 – 11.30 am

Quick Reference - what's in this Bulletin?

- * Have you seen the new webpage? www.u3aballarat.org.au
- * What's on the Web? page 4
- * February News and Views; Greg Jakob, page 3
- * Ballarat Road Safety Forum, page 4
- * Ballarat Mechanics Institute Twilight Talks, page 7
- * Joely Taylor speaking at the Ballarat Library, page 7
- * Class Vacancies, page 9
- * The map for the next Bushwalk, page 19

Phill Grant (grantphillip@hotmail.com)



PRESIDENT'S REPORT

Start to 2016

What a positive beginning to the new year of U3A Ballarat classes! New courses in Clogging, Ukulele, French for Beginners, Ballroom Dancing, Woodwork 2, History of Ballarat, Music Music Music, Meditation, Psychology, Sudoku, Wine Production and Assessment, The Sublime, Myths and Mythmaking, Introduction to Jung – and more to come in July. Special thanks from the Committee to the new Tutors for making the commitment to teach a new subject – that is how we grow our core business – teaching new areas and skills. With more than 800 members already signed up, we've set a new record for our active organization.

New Venues

Due to the rectifications at Ballarat North Community Centre Hall from February to June, we now have classes at Ballarat South Senior Citizens' Club, St Peter's Church Hall, Ballarat North Community House, M.A.D.E. auditorium, and GPlace function room. These new venues have proved very popular with the classes scheduled there and are evidence that our growing membership is stretching our resources. Thanks to a very welcomed grant from the City of Ballarat, U3A will be reimbursed for the classes that temporarily needed to move from the BNCC Hall. Another example of how the CoB is supporting our plans now and into the future! The working relationship with M.A.D.E., which started two years ago with *Digital Stories*, grew with *Weave Your Own Stars* now offers *Ballarat and District History* in the auditorium where visitors can join the class as they visit the museum.

The CoB is actively seeking to help us find low-cost accommodation in a report (due in May) of existing under-utilized classroom/hall space in Ballarat. Plans to re-develop the Wendouree Sports and Events Complex on Norman Street in Ballarat North could offer new classrooms and halls during our daytime class schedule. So many developments are 'in process' – watch this space over the next few months.

New Members

With over 150 new members joining in the past four months, our membership and enrolment processes have been put to the test. Please remember to use the new U3A website www.u3aballarat.org.au to guide you in the process of enrolling and adding classes. With your membership number in hand, you can access the website 'members only section' (you have been sent the password) and click on the timetable (updated weekly) to find the phone number of the tutor or representative. Call them directly to find if vacancies have occurred in the course you would like to take (they will call you if you are already on the waiting list). The latest Bulletin – and the archive from 2015 and before – is online, in colour and easy to read on your computer screen. You can print individual pages from the Bulletin or other documents – a good option if you don't like reading it on the screen. It all sounds easy – but if you are experiencing difficulties, just ring our info line and we'll attempt to get one of our volunteers to come out to your house and show you how to do it. It is all part of increasing your access and information from U3A Ballarat so that you can get the full value from our beautiful, functional new webpage.

Blake Gordon, President

FEBRUARY 'NEWS AND VIEWS'

All U3A members are welcome and encouraged to attend **'News and Views' on 24 February, beginning at 2.00 pm.**, followed by afternoon tea.

The guest speaker will be **Greg Jakob**, on **The Kokoda Trail Experience: A personal and physical challenge that gives and takes so much**, which is a part of the Federation University Leadership Program.

Greg's background as a Chartered Accountant includes over twenty years' experience in business and corporate management in both the private and public sectors. This experience in management includes executive financial and corporate service management roles in water resource management, economic development, local government and higher education.

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

Our membership is now over 800! This is terrific and I hope everyone has found classes and is enjoying them! Sixty eight new members were admitted during the past month.

The 'Welcome' morning teas at North Campus on the first Wednesday of the month have been well attended and enjoyed. Any new – or even old – member who would like to join us at this morning tea would be welcome.

New members' morning tea; Ballarat North campus from 10.30 to 11.30 on the first Wednesday of the month.

IMPORTANT! This will be the **last** Bulletin for those members who have not paid their 2016 membership. If you have a red circle on your mailing label or on your email, we have not yet received your payment! It could be that you have paid and your form is in the mail, or you have paid by Direct Credit and not sent your form in. If this is the case, please contact me. Please note that you should not be attending classes unless you have paid your 2016 subscription.

Associate members who have their main membership at another U3A must submit evidence of payment for 2016 for that U3A to enable them to be eligible for the Associate fee of \$10 at Ballarat.

Nina Netherway, Membership Secretary
'phone 5334 4836
Email ninan06@bigpond.com

There are two means of refuge from the miseries of life; music and cats
Albert Schweitzer

http://www.brainyquote.com/quotes/topics/topic_pet.html

WHAT'S ON THE WEB?

Hope you have tried our new website?

Here are some tips on using the

Members' Area



To access the Members' Area, log in to our website by using this address

www.u3aballarat.org.au . Up in the right hand corner of the front page you will find

the link to the Members' Area. Click on that, and the next page will ask you for your password. The password is **Balrt16** (note the capital B and no space between the letters and numbers.)

On the Members page you will find things that cannot be accessed publically.

- You can access the current bulletin by clicking on the **blue** rectangle. Past editions are also accessible.
- You can access a full up-to-date timetable with contact details of tutors and class reps by clicking on the **green** rectangle.
- You can access a full version of the Class Information by clicking on the **orange** rectangle.
- You can download any of our documents by clicking on its name in the list on the right hand side of the page.

More hints in the next issue of the bulletin. If you need help in using the website, please contact me, Mary Maloney
moomoo@southernphone.com.au

Mary Maloney, Web Manager.

BALLARAT ROAD SAFETY FORUM

Information for older drivers

Thursday 17 March 2016

1.00 pm to 2.30 pm

Wendouree Centre for Performing Arts

Victoria Police and Road Trauma Support Services Victoria are presenting a road safety forum on Thursday 17 March at the Wendouree Centre for Performing Arts. The Forum is about saving lives and reducing the heartbreak caused by road trauma.

In 2015, there were 258 deaths on Victorian

roads and nearly 6000 people received injuries that required at least one night in hospital.

The forum is a great opportunity for Ballarat residents to be pro-active in working towards a zero road toll (*Victoria Police Road Safety Strategy 2013-2018: Road to Zero and TAC Towards Zero Campaign*).

The forum is specifically for older drivers and will focus on confident driving and also look at aspects that affect driving ability such as medication and health. Our aim is to raise awareness about how all drivers can contribute to road safety. Guest speakers will include Victoria Police and a pharmacist.

A second forum for all road users, will be held in the evening from 7.00 pm to 9.00 pm. This forum is particularly relevant for teenage learners/P-platers and their supervising drivers/parents/carers.

Both forums will assist road users to think about the part they play in reducing the incidence and impact of death and injury on our roads.

There is no cost to attend either forum. Further details on the [Ballarat Road Safety Forum Facebook](#) page or from

Lorraine Yeomans

Co-ordinator, Grampians Region
Road Trauma Support Services
M: 0448 392 047
E: grampians@rtssv.org.au
www.rtssv.org.au

CAN YOU HELP?

Ballarat City Council have asked us to provide feedback on specific sites or crossings in Ballarat that present barriers to walking for older walkers. The Council's Active Transport Working Group will use this information to develop a list of priority projects. Send any suggestions to Anne Ottrey, 0422 963 985 or ottrey@ncable.net.au

In ancient times cats were worshipped as gods; they have not forgotten this.

Terry Pratchett

http://www.brainyquote.com/quotes/topics/topic_pet.html

AUSTRALIAN CENTRE FOR GRIEF AND BEREAVEMENT

The U3A Ballarat Committee received a letter from Anita Hoare, Regional Specialist Bereavement Counsellor at the Grampians Regional Office of the Australian Centre for Grief and Bereavement.

In the letter she wrote,
'...(the Australian Centre for Grief and Bereavement)... is funded by the Department of Health and Human Services. I am writing to let you know what we do in the community. As a trained counsellor I can see individuals and families struggling to adjust after the death of a significant person in their life. It's important for people who are having difficulties in their grief that they get the appropriate support. I do not need a Mental Health Care plan, currently I have no wait list and can see people for up to 16 sessions. The fee is subsidised according to client income; starting at \$20...'

Contact details are:

Anita Hoare

a.hoare@grief.org.au

Australian Centre for Grief and Bereavement
Grampians Regional Office
40 Eastwood Street, Bakery Hill
Ballarat, 3350
03 5332 7747 or 0447 710 138
www.grief.org.au

VICTORIAN ACTIVE AGEING PARTNERSHIP COMMENCES!

Arthritis and Osteoporosis Victoria is coordinating the Victorian Active Ageing Partnership (VAAP) on behalf of the Victorian Government and in collaboration with Fitness Australia and Monash University.

The purpose of the VAAP is to increase opportunities for participation in physical activity for older Victorians, especially in areas of socio-economic disadvantage and among isolated, lonely, older people not currently involved in physical activity. The three-year VAAP officially commenced on 13 October 2015 and has three priority areas:

- Development of partnerships
- Development of workforce and organizational capacity
- Development of pathways for engagement of older people.

Some of the anticipated outcomes and benefits of the VAAP include:

- Developing an evidence-based best practice framework for the engagement of older people in physical activity
- Increasing awareness of what is happening in the sector and of relevant resources and strategies
- Developing and improving knowledge and development of assisted/referral pathways to support the involvement of older people in physical activity, especially those not currently participating.

For more information about the VAAP and how you can become involved, visit www.arthritisvic.org.au/VAAP

(The above article was in a letter received by the U3A Ballarat Committee, from the Victorian Active Ageing Partnership)

ODDS and SODS from the COMMITTEE and others

* Thinking of wearing your nametag, with the completed medical contact details, to class, and taking your receipt number with you to show the class rep? What a great idea! Nina would be really pleased!

* Ros McArthur would be really happy if the kitchen at GPlace was kept spic and span, because she is the Secretary and would rather not have to receive any letters of complaint.

* One of the endearing features of U3A is that it is all voluntary and consequently everything is done collaboratively.

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

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

* Did you know that the new U3A Ballarat website has been launched? (Cool, eh?!) The web address is on the second page of this Bulletin.

Outside of a dog, a book is a man's best friend. Inside of a dog it's too dark to read,
Groucho Marx

http://www.brainyquote.com/quotes/topics/topic_pet.html

DIVERSION for MARCH

Many thanks and to those who submitted responses to the January and February diversions. Congratulations to the winners.



The winner for the January Diversion was Andrew Parker; who correctly mentioned that the first 'U3A' was formed in Toulouse, France



The February Diversion shows Room 1 at GPlace. The occasion was the working bee; well, that is to say, the cup of tea after the working bee.

Now, for March...

Where in the world is...?



As usual, there are no fabulous prizes for working out the answer to this month's diversion, just the dubious glory of getting an answer (though answers resulting from a wild imagination might be worth a cappuccino).

Answers to Phill Grant at:
grantphillip@hotmail.com

Home computers are being called upon to perform many new functions, including the consumption of homework formerly eaten by the dog.
Doug Larson

http://www.brainyquote.com/quotes/keywords/dog_3.html

TWILIGHT TALKS
at the
Ballarat Mechanics Institute

Since 2001 series of Twilight Talks have been held at the BMI. The next series of six talks promises to be most interesting.

Participants arrive at the Humffray Room from 5 pm for drinks, cheese and conversation.

The thirty to forty minute talks on successive Fridays commence at 5.30 pm and the entrance cost is \$6 for members and \$10 for non-members.

Summer Series Program

26 February: Michael Trembath, *The Memory Atlas, History in You*. Mick discusses a Ballarat East oral history project

4 March: Lindsay Florence, *Policing in Victoria with a focus on a murder investigation*. Lindsay is a former Ballarat Police Superintendent

11 March: Brett Dunlop, *Sovereign Hill - A Continuing Story*. Brett is Sovereign Hill's Museums Director

18 March: Dr Jill Wheeler, *Linton: questions about history*. Jill has researched Linton's history and discusses 'who owns the history?'

Phil Roberts, BMI Secretary



Botanic Gardens class with Roger Thomas

JOELY TAYLOR
talks about her book
Backtracks

Ballarat Library

Friday 18 March

2.00 pm to 3.00 pm

Bookings recommended – 'phone 5338 6850

Joely originates in the Appalachian Mountains in the United States – where oral history runs in the blood.

Her book *Backtracks: Recollections of Remarkable Australians* is a collection of engaging stories as told to Joely by those witnessing the best, and the worst, of Australia.

In this special afternoon Joely uses excerpts from these oral histories to bring to life, and to celebrate, the challenges and the realities of life in Australia.



CLASS COORDINATOR'S NOTES

Denise Grant –Class coordinator
email DeniseU3A@hotmail.com

NEW CLASS REPS. MEETING and PRACTICAL USE OF EQUIPMENT FOR TUTORS.

Chris Hindhaugh has offered to come along to show people how to use the electronic equipment in your classes. The format of the afternoon will be:

1.00 – 2.00 pm. Information session and question time for new tutors and new class reps.

2.00 – 4.00 pm. Session for tutors or class reps. who require some instruction and practice in how to use the electronic equipment. Chris would like people to bring along their own laptops or iPads if they regularly use them for teaching their classes, and he will use our laptops to demonstrate. People can then have a practice with Chris helping them.

Also **Class Reps.** Can you please give Denise Grant your class lists next week? Either email them, post them or place them in the CLASS LIST boxes in Room 1 at GPlace or in the Library at Ballarat North Community Centre.

We hope to have your class lists printed by the start of Term 2 after Easter. In the meantime please use your own versions.

Does your class have a new Class Rep?
Please notify Denise Grant when you have appointed your new Class Rep.

VENUE CHANGES

Ballarat History is now being held at MADE., Eureka Street

Poetry with Alice Mills has moved to the Ballarat North Neighbourhood House.

*Pure mathematics is, in its way,
the poetry of logical ideas*

Albert Einstein

<http://www.brainyquote.com/quotes/keywords/mathematics.html>

NEW CLASSES AND CHANGES

FRENCH G

Ken Gittins has offered to take a Beginners' French class on Monday at 2.15 pm, Weeks 2 and 4. The class is full at this stage, with those people who have been on the French waiting lists. However if you would like to go on Ken's waiting list, you can ring him, 'phone 5331 9938.

The class was due to start in Week 2 of March. However because the Labour Day holiday is on Monday in Week 2, and Week 4 falls on Easter Monday, the class will begin on Monday 11 April. A French-English Dictionary is recommended.

People who have been accepted for Ken's class should let Ken know their receipt number.

UKULELE

Because there are a large number of people who have joined the Ukulele class, Jill Clarke has divided her class into three groups. The Intermediate class will meet in Week 1. Beginners Group A will meet in Week 2, and Beginners Group B will meet in Week 4 at the advertised time.

Jill is also hoping to set up a Ukulele and Singalong group to be held concurrently with her classes in Room 1 for those who are already in her classes so they can gain more playing experience. More details about this will follow. Check with Jill to find out more.

ITALIAN 2 – with John Cheesman

A temporary change in time and venue for Italian 2

John Cheesman's Italian Class will meet on Thursday 17 and 24 March in Room 2.

Bushwalking – well; sort of...

A **vacancy exists** for a person to lead another bushwalking group. It is envisaged that the new group might be one that plans walks of a shorter distance than the current group. For example, such walks may have an historical theme, or perhaps a nature theme, or another theme, or indeed no theme at all.

VACANCIES

AUSTRALIAN HISTORY THROUGH FILM AND FICTION

In this discussion course we will explore how writers of fiction and filmmakers have told the story of the European settlement of Australia. Starting with the establishment of the convict settlement at Sydney Cove we will look at the accounts by writers like Eleanor Dark, Tom Keneally, Bryce Courtnay, Kate Grenville and others in using history to tell fiction which is entertaining as well as accurate. We will do the same for film and television. Extracts of film and television series will be shown in the class and there will be plenty of time for discussion. There are still vacancies if you wish to join this class. To join, ring Jill Blee, 'phone 0411046558.

*Denise Grant –Class coordinator
email DeniseU3A@hotmail.com*



Cycle Group members at Learmonth



CLASS VACANCIES: at 17 February 2016

A number of classes still have vacancies. The list of classes which still have some places is:

CLASS		
Ballarat Botanical Gardens (short course)		YES
Book Folding		YES
Canasta		YES
Canasta One		YES
Clogging		YES
Community Gardening		YES
Current Affairs		YES
Cycle Touring Group		YES
Dancercise		YES
Dancercise (Extra Class)		YES
Dining Out Group		YES
Film Musicals		YES
German for Beginners		YES
History (Australian) through Film and Fiction		YES
History of the Spread of the English Language		YES
Introduction to Ipads (Short Course)	YES for Term 2. NO for Term 1	
Introduction to Jung		YES
Latin 1 Beginners		YES
Latin 2		YES
Latin 3 and 4		YES
Latin 5 and 6		YES
Literature		YES
Meditation	waiting list	
Nordic Walking		YES
Poetry		YES
Preserve your Memories		YES
Psychology		YES
RAPT in Singing		YES
Recorder Ensemble	YES if you can play	
Roman History		YES
Scottish Dancing		YES
Scrabble		YES
Strollers and Coffee		YES
Sudoku		YES
(The) Sublime (Short Course) 2 nd Semester		YES
The Fall of the Roman Republic		YES
The Stuarts		YES
Weave your own Stars		YES
Yoga (Buninyong)	contact Lori	
Yoga for Beginners, Buninyong	contact Lori	
Yoga Gentle Intermediate	contact Lori	
Yoga @North	waiting list	

CLASS NOTES

The next Bulletin deadline;
Wednesday 16 March 2016
to Phill Grant, PO Box 2058,
Bakery Hill, 3354 or
grantphillip@hotmail.com

ART

2000 YEARS OF CHRISTIAN ART

2000 Years of Christian Art is held on the 3rd Wednesday of each month, at 2.00 pm, in Room 2, GPlace.

March 16, 2016.

With the Easter season coming up fairly early, this class session will be dealing with the Passion and Crucifixion of Christ in Art, Doctrine and Tradition, (although the extensive and exciting topic of the Last Supper will be the sole subject of our April Class). So this month we will be looking at the sequence of events beginning with the Agony in the Garden, leading on through the Trials and Torments of Jesus to the Crucifixion and the immediate aftermath. Some of the conventional images and details will be shown and explained as we look at just a very few of the huge number of paintings of the subject. As well, we will be considering certain historical and legendary matters that arose out of the Easter story, such as the spectacular description of the Harrowing of Hell, and of a certain mysterious Saint who never was, (and who you've probably never heard of!)

See you there,

Ron Hedgcock, Tutor.

PAINTING and DRAWING

The beginners' drawing class enjoyed a challenging morning battling with a nest of snakes, and shared their ideas as to how to make them fit into their surroundings. More challenges to come as the secrets of shading, perspective and life drawing are presented.

Barbara Preston, Tutor

BOOK FOLDING

We are having fun with our book folding projects. Most members have finished three projects to date and are moving on to folding

magazines, cutting 3D shapes and hopefully, the more challenging task of folding words from book pages.

*Anne Ottrey, Tutor, 0422 963 985 or
ottrey@ncable.net.au*

BUSHWALKERS

March Walks

March 10: Lake Wendouree to Winter Swamp. Led by Bernadette Cheesman and Denise Wilson.

This is a guided tour of Winter Swamp, walking from Lake Wendouree to Winter Swamp, back to the Lake via part of the Ballarat - Skipton rail trail.

A – easy: mostly footpath to Ring Road, then paddock after that.

The walk will start at Pipers by the Lake, cross the North Gardens Reserve and turn into Gregory Street West.

We walk along Gregory Street West, to Ring Road, then through paddocks/ reserves to Winter Swamp. At the carpark/boardwalk, we will have lunch and a look around.

After lunch, we will walk onto the Ballarat - Skipton Rail Trail and follow it back to Ring Road, Gregory Street West, finishing at Pipers.

NOTES:

1. The walk is a guesstimated 9 km, over fairly flat country, with the occasional patch of uneven earth and rocks, messy undergrowth and the occasional branchlet.
2. A map for this walk can be found on the last page of this Bulletin.

Meet at Pipers 9.30 am or GPlace 9.20 am

March 24; This is an urban walk linking up some of Ballarat's contrasting open spaces.

The walk will include some interesting stops in the North Gardens Wetlands, North and South gardens, Ballarat's Botanical gardens and Victoria Park. Meet at GPlace as usual

9.20 am or at the main entrance to the gardens (Morey gates opposite Pipers) at 9.30. It is a 6 km walk. When we return to our starting point those who are keen for more walking can do the lake walk circuit. Lunch is at the end of the walk at the lake. Led by Terry O'Brien and Brian Hay.

March 31; An urban bushwalk along the Maribyrnong River, Melbourne, from Newmarket to Maribyrnong (Melbourne inner suburbs.)

Maps: Melways 28, 42, and T2

Distance: approximately 6 km Easy.

An urban walk that is surprisingly rural, with an abundance of interesting and historic features including the remnants of the Newmarket Saleyards, the Stock Route to the River, urban renewal in Kensington Banks Estate, the Heavenly Queen temple and statue, Flemington Racecourse, Jack's Magazine powder store and the viewing terraces once used by spectators at rowing regattas. The walk is on shared walking and bicycle paths, mostly paved and mostly level.

Transport: V-Line to Melbourne, departing at 8.04 am from Wendouree and 8.21 am from Ballarat, arriving 9.40 am at Southern Cross. Then we will take MetRail (Craigieburn line) to Newmarket station where the walk commences. After the walk we will return to Newmarket station by number 57 tram. The last V-Line train in the off-peak period leaves Southern Cross at 3.17 pm, and the last connecting Met-Rail train leaves Newmarket at 3.00 pm. Latest return to Ballarat will be by 16.39 pm.

Note: If you are boarding the train at Wendouree, it is very unlikely that there will be any parking spaces available at the station. Allow yourself enough time and park in Gregory Street where there is free all day parking. Led by Gordon Talbett and John Maguire.

For walk details and photos from past walks please go to our Blog at:
<http://bushwalkersu3aballarat.blogspot.com.au>

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

Our weekly Canasta classes are off to a good start. Experienced players are grouped together and learners are making steady progress. This week (week three) we plan on starting soon after one as many players are at GPlace by this time and no one is timetabled for Room 2 at this time.

On the first Friday of each month our group will meet for lunch at 12.00. On 4 March we are meeting at *The Grapes Hotel* in Grant Street. We have room for a few more players.

Ros McArthur, Tutor 5332 5714

CELTIC MUSIC BAND

The Band's final Gig for 2015, was at *The Tangled Maze*, where we played for a wonderfully enthusiastic audience, who joined in with many of the tunes and showed their appreciation by buying lots of CD's.

2016 began with the Band meeting in a new venue, the Senior Citizens' Centre in Latrobe Street.

We have welcomed four musicians to the Band. Between them they play Cornet, Piano Accordion, Mouth Organ, Ukulele, 'Cello and Recorder. As well as playing lots of fabulous new music, prepared by Corrie during the holiday break, we have been preparing for a Gig on Friday February 19 to be held at Meadow Gardens, Delacombe.

With new mikes and a new drum kit, the sound and music keeps changing and evolving.

It's all SO enjoyable.

Ros Cole, Class Rep.



CLASSIC CINEMA

March 8; Laurence Olivier had to move away from his usual stage technique to succeed with the intense and charismatic role of Heathcliff in *Wuthering Heights* (USA, 1939, Dir: W Wyler, 103 mins)

March 29; while non-professional actors and real-life locations provided an authentic background for *Rome Open City* (Italy, 1945, 103 mins, Dir: Roberto Rossellini, subtitles), the powerful performance of Anna Magnani, a trained actor, is central to its success. (Film only screening)

Please be seated by **1.30 pm** ready for a prompt start.

* * Any class member who was not able to attend the February session should contact Marion with their 2016 receipt number ASAP (if not already supplied) if they do wish to continue in the class.* *

Shirley Faull, Tutor
Marion Dick, Class Rep.,
5332 4831, or mobile: 0429 691 470

CLOGGING

Val Kerr, Tutor

COMMUNITY GARDENING

Many members have commented on how good the community garden is looking. The summer crops are approaching their end, with big harvests of zucchini, tomatoes, eggplants and rhubarb. Check the exchange table in the tea room for free vegies, and bring in your own garden excess to share.

At our next session on March 3, we will remove finished crops and start planting for autumn and winter.

Anne Ottrey, 0422 963 985 or
ottrey@ncable.net.au

Music at times is more like perfume than mathematics

Gabriel Marcel

http://www.brainyquote.com/quotes/keywords/mathematics_3.html

COMPUTER CLASS

This class is now full and a waiting list has commenced.

If anyone is interested in helping, for an hour, with this class please contact Kerry.

Kerry Daniell, Tutor
0412 700 986 or 5332 6087.

CRYPTIC CROSSWORDS

Mary Chappell, Class Rep. 5330 1633

CURRENT AFFAIRS

We have had a good start to the year with an influx of new members to spice the discussions. Our guest speaker John Petheram, provided us with food for thought when he explained the psychology of climate change denial, and why it has been so difficult to engage the community as a whole to take action to address what may be the biggest problem that our civilization has to face.

In March we will explore a range of topics on 7 March when we share articles etc that impressed us. On the 21 March we hope to have another fascinating speaker.

Ros McArthur, Tutor 5332 5714

The CYCLING GROUP

Ten members enjoyed a bike ride along Remembrance Drive and around Lake Learmonth, and cappuccinos, cake and a chat, during the first ride of the season. On the second ride the countryside east of Ballarat was explored by eight members and, needless to say, ended with a cappuccino.

Plans for the next ride, early in March, involve cycling from Beaufort to Ballarat along the most scenic route possible.

Phill Grant, Convener

DINING OUT

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

ESSAYS AND IDEAS

Essays to be read for March are as follows:-

14 March. From the *Norton Book of Personal Essay*; 'Notes on Punctuation' by Lewis Thomas and from *Better Than Fiction*; 'Chasing Missionaries' by Suzanne Joinson.

28 March. From the *Norton Book of Personal Essays*; 'Living with Music' by Ralph Ellison and from *Better Than Fiction*; 'In Bear Trap Canyon' by Peter Matthiessen.

As there is a 5th Monday in February, the group will meet for the customary get-together.

Mary Chappell, Class Rep. 5330 1633

HISTORY

AUSTRALIAN HISTORY

The Australian History Group meets on the 2nd and 4th Tuesdays of each month, 1.00 – 3.00 pm at GPlace Room 1.

The topics for the Australian History Class will be as follows:

March 8	The War to end all Wars – visit to Ranger Barracks Museum
March 22	While ... On the Home Front
April 12	Speaker – Ted Lovett; The Stolen Generation
April 26	The Jazz Era The 'Dark Clouds' gather

For further information please contact Zelda or Nina on 5334 4836

Ann Boag, Class Rep.
Nina Netherway and Zelda Martin, Tutors

BALLARAT HISTORY

As this class now has over fifty names on its roll it has been moved from Room 2 at GPlace to the lecture theatre at the Museum of Australian Democracy in Eureka Street (MADE). The class will run from 10.30 am to 12.00 noon.

Because of the size of the venue, and if you are interested, the class can take some more members. Come along at 10.30 am (note the amended time) and be well informed until

noon each second and fourth Wednesday of the month.

The next class will be on 24 February. Our first speaker will be Dr. Fred Cahir, who will discuss early contact with the indigenous people of this region. For the following class, on 9 March, the speaker will be Dr. Joan Hunt who will talk about the first arrivals to this region, in particular the squatters.

All U3A members are welcome.

Any questions please contact Margaret Eedle

Margaret Eedle, Class Rep.
telephone 5339 4465 or
email margaret@eedle.com

INTRODUCTION TO JUNG

The next class will be on individuation and will be held on the 7 March, not the 29 February.

Karen Jennings, Class rep.

LANGUAGES

FRENCH C

Most of our class is back from holiday and very much in French mode, witnessed by the accomplished *haikus* (Japanese form of short poem) written entirely in French that were produced by the class this month.

We have also wondered whether to become part of the '*Je suis circonflex*' movement in protest against the proposed removal of the circumflex on various French vowels! But perhaps '*il n'est pas nos ognons !*'

We eagerly await the return in May of a class member following a 'gap' year spent entirely in various parts of France including Paris. At present our class remains full, with a waiting list.

Jan Leishman, Class Rep 0427 531 333

FRENCH E

Peter Jones, Class Rep
5339 6170 Email tljones80@bigpond.com

GERMAN

The beginners' class is a group of enthusiastic members who have already started conversations in German (conversations about philosophy will develop later).

The advanced class have keenly and competently tackled the revision at the same time as becoming more familiar with numbers.

Ken Gittins, Class Rep

LITERATURE

Our class commenced the year on Thursday 4 February reading *Oscar & Lucinda* by Peter Carey. Our tutor is Helen Nethercote, and classes are as always, 1st and 3rd Thursdays at 10.45 in Room 2 at GPlace. We look forward to another year of great literature.

Robyn McKnight, Class Rep

MUSIC APPRECIATION

It was good to welcome some new members to our group when we enjoyed such a variety of music mostly associated with the letter 'V', plus a few contributions from 'U'.

On March 4 the program will be presented by Chris Baulch, theme unknown at present. Then on Friday 1 April, Ron Hedgcock will be in charge with another program of his special selections from his store of musical videos.

Janice Cook, Class Rep.

NORDIC (POLE) WALKING:

We will continue walking along the Yarrowee trail (east side) during March, unless there is a Total Fire Ban. Meet just before 10.00 am Tuesdays, in the short street off the extension to Humffray Street North in Brown Hill.

Mike Maloney Class Rep
5330 1334 or 0413 971 951
<maloney28@southernphone.com.au>
Pat McCarthy Tutor, 5331 6219

PHILOSOPHY

John Poliness, Class Rep.

SCIENCE

Brenda has commenced the year with a biological emphasis looking at camouflage used by birds, animals, reptiles and insects for survival. Adaptations can be physical blending in with surroundings, colour and patterns and cryptic behaviour. We look forward to continuing this theme on the 1 March, so bring your notes.

Last Tuesday Ross Priddle presented the stories of two female scientists, Marie Curie and Roslyn Franklin. Ross emphasised the difficulties women faced at that time to achieve recognition for their research in a male dominated profession.

On March 1 after class Ross and Clare will teach interested members of the class how to propagate Acacia seeds.

There is a field trip planned for the 19 April leaving at 9.30 am and returning mid afternoon. We will visit the Devil's Kitchen, in the morning to study the Avoca Fault and then lunch at 'Clare's' sanctuary. We will donate a gold coin for the use of the sanctuary centre. More details later.

Heather Bice, Class Rep.

SILVER JEWELLERY MAKING

Tuesdays at 9.30 am until 12.30 and 1.00 pm until 3.30, in the Community Shed, GPlace

Everyone returned to their unfinished or new projects with a renewed vigour and holiday tales.

Steve will be going on holidays in March. He will be away from 28 March. There will be NO classes while he is away. He will be returning mid May probably the 2nd week so please 'watch this space'.

Time is short so it will be nose to the grindstone till the 28 March.

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 am - 3.30 pm
at Ballarat North Community Centre.

Bring your lunch if staying all day and your sewing machine, embroidery, patchwork, knitting, crochet or any other sewing project you do. At times there will be demonstrations otherwise we work on our projects and share ideas with class members.

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

STROLLERS AND COFFEE

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

24 February; Meet at Crown Hotel,
Buninyong. Coffee at The Bluestone Café.

2 March; Victoria Park. Meet at Corner of
Russell and Eyre, Streets.

23 March; Meet at the Midvale Shopping
Centre, Geelong Road, Mt Clear.

6 April; Gong Gong Reservoir, Meet at the top
car park, off Daylesford Road. Coffee at
Providore, Western Highway.

27 April; Meet at the Ballarat Special School,
Norman Street between Creswick Road and
Doveton Streets.

4 May; Eclipse Ford, Albert Street,
Sebastopol. Meet in the side road.

25 May; Meet at Krooze Inn Café, Corner of
Boaks Street and Geelong Road, Mt Clear.

*Chris Cullen, Leader and Class Rep.,
5332 3721*

YOGA

For information about the Yoga classes, please
contact the Tutor, Lori Hutton on 5330 3143,

Joy Whitten, Class Rep. 53418189



Celtic Band members



Norfolk Island Folk History



This week will be of special appeal to those who hanker to delve deep, inquire and discover the stories of a place. With an incredibly rich and complex history the tantalising stories of the people who either happily or with a sense of dread came to call past, or call Norfolk Island home, are rarely discovered. Hosts for this week Don and Sue Brian will be sharing their personal research to uniquely bring these stories to life through story, song and poetry.

Your Hosts: Don and Sue Brian



Don Brian has been exploring his linked passions for history and folklore for over 40 years. He sings traditional folksongs, sea songs and shanties which tell the maritime history of the Pacific. In Sydney, he sings with the traditional shanty group, *The Roaring Forties* aboard the square-rigged barque, the *James Craig*. He also sings traditional, collected songs with *The Southern Cross Trawlers*.

Since arriving on Norfolk Island in 2009, Don has had a particular interest in collecting the folklore, stories, songs and poems of the Islanders from the convict settlers to the present day.

Together, Don and Sue have been researching the influence of the whaling industry and the American ship-based whalers on Norfolk's heritage and will recount some of the less well known stories they have found during their research.

While living on Norfolk, Sue became involved in the research and the conservation of the Museum's artefacts from the *Bounty* to the current day. She developed a passion for learning traditional skills in hat-making which she was taught by the Island's hat makers and has extended this into a study of cabbage-tree hat making in Australia.

Together, they bring an articulate, thoughtful and thoroughly fascinating perspective on Norfolk Island's folk heritage.

Contact: travel@travelcentre.nf Norfolk Island Travel Centre, PO Box 172, Norfolk Island 2899
Ph: Intl +6723 22502 or Fax: Intl +6723 23205 Phone Toll free: AU 1800 1400 66 NZ 0800 0088 10
www.norfolkislandtravelcentre.com



Road safety for older drivers

Find out more about road safety and how to reduce the risk of being involved in a collision.

Thursday
17 March 2016
1.00pm to 2.30pm

Further Information
 Lorraine 0448 392 047
grampians@rtssv.org.au

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Cost: FREE



Ballarat Road Safety Forum

www.rtssv.org.au

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Norfolk Island Folk History



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twin share
ex Brisbane

From
\$1489^{pp}
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ex Sydney

*Music, poetry & stories
from our Convict, whaling
& Bounty heritage*

We are very excited to offer this tour for the first time in 2016. While our island's convict, whaling and Bounty histories are infamous, their telling through music, poetry and story offers a unique lens of exploration. Presenters Don and Sue Brian recently lived on Norfolk Island for 5 years and as dedicated historical researchers, found its history and heritage compelling.

Holiday Package price includes:

- ✓ Return economy class airfare to Norfolk Island ex Sydney or Brisbane
- ✓ All pre-paid airline taxes
- ✓ Meet & Greet at the Airport
- ✓ Return airport transfers on Norfolk Island
- ✓ 7 nights accommodation
- ✓ 7 days car hire per apartment (petrol is additional)
- ✓ Norfolk Island Folk History Registration:
 - ✓ Welcome Dinner, including "Unearthing Norfolk Island's Untold Stories" talk
 - ✓ "Tales from the Artefacts" as discovered by Sue in each of the four Norfolk Island Museums including packed lunch.
 - ✓ "Convicts of the Second Settlement" - focusing on escapes, riots, work and personalities
 - ✓ "Norfolk Island on The Middle Ground" presentation in song, historic and modern images and spoken word, on the history of the Pacific whaling
 - ✓ Devonshire tea and Cyclorama visit, including plaiting demonstration by Sue
 - ✓ Personal tour by local NI Whale Boat 'Rhonda' builders and Pitcairn Settlers Village Tour
 - ✓ Farewell "Sea Shanties" night dinner including entertainment
- ✓ Half day Island tour
- ✓ Complimentary Miniature Golf – golf your way through Norfolk's history
- ✓ Complimentary "A Walk in the Wild" – a unique rainforest
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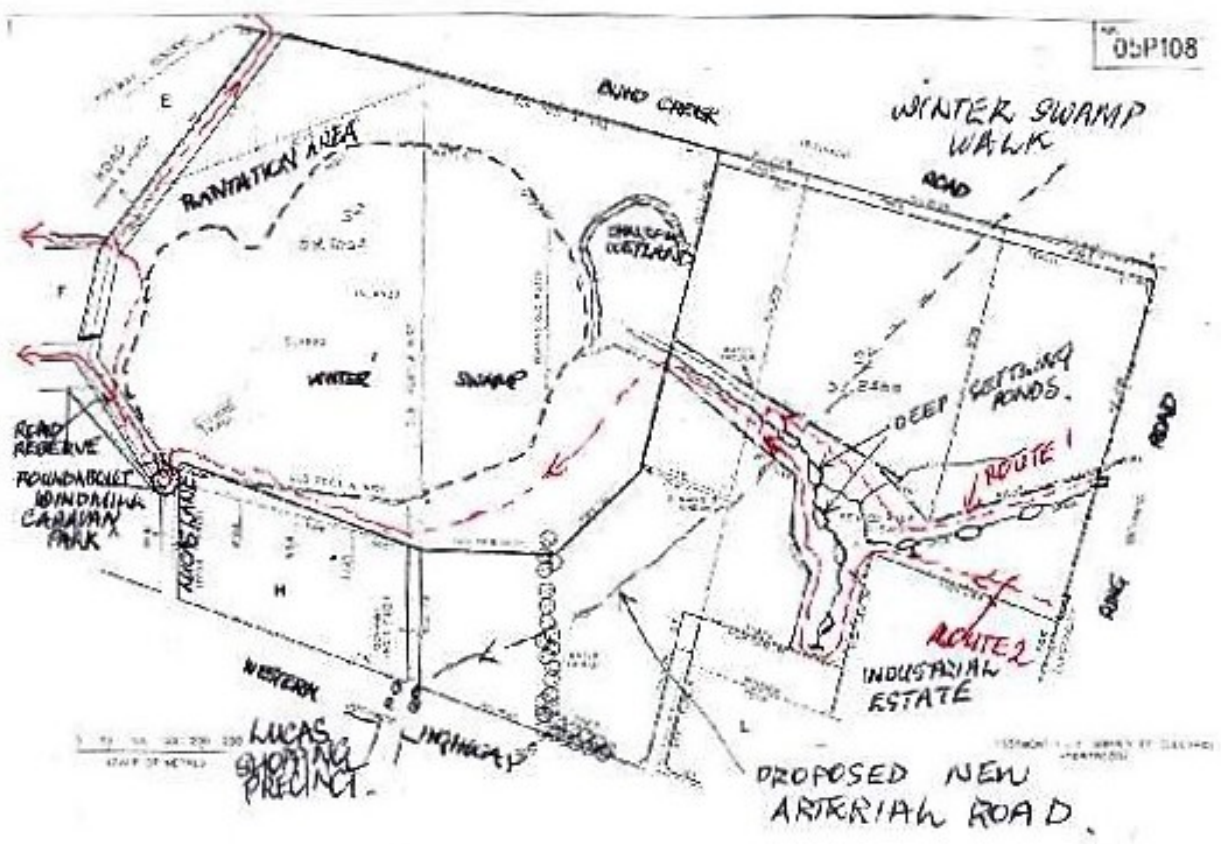
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