

You are invited to join with the
Ballarat U3A Recorder Ensemble
in a concert of

Music to Delight!

On Wednesday June 22
at 2.00 pm
in the Function Room at GPlace
English St., Golden Point



To be followed by afternoon tea.



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

JULY 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

DIARY DATES 2016

Wed June 22	Recorder concert, GPlace Function Room, 2 pm
Fri June 24	School Holidays commence – will your classes be 'on'?
Sat June 25	Celtic Band at Rosalind Lawson's Art Exhibition Opening in Camp St., Ballarat
Wed July 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
Mon July 11	School Term 3 begins
Wed July 20	U3A Committee Meeting. Ballarat North CC 9.30 am – 12.00 pm
Wed July 20	Deadline for August Bulletin articles (to Phill Grant – and indeed before the local café closes for the night - grantphillip@hotmail.com)
Thurs July 28	Christmas in July performances, BNCC. 2.00 pm

Quick Reference - what's in this Bulletin?

- * Have you seen the new webpage? www.u3aballarat.org.au
- * Membership; your data in the new *MyU3A*, pages 4, 5
- * New Classes and Class Vacancies, page 7
- * Twilight Talks Program, page 9
- * The Ballarat National Theatre performance, page 10
- * Protect yourself against scams, page 16
- * Mental Health Foundation talk, page 17
- * Stop-Press items – Who can use an iPad?, page 19

U3A Ballarat Musical Performances

Wed June 22 – **Recorder Concert**: GPlace Function Room

Sat 25 June – **Celtic Band**; Rosalind Lawson's Art Exhibition, opening in Camp Street Ballarat.

U3A Ballarat Office Opening Times

Ballarat North Community Centre,

702 Walker Street, Ballarat North. Office 'phone 5332 7825

DAY	DATE	TIME
Tuesday	July 5	10-12
Wednesday	July 6	10-12
Thursday	July 14	1-3
Tuesday	July 19	10-12
Thursday	July 28	1-3

Phill Grant (grantphillip@hotmail.com)

PRESIDENT'S REPORT

GPlace

No further word on the future sale of the building and grounds has been received. Ann Foley (BRMC) has asked for a further one-year lease for the three-party consortium from Romanis–Cant (the liquidator). The garden continues to be a source of good relationships with the three groups thanks to Anne Ottrey's leadership. The new refuse disposal company seems to be working well. Our responsibility for the tearoom – particularly Monday and Friday tidy up – and trying to leave the place better than when you came will work wonders. Remember we share this space all the time we are there.

BNCC Update

Now that the roof is on, our classes should be able to use the hall by 11 July (at the end of the school holiday). Outside carpark leveling and drainage work may take a bit longer (into July). Inside we've made several 'moves' that have made the other two classroom spaces more useable. The new library and puzzle collection is now in our old office, more accessible from the lobby, more organized, and borrowers need not disturb classes. The old library has been transformed into a less cluttered classroom/meeting room. A 'whiteboard timetable' is ready for installing in the lobby in July to keep us all aware how the three groups use BNCC. In another move to improve communication and support, John Olsen will join the Seniors' Committee for monthly meetings.

MyU3A

Thanks to Nina, Mary, Helen (and Ken Steele's help, Geelong U3A) we have now instructed most of our committee on how to use *MyU3A* to renew memberships, confirm enrolments and make minor changes. Now the system will be rolled out to tutors/ reps in a series of professional workshops to be held at Ballarat North Neighborhood House, 6 Crompton Street just north of the McArthur Street railway crossing, during the school holidays. Check Nina's emails for dates/times to this exciting project bringing our valued tutors and reps up to speed in several one-hour sessions. What we do now in winter will make spring and summer a breeze!

BNCC Office

The gear from Celtic Band and U3A has been moved to the new storeroom (old sunroom). Helen Slater (our Office Manager) has sorted out the desk and financial files so that we are now ready to 'open for business' in early July. This will be the hub for much U3A business – and the place you can get help with your membership, enrolment, or payment options. The volunteers are here to help make the 'paperwork approach' change to digital solutions - better for the environment, less time, improved accuracy and less postage. The face-to-face approach will mirror the careful, helpful, personal approach that has characterized U3A Ballarat for almost thirty years.

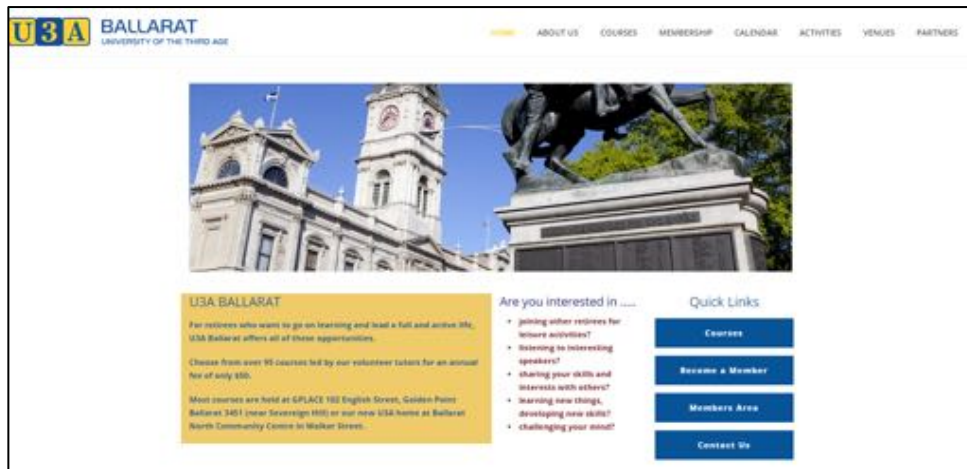
Christmas in July

Our U3A financial year will end on 30 June. With help from the City of Ballarat (Rose Young) we have been able to hire the extra spaces for BNCC classes during the rectification process at no cost to individual members. The movement of classes back to BNCC will revive the U3A spirit of cooperation, joy and sharing. Our first celebration will be the 'Christmas in July' – 1.30 to 3.30 pm, Thursday 28 July in the new hall. So please tell your friends and make plans to be there to hear our Celtic Band, Choristers, and Ukulele group and then share a social afternoon tea and talk which will warm up the Ballarat winter – at least for a couple of hours!

Blake Gordon, President

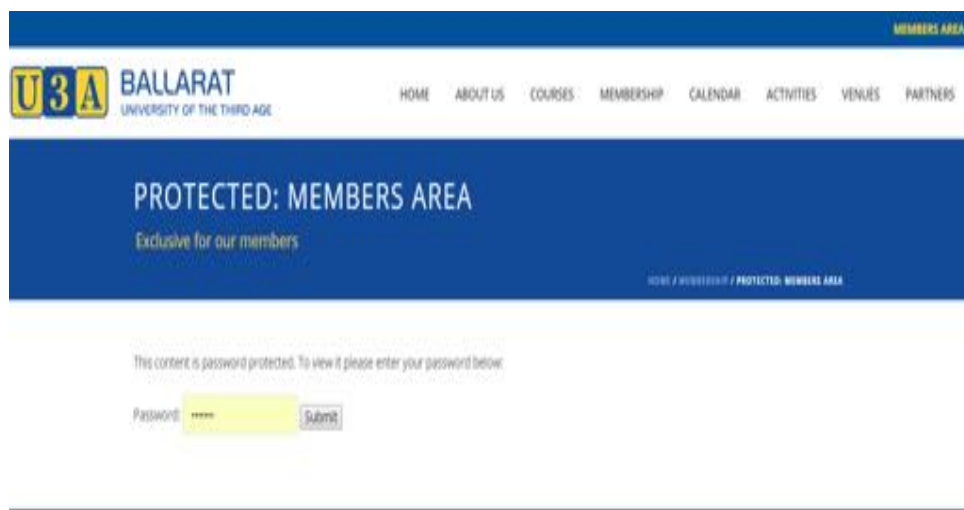
HOW TO ACCESS YOUR PERSONAL DATA IN MY U3A

Logon to our Ballarat website www.u3aBallarat.org.au and you will see this page:



Click on the blue button that says *Members Area* (3rd button down)

You will see this:



Type in the members' password which is **Ballrt16** and click on the submit button. You will then be in the members' area which looks like this:



Click on the yellow button which says *My U3A MEMBERS* and you will see:

When the system goes live and links appear on the website, you will each receive an email with an ID number and a password. DO NOT LOSE THIS!

Enter your ID and password
Click *Log in*.

If you have forgotten your password, click the *Forgot Password/ID* and then enter your email address and you will be sent a new password. Note the information re sharing an email address.



You will then enter the *Membership Status* screen, which gives your details and the classes you are enrolled in. Using the buttons below:

Update - you can update your details ie if you change your email address

Classes 2016 – you can enrol in a class

Delete classes – delete a class you no longer attend

Apologies – enter an apology for a class when you are unable to attend a session (make sure the Class Rep is using the roll marking in this system first!)

Membership Status

Member: 2255 Nerk Fred [frednerk01]
2016 Full member
Renewed: 16/06/2016 Active: 02/01/2016 Expires: 31/12/2016
Applied: 16/06/2016 updated: 16/06/2016 First Active: 2016
Address: 11 Gong Rd, BALLARAT, VIC, 3350
Phone Nos: 03 5336 6778 DOB: 01/01/1950
Email: ninankes@yahoo.com [nin103]
You will be receiving newsletters by post

2016 Classes (except those you lead)

Class	fee	Status	Date	From/To	Day	Tutor
00031-01 2016 GPlace Garden		Enrolled	16/06/2016	4/2-3/11	Thu 0930-1130	English St Golden Point Tutor: Anne Ottrey Community Gardening
00032-01 2016 GPlace Room 1		Waitlist	16/06/2016 2033	4/2-24/11	Thu 1115-1245	English St Golden Point Tutor: Anne Ottrey Cryptic Crosswords
00041-01 2016 Secondary College Theatre		Enrolled	16/06/2016	12/2-25/11	Fri 1300-1530	Barkly St Ballarat Tutor: Peter MORTON Film Musicals

Class 31-01 conflicts with 32-01

\$50.00 Membership Fee 2016
\$50.00 Total Fees 2016
\$50.00 Owing

If you want to update your personal details such as email address or phone numbers, click the **Update** button.

If you want to enrol in 2016 classes click the **Classes** button then click the checkbox under the class code(s) you want. When all done, click the **Next** button at the foot of the page to return here.

If you don't want one or more of these classes, Click the checkbox to the left of the class(es), select the reason and then click the **Delete Classes** button.

If you will be absent from class, put in an apology.
Absence from: Date(d/m) to: Date(d/m)

If you have selected all the classes you want, click the **Next** button. You will be requested to pay your membership fee unless you have already paid. u006(4)

Next - Pay your membership – this will be used for 2017 payments. The *Next* button also gives a **printable summary** of your information, including classes and dates classes meet.

Classes: Note the *Waitlist* on Cryptic Crosswords for Fred Nerk – this applies when you select a class that is Full.

The system also tells you if you have selected 2 classes which run at the same time –
Class 31-01 conflicts with 32-01.

MEMBERSHIP

During July we will be launching our new *MyU3A* Administration Package. You will know when this occurs as those members with email will receive a message with their ID and Password to enable individual access to the system. We have included guidelines as to how to access MyU3A in this Bulletin.

Any queries please contact Nina Netherway - ninan06@bigpond.com or Mary Maloney moomoo@southernphone.com.au

Nina Netherway, Membership Secretary: 5334 4836, ninan06@bigpond.com

CLASS COORDINATOR'S NOTES

Term 3, Semester 2 Starts on 11 July.

Planning for Term 3, Semester Two is complete for now, unless there are any unexpected changes. Classes that are timetabled in the Hall at Ballarat North Community Centre in Walker Street will hopefully be able to start their Semester Two classes in the Hall. The builder assures us that it will be ready for the start of our new Term/Semester on 11 July.

However, if the Hall is not ready we will contact tutors and class reps to organise a change of venue. Most likely you would continue at your Semester One venue temporarily.

Please note that the timetable and class information booklet for July, Semester Two will be appearing on our website soon. Copies of the new timetable will also be placed on the noticeboards at GPlace and Ballarat North Community Centre.

CLASSES THAT ARE NOT RUNNING AS ORIGINALLY PLANNED

The Sublime will not be going ahead in Semester Two as previously advertised. Kate hopes to be able to take the course next year. She has advised the people who signed up.

The six week **Painting/drawing class** will not be running in Term 3. Those who signed up have been notified.

The **Chamber Orchestra** will also not be running as there was insufficient interest shown. Barry will try again for 2017.

CHANGES TO CURRENT CLASSES

Dutch will now start in September if it can get enough takers. If you are interested in joining this class, please contact Denise Grant at DeniseU3A@hotmail.com.

Introduction to iPads. Greta intends to run one more five week course at the start of Term 3 if there is enough interest. Please contact Greta at happysocks51@gmail.com.

Yoga at Buninyong will only be offering two classes this semester. No beginners. There is an Intermediate and Gentle Intermediate class. Lori may start a new beginners' class next year.

Ballroom Dancing is now having two groups, one for beginners and then the main class following that on Mondays. This format will begin on the 11 July. So now **Ballroom Dancing has vacancies.**

Clogging is doing the same. Val now has three classes all running one after the other with three different levels of ability. **Clogging now has vacancies at all levels.**

NEW CLASSES THAT ARE STARTING

Positive People, Positive Practices with Madonna Quixley will take place in Room 2 at GPlace, weekly on Thursdays, 1.00 – 3.00. Please contact Madonna by phoning 0421043072 if you are interested in joining this class.

Marilyn Rister who is taking **Exploring Spirituality**, will be holding her class in Room 2 at G Place on the 2nd and 4th Wednesday 10.45 – 12.15. Please contact Marilyn by phoning 5368 1543 if you wish to join her class.

Talking and Tasting Wine will be run by Steve Goodwin. His other wine education classes were very well attended so if you are interested in attending this new class please contact Steve at goodwins@netconnect.com.au or phone him 0425 777 950. The class will be held on Tuesdays, weekly at GPlace in Room 1, 10.45 – 12.15.

Cooking when you are not sure how will be offered by Gail Desnoy in the kitchen at Ballarat North Community Centre. Gail will teach the basics of cooking for everyday life, and then will progress to learning how to cook something for your afternoon tea. The class will be held weekly on Thursdays 10.00 – 1.00. Please contact Gail if you want to learn to cook, by emailing windydolphin@gmail.com.

OTHER BITS AND PIECES: Bushwalking still would like to form another group, so if you would like to lead a bushwalking group please contact Laraine Gunning 0417159230.

CLASS VACANCIES: at 16 June 2016: If the class is not on this list, it has no vacancies, but you may be able go onto a waiting list. The classes listed below still have vacancies so ring the class rep to enrol. If there is no class rep ring the tutor.

CLASS		CLASS	
Ballarat History	yes	Latin 2	yes
Ballroom Dancing Beginners	yes	Latin 3 and 4	yes
Ballroom Dancing	yes	Latin 5 and 6	yes
Canasta	yes	Nordic Walking	yes
Clogging Beginners	yes	Poetry	yes
Clogging Level 1/2	yes	Positive Practices, Positive People	yes
Clogging Level 3	yes	Preserve your Memories	yes
Community Gardening	yes	RAPT in Singing	yes
Cooking when not sure how – Term 3	yes	Recorder Ensemble	yes if you can play
Current Affairs	yes	Roman History	yes
Cycle Touring Group	yes	Scottish Country Dancing	yes
Dining Out Group	yes	Scrabble	yes
Dutch	yes	Sit and Stitch	yes
Exploring Spirituality	yes	Tasting and Talking Wine	yes
Film Musicals	yes	The Fall of the Roman Republic	yes
History (Australian) through Film and Fiction	yes	The Stuarts	yes
History of the Spread of the English Language	yes	Weave your own Stars	yes
Introduction to iPads (5 week Course) Term 3	yes	Yoga (Buninyong)	contact Lori
Latin 1 Beginners	yes		

Denise Grant –Class coordinator
email DeniseU3A@hotmail.com

ODDS AND SODS FROM THE COMMITTEE AND OTHERS

- * Did you know that GPlace has new keys?
- * Christmas is so great that we will be organizing a Musical Christmas in July. Cool, eh? (And, everyone knows that Christmas lights look really fantastic when eyeglasses are removed and one or two mulled wines are enjoyed.) This could be a reason not to travel to Queensland this year.
- * Nina is always pleased when members wear their badges, with the completed medical contact details, to class.
- * Ros McArthur hasn't received any letters of complaint about the kitchen at GPlace being kept spic and span. However, Anne has. So, there is now a roster. U3A is 'on' on Mondays and Fridays.
- * **JUMPER and GLOVES**, belonging to U3A members, have been found – the jumper, found in one of the rooms at GPlace, is with Nina and Zelda, the gloves, found some time ago near the community garden, are with Phill Grant
- * Anne would be pleased if you contacted her with regard to volunteering for Committee work
- * Look out for the new signs that will be displayed at U3A music performances.
- * Did you know that an 'Events Manager' is required for U3A Ballarat?

THE DIVERSION FOR JULY



Congratulations to Blake Gordon for correctly naming the pictured city as Vancouver – the mountains provided the clue, which was handy as it has been a very long time since he was there. Congratulations also to Sandra Lawrie for correctly identifying the Queen Victoria Rotunda at Buninyong (the diversion from the May Bulletin)



Similar fabulous prizes (in other words, the pleasure of solving a puzzle) are offered to those who can answer JULY'S diversion; **where in the world is?**

(It is not necessary to have stood in front of this sign; some internet research and/or some history knowledge may be more useful)

Answers to Phill Grant: grantphillip@hotmail.com

TWILIGHT TALKS PROGRAM: MID-YEAR SERIES

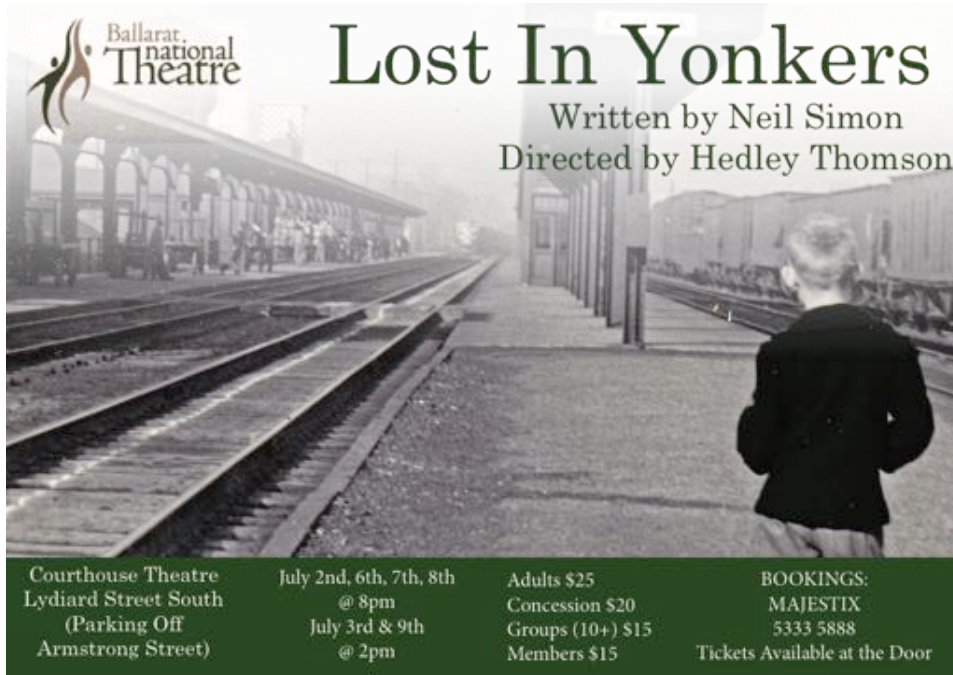
Mechanics Institute, 5.00 pm (drinks) for 5.30 pm

24 June: Bill Tyrer, a Cabin Steward of the Cunard luxury liners of a bygone era, has written a book *Merseyside to Manhattan*. Bill will provide his talk about his experiences in looking after famous people such as Rita Hayworth, Richard Burton, Liberace, the Aga Kahn and Winston Churchill. This talk will concentrate on the 1940's and 50's.

Phil Roberts (Twilight Talks Coordinator)

THE BALLARAT NATIONAL THEATRE

Courthouse Theatre
2, 6, 7 and 8 July at 8 pm
3 and 9 July at 2 pm



Ballarat National Theatre

Lost In Yonkers

Written by Neil Simon
Directed by Hedley Thomson

Courthouse Theatre Lydiard Street South (Parking Off Armstrong Street)	July 2nd, 6th, 7th, 8th @ 8pm July 3rd & 9th @ 2pm	Adults \$25 Concession \$20 Groups (10+) \$15 Members \$15	BOOKINGS: MAJESTIX 5333 5888 Tickets Available at the Door
---	---	---	---

INDIVIDUAL HELP WITH COMPUTERS

A member of U3A has offered to assist any persons wanting some help with understanding and being able to use their computer, in particular accessing the Bulletin on their computer. Maureen Foulkes can be contacted on 0414635559 if you would like some help

RESEARCH REQUEST

Members wishing to take part in a research project, *The relationship between Facebook and social connectedness in older adults* should contact the Secretary , Ros McArthur on 5332 5714

TIME OUT

A young man watched an elderly couple sit down to lunch at a restaurant. He noticed that they had ordered one meal and an extra drink cup. As he watched, the old man carefully divided the hamburger in half, then counted out the fries – one for him, one for her, until each had an even number. Then the old man poured half the soft drink into the extra cup and set it in front of his wife. The old man began to eat and his wife sat watching with her hands folded in her lap.

The young man hesitated, then approached the couple and asked if they would allow him to purchase another meal for them so that they wouldn't have to split theirs. The old man said, "Oh no. We've been married for 50 years, and everything has always been, and always will be shared 50-50. The young man asked the old woman if she was going to eat. "Later," she replied. "It's his turn with the teeth".

CLASS NOTES

The next Bulletin deadline;
Wednesday 20 July 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.

Art and the Afterlife.

The Scriptural references to the 'Heaven' life tend to be a little vague. And naturally Christian Artists have been free to elaborate on the theme with impunity. Floating round with harps in our hands, and haloes over our heads? Is that what it's all about? There surely must be a bit more to it, since we are assured in Scripture that it's quite worthwhile. In this session we will be taking a look at the ways the Artists have tackled it; and the ways it has been written about. Of course, it's not all 'beer and skittles' in the afterlife. The big big alternative to Heaven in Scripture and tradition is Hell, and regardless of the fact that no-one would want to 'go' there, the images Artists have made of it are anything but boring. Are there still other alternatives to these standard concepts and images that have strangely enjoyed a lot of Christian support? How do Mormons and Jews envisage the Heaven state? What about Spiritualists? So once again lots of pictures to puzzle us, pictures to surprise us, some perhaps to revolt us but many as well to delight us with their beauty. See you there.

Ron Hedgcock, Tutor.

ART - PAINTING and DRAWING

The weather stayed fine for the Art Group's visit to the studio of Vida Pearson and Fred Patterson. Vida took us through the steps that are taken to make a finished Lino-cut print. We saw the various tools that are used, and could try one out on a sample of Lino. We learnt about the number of stages that it takes before a print is finished. The inking block, and the amount of rolling to make it suitable for printing, and how a finished print emerges from beneath the press

The finishing colour completed with water colours. We were all amazed at the amount of work and time in making prints that have a 50-run life and then are destroyed. Later we enjoyed Fred's workshop and saw some of his beautiful wood work. A vey enjoyable day.



Barbara Preston, Tutor

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.

Last session we had a talk on Closer Settlement, which focused on Soldier Settlement after the two world wars. Due to circumstances beyond our control we had to swap this session from the original plan. We also had some class presentations of 'Faces of

War'. These proved most interesting as class members researched areas such as the Land Girls, POW camps, Interment camps and letters home.

Future classes will be:

June 28: a visit to the Trades Hall where we will learn of unions' development and influence 1907 - 1950. Meet sharp at 1.00 pm at the Trades Hall in Camp Street.

July 12: We were there too - nurses in the wars - Speaker

July 26: Decline of rural towns and their resuscitation - Speaker

August 9: The Japanese attacks on Australian soil during WW2

Joan Macmillan, Class Rep.

Nina Netherway and Zelda Martin, Tutors

AUSTRALIAN HISTORY in FICTION and FILM

There will be no class on July 7.

Janice Cook, Class Rep.

BALLARAT HISTORY

Our speakers for the month are Phil Roberts and Lorraine Harvey on Wednesday 22 June.

Remember the class meets at 10.30 in the lecture theatre at M.A.D.E. Any queries please contact Margaret, especially if you will be an apology for a class.

Margaret Eedle, Class Rep.

5339 4465 or email margaret@eedle.com)

BALLROOM DANCING

This class meets on Mondays, 1.30 – 3.30 pm, in the Function Room at GPlace.

Lorraine Amour Chambers, Class Rep.

BOOK CLUBS

The FIRST THURSDAY BOOK CLUB

We continue to enjoy good company and interesting discussions about the books we have read. Our group does not have any vacancies at the present time. The following list includes the book titles and authors since February this year:

The Hare with Amber Eyes, Edmund de Waal

Belonging: A Memoir, Renee Goossens

The Dressmaker, Rosalie Ham

Mrs Queen Takes the Train, William Kuhn

A Long Way Home, Saroo Brierley

Purple Hibiscus, Chimamanda Ngozi Adichie

Val Newman and Ellen Ryan

BUSHWALKERS

Walks for July

July 14: Mt Cole. Led by Bill and Arthur.

The walk is about 6.5/7 k's and Arthur describes it as medium, but for the stragglers hard. Walk poles would be advisable and essential if wet. At the outset the walk is flat but later becomes undulating with a few difficult downhill parts. The first section took 50 minutes walking at a good pace. After that the walk reaches a picnic ground with toilets, so it is ideal for a morning tea spot. The last section is about 2 k's which takes 30 minutes and we arrive back at the start point, where there is again a good camping ground with toilets and covered area for eating lunch if wet.

Arthur has offered, after lunch, to walk to Raglan Falls, which is a 1 k walk from the lunch spot, but it is described as a steep walk. However it might be an additional option for those who have the ability to undertake it. The whole walk would be best described as a good forest bushwalking experience. B.L and Car Pool \$8. Meet for this walk at the Botanic Gardens opposite Pipers.

July 28: This date was scheduled for a walk at Werribee Gorge but it has been decided to leave the walk until a later date and another will be organised instead, by Ray and John Maguire. Please check the Blog for details of the walk in July.

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.

CANASTA

This class is on Fridays, 1.30 – 3.30 pm at GPlace, Room 2. On the first Friday of each month our group will meet for lunch at 12.00. We have room for a few more players.

Ros McArthur, Tutor 5332 5714

CELTIC MUSIC BAND

In May the Band performed for a large enthusiastic audience at Helmsley Park Retirement Village. The program was an eclectic mix of songs and instrumental music with many opportunities for audience participation, as directed by Corrie. The afternoon finished with lots of happy chat over a super afternoon tea.

More recently, the Band played for the St. John's Anglican Ladies' Group. There was little room to spare with the Band and a large audience seated in the Church Hall, to play a selection of favourite tunes from our repertoire. The audience was generous with its praise when everyone got together for a delicious afternoon tea, after a presentation of gifts from the Ladies, to everyone in the Band.

Now, while welcoming a guitar/ukulele player to the Band, it's time to practise for the next Gig....the opening of Rosalind Lawson's Exhibition at the *Lost Ones Gallery*, then a 'Farewell Concert' at our temporary meeting place - the Ballarat South Senior Citizens' Centre, where we have been made to feel most welcome.



Ros Cole, Class Rep.

CHOIR

To those who wish to hear us perform under our new Maestro, we will be singing on Thursday 28 July during Xmas in July.

Liz Bailey, Class Rep.

CLASSIC CINEMA

July 12: Toshiro Mifune's intense and expressive screen presence is a feature of many great films from master director, Akira Kurosawa. The intriguing, dramatic *Rashomon* (Japan, 1950, 88 minutes) brought both to international attention.

Please be seated ready for a 1.30 start.

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

CLOGGING

A happy and enthusiastic group of learners has been dancing each Friday morning (10.30 - 12.00, Function Room, GPlace.)

Gail Henderson, Neil Reither; Class Reps.
Val Kerr, Rina Cocking, Tutors

COMMUNITY GARDENING

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

CRYPTIC CROSSWORDS

Mary Chappell, Class Rep. 5330 1633

CULTURAL CAPITAL

Our series of three day-long trips to explore lesser-known and unusual museums, galleries and other places of cultural interest in Melbourne will continue on July 7.

Denise Wilson, Class Rep., 5341 3416
treden@vic.chariot.net.au

The CYCLING GROUP

Have we mentioned before that all rides have experienced great weather conditions? The tradition continues!

Cyclists on both of the Beaufort – Amphitheatre – Lexton – Beaufort rides experienced brilliantly sunny, but cool, conditions. Those conditions ensured that the scenery and the company could be enjoyed to the utmost. As a bonus, a cappuccino place that had near perfect carrot cake was discovered.

Phill Grant, Convener

DANCERCISE

The Dancercise classes for both Mondays and Wednesdays now have no vacancies.
Lorraine Amour Chambers, Class Rep.

The DINING OUT GROUP

For our July dining out gathering, on the 17th, we are returning to the *Wallace Hotel*, a popular venue last year. In fact we held our end-of-year lunch there in December. For those of you who haven't been there, it is twenty minutes down the highway towards Melbourne. Just take the Wallace turnoff then follow the Wallace road till you come to the hotel – only a few minutes from the turnoff. As usual our booking has been made for 12.30 and I would be grateful if you would let me know if you are joining us by Thursday 14 July so I can let the hotel know our numbers on the Friday.

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

ESSAYS AND IDEAS

Mary Chappell, Class Rep. 5330 1633

FILM MUSICALS

The theme for term three will be musical biographies of people who wrote the words and music for musical films and shows.

July 22: *Yankee Doodle Dandy* (George M. Cohen)

July 29: *Till the Clouds Roll By* (Jerome Kern).

August 12: *Three Little Words* (Tin Pan Alley composers Kalmer and Ruby).

August 26: *Night and Day* (Cole Porter).

September 9: *Words and Music* (Richard Rodgers and Lorenze Hart).

*Bob Whitten, Class Coordinator
53418189 or ibobdown@hotmail.com*

The HISTORY and the SPREAD of the ENGLISH LANGUAGE

The next class will be on the 11 July.

*Kim Gram, Class Rep., 5339 6277
kimgram8@gmail.com*

LANGUAGES

FRENCH C

Jan Leishman, Class Rep 0427 531 333

FRENCH E

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

FRENCH F

We are almost half way into the year and are back learning under John-Jacques' guidance. Most of last year's class members returned and have been joined by five new aspiring French-speakers.

We are all finding it challenging, particularly those who haven't had much exposure to the language in the past. Those who learnt French at school many decades ago are pleased to find, in some cases, that they have retained more than perhaps they had thought. Some have the additional advantage of either having travelled, or are planning to travel, to France to practise their speaking and listening skills 'in situ'. Most of the class members are meeting on a regular basis over a *café* or *thé* to complete homework and other exercises. John-Jacques has set us the task of composing a short dialogue based on meeting a French speaking stranger in Ballarat and we are now practicing speaking it aloud in public and coming to terms with the challenges of correct pronunciation.

Heather Wood, Class Rep

FRENCH G

This class is on the 2nd and 4th Mondays in each month, 2.15 pm in Room 2, GPlace.
Ken Gittins, Tutor

GERMAN

The beginners' class is sampling the delights of a Düsseldorf brewery and restaurant. Grammatically, modal verbs will expand the repertoire considerably.

The advanced class has begun wondering about *Die Pfefferminzfrau*. What is she doing in front of the supermarket? Grammatically speaking, reflexive verbs are on the 'to do' list.

Ken Gittins, Class Rep

LATIN

There will be no sessions of Latin 1, 2, 3 or 4 in the school holidays.

Anne McKee, Tutor

LITERATURE

The book selected for July will be *Pure Juliet* by Stella Gibbons. Our tutor is Helen Nethercote.

Robyn McKnight, Class Rep

MEDITATION

From Tuesday 12 July 2016, class will move from St. Peter's Hall to the Ballarat North Community Centre. Same time - Tuesday 9.45 am to 10.30 am.

There is considerable evidence that regular practice of meditation has considerable mental and physical benefits and that a group setting is useful for some people to help them sustain their concentration. With this in mind, guided by Julie, the class continues to practise a range of meditation techniques.

Also, thank you to Marilyn who has led the class for mediation when Julie has been away.

Cynthia Richards, Class Rep., 5331 1679

MUSIC APPRECIATION

July 1 we will finish with the alphabet so everyone to bring along some music associated with the letter 'W', or 'X, Y, Z' if you prefer. On **2 August** Mike Maloney will be in charge of the afternoon with a program associated with 'Time'

Janice Cook, Class Rep.

MYTHS AND MYTHMAKING

July 11: After numerous interruptions due to holidays we will resume classes with Agamemnon's return from Troy in *Agamemnon* the first of the Theban plays of Aeschylus. His *Oresteia*, the only extant example of Ancient Greek theatre trilogy, won first prize at the Dionysian festival in 458 BC.

July 25: We will look at *The Odyssey*, Homer's epic poem from 800 BC which tells of the eventful ten year journey made by Odysseus as he returns home after the ten year Trojan War. Read about his exciting adventures in free online versions if you do not have a book.

Marion Dick, Class Rep., 5332 4831

NORDIC (POLE) WALKING:

During June we have been walking along the southern part of the Yarrowee trail from Leith Street (and crossing inadvertently into the southern water treatment works area).

In July we will be back at the Gardens and Lake Wendouree. Meet in Windmill Drive at 10.00 am every Tuesday – all welcome.

Mike Maloney Class Rep

5330 1334 or 0413 971 951

<maloney28@southernphone.com.au>

Pat McCarthy Tutor, 5331 6219

PRESERVING YOUR MEMORIES

There is still room in the group and we meet in G Place in Room one 1st and 3rd Tuesdays 1.00 to 3.00. We'd love you to join us.

Alice Christie, Class Rep.

RECORDER ENSEMBLE

Jacqueline Cleverley, Class Rep. 0410641357

ROMAN HISTORY

There will be no sessions in Roman History in the school holidays

Anne McKee, Tutor

SCIENCE

Heather Bice, Class Rep.

SILVER JEWELLERY MAKING

Steve is back and we are all hard at work. Steve is off again in July; this time he really is going up north. The last class before he leaves will be on 12 July and he will be away approximately five weeks, but class members will have to watch this space for Steve's return to class date as this is not yet known. Hope he will have a wonderful time in the much warmer weather, (half his luck!).

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

SIT AND STITCH

Our class is now able to take more members, contact Margaret on the number below.

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

WALKERS AND COFFEE

Walks start at 10 am sharp from nominated meeting areas on the 1st and 4th Wednesdays

22 June: *Lake View Hotel*, Wendouree Parade, Lake Wendouree.

6 July: Victoria Park, corner of Sturt and Russell Streets, coffee at Bakery on LaTrobe Street.

27 July: *Pipers by the Lake*. Coffee at Special School.

3 August: Meet at the *Tin Shed Cafe*, on Corner of Lydiard Street North and MacArthur Street

24 August: Meet at shopping area on the corner of Pleasant and Sturt Streets.

Chris Cullen, Class Rep.
John Elischer, 0421341288

WOODWORK

The woodworkers continue with their projects under the watchful eye of tutor, Terry. The class is currently learning to construct finger joints, after which, if the joints are up to Terry's high standard, our next challenge will be to design something from a small piece of wood.

Photos show Blake testing the strength of his rustic stool and Shirley sitting on her completed Shaker stool.



Pauline Russo, Class Rep

Learn how to protect yourself from scams

(Please note; this article has been printed here despite the fact that 'Fraud Week' has already taken place – the article was only recently made available to me. It is shown here as it contains useful and valuable information. Phill Grant, Bulletin Editor)

Older Victorians are being encouraged to become more aware of scams – particularly those targeting them over the phone or online - during National Consumer Fraud Week (16-22 May).

Australians aged 55 and over lost more than \$21 million to scams of all types last year, according to the Australian Competition and Consumer Commission (ACCC).

Phones (including texts and apps) were the primary contact method: the ACCC reported almost 10,000 approaches over the phone and losses of \$8.6 million. However, scams via email, social networking sites and websites cost the community more, collectively accounting for \$10.6 million in losses for older Australians.

Figures from Consumer Affairs Victoria show that in the first half of this financial year, the most prevalent scams targeting the Victorian community were those relating to:

- government rebates (241 reports)
- false billing (72 reports)
- investment and financial matters (65 reports), and,
- identity theft, through online communications, mobile devices or telephone calls (60 reports).

Fraud Week raises awareness of scams and provides communities with tips and advice on how to avoid them, including:

- Do not let anyone pressure you into making decisions. Scammers often try to create a sense of urgency so the call-taker will act impulsively. They do this through short deadlines, fake emergencies or by making threats of legal action.
- Get a second opinion. If someone is requesting money from you and you have any doubts, discuss it with a trusted and reliable third party.
- Do not respond to emails and phone calls from strangers offering predictions on shares, investment tips, or investment advice. Talk to a financial adviser licensed by the Australian Securities and Investments Commission before agreeing to anything – this might save you a lot of money.
- Know who you're dealing with when dating online. Don't send money to someone you've never met in person. If you're approached by someone you don't know on social media, be wary.
- If you receive a call telling you your computer has a problem (such as from Microsoft or Telstra), it is likely to be a scam. Never allow anyone to remotely log into your computer.
- Government agencies will generally write to you if you are entitled to money. If somebody calls you claiming to be from the Government, do not trust them. Get as much information as you can from the caller, hang up and find independent contact details for the agency they claim they represent; then call back and check.

Fraud Week is an initiative of the Australasian Consumer Fraud Taskforce, of which Consumer Affairs Victoria is a member. For more information about scams, visit Consumer Affairs Victoria's website: consumer.vic.gov.au/scams. For information helping older Victorians protect themselves from scams, visit the ACCC's Scamwatch website: scamwatch.gov.au/get-help/advice-for-seniors.



Mental Health Foundation of Australia (Victoria)
Community Education Seminar Series 2016

Parenting with a Mental Illness
Professor Anne Buist

Director of Women's Mental Health, Austin Health

Chair of Women's Mental Health,

The University of Melbourne



Presenter

Anne Buist is a Professor of Women's Mental Health at the University of Melbourne and has run parent-infant units for nearly thirty years. She directed the beyondblue postnatal depression program screening women for perinatal depression and now consults on perinatal research projects and on cases in the legal system and for protective services around parenting with a mental illness.

Details

Tuesday

12th July 2016

7:30pm — 9:00

Tuesday 12 July 2016 7:30 pm — 9:00 pm

The Melbourne Clinic Isaac Schweitzer Room
130 Church Street
Richmond VIC 3121
(Enter via Tweedie Place)

Student/Pensioner	\$10
MHFA(V) Member	\$15
Non Member Adult	\$30

Contact Mental Health Foundation of Australia (Vic) to book your seat:

Call: 03 9826 1422 Fax: 03 9826 1411

Email: admin@mentalhealthvic.org.au

www.mentalhealthvic.org.au



THE WESTERN BULLDOGS' SONS OF THE WEST PROGRAM IS HERE

A FREE and FUN men's health program now located in Ballarat.

- TALK health within a safe, inclusive and supportive learning environment.
- LEARN more about your body and how it works through weekly education seminars.
- Most importantly, make MATES for life.
- Not fit? No problem. Our EXCITING fitness sessions are catered for all fitness levels.

Sebastopol

Monday nights from 6 Jun to 8 Aug, 7pm–9pm
Ballarat South Community Hub
Tuppen Drive, Sebastopol VIC 3356

Wendouree

Tuesday nights from 7 Jun to 9 Aug, 7pm–9pm
Yuille Park Community College
Violet Grove, Wendouree VIC 3355



For more information please contact (03) 9680 6355 or email info@sonsofthewest.org.au

sonsofthewest.org.au

[@sonsofthewest](https://twitter.com/sonsofthewest) [/WBsonsofthewest](https://www.facebook.com/WBsonsofthewest) [/sonsofthewest](https://www.instagram.com/sonsofthewest)

STOP-PRESS ITEMS (which is a fancy way of saying they were squeezed in at the last minute)

WHO CAN USE AN iPad?

The following letter was received by Marion Dick, from Patricia Prendergast. Many thanks Marion for passing it on to *The U3A Ballarat Bulletin*.

My daughters gave me an iPad about six years ago. I was maybe eighty-nine years old. Actually, I had been involved with computers for over twenty years. The iPad was a new experience. It almost lives on my lap.

For the last six months I have been in Residential Care at the John Curtin in Creswick. I have been delighted to meet several people using iPads. Some of them are in their late seventies others eighty-five and older. One lady was eighty-nine; she is now ninety. They have all taken up the iPad recently and are doing very well. They were not experienced with computers at all.

We have a good tutor (who) comes every Thursday. He started these people using the tablet. Some are not iPads ; but tablets of other types. No matter everyone is progressing. They all send emails to their family and friends already. They look up interesting items on the Internet. We send messages to each other from room to room. Our tablets are a great bond for us.

These residents and I heartily endorse any one of any age taking up communicating with a tablet. It is SO easy. Really. Help is always at hand and everything can be mastered after a few tries. Any tutor I know seems to have patience and enjoys helping us oldies. So, do give it a go.

(Editor's Note; many thanks to Kerry Daniel for the following item. There were originally two items from Kerry, but I have had to hold one over to the next edition so that the 'Stop-Press' items could be included)

TIME OUT (technologically speaking)

Hi All,

If you are interested in getting an i-Pad I can get hold of them through a contact. These are legit, not off the back of a truck; they are from a cancelled hospital contract due to the Government cutbacks. The numbers are limited - he has twenty i-Pads going for less than half price so it's first come first served. He has already sold one (pic is attached so you can see what you are getting). Get back to me as quick as you can if you want one.



Building works at BNCC –since this picture was taken (clearly in Summer!) the roof and wall have been completed.

If undeliverable return to:

U3A

PO Box 2058

Bakery Hill, Vic 3354

U3A BULLETIN

BALLARAT

Reg. No. A 13304 K

Print Post Approved

PP 100004965.

**SURFACE
MAIL**

**POSTAGE
PAID
AUSTRALIA**

PRIVACY STATEMENT

This organisation respects your right to information privacy. Information we collect and hold on members is kept in accordance with information privacy laws.

DISCLAIMER _The services or products referred to in this publication are not endorsed by U3A Inc. Ballarat, Vic.

They have not been examined or tested by the Association which accepts no responsibility or liability for the accuracy or otherwise of the advertisement or for the quality, suitability for a purpose of that service or producer.

U3A Inc. Ballarat, Vic cannot be held responsible for copyright infringements whether accidental or intentional incurred when preparing material for U3A classes.