



BALLARAT
UNIVERSITY OF THE THIRD AGE

the BULLETIN



APRIL 2017





BALLARAT
UNIVERSITY OF THE THIRD AGE

the BULLETIN



APRIL 2017

PRESIDENT

JACK ENGWERDA ☎ 5341 2118

VICE-PRESIDENT

PHILLIP GRANT ☎ 0412751327

TREASURER

HELEN SLATER ☎ 04 4840 8145

SECRETARY

ROS MCARTHUR ☎ 5379 9421

CLASS CO-ORDINATOR

DENISE GRANT

DeniseU3A@hotmail.com

MEMBERSHIP AND WEBSITE

NINA NETHERWAY ☎ 5334 4836

WEBSITE MANAGER

MARY MALONEY ☎ 5330 1334

EQUIPMENT

BLAKE GORDON ☎

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

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

CLASSROOMS: EASTWOOD LEISURE
COMPLEX, 2 EASTWOOD ST.
BALLARAT, 3350

Public Officer: Ros McArthur 14 Aryvale
Avenue, Lake Gardens 3355
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 2017

Mon Mar 27	U3A Grampians Regional Meeting, Ararat
Wed Mar 29	U3A Victoria Network AGM
Thurs Mar 30	Celebrating 30 years of U3A Ballarat. BNCC. 1.00 pm
Wed Apr 5	New Members' morning tea and tour, Ballarat North Community Centre, 10.20 am
Wed Apr 19	U3A Committee Meeting. BNCC 9.30 am – 12.00 pm
Wed Apr 19	Deadline for May Bulletin articles (to Phill Grant – and indeed before it's time to make chutney out of the tomatoes that refuse to ripen grantphillip@hotmail.com)
Wed May 3	New Members' morning tea and tour, Ballarat North Community Centre, 10.30 am

Quick Reference - what's in this Bulletin?

- * Ballarat U3A Office Opening Times, page 3
- * Have you seen the webpage? www.u3aballarat.org.au page 6
- * Class Coordinator's Notes, page 6
- * The Gift of Sight, page 8
- * What's on in Ballarat?, page 8
- * Class Notes, page 13
- * Plan of BNCC, page 19

U3A Ballarat Musical Performances

Celtic Band

- 30 year celebrations, BNCC, Thursday 30 March

U3A Choristers

U3A Scottish Country Dancers

- 30 year celebrations, BNCC, Thursday 30 March

Recorder Ensemble

- Steiner School Autumn Fair, Sunday April 30

U3A Ukulele Group

Events at which U3A musical practitioners will be performing include:

- * Trivia early evening 6 to 8 pm, 26 May
- * Christmas in July in the 30's, 27 July
- * Art Show 5:00 to 6:30 pm. 21 September
- * Annual General Meeting

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 office
hours only, otherwise
0431 859 315

DAY	DATE	TIME
During Term Time		
Mondays		10.00 – 12.00
Thursdays		1.00 – 3.00 pm

Tea and Coffee Supplies

If your class meets at a venue other than Eastwood Street or Ballarat North Community Centre, the tutor or class rep is welcome to pick up tea, coffee and sugar supplies from the Office at North during office hours. At Eastwood Street, extra coffee and tea can be found in the storeroom if the kitchen supplies run out.

Anne Ottrey 0422 963 985

Wanted

Pianist, to accompany the U3A Choristers on Tuesday afternoons. Please contact George Walpole 0427661699

Property Found.

1 Kathmandu jacket, size 14, blue. Could the owner please email or phone Lorraine - lchambers@iinet.net.au or 43731329, 0414652701

U3A Ballarat NAME TAGS

New name tags were printed for all returning U3A members. If you have not collected your 2017 name tag could you please do so. The tags are in a box on the large table in the foyer of Ballarat North Community Centre.

Any new members who enrolled on-line and do not have name tags can get the tags printed by coming to the office on Mondays 10 am -12 or Thursdays 1 – 3 pm where you will also receive your lanyard and plastic pocket. Name tags should be worn at each class you attend.

Thank you.

Helen Slater

NOTICE to TUTORS and CLASS REPS PURCHASE of CLASSROOM EQUIPMENT

U3A Ballarat has a limited budget for the purchase of class equipment. Tutors/Reps will find the application form on our website. Over the years, we have funded computers, television sets, sound systems, class reference books, equipment for games classes, first aid equipment, etc. (All items remain the property of U3A and are often used across a number of classes.)

The equipment budget cannot be used for class photocopying and the purchase and reproduction of music.

Any class seeking to submit an application form should firstly ensure, through the office, that the need cannot be met by re-allocating existing equipment resources. Upon completing the form, return it to U3A Treasurer Helen Slater – helenslater19@gmail.com

John Olsen, Finance S/C

PRESIDENT'S REPORT



In the first instance a special thanks to all those members who have made me feel so very welcome as the new President of Ballarat U3A. Our current committee are making my job a lot easier than it could have been, due to their extensive experience. More and more members are using our *MyU3A* website, and thanks to our committee and volunteers, data is now readily becoming available. Classes (Tutors and Class Reps) are now taking advantage of this for the better management of members/classes. If we stop and think about it, the program was introduced less than twelve months ago and the progress made implementing *MyU3A* has been fantastic. Don't forget the office is open Mondays and Thursdays to help and advise all members and Tutors.

We (U3A) have a class at M.A.D.E. which has been making stars (against violence) for the past two years, some thousands of stars have been displayed at Stockland shopping centre, and every business in the Buninyong township has also featured these stars in window displays; we should take great pride in the efforts our members are contributing towards this wonderful cause.

The shortage of Tutors is still a concern, especially for those members on waiting lists for classes which are full. Please ask yourself; could I manage a class? And even if the answer is perhaps, or I'll consider it, **DO IT**. The pleasure you share with other members in your class and the satisfaction achieved are very rewarding.

Could I again remind members to always display your nametag when attending a class or participating in any event or function. It really breaks the ice when you meet someone and you know their name. It is also very important in case you need medical assistance. When participating in classes or events, be aware of fellow members around you. Do they need assistance with anything? Do they feel welcome and a part of the group? Or in some cases, do they perhaps need a lift? Our membership is still growing, and new members are always made very welcome (don't forget our new members meet and greet on the first Wednesday of the month at B.N.C.C.)

On the 30 March, we have our first event for this year. It is our 30th anniversary of the beginning of U3A in Ballarat **and how we have grown!** The Celtic Band is performing along with our Scottish dancers and it's a real opportunity to showcase our U3A to the wider community, to show off and exhibit our talents and the enjoyment of participation. Please ALL members come along and participate. For further details and information, please refer to the Bulletin, as it's great reading. As mentioned in my earlier report, our classes have now bedded down and we have had a great start for the year. However, we are always vigilant and looking for additional suitable accommodation. If members are aware of facilities being, or becoming, available, that may be suitable, please contact a committee member or myself.

We have some important meetings this month, The Grampians Reginal conference, and then the Network Annual meeting on the 29 March. I will comment on these in my next report.

REMEMBER: TEAM WORK IS IMPORTANT, IT HELPS TO PUT THE BLAME ON SOMEONE ELSE

Jack Engwerda, President
53412118
Jackpam1@bigpond.com

MEMBERSHIP



Tutors and Class Reps

Please note that when a member is added to your class either from the Wait List or as a new member, their names do not appear on the attendance sheet until the date you admit them into the class on *MyU3A*. So, this means if a new member has been attending your class from, say, the second week and you have not marked the roll on *MyU3A* until the end of term and added them then, they will not appear on the attendance sheet until term 2. If you have queries about this please contact Nina on 5334 4836

In future it is **important to add new members** as soon as they join your class. Either add them yourselves or contact the office or Nina to add them for you.

We are suggesting that if you would like to complete your Term 1 attendance sheet at the office, to phone for a 'booking' time so you won't have to wait – although the library at North has plenty of good books to read while you are waiting!!!! The office staff are happy to help you with this data entry.



Nametags - if you don't have a name tag because you paid online – call into the office and they will set you up with one. 2016 members – your name tags have been pre-printed so you only have to call in to the office and collect yours or collect it at other times from BNCC . (see Bulletin notice)

More statistics which may be of interest.....

Members – 904	New members this month - 18					
Waitlist total 146						
Members waiting for:	1 class	83	2 classes	20	3 classes	5
	4 classes	1	5 Classes	1		

Nina Netherway
Membership Secretary/MyU3A Support
5334 4836 or ninan06@bigpond.com

ODDS AND SODS FROM THE COMMITTEE and OTHERS

- * Wanted: Pianist to accompany the U3A Choristers on Tuesday afternoons. Please contact George Walpole 0427661699.
- * Helen would be rapt if those who haven't a nametag, would collect their nametag from the office at Ballarat North Community Centre
- * Did you know there is a library at the Ballarat North Community Centre? Indeed, a library that can be used by U3A Ballarat members.
- * Wouldn't it be nice if more tutors 'crawled out of the woodwork'?

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



Website 2017 What's New?

The front page has a new link – a **BLUE** button which will take you to information about upcoming events in 2017. Be sure to check it out.



U3A BALLARAT

For retirees who want to go on learning and lead a full and active life, U3A Ballarat offers all of these opportunities.

Choose from over 100 courses led by our volunteer tutors for an annual fee of only \$50.

Most courses are held at the Eastwood Leisure Complex in Eastwood Street, or Ballarat North Community Centre in Walker Street.

CELEBRATING 30 YEARS IN BALLARAT

Are you interested in

- joining other retirees for leisure activities?
- listening to interesting speakers?
- sharing your skills and interests with others?
- learning new things, developing new skills?
- challenging your mind?

Quick Links

- [Courses](#)
- [Become a Member](#)
- [Members Area](#)
- [Contact Us](#)
- [MyU3a](#)
- [Tutors](#)



All venues on the **Venues** page now have links to *Google Maps*. The main venues have the map beside them and you can click on it to enlarge it. For the other venues listed, just click on the name of the venue and a map and photo will appear.

Don't forget:

To access the Bulletin and other **members only content**, log onto our website

www.u3aballarat.org.au

Click on the **Members' Area** and put in the password **Balrt16** (yes, it is still the same password).

Click on **Submit**.

Contact me by phone or by email if you have any questions.

Mary Maloney, Website Manager. 5330 1334

moomoo@southernphone.com.au

CLASS COORDINATOR'S NOTES

Changes to classes

1. The Genealogy group on Wednesday has split into two and there are now two classes. Group A, 9.00 – 10.30 and Group B, 10.45 – 12.15.
2. Canasta is moving from Eastwood to the Prince of Wales Hockey/Tennis Clubroom from Friday 24 March, 1.15 – 3.30. There are so many people now playing Canasta that the group no longer fits into their current room.

Looking ahead

Board Games on 30 March

Because we have our 30th birthday party celebrations that afternoon, Board Games will move their class from the Hall to the Old Library for that day.

Senior Citizens' Day at Ballarat North Community Centre, 5 October.

Forward notice. Ballarat North Community Centre will not be available for classes on 5 October. That date is during the school holidays. The Ballarat North Senior Citizens have a special event which will use the whole building for the day.

NEW CLASSES

So you would like to use a Mac Computer - Phill Grant

In response to a perceived demand, it is proposed to offer a short course for those wanting to use their Mac computers more effectively. The first session might be of interest to people trying to decide whether or not to buy a Mac computer.

Topics will include:

- Why use a Mac? How a Mac computer can be used in conjunction with iPads, iPhones and iPods. How to personalise your Mac.
- Using the internet on a Mac, and using items such as the App Store and iTunes
- Using software that comes with a Mac or that might be purchased later.
- Word processing (including, for example, creating documents to record a family history) – using *Microsoft Word* and using *Pages*
- If desired, using software such as spreadsheets (*Microsoft Excel* and *Numbers*) or to create presentations (*Microsoft PowerPoint* and *Keynote*)

Other topics, as required or suggested by participants, may be included.

Those interested should contact Phill Grant by email (grantphillip@hotmail.com) to register their interest. The course will run only if there are sufficient participants. If there is enough interest the course will run on **Fridays at Eastwood from 1.15 to 3.30, starting on 12 May, for four weeks.**

Writing Creatively – Dyane (Dy) Bain.

The group will be set up so that the participants can read some of their work (up to ten minutes depending on the number in the group) and then - if the reader would like to hear it, get feedback from the other group members. I also like to do a short writing exercise to get the creative juices going and even set a bit of 'homework' if people want it. My groups tend to be very inclusive and I hope comfortable and welcoming and I'm interested in all aspects of creative writing from poetry through to novels. I'm just keen to get people writing and enjoying the creative experience and having the opportunity to share and learn with others.

If you are interested in joining this class please contact Dy at dyanebain@hotmail.com or ring the Office, 0431 859 315.

The class will be on **Tuesdays, weeks 2, 4 and 5, 1.00 – 3.00**

Silver Jewellery, short course, Term 2 – Robyn Thorton

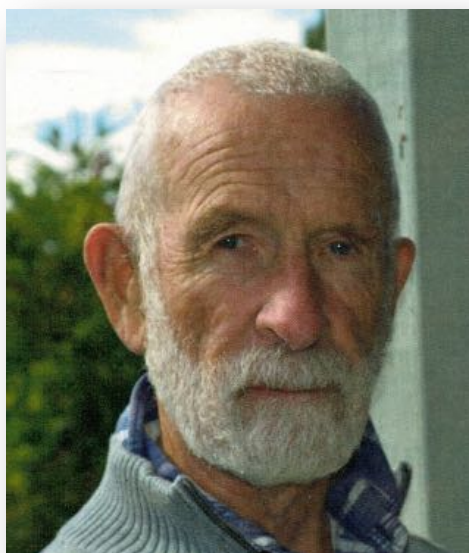
Robyn Thornton, an Art Technology teacher has offered to take a short course in Silver Jewellery Making in Term 2, starting on Wednesday 19 April. The class will be timetabled weekly on **Wednesdays 1.30 – 3.00 pm at the Men's Shed at GPlace.**

There is a large wait list for Silver Jewellery Making so those who are already on the wait list will be contacted first to see if they wish to join the class. Then if there are further vacancies after that, others will be able to enrol in the class.

Robyn can be contacted by ringing 5331 8055.

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

THE GIFT OF SIGHT



Most people recognise the importance of the term ‘organ donor’. However, is registering your name as an organ donor a seemingly minor decision that you may take ‘tomorrow’?

My husband Bill Hunter had the privilege of registering as an organ donor. And my husband had the privilege of knowing that his corneas were accepted for transplantation. Through the Centre for Eye Research at Melbourne University, I am thrilled to learn that Bill’s corneas have been successfully transplanted into two men, one a 62 year old and the other a 65 year old. Both men have had their sight restored.

In the latter months of the war in Rwanda, Bill was posted to the war-torn country as a member of a ten-man Australian aid team. Their mission was to help reinstate destroyed Rwandan infrastructure. As a result of his work in Rwanda, Bill was awarded a high honour by his engineering peers: that of the Fred Hollows Award. Fred Hollows is revered for his work in saving sight.

What better legacy for Bill than the pride our family carries in knowing that both corneal recipients can now watch their grandchildren grow.

Lesley Hunter

(Editor’s Note: An obituary for Bill was published in *The Age*, Saturday March 18)

WHAT’S ON IN BALLARAT?

Seniors’ Rights and Law Week

Seniors Rights Victoria provides free information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people. You can find out more about elder abuse and our services by visiting our website www.seniorsrights.org.au

Law Week occurs annually and is an opportunity to easily access legal resources. This year it will take place from **15 May to 21 May**. Enduring Powers of Attorney are documents which appoint another person to make decisions, in the event that such decisions can’t be made. These decisions relate to lifestyle, medical treatment, assets, property and finances. The Planning Ahead session presents information in a simple and interactive way on Enduring Powers of Attorney. A free kit “Take Control” is provided to participants.

Planned Burns

PLANNED BURNS PROGRAMMED FOR AUTUMN 2017		
Name	Location	Area
Ballarat – Canadian Boundary 2	4km SE of Ballarat	72ha
Ballarat – Glen Park Rd	6km N of Ballarat	136ha
Ballarat – Shuttleworth Rd	8km NE of Ballarat	16ha
Ballarat – Yuilles Wetlands	In Sebastopol	11ha
Creswick – Jackass Rd	3km SE of Creswick	127ha
Creswick – Niggl Rd	3km E of Creswick	197ha
Lal Lal – Flagstaff Hill	5km S of Buninyong	238ha
Mt Egerton – Ballark Rd	1km SW of Mt Egerton	18ha
Mt Egerton – Tip	1km S of Mt Egerton	59ha

A number of planned burns have been programmed in the Ballarat, Creswick and Mt Egerton area this Autumn.

Each year, Forest Fire Management Victoria (FFMVic), together with CFA and other emergency services, carry out a fuel management program in Victoria's parks and forests, to reduce the bushfire risk to communities, property and the environment.

The attached flyer and map outline the Autumn planned burning program for your area.

If you would like to discuss any of these planned burns, or other fuel management matters please

contact the Fuel Management Team on midlands.fuelmanagement@delwp.vic.gov.au or (03) 5335-0716 at any time.

Documenting the experiences of Ballarat residents living with dementia

This project will document 100 stories about the experiences of Ballarat residents living with dementia. The project aims to challenge the stigma and silence around dementia. Stories will be used to educate community members and service providers. This project will be completed in November 2017.

Stories can be big or small. You could share a story in a sentence (maybe accompanied by an image) or a few paragraphs or pages. You could use poetry or prose. Stories can be told in words or pictures. Perhaps there are children or adults who could draw or paint. You could use a photograph of a person or an object. Stories can be told in short films ... or you can use any method you like. Two Ballarat artists are working with us on the project. If you would like any assistance documenting your story please contact the project coordinator.

Stories can be shared by people with dementia or their family, friends or service providers. We think it is particularly important that family and community members engage in hearing people with dementia tell their stories. There may also be people with dementia who are unable to share their story – but others can document a story on their behalf.

If you are documenting a story on behalf of another person it is important to think about what they would give you permission to share about their life. It may be useful to consider de-identifying the story. You are welcome to share your name and identity in your story. If you would prefer not to this is an option as well. You can use a pseudonym and contact the project coordinator to discuss this further.

There are a number of organisations that provide free and confidential phone lines if you need to speak with a professional. The first listed below is the National Dementia Helpline, which is a dementia specific service. The other two (*beyondblue* and *Lifeline*) provide crisis phone support. It can be useful to have these numbers handy if you or someone you know needs them:

- The National Dementia Helpline is a free confidential phone and email information and support service which provides information about dementia. The Helpline operates from 9.00 am to 5.00 pm Monday to Friday excluding public holidays. A message service is available so if you call outside operating hours on 1800 100 500
- *beyondblue* on 1300 22 4636
- *Lifeline* on 13 11 14.

Please contact the Project Coordinator, Dr Catherine Barrett, for more information on 0429 582 237 or go to the 100 stories webpage at: celebrateageing.com

This project has been funded by the Helen MacPherson Smith Trust and is a partnership between Celebrate Ageing, Wendouree Neighbourhood Community House, North Ballarat Community Centre, City of Ballarat and is supported by Alzheimer's Australia Vic.

Ballarat National Theatre

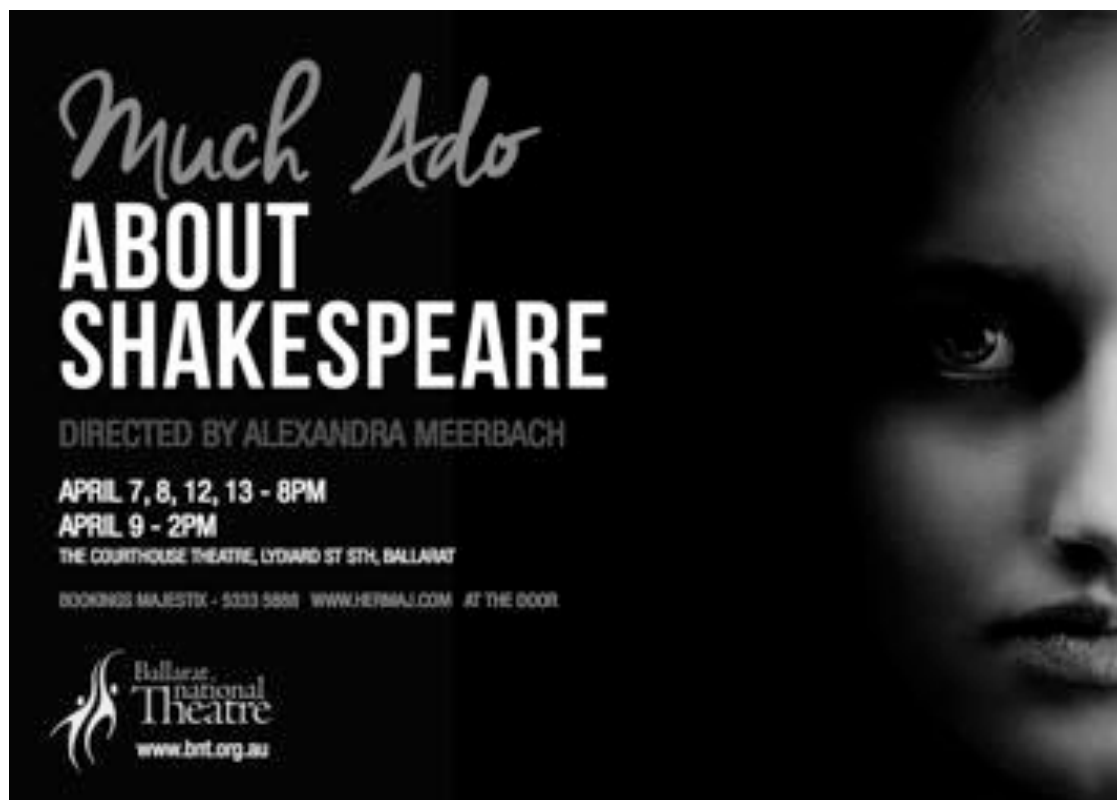


Table Tennis for Seniors

It's healthy, it's socially engaging, it's a gentle and enjoyable physical activity. The Ballarat Table Tennis Stadium has a special program called *Keenagers* designed for those over fifty years. We meet twice a week Tuesday and Friday 1-3 pm. Anywhere from 20 to 50 people come and enjoy the friendly atmosphere. Sounds of laughter and conversation blend with the ping, ping, pong of a little white ball bouncing off paddles and tables. After an hour's play a fifteen-minute break with tea and biscuits allows for new friendships to develop further. Then back to another 45 minutes of ping pong.

Cost for the day's activity is \$5

We are located in the Wendouree sports complex on Dowling Street. Drive past the Miner Dome, the badminton stadium, the tennis courts and there we are, a purpose built table tennis stadium with twenty-seven courts.

Drop in anytime to either of the Tuesday or Friday afternoons or play in both. If you want some further information call Kellie at the Ballarat Table Stadium 5339-2680 or 0430829701

**You are invited to the
Ballarat Speakers Club
Luncheon**

Where: Ballarat Golf Club

When: Thursday 13th April 12 noon to 2pm

\$40 per person (includes \$12 to charity)

**Register by Tuesday 11th - call Carmel on
0401 175 045 or Maria on 5345 7522**



Ayesha Hilton will talk about her fascinating life. Spending time in India as a child and working in Thailand with refugees and sex workers has shaped Ayesha's values. Now working as a writer and life coach and living in Ballarat she will share some of her stories.

**Photographs for the Class Notes
Silver Jewellery**



**The First Australians - The untold story
of Australia**

Creswick U3A has conceived this short course to ensure that our members are aware of both sides when the Federal and Victorian Governments announce the time

Overview of the course

First Australians chronicles the birth of contemporary Australia as never before, from the perspective of its first people. This series explores what unfolds when the oldest living culture in the world is overrun by the world's greatest empire.

Over seven units the course depicts the true stories of individuals, both black and white, caught in an epic drama of friendship, revenge, loss and victory in Australia's period of history. The story begins in 1788 in Sydney, with the friendship between an English man (Governor Phillip) and a warrior (Bennelong) and ends in 1993 with Koihi Mabo's legal challenge to the foundation of Australia. First Australians chronicles the collision of two worlds and the genesis of a new nation.

Course details:

Creswick Neighbourhood House

Each session starts at 1.30 pm to 3.30 pm each Tuesday for seven weeks. The remaining sessions are March 28, April 4, 11 and 18.

Each session will consist of 1 hour of videos (thank you SBS) plus 1 hour of discussion. Discussion will be led by John Morris Ph.D. A former university lecture in the subject.

THE DIVERSION FOR APRIL



Congratulations to Chris Campbell, Ian McKee, Diane Logan and Joan Tallent, all who successfully identified the jetty at Lake Learmonth. It seems that many have watched with interest as the Lake dried, and recently re-filled. In the past the jetty had been used by many people for family and boating activities.

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

A clue: in 1845 people being forced from their land scratched their names on the *outside* of the window shown on this church. The scratched names and messages are still there.

There are of course, no fabulous prizes, just a dubious sense of glory

Solution to Phill Grant
grantphillip@hotmail.com



Photographs for the Class Notes – Hiking

Many thanks to Gordon Shaw for photos 1, 3 and 4.



CLASS NOTES

The next Bulletin deadline;
Wednesday 19 April 2017
to Phill Grant, PO Box 2058,
Bakery Hill, 3354 or
grantphillip@hotmail.com

AUSTRALIAN HISTORY

Nina Netherway and Zelda Martin, Tutors

BALLARAT HISTORY

U3A Ballarat and District History is held every 2nd and 4th Wednesday, 10.30 am - 12.00, at M.A.D.E.

22 March: Clare Gervasoni, SMB and other Museums

12 April: Joan Hunt, 'History of Ballarat's Mechanics Institute'

26 April: Dennis Spielvogel: 'History of Bungaree and Grandfather'

10 May: Visit to Trigg's Museum at Bungaree (bus trip)

24 May: 'Beginning of industry. Who, where and why in Ballarat'

14 June: 'How did World War 1 and 2 impact on Ballarat?'

Jack Engwerda Tutor

Ann Boag, Class Rep.

The BATES METHOD of VISION IMPROVEMENT

For those of us who have been wearing glasses, and hated it, Rita Danko has been a source of inspiration and advice in her class 'Natural Vision Improvement' – held for the first time at U3A this term.

In our very first lesson we were able to remove our spectacles and see (best of all, read) through the tiny holes of a pair of pinhole glasses.

Rita, who no longer needs glasses after learning The Bates Method of exercises, went on to study under Dr. Janet Goodrich, qualifying as a teacher of Natural Vision Improvement. She is about to publish her fifth book on the subject and is an incredible example of how you really can improve your vision.

A characteristic of all living tissue is the ability to heal itself – given favourable conditions – and in this class we are learning

how to create those favourable conditions – whether we have long vision, short vision or 'old age vision'.

We are working with eye exercises and relaxation, learning nutrition, deep breathing and visualization to help the eyes heal themselves. Already we are able to 'see' the difference.

There will be a new class; participants must be able to commit for nine weeks

Rita Danko, Tutor. 4310 6314

BOOK GROUP TWO

Frances Partridge, the biography, by Anne Chisholm, proved to be a book the group would be unlikely to recommend. It was, however, enlightening, with regards the somewhat permissive lifestyle of the influential Bloomsbury set of intellectuals, philosophers and artists, in London during the early 1900s, of which Francis was a peripheral member.

Our next book is, *The Children's Book*, by A.S. Byatt.

Rhonda Gray, Facilitator, 5341 8461

Helen McDowell, Class Rep.

BOOKFOLDING – Interest Group

Anne Ottrey, Tutor

'phone 5336 2482, mobile 0422 963 985,
ottrey@ncable.net.au

BUSHWALKERS

Walks for April

April 13: WILLIAMSTOWN COASTAL WALK, 6.0 km, flat, Easy, Bring Lunch. We will catch the 8.02 am Wendouree train (8.19 Ballarat) to Southern Cross, and then go by train to Williamstown station. From Williamstown station, we will walk past historic Fort Gellibrand and then on to Williamstown beach. We will continue west to what was once the Williamstown Rifle Range,

but is now an extensive bird sanctuary. After exploring the sanctuary will then walk through the Rifle Range housing estate to Williamstown North station. We will take the train to Southern Cross and arrive in time to catch an off-peak train which will arrive at Ballarat at 4.40 pm (Wendouree 4.52 pm). Led by Gordon Talbett

April 27: Haddon Common. An easy 5 km walk through Haddon Common Bush Reserve, followed by an optional 1.2 km circuit walk, before lunch at the Lions Park Haddon. Code A, BL, Car Pool \$2. Led by Ann Ottrey

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 [Llanberris Netball Courts car park](#) at 9.20 am to leave at 9.30 am

Laraine Gunning and Lynne Fenton
(Class Rep)

CHOIR

Wanted: Pianist to accompany the U3A Choristers on Tuesday afternoons. Please contact George Walpole 0427661699.

CLASSIC CINEMA

April 11: *Ninotchka* (USA, 1939 Director; Ernst Lubitsch. Script: Billy Wilder, 113 minutes) is a vintage political comedy. It is the product of imported international expertise, both behind and in front of the camera, with the star, Greta Garbo, famously laughing for the first time on screen. Film Only session.

Note that our class is now timetabled in Room 1 at the Eastwood Leisure Centre. Please be seated for a prompt start at 1.30.

Shirley Faull, Tutor. 5331 4408

CLOGGING

U3A Polo Shirts are available to all U3A members – not just the clogging group – cost is \$38.00 with \$20.00 deposit when ordering. A flyer with sizes etc. is on the notice board.



Val Kerr, Rina Cocking, Tutors 0409138610

COMPUTERS

Our group has settled in well at the ELC on the 2nd and 4th Fridays of the month. I'm very grateful to have Fran, Dot and Jeff along to assist me as our group is very enthusiastic. I would appreciate that if anyone cannot attend to let me know as soon as is practical. I can then ask the next person on the waiting list if they would like to join us for that week.

One reminder there will be **no class April 14** as that is Good Friday. I look forward to meeting with our group on April 28.

Kerry Daniell, Tutor; 0412 700 986.
kdaniell7@bigpond.com

CRYPTIC CROSSWORDS

As promised here is the answer to the cryptic clue given in the last bulletin. I am sure most secret Cross-wordsers solved it.

Final parts concealed by one minister after another (7)

This clue expects you to assemble by yourself the phrase where the answer is hidden: "[C]oncealed by" is clear enough, but to find where it's concealed, you have to put "one minister after another" before finding TERMINI in "minister minister" which is the synonym for Final Parts.

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

Since the last report the cycling group has visited Beaufort, Lal Lal Falls, Clunes and Cape Clear, enjoying the delights of quite country roads through open and forest countryside, and the occasional hill or two. This has added approximately 1600 people-km to our tally, but who's counting when the post-ride conversations, cappuccinos and carrot cakes are enjoyed.

Phill Grant, Convener

ESSAYS AND IDEAS

The 10 April is in school holidays. I shall find an alternate venue for this date; probably Seymours. Essays to be read for future dates are:

Better than fiction

27 March: *Mumbai: Before the Monsoon*

by Stephen Kelman

10 April: *An Alpine Escape*

by Aliya Whiteley

24 April: *Who wants a Girl*

by Isabel Allende

Personal Essays

27 March: *On Keeping a Notebook*

by Joan Didion

10 April: *I Like a Gershwin Tune*

by Joseph Epstein

24 April: *The Bey*

by Bruce Chatwin

Mary Chappell, Class Rep. 5330 1633

marry.chappell@bigpond.com

FILM MUSICALS

Once again we have planned a diverse group of films for term two, ranging from classical to very modern. The films to be shown in the class during term two are as follows:

28 April: *Fantasia*.

12 May: *Gigi*.

26 May: *De-Lovely*.

9 June: *Brassed Off*.

23 June: *Carousel*.

30 June: *Cilla*.

The class is almost full now with room for just one more person. Please get in touch with Bob Whitten (class rep) if you are interested in joining the class, by 'phone or email.

Bob Whitten, Class Coordinator

53418189

ibobdown@hotmail.com

HIKING

The hiking group has, in the last month, completed sections three and four of the Lerderderg Track. Stage three was from Nolans Creek picnic ground to Blackwood, and Stage four from Blackwood to O'Briens Road/Gribbles Track.

The route has involved steep ascents and descents, forest tracks, and single-track walking along a former water race. The bushland has varied between open forest, forests with relatively thick undergrowth, and views into steep, ferny gullies and over the Lerderderg River. There have also been sightings of fauna, the occasional secluded dwelling and evidence of long-forgotten gold mining.

Each walking day has involved considerable organization, in terms of navigation, choice of start and end points, and car shuttles, for which we are indebted to Andrew. Full descriptions of each stage, complete with historical, geographical and geological information, have been posted on the blogsite. Photographs are on page 12.

The next stage will be undertaken on Thursday 6 April. If anyone is interested in joining the group, you can enrol through *MyU3A* or contact Andrew Parker on 0418 562977 or email u3aballarathikers@gmail.com

Our website has lots more information:
<http://canadianlodge.wixsite.com/u3a-ballarat-hiking>

Andrew Parker; 0418 562 977

canlodge@gmail.com

LANGUAGES

DUTCH

The class is aimed at anyone interested in learning Dutch, or anyone with a limited knowledge of Dutch who wants to brush up. The aim of this class is to acquire skills in understanding, speaking and writing Dutch.

Ingrid Parker, Tutor

FRENCH B

Eve van Riel, 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

French F group members have settled into another year of adding to and refining our knowledge and skills. We are beginning to feel confident that we can name many of the everyday objects in our daily lives and are continuing to assemble a toolkit of phrases and other terms that will be useful in conversation.

Verbs continue to occupy much of our time and coming to grips with the different tenses and the many irregular verbs is providing us with more than a few ongoing challenges.

Something to translate:

‘Le ver vert va vers le verre vert.’

Heather Wood, Class Rep

FRENCH G

Mary Allison, Class Rep.

FRENCH ELEMENTARY PLUS

This class is on Mondays at:
Ballarat North Neighbourhood House,
6 Crompton Street, North Ballarat

Contact: Margaret Gardner

Margaret Gardner, Tutor, 0419 879 421

marlyngar04@gmail.com

FRENCH NOVELLAS in FRENCH

In our class we are half way through reading the charming and thought-provoking adventures of *The Little Prince* as he discovers the world of adults, and learns life's lessons about friendship and human nature. We are touching on aspects of French childhood and rites of passage as shown in the picture book *The Red Balloon* and Truffaut's new wave movie *The 400 Blows*, and enjoying the wide-ranging discussion of ideas that the group brings.

If you are interested in this class, you should be confident of reading French stories in French that are not too long nor too difficult, with the help of vocabulary notes provided and a dictionary. Classes are held in English; reading is done at home, a few hours each week. You can join our class when we start our next book, but first contact Arthur Lipscombe.

Arthur Lipscombe, Tutor.

arthur.lipscombe@gmail.com

GERMAN A

After the completion of a series of stories in which the text could be simultaneously read and heard, we now embark upon a novel in German. *Am kürzeren Ende der Sonnenallee*, by Thomas Brussig, tells the story of a family living just beyond the wall in East Berlin.

Class members who have just joined the class will be continuing with language associated with shopping and visiting department stores (leading to separable verbs).

Terry Baker, Class Rep.

GERMAN B

This class has been ‘coming and going’ (kommen und gehen) and will soon be ready to travel to Düsseldorf – and rely on their language to get accommodation, eat, drink and be merry.

Ken Gittens, Class Rep

LATIN

Anne McKee, Tutor, 0403 079 216

LATIN 5

The request for Latin textbooks was successful and the class now has sufficient books.

John Poliness, Tutor

LATIN 5 and 6

April will be a special month for the class as there will be no class either 4 or 11 April due to term holidays; and because the 25 April is Anzac Day it has been decided to have a class on the 18 April, which is usually our free week. It will be good to get back to routine in May.

Janice Cook, Class rep.

SPANISH

Spanish classes have started.

LITERATURE

Our class is reading *Barchester Towers* by Anthony Trollope, with tutor Helen Bosher for the month of April.

Members please note that instead of Eastwood Leisure Centre the first session on Thursday 6 April will be held at Ballarat North Community Centre in Walker Street. This will be a once only, and the following sessions resume at the Eastwood Street rooms.

Robyn McKnight, Class Rep

MUSIC APPRECIATION

Class on Friday April 7 will enjoy Chris Baulch's program entitled 'Musical Theatre' and Dorothy Douglas will be the program presenter on Friday May 5.

The group has been enjoying their present room at Eastwood and as the weather should be milder now Autumn is here, this should make the room more comfortable.

Janice Cook, Class Rep. 5331 8898

MYTHS AND MYTHMAKING

At the next class on March 27 we will discuss the two stories about Orpheus from *Ovid's*

Metamorphoses.

There is no class on April 10 and we will resume in Term 2 on April 24.

*Marion Dick, Class Rep.
5332 4831 or mobile 0429 691 470*

NORDIC POLE WALKING

Another new walker came along this month and enjoyed the walks around Victoria Park.

During April we return to following the Yarrowee Creek trail, walking from the Brown Hill recreation ground. This gives us the option of heading east towards The Gong, or west back towards the city. We will meet behind the Brown Hill Pool (park under the trees) at 10.00 am each Tuesday.

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

PHILOSOPHY

The philosophers will meet for lunch at the *North Britain Hotel* at 12.30 on Wednesday, March 29.

Our class on April 4 will be held at the Neale Street Uniting Church hall. Eastwood will not be available on that day and we are very grateful to Jill Hunter for organising an alternative venue.

John Poliness, Class Rep.

POETRY

This year we shall continue to use the *Norton Anthology* reading Twentieth Century works. It is always a great discussion led by our tutor Alice Mills.

*Jean Laing, Class Rep, 53313394,
0438534818, jeanlaing@hotmail.com
Alice Mills, Tutor*

POSITIVE PRACTICES, POSITIVE PEOPLE

In February, Positive Practices, Positive People participants discussed renewable energy in the context of 'Gratitude for Nature'. Some of us attended a Committee for Ballarat

talk given by Time magazine's 'Hero of the Environment 2008': innovative Dane, Søren Hermansen. Hermansen, a native Samsø Islander, spearheaded his community's efforts to become 100% energy independent in less than ten years - demonstrating that it is possible for communities to become self-sufficient.

Samsø Island has received international recognition for leading the world in sustainable alternative energy, producing 10% more than its 6,000 residents use each year.

In 2009, Søren received the Gothenburg Prize— the Nobel Prize of the environmental field. Today, Søren directs the Samsø Energiakademi (Samsø Energy Academy) that teaches citizens around the globe to live sustainably.

More info here

<http://www.go100percent.org/cms/index.php?id=123>

here

http://content.time.com/time/specials/packages/article/0,28804,1841778_1841782_1841789,00.html

and here

<https://www.theguardian.com/sustainable-business/2017/feb/24/energy-positive-how-denmarks-sams-island-switched-to-zero-carbon>

A Positive Practices, Positive People Facebook page has also been set up. Articles posted on the page are used as resources in the course.

<https://www.facebook.com/positivepracticespositivepeople/> Have a look!

Madonna Quixley, Tutor

SCRABBLE

Second and fourth Wednesdays in Room 1, Eastwood Leisure Centre, at 1.30 pm (please be on-time as it is sometimes very inconvenient to re-start a game for a late-comer)

Leslie Norwood,

SILVER JEWELLERY MAKING

While Steve is well known for his silver-smithing skills the classes had a taste of his

culinary skills. Given that the class fell on Shrove Tuesday, Steve provided all the ingredients and then cooked pancakes for the class. The pancakes with the maple syrup, lemon and sugar were really appreciated.



The second class member profile is Jackie Pyke. She has been an original member of the jewellery class. Jackie comes with a background in metallurgy so she is one of the few class members who understands the science behind annealing silver. Last year when Steve was travelling, Jackie volunteered to teach us some basics of chain maille. Many of us became hooked and are forever grateful for the patience, time and effort Jackie put into helping us.

This is the only U3A class that Jackie is part of, it's Jackie's passion. She loves buying opals directly from a miner at a gem show, then cutting it, polishing it and setting it. Then Jackie sells it so she can do it all over again!

Jackie loves the companionship and the free exchange of ideas in the class. Like all of us she is impressed with Steve's skills and his ability to pass these skills on. The photographs (page 11) show examples of Jackie's chain maille and the opals she set. The class is very fortunate to have Jackie so willing to help and extend our skills.

Terry Dixon, Class Rep. (am)

Anne King, 5341 8002, Class Rep. (pm)

SIT AND STITCH

Classes are held 2nd and 4th Thursdays, 9.30 to

3.00 at Ballarat North Community Centre. Our first class is on February 9. If staying all day bring your lunch or just come for part of the day. Tea and coffee are provided and a roster will be drawn up for morning tea duties. Bring along your craft work and enjoy working in a friendly atmosphere sharing ideas and knowledge with other members. There will be demonstrations at times. Please remember to wear your name badge and to notify the class rep. if unable to attend classes.

Margaret Copping, Class Rep., 04 0902 1949

U3A UKULELE

2017 began with members showing how very popular learning to play the ukulele has become.

Absolute Beginners, Beginners and Players ukulele classes have taken off with great enthusiasm from students who are all enjoying making music.

Absolute Beginners class member Annette Loader says, 'The classes are absolutely fantastic, I've learnt more than I thought I would, plus the teachers have made it lots of fun.'

Please visit the U3A web site for availability for the various classes.

Ukulele washes away the dust of every day life



Jill Clarke, Richard Johnson, Clare Lacey and Peta Melbin, Tutors

WALKERS AND COFFEE

Walks are on 1st and 4th Wednesdays of the month. Walks start 10 am sharp from the nominated meeting place.

Walks are on the 1st and 4th Wednesday of the month. Walks start at 10 am sharp from the nominated meeting place.

March 22: Ballarat Golf Club. 1800 Sturt Street, Ballarat.

April 5: *I Made It* café. 113 Albert Street., Sebastopol.

April 26: *Racers* café. Wendouree Parade, Lake Wendouree.

May 3: Sebastopol Bowling Club. 213 Albert St Sebastopol.

May 24: Midvale Shopping Centre, Coffee Shop. Mt Clear.

Chris Cullen, Walk Leader.

Information; John Elischer, 0421341288

WEAVE YOUR OWN STARS

Jean Laing, Class Rep., 53313394, 0438534818, jeanlaing@hotmail.com
Lidia Aitken, Tutor

WOODWORKING

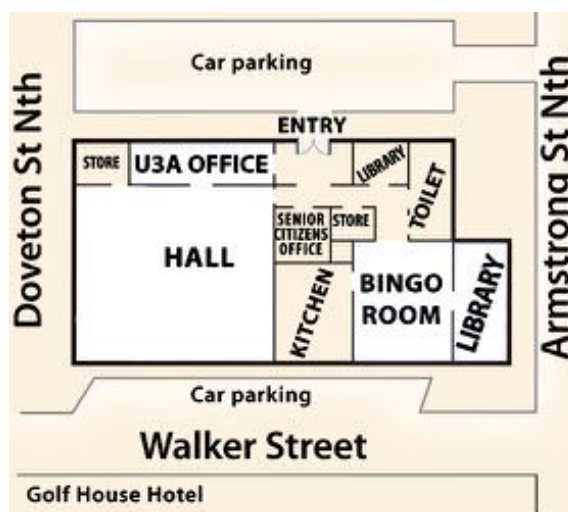
YOGA

Joy Whitten, Class Rep. 5341 8189

YOGA at NORTH

Julie Brusaschi, Tutor
Trish Twaits- 53324996
ttwaits20@hotmail.com
Kath Ragg, Class Reps

Ballarat North Community Centre Plan



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.