



*"so you think
you can Dance" ...look and try*

Dancercise
Ballroom Dancing
Scottish Country Dancing
Clogging

Come and join in the fun

1.30pm Thursday 24th November
Ballarat North C.C. Hall, 702 Walker St.
**(also exhibits of Mosaics work
and Sewing Group work)**

Free entry and Afternoon Tea



Many thanks to Graham Hawley for his artwork



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

NOVEMBER 2016

PRESIDENT

JACK ENGWERDA ☎ 5341 2118

VICE-PRESIDENT

PHILLIP GRANT ☎ 0412751327

TREASURER

HELEN SLATER ☎ 04 4840 8145

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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

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U3A PHONE NUMBER

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E-MAIL ADDRESS

info@u3aballarat.org.au

WEB ADDRESS

www.u3aballarat.org.au

CLASSROOMS & OFFICE

BALLARAT NORTH CAMPUS, BNCC
702 WALKER ST, BALLARAT NTH.

CLASSROOMS: GPLACE,
102 ENGLISH ST, BALLARAT, 3350

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 Nov 2	New members morning tea and tour, Bingo Room, Ballarat North Community Centre, 10.30 to 11.30 am
Thur Nov 17	Prospective Tutors' Meeting, Ballarat North Community Centre, 10.00 to 11.00 am
Wed Nov 16	U3A Committee Meeting. BNCC 9.30 am – 12.00 pm
Fri Nov 25	End of Term
Fri Dec 2	Thank You Lunch for Tutors and Reps – GPlace Briefing 11.15 -12.00 noon followed by the luncheon for Tutors and Reps

2017

Wed Jan 18	U3A Committee Meeting. BNCC 9.30 am – 12.00 pm
Wed Jan 18	Deadline for February Bulletin articles (to Phill Grant – and indeed before the 'nightcap avocado' on the patio grantphillip@hotmail.com)
Thurs Jan 19	Meet the Tutors Day. 10.00 am to 1.00 pm
Wed Feb 1	Start of Term 1, 2017

Quick Reference - what's in this Bulletin?

- * Ballarat U3A Office Opening Times, page 3
- * Have you seen the new webpage? www.u3aballarat.org.au
- * Membership, re-enrolling and enrolling, page 5
- * Weave Your Own Stars – help wanted, page 5
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- * Home Based U3A Program, page 11
- * Are you a friendly man? page 11
- * Choristers Concert, page 12
- * Ballarat National Theatre *Little Women*, page 12
- * Twilight Talks (BMI), page 13

U3A Ballarat Musical Performances

Celtic Band;

Thursday 17 November, Wendouree Ladies Probus Club
Tuesday 6 December, Maryborough Probus Club

U3A Choristers;

Sunday 30 October, 2.30 pm, BNCC (see page 11 for details)

U3A Dancers

So you think you can dance? 24 November, BNCC

Bulletin Editor; Phill Grant: grantphillip@hotmail.com

U3A Ballarat Office Opening Times

Ballarat North
Community Centre,
702 Walker Street,
Ballarat North. Office
Telephone 5332 7825

DAY	DATE	TIME
	October	
Monday	24	9.30-4.00
Tuesday	25	9.30-4.00
Wednesday	26	9.30-4.00
Thursday	27	9.30-4.00
Friday	28	9.30-4.00
Monday	31	9.30-4.00
	November	
Tuesday	1	9.30-4.00
Wednesday	2	9.30-4.00
Thursday	3	9.30-4.00
Friday	4	9.30-4.00
Monday	7	9.30-4.00
Tuesday	8	9.30-4.00
Wednesday	9	9.30-4.00
Thursday	10	9.30-4.00
Friday	11	9.30-4.00
Monday	14	9.30-4.00
Tuesday	15	9.30-4.00
Thursday	17	9.30-4.00
Friday	18	9.30-4.00
Tuesday	22	10.00-12.00
Thursday	24	1.00-3.00
Monday	28	10.00-12.00
	December	
Friday	2	10.00-12.00
Tuesday	6	10.00-12.00
Thursday	8	1.00-3.00

Vale

On Tuesday 20 September we farewelled **George Bramley**, a member of the Art Group for many years. George had a lifetime interest in learning and travel and enjoyed the U3A classes that he joined, supporting all their activities. He enjoyed drawing and painting in various mediums and was very good company. His family included three sons, four grand children and eight great grand children, and their families. We will miss you George

George Bramley.
23/02/1918 to 16/09/2016

Vale

We are saddened to hear about our late U3A member

Avis Barlow

Avis was a long-standing foundation member of the Ballarat History Group. Recently she wished to have the group to continue in 2017. After our meeting at M.A.D.E. she would love to go to the café with her friends for lunch after their class.

She was also attended the Film Musicals in the past at Ballarat Secondary College. Her bright, shiny face and her constant chatter to everyone will be sadly missed.

Lorraine Harvey

PRESIDENT'S REPORT

Retirement of Cath Taylor

Cath is stepping down from the Committee after more than a decade of dedicated service, with the past eight years as Minute Secretary. Her attention to detail and ability to put into words the important decisions made at Committee are special talents that will be sorely missed. It takes careful listening and an economy of expression to record minutes reflecting what went on at our lively monthly meetings. Her departing comment at the AGM, 'that's all from me', just means she will now have more time for the singing and mentorship of the Mahjong class. Thanks Cath for your loyal support and efforts over the past decade.

AGM at Ballarat North

The Choristers sang beautifully; reports were concise, accurate and accepted unanimously; elections of fifteen members went smoothly (with three new members - Elena Tommasi, Jeff Langdon and Cliff Matthews – added to the 2016 / 2017 Committee); topped off with a delicious afternoon tea and display of six beautiful paintings by our Painting Group under the direction of Barbara Preston. The new hall now has blinds on the windows and next week will get a new coat of paint on the hall's inside roof. Thanks to the City of Ballarat for continuing to upgrade BNCC, we anticipate further upgrades to our new office, kitchen renovations, cooling system for the hall and the carpark / drainage issues.

Respect and tolerance in our shared community spaces

Several issues in the GPlace tea room and recently in the kitchen at BNCC prompt me to draw your attention to the courteous use of these shared facilities. Particularly at morning or afternoon tea breaks, please use the sliding windows at either end of the BNCC kitchen to serve members. Two or three members only in the kitchen should be able to help facilitate the process of pouring hot water into cups with coffee or tea. That would facilitate two groups (hall and bingo room) having access and avoiding confrontations with other classes / groups that share this common area. It is not rocket science – just show some respect and tolerance in the kitchen and at class changeover time. A quiet smile and a kind word go a long way in our busy venues.

Preparation for 2017 classes

The committee led by Nina, Helen, Denise, Mary, Zelda and Anne have put a great deal of effort into getting volunteers to speed the *MyU3A* introduction to membership and enrolment. Please try to use the online enrolment outlined in this bulletin (and in several of the past few months). If you are experiencing difficulties, please call 5332 7825 or come into Ballarat North Community Centre during the next four weeks (not all on the first day!) to have our talented volunteers help you. Our members are very important to U3A Ballarat. Just because we are getting bigger (now over 930!) does not mean we should lose the personal touch that has characterized our organization in past years. Take note of the dates on the front page of this bulletin – and enjoy the last month of classes. The 2017 academic year starts on Wednesday 1 February. This is my last report as President – but Immediate Past President duties, mentoring of the new members, and negotiations at new venues will keep me involved. Thanks for your continued support of our dynamic committee and my personal thanks for your kind comments.

Blake Gordon, President

INTERNATIONAL U3A – NEWSLETTER *U3A SIGNPOST* can be found online at:
<http://worldu3a.org/signpost/index.htm>

MEMBERSHIP

1. Membership renewals can be made from October 24 and enrolment in new classes from October 31. New members may enrol from November 7.
2. You have until the start of classes on February 1 to renew your membership and enrol in classes.
3. You can enrol online, come to the office and enrol, or post your enrolment form and payment.
4. Please make sure you are able to attend any classes you book into and before booking into new classes contact the Tutor or Class Rep to make sure the class is what you think it is!!!
5. If posting please mark your envelope 'Membership' and do not send cash through the mail.
6. If you do not have a membership form (blank ones can be downloaded from our website) please enclose some identification with your cheque; ie *name, address, email, phone, classes to be booked into*. DO NOT just send a cheque in an envelope without any identification.
7. If you have any queries about re-enrolling, please contact me, Nina Netherway, 5334 4836.
8. Remember – we are all volunteers and if you do not receive a receipt and nametag immediately, have patience – it will arrive!!!!

Nina Netherway

Membership and MyU3A Co-ordinator

5334 4836 or ninan06@bigpond.com

LETTERS TO THE EDITOR

The following letter appeared in a newspaper and was seen by Mary Chappell, who forwarded it to the Bulletin. Many thanks Mary.

All power to the U3A

As a very senior citizen, aged 93, I am finding the University of the Third Age a wonderful (and amazingly inexpensive) source of knowledge and, indeed, wisdom. In fact, with ready answers to problems on so many subjects imparted by experienced teachers and leaders, I feel that I may be undergoing a renaissance. I would now define myself as a born-again question.

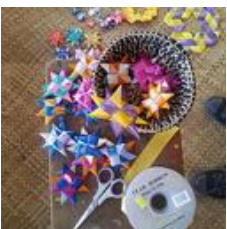
Monty Maisels, Kilsyth

The second letter is a section of a letter sent to Blake and the Committee by a U3A Ballarat member (who has kindly allowed it to be published in the Bulletin):

...I'd like to take this opportunity to thank you for your outstanding contribution to our U3A, particularly during the time of your presidency. Your friendly enthusiasm, ability to patiently listen to the members' ideas and concerns, generosity in giving time to the big issues and minor details are just some of the qualities that I and many others have valued during this busy period. I'm sure the Committee members have also appreciated your leadership during the many changes and uncertainties with venues...

Many thanks for those members who have contributed to 'our Bulletin'.

HELP HELP HELP HELP HELP HELP HELP - WEAVE YOUR OWN STARS



We need help with the *Million Stars against Violence* project now that the thousands of stars have been taken down from Stockland, Buninyong and other display areas. We need to have the stars de-strung, de-stapled and bundled into 10's ready to box, in preparation for sending to Brisbane for the Commonwealth Games. If you could help, come to M.A.D.E. on the 1st and 3rd Thursday of the month from 10:00 to 12:00. Ring Tutor:- Lidia Aitken 53413399

What can you find on our website?



The **Members Area** has the latest timetable and course information.

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

www.u3aballarat.org.au

Click on **Members Area** in the third blue box or up in the right hand corner of the page.

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** button 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** button.
- You can access a full version of the Class Information by clicking on the **orange** button.
- You can download any of our document by clicking on its name in the list on the right hand side of the page.
- You can access your personal information (and change it) by clicking the **yellow** *MyU3A* button. You will then need to use your personal ID and password to access your information.
- Tutors and reps can access *MyU3A* by clicking on the **purple** button.

Mary Maloney Web Manager.

SEEN AT THE AGM



The outgoing President, Blake

The incoming President, Jack

Nina and Zelda

CLASS COORDINATOR'S NOTE

Denise Grant – DeniseU3A@hotmail.com

Wine tasting

Third time lucky. Wine tasting starts at 10.45 not 12.45 on Tuesday as advertised in the last bulletin.

NEW CLASSES FOR THIS MONTH

As usual here is a preview of this month's new classes. All of these classes are in the class booklet and on *MyU3A*.

'The Bates Method for Vision Improvement – Rita Danko

The Bates Method maintains that eyes are not separate organs from the body but interconnected to mind, body and soul. Whatever affects the body, ie: stress, frustration anxiety, anger, toxicity, also affects the eyes. Thus the Bates Method not only promotes eye health but also the overall health of the body and creates optimum functioning of the brain.

Dr. William H. Bates, a physician and surgeon said early in the twentieth century that, 'Glasses are not right, there must be a better way.' and went on to pioneer what is now called 'The Bates Method'. The class covers:

Physical eye exercises.

Brain exercises.

How to switch on both brain hemispheres at will.

Reading exercises.

Nutrition for eyes.

Improving blood circulation.

Exercises to eliminate glare discomfort.

How the eyes work and connect to the brain.

Relaxation.

'I am an accredited teacher from the Janet Goodrich School of Natural Vision Improvement and threw my own Presbyopic glasses away in 1991. Have been teaching the Bates Method at the Monash University, Swinburne College, CAE (Council of Adult Education) and U3A North Ringwood in Melbourne since.

I am the author of four books on Natural Vision published on Amazon and would love to give my knowledge to as many people as possible. I know the Bates Method of vision improvement works and have many testimonials from happy students. The course will be eight weeks in total. If there are enough participants then I would be happy to keep running it as long as there is interest.'

Contact Rita on ardanko02@hotmail.com or by phone 043106314

Introductory Spanish – Arthur Lipscombe

For those new to Spanish, or who would like a refresher. The course will cover basic conversation, asking directions and traveling around, booking hotels and eating out, phone calls, letters and emails, and more. A broad basic vocabulary will be developed with just enough grammar to become fluent. There will be some focus on developing specific adult language learning skills to speed up the process of becoming fluent.

The text book is *Colloquial Spanish* by Untza Otaola Alday, 2nd edition 2010 or later, (NOT to be confused with *Colloquial Spanish of Latin America*, or *Colloquial Spanish 2*).

Contact email: arthur.lipscombe@gmail.com

Arthur, along with Steve Goodwin will also be taking **French A** next year and another French Class. See below.

Spanish conversation class – Catherine Toro

This class is suitable for all those who are interested in gaining more confidence in Spanish conversation. You will be guided through different topics, where you will be able to interact and socialize with other Spanish learners.

‘My name is Catherine, I come from Chile, and I'm a native Spanish speaker. I studied teaching English as a second language in Chile. I have been teaching English and Spanish over ten years to all different levels and ages. ‘

Contact Catherine 0423489583

History of Ballarat Gallery and the Archives - Alison Steel

The talks will be called *The Art Gallery of Ballarat – from the Archives*. ‘This is an illustrated series based on the Gallery’s recently-established Archives, from which emerges the story of the establishment of Australia’s first Regional Art Gallery with its rich and varied permanent collection of art.’

‘Looking forward to sharing my enthusiasm for the Gallery.’

Alison can be contacted on 5338 8150

Looking at Pictures - Clive Stratford

This class will be a series of classes concerning what artists have done and in what way we need to look at their work in order to properly 'see' it. The classes will concentrate, although not exclusively, on Renaissance painting, as well as touching on earlier and later developments, including in sculpture.

The Teacher: a life-long painter who has lived in Italy for five years, has taught art at secondary and tertiary levels (BCAE), is a student of the Renaissance, and Florentine Mannerism, and who now writes a blog on art matters.

Clive Stratford can be contacted at kappalambda2010@gmail.com

Clive will also be taking over the teaching of Italian 2 next year from John Cheesman who is starting a new Italian Beginners’ class.

Christian History – John Van de Laar – Second Semester

Here is a short outline for the proposed course:

‘My lectures will cover the Christian religion in the fourth and fifth centuries. Concentration will be on the rapid development and spread of Christianity from East to West in the world. Women played a very important role in this period. People such as Melania the Elder, Thecla, Macrina and others strongly influenced the various Christian leaders. I will discuss those women’s influence in great detail.

This new class is not in the Class Information booklet, but you will find it on *MyU3A*

French Novellas in French – Arthur Lipscombe

Have you been studying French for at least three years and do you want to read French stories? This class is for people who have a sound knowledge of the basics and want to read in French. We will read real French books that are not too difficult and not too long, starting with *Le Petit Prince* by Antoine de Saint-Exupery. (So we all have the same edition: Collection Folio, Gallimard, 1999. Try the Book Depository). With the aid of a list of key vocabulary, you will need to read a section of the book each week in advance at home, and in class we will clarify and discuss. The classes will be mainly in English. The goal? To discover the pearls of magic in the texts, to have fun, and to strengthen our knowledge of French language and culture.

For further information, contact Arthur Lipscombe: arthur.lipscombe@gmail.com

LAST CLASSES THIS YEAR WILL BE ON THE FRIDAY 28 NOVEMBER.

PROSPECTIVE TUTORS' MEETING

10.00 am 17 November at the OFFICE at Ballarat North Community Centre.

Do you have possible ideas for future classes? Come along and discuss these ideas with Denise. There will also be questions and answers about the ins and outs of being a tutor at Ballarat U3A.

New tutors for 2017 who are already taking a class next year are welcome to attend too.

Thank you lunch and annual briefing for all of the tutors and their class reps for 2016 is coming up on the 2 December. Keep that date free.

Good luck with renewing your membership and re-enrolling in your current classes for next year - NEXT WEEK ie from the 24 October to the 30 October. After the 30 October we can all enrol in any class, so others could enrol in your spot if you haven't done so already.

We have completed the details for all of the 2017 classes, 101 in all, as best as we can. If there are mistakes with what is printed, tutors and class reps should be able to change their own details. If you can't, please contact Denise by email or 'phone.

THE OFFICE IS OPEN EVERY DAY NEXT WEEK IF YOU NEED HELP.

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

ODDS AND SODS FROM THE COMMITTEE AND OTHERS

- * Keeping the kitchen at GPlace clean is now so easy – we (U3A Ballarat) are on the roster for Mondays and Fridays
- * Nina has ever-so-politely requested, 'please do not enrol in a class before you have contacted the Class Rep or Tutor'
- * Nina is always pleased, as we well know, when members wear their badges, with the completed medical contact details, to class.
- * Anne would be pleased if you contacted her with regard to volunteering for Committee work
- * Did you know you can get **individual help with using your computer**? Maureen Foulkes can be contacted on 041 463 5559 if you would like some help.
- * How is your **Spanish**? There are now people interested in teaching Spanish; see the Class Coordinator's Notes.

THE DIVERSION FOR NOVEMBER



Congratulations to Joan Moore, Denise and Trevor Wilson, Susan Greenbank, Andrew Parker and Tanya Lake for correctly identifying the Belvedere Palace in Vienna (Schloss Belvedere in Wien). The artist, whose paintings adorn the walls, is Gustav Klimt. It may be true to say the paintings are fabulous paintings of women and simultaneously paintings of fabulous women.



To win the pleasure of solving a puzzle, the question for November is: **where in the world is?**

Answers to Phill Grant: grantphillip@hotmail.com

As usual, there are no wonderful prizes, just the glory (as dubious as that may be). Many thanks to Susan Greenbank for the photographs.

COTA – Council on the Ageing



COTA Victoria is asking for people who would be prepared to respond to an inline survey.

The survey can be found at:
http://fluidsurveys.com/s/COTAVIC_50plus_Survey/

Shingles Vaccination

Many older people suffer from shingles and some have recurring painful episodes. The high cost of a vaccine has been prohibitory.

As of November 1, the PBS will make vaccination free for people aged from 70 to 75 years. So see your general practitioner about vaccination.

Our immune systems decline with age. Shingles usually occurs after 50, and is related to the childhood illness chicken pox. After the itchy blisters of chicken pox disappear, the varicella zoster virus goes dormant in nerve cells. Years later, the virus can reactivate as shingles. People who live to 85 have a 50-50 chance of developing shingles, which can result in a complication called postherpetic neuralgia, a debilitating nerve pain. Shingles typically shows up as a painful, itchy rash that develops on one side of the body. Now there is a vaccine!

Many thanks to Ali Lanigan for forwarding the information about the shingles vaccine.

We want to hear from you if:



age or mobility problems prevent you from attending U3A classes.

If so, would you like to join in an hourly chat session with a small group of members, led by a leader.

The leader will connect in the members' phones, thus enabling all members to talk with the leader and with each other for an hour each fortnight. Members of the group will be able to choose the topic, for example, current affairs.

Please email me on zel606@yahoo.com.au or ring on 5334 4836

Zelda Martin, Co-ordinator. zel606@yahoo.com.au

FRIENDLY MEN WANTED



Australian Red Cross
THE POWER OF HUMANITY

Are you a friendly man who enjoys a chat?
Can you spare one hour a fortnight?



Red Cross is currently seeking men to visit elderly men in the local Ballarat area who would appreciate a social visit.

Have a chat and laugh over a cup of tea, listen and reminisce, or talk sports or music- it's a wonderful opportunity to meet a new friend and help someone stay socially connected.

Please contact Lauren at the Australian Red Cross **03 5223 8700** or email **lcarroll@redcross.org.au**

Local training and orientation provided.



WHEN: 2:30 pm SUNDAY 30 OCTOBER 2016

WHERE: BALLARAT NORTH COMMUNITY CENTRE
702 Walker St, North Ballarat

PROGRAM: Will be presented in three parts.

The choir will perform two 30 minute sets, separated by a 30 minute set by the Ballarat Grammar School's SAXOPHONE ENSEMBLE.

**FAMILY AND FRIENDS OF ALL PERFORMERS AND MEMBERS OF THE PUBLIC
ARE WARMLY WELCOMED.**

Ballarat National Theatre

Presents

Little Women

By Peter Chapman, based on the novel by Louisa May Alcott
Directed by Alexandra Meerbach

Gala Night Saturday 3 December at 8 pm

Sunday Matinee 4 December at 2 pm

Wednesday 7 to Friday 9 December at 8 pm

Saturday Matinee 10 December at 2 pm

Bookings via Majestix ph 5333 5888 or online

<https://www.hermaj.com/>

Tickets available at the door

The Courthouse Theatre, Lydiard Street South, Ballarat

Ticket Prices

Adults - \$25

Children - \$10

Concession - \$20

Groups (10+)

(Probus and U3A) - \$15

Members - \$15



Full details www.bnt.org.au

Follow us on Facebook

TWILIGHT TALKS: SPRING SERIES

Cheese and Drinks from 5 pm, talks commence at 5.30 pm and go for 30 to 35 minutes
Cost: BMI members \$6.00, Non-members \$10.00. Most talks are in the Humffray Room

Program

- 28 October** Folk singer **Danny Spooner** is a strong favourite for our Twilight Talks. In his spring presentation, accompanied by pianist Adrian Holmes, he will tell us about Musical Halls and their importance through songs. Originally from England, Danny came to Australia in 1962 and as a traditional folk singer and historian has entertained audiences for many years.
- 4 November** **Dr Jill Blee** will address us about one of the worst childhood illnesses on the goldfields, based on recent research she has undertaken on diphtheria. Jill was the Twilight Talks coordinator for more than ten years from 2002. She has written a number of very well received books covering Australian history topics.
- 11 November** On Remembrance Day 2016 **Ross McMullin**, author of the award-winning *Pompey Elliott*, will talk about his most recent book *Farewell Dear People: Biographies of Australia's Lost Generation*, which was awarded the Prime Minister's Prize for Australian History. Ross presented a most insightful address on the Battle of Fromelles to a large audience in June.
- 18 November** **Dr Joan Hunt** will address 'From the Northern Pennines to Ballarat'. Earlier this year, Joan and her husband Gary visited the areas in northern England where many of the gold seekers to the Springdallah (Woody Yoloak) goldfields originated. She has received a fellowship from the Royal Historical Society of Victoria and an Australian Historical Societies Award of Merit.
- 25 November** As a lead into the 3 December anniversary of Eureka Stockade, **Neil Huybregts** will talk about the life of Dr William Otway, who, like many Americans in Ballarat kept neutral. Otway was a pioneer in the commercialisation of gold and was the first at Ballarat to use steam power to crush quartz for gold. Neil moved to Ballarat three years ago and works as a noise control consultant.
- 2 December** *Jan Vennik: the Dutchman at Eureka* tells the story of a Dutchman who was present in the vicinity of Eureka Stockade on 3 December 1854 before he was arrested and, along with 12 others, charged with Treason. Former SBS Radio Executive Producer **Yvon Davis'** first book investigates where Jan Vennik came from and where he went after his acquittal on all charges.

Phil Roberts (Twilight Talks Coordinator)

VOLUNTEERS PREPARING FOR THE ENROLMENT PERIOD



A small but willing group of volunteers have been preparing to help U3A Ballarat members as they enrol or re-enrol for 2017. The process may have its tricky moments, but with patience and perseverance everything is bound to turn out well in the end.

CLASS NOTES

The next Bulletin deadline;
Wednesday 18 January 2017
to Phill Grant, PO Box 2058,
Bakery Hill, 3354 or
grantphillip@hotmail.com

ART - 2000 YEARS OF CHRISTIAN ART

2000 Years of Christian Art; Session 17
16 November, at 2.00 pm, in Room 2, GPlace.

The Two Johns and the End of Things.

For the final session of this class for the time being, we are looking at the legends and Art concerning John the Baptist and John the Divine. (The latter refers to the writer of the *Book of Revelations*.) The *New Testament 'Acts of the Apostles'* is easily seen to be somewhat mistitled. After a number of chapters dealing with the first period in the life of the Christian Church and the Disciples of Jesus, the text switches over to a detailed commentary exclusively on the story of St. Paul and his missionary work. When we learn about the eventual deaths of the original Disciples, we are actually getting information from apocryphal books that are not accredited with the same sort of validity in Christian history as the actual *New Testament*. One of the important apocryphal books from the early centuries is *The Acts of John*, in which we find all sorts of tales and legends about John the Divine, and the circumstances surrounding the writing of that enigmatic work which closes the *Holy Bible*. So, as usual, we will be looking at paintings that illustrate the scenes and concepts which are described in *Revelations*. As I have advised previously, this will be my last class in the series. See you there. Ron.

Ron Hedgcock, 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.

Australian History: the People, the Events November 8; our mystery guest speaker will be speaking on the period 1900 – 1914 and then, in his inimitable style, be presenting a fun quiz.

November 22; our Party Afternoon – please bring along a small plate of goodies to eat and

an item of historical interest to you to speak for two minutes about!

In 2017

Australian History is a two-year class. The first year of the class, which covers *Pre-History to Federation*, will be held in 2017. (It should be noted that this part of the course is being rewritten, and it will be quite different from 2015.) The second year (in 2018) covers *Federation to Mabo and Beyond*. As each year is a complete package, it is possible to do the course in either order, so anyone who completed year 2 in 2016, would enjoy participating and finding out about the personalities and events leading to Federation.

Please note, that in 2017, the class will meet in the Bingo Room, at Ballarat North Community Centre on
Thursdays, 1.30 pm to 3.30 pm.

Joan Macmillan, Class Rep.

Nina Netherway and Zelda Martin, Tutors

BALLARAT HISTORY

Margaret Eedle, Class Rep.

5339 4465 or email margaret@eedle.com

BALLROOM DANCING

This class meets on Mondays at Ballarat North Community Centre.

Main class; 1.30 - 3.30 pm

Beginners' class; 3.30 - 4.00 pm

Lorraine Amour Chambers, Class Rep.

The FIRST THURSDAY BOOK CLUB

Once again this group will be meeting with the second book group for lunch at the Ballarat Yacht Club on 3 November. To enjoy each other's company and to hear of books recommended and otherwise.

I am looking forward to it.

Val Newman, Convener

BOOK GROUP TWO

October was the last time our meeting was to be held at GPlace and the book, which brought forth many opinions, was *Bad Behaviour*.

In 2017 we will meet at the *Bunch of Grapes Hotel* in Pleasant Street.

Our annual event in November is to join with the other Book Group for lunch - a most enjoyable occasion. Thank you Val Newman for organising this.

Our December breakup meeting will also be at a restaurant and our final book for the year, *Enigma*.

Each month a member takes a turn to lead the discussion and this works well. At the moment there are no vacancies, but we have are happy to have a waiting list.

Rhonda Gray, Facilitator, 5341 8461
Vivienne Martinich, Class Rep. 5334 2752

BUSHWALKERS

Walks for November

November 10: Walk at Blackwood, led by Rhonda and Mike. For further details check our Blog.

November 24: A very scenic and historical walk from Rushall station to Abbotsford Convent, via Yarra Bend Park. An easy 9 km, mostly along the Merri Creek Bike Trail. Bring your lunch and refreshments as there are no shops or cafés along the way. Please meet at the eastern end of Ballarat Station, and register by 8.05 am. We'll use the 8.21 am train to Melbourne, and return from Southern Cross on the 4.00 pm (last off-peak) service. If you're intending to come, please read the more detailed description on our blog.

December 8: Christmas Breakup at Inverleigh.

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.

BUSHWALKERS – HIKING THE WALLABY TRACK

Website:

<http://canadianlodge.wixsite.com/u3a-ballarat-hiking>



'The new Hiking Group (Hiking the Wallaby Track) pictured here at the top of Mt Buninyong at the start of the very first leg. We hiked 15 km along the track to the Redan Wetlands. We will commence the second 15 km leg from where we left off on Thursday 3 November. New members still welcome to join: contact Andrew Parker on 0418 562977 or email u3aballarathikers@gmail.com



A map of the route can be found by clicking the following link:

<http://www.openstreetmap.org/relation/3205828>

Andrew Parker; 0418 562 977
canlodge@gmail.com

CANASTA

This class is on Fridays, 1.30 – 3.30 pm at GPlace, Room 2.

Ros McArthur, Tutor 5332 5714

CELTIC MUSIC BAND

Now we are practising for the many and varied end of year Gigs.

Ros Cole, Class Rep.

CHOIR

We had a great opportunity to exercise our vocal chords last week when, during Seniors' Week, we sang at the Ballarat Library. I felt that a few more in the audience would have been great, however there were a few heads popping up among the tomes every so often.

Singing is like many things, if you can't practise every week the sound does not remain as sharp. We love the great sound and look forward to our weekly practice. George is full of encouragement and so we always endeavour to do our best.

Liz Bailey, Class Rep.

CLASSIC CINEMA

We conclude our year of 'Great Actors' with two compelling performances.

November 8: Javier Bardem portrays a quadriplegic who, despite a comfortable and stimulating existence, campaigns to end his life. *The Sea Inside*, Spain 2004, Direxto: A. Almenabar, 125 minutes, subtitles. (Note that this is no longer a Film Only session.)

November 29: In *Charlie's Country* (Australia 2013, Director: Rolf de Heer, 108 minutes), David Gulpilil's character embodies the kaleidoscope of contemporary indigenous life: from despair to black humour; from cultural destruction to the enduring resource of tradition.

Voting for best Film of the Year will take place through November. Please ring your vote through to Shirley (5331 4408) before noon on November 29 if you can't attend either of the above sessions.

We'll have our special afternoon tea at the last screening to celebrate another year of wonderful films and stimulating discussion.

Thanks to the class (particularly Marion) for continuing to offer me such exceptional encouragement and support.

Shirley Faull, Tutor. 5331 4408

CLOGGING

Gail Henderson, Neil Reither; Class Reps.

Val Kerr, Rina Cocking, Tutors 0409138610

COMMUNITY GARDENING

Our next meeting on Thursday 3 November is our second last for the year. Come along and help us control the spring growth, harvest some broad beans and plan our break-up event for December 1. Hoping for some sunshine!

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

CRYPTIC CROSSWORDS

The Cryptic Crosswords group meets GPlace, Room 1, Thursdays, 11.15 to 12.45

Can you solve this clue. Answer next bulletin.

Supercilium often raised?

Mary Chappell, Class Rep. 5330 1633
marry.chappell@bigpond.com

CULTURAL CAPITAL

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

CURRENT AFFAIRS

Ros McArthur, Tutor 5332 5714

The CYCLING GROUP

Dodging dangerous weather has been tricky lately, The (first) ride to Bacchus Marsh, on quiet roads, was done in ideal conditions and the view as we 'dropped off the cliff' into the Werribee River valley was superb.



It will soon be time to book flights to the Netherlands for the planned cycling excursion around that country. Many thanks to those who have suggested improvements to the proposed itinerary.

Phill Grant, Convener

DANCERCISE

Lorraine Amour Chambers, Class Rep.

The DINING OUT GROUP

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

ESSAYS AND IDEAS

Ron Hedgcock will meet with our class on 31 October at morning coffee at *Seymours* on Lydiard Street at 10.30 a.m. He will read an essay from his book *Confessions of an Unashamed Asperger*. I hope you will be able to attend. The chosen essay has an element of humour and I am sure much discussion will follow.

Better Than Fiction

14 November: *A Small World After All*
by Charles Finch

28 November: *The Thieves of Rome*
by M J Hyland

12 December: *Arriving in Luxembourg*
by Chris Pavone

Personal Essays

14 November: *Quintana*

by John Gregory Dunne

28 November: *In the Middle of the Journey*
by V S Naipaul

12 December: *The Bull on the Mountain*
by Oliver Sacks

*Mary Chappell, Class Rep. 5330 1633
marry.chappell@bigpond.com*

FILM MUSICALS

The film for the 11 November will be
A celebration of Classic MGM Film Musicals

The final film for this year, on 25 November, will be *Meet Me In St Louis* followed by afternoon tea. Could everyone please bring a small plate of food to share. We are not certain of a venue for next year at present.

*Bob Whitten, Class Coordinator
53418189 or 0431431970
ibobdown@hotmail.com*

LANGUAGES

FRENCH B

Ken Gittins, Class Rep.

FRENCH C

Jan Leishman, Class Rep 0427 531 333

FRENCH E

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

FRENCH F

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 A and B

The *Anfängergruppe* have revised present and past tenses, and continued with sentence construction using modal verbs and STOMP

The *Fortgeschrittenegruppe* have expanded their knowledge of indirect speech and

continued to build skills in listening to German.

Ken Gittins, Class Rep

LATIN

Anne McKee, Tutor

SPANISH

Spanish classes will start in 2017

LITERATURE

Our class will be reading *Never let me Go* by Kazuo Ishiguro, with tutor Helen Bosher.

Robyn McKnight, Class Rep

MEDITATION

Jen Overington, Class Rep., 0437 587 703

Marilyn Rister, Class Rep., 0417 374 954

MUSIC APPRECIATION

Dorothy Douglas will present some of her favourite music.

Janice Cook, Class Rep.

MYTHS AND MYTHMAKING

November 14; *Prometheus Bound*

November 28; *Medea* (final class for 2016)

The class will continue into 2017 with more Greek and Roman Myths, Virgil's *Aeneid*, Ovid's *Metamorphoses* and others. If anyone needs a copy of these texts please let us know.

Please contact

Marion Dick, Class Rep.

5332 4831 or mobile 0429 691 470

NORDIC POLE WALKING

In November, for a change of scenery, we will be walking in Victoria Park. Meet adjacent to the new children's playground, near the toilet block, at 10.00 am each Tuesday – all welcome.

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

RECORDER ENSEMBLE

On Friday November 25, members and friends of the U3A Ballarat are invited to hear a short recorder program of, mostly, Christmas music. Meet us at our weekly venue; Brown Hill Uniting Church, 286A Humffray Street North. at 10.30 am.

It is always good to share with family and friends the results of our learning and practising.

In Seniors' Week we performed at the Ballarat Library, introducing the different sizes and sounds of our recorders, and playing some of our better known pieces. A school class much appreciated the variety of recorders, and we had a small but attentive audience of adults too!

Put the date in your diaries.

Friday November 25 at 10.30 am.

Jacqueline Cleverley, Class Rep.

SCIENCE

On **November 15** we plan to have an excursion to the *Museum Imax Theatre* to see *Prehistoric Planet*. Travel down by train, tram to the Museum, Lunch then 3D film 1.00 – 1.45, an opportunity to walk through the dinosaur exhibition 2.00 – 2.45 and return by train. The cost will be \$12 plus your train ticket. Partner/guest welcome.

I will also be away until the 18 October when we will discuss the planned trip further.

Heather Bice, Class Rep.

SILVER JEWELLERY MAKING



A few photos taken at the library in Seniors' Week, of the Silver Jewellery Class members setting up a display with some of their work, plus some items from the woodworking class.



Sadly there will be very few new places available in 2017, and these will be taken by members already waitlisted. It is such a popular course, due in no small measure to our amazing and ever patient instructor Steve. We have our fingers crossed that a suitable venue will be found for next year's classes to continue.

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

2 November; meet Gove Bike Shop, Doveton Street, North, Ballarat.

23 November; meet Creswick Town Hall. Creswick.

Chris Cullen, Walk Leader.

Information; John Elischer, 0421341288

WOODWORKING

The morning woodwork group has been busy working on various projects, such as small

boxes with fitted lids, stools, walking sticks, spatulas and work benches, using a variety of timbers such as Huon pine, red gum, oak and pine. The students find it very satisfying to take home a project that they have made with their own hands. Photos show Stan with his box and Blake testing the strength of his rustic stool.



Pauline Russo, Class Rep.