



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

January 2018

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 ☎ 5331 7937

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, 20 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; Jan to Nov. Pinarc

DIARY DATES 2018

Mon 22 Jan - Last Change Enrolment, ELC Office 10 – 3

Thur 25 Jan

Tues 23 Jan Tutors and Reps Information Day at Pinarc

Thurs 1 Feb First Day of Classes for 2018

Wed 7 Feb New Members Morning Tea, ELC Center
10:30 – 11:30 am

WELCOME BACK

Welcome back to the newsletter, your classes, and an exciting year. There are some great activities planned this year in addition to classes. We hope you'll join us for at least a few of them. It's an opportunity to meet and greet members who are not in your classes and to socialize. Look for information about our first activity, a Melbourne Walk, on Page 5. We will have more information on our events as the year progresses. We look forward to seeing you and welcome your suggestions for what type of events you would like have.

CLASSES BEGIN FOR 2018 ON THURSDAY 1 FEBRUARY.

This is our usual starting date for our classes. This means that Week One goes from Thursday 1 February to Wednesday 7 February. Week Two starts on Thursday, 8 February, and so on.

TERM DATES FOR 2018

TERM 1 - STARTS 1 FEBRUARY AND ENDS ON 29 MARCH

TERM 2 - STARTS 16 APRIL AND ENDS ON 29 JUNE

TERM 3 - STARTS ON 16 JULY AND ENDS ON 21 SEPTEMBER

TERM 4 - STARTS ON 8 OCTOBER AND ENDS ON 29 NOVEMBER

Classes are not held on the following public holidays

12 March - Labour Day

30 March – Good Friday

2 April – Easter Monday

25 April – Anzac Day

11 June – Queen's Birthday

28 September – Grand Final Day

And Eastwood does not have classes on Ballarat Show Day.

Classes run as normal on Melbourne Cup Day at all venues this year.

NOTE TO TUTORS: If you are buying equipment that will stay with U3A there is a form that must be filled out first. You will find it on the Member's Page on the website. You **MUST GET PRIOR APPROVAL BEFORE PURCHASING ANY EQUIPMENT.**

Bulletin Editor is now Elena Tommasi: Please send submissions by 21 February to elena.U3A@gmail.com



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PRESIDENT'S REPORT



Welcome to the new U3A-Ballarat-year to all members. We can look forward to a successful and enjoyable year with the resumption of classes and activities and the start of new classes and activities. The official start of the year is Thursday 1 February, and I hope we can continue using and developing our skills and knowledge as well as enjoying the social interactions that are 'part and parcel' of U3A.

At this point I should mention that this 'President's report' is really a 'Vice-President's report'. Our President, Jack, is undergoing medical treatment at the moment, so I am deputising for him. We wish Jack a speedy recovery and hope that he will soon return to active service.

Thank you, indeed a 'huge thank you', to all tutors and class representatives, who have undoubtedly started preparing for the new U3A-year. In particular, thank you to our new tutors and class representatives, and to tutors and class representatives who have offered additional classes and activities; by developing new classes they are ensuring we can cope with a growing membership as well as expanding the extent of our 'curriculum'.

Thank you also to the committee members and volunteers, who worked beyond the U3A-year at the end of 2017 and who have already been active during January. In particular, there will be committee members and office volunteers 'at work' in the office during the enrolment period starting Monday 22 January. By the way, the Office will be at the Eastwood Leisure Complex from that date.

One of the strengths of U3A is that all members are volunteers. Participants, class representatives, tutors, committee members and volunteers all work collaboratively to provide the classes, activities and social interaction that we enjoy.

The coming year will, of course, have its challenges as well as its successes. Finding suitable accommodation is challenging when we have increasing membership and there is a need to find sites for new classes. That is especially so while there are renovations taking place at the Ballarat North Community Centre (BNCC). Developing new classes and activities, and finding the necessary tutors, is also a challenge; hopefully members who have skills or knowledge they would enjoy sharing, or who would be happy to coordinate a class based on something they would like to learn, will offer their services. Anyone interested in offering new classes could contact any member of the Committee, or myself.

Regarding the renovations at BNCC, we are indebted to the City of Ballarat for their support. Indeed, we hope to continue developing the relationship between U3A Ballarat and the City of Ballarat.

So, to all members, welcome to, and enjoy, the 2018 year with U3A Ballarat.
Phill Grant, Vice President

CLASS COORDINATOR'S NOTES

NEW CLASSES

Lead Lighting class – Peter Grover phone 53301536 or pbglover@tpg.com.au

Peter has offered to run a Lead Lighting class for 6 weeks, starting from the 14th February. As an introduction to the class, he is going to run a **Lead Lighting demonstration at 10am to 12.00, on 7 February at the Community Shed at Pinarc.**

At this demonstration he will explain what is involved with the cost of equipment and materials. Attendance at the demonstration is a prerequisite for joining the class. People who attend the demonstration will be accepted when they enrol in the subject on MyU3A on a first come basis, and only those who attended the demonstration can enrol initially. Peter is offering to take 10 participants. The class will not appear on MyU3A until after the demonstration class has finished.

PSYCHOLOGY FOR EVERYBODY – Dr. Gitte Lindgaard - gitteu3a@gmail.com

What makes us smart? Where do emotions come from? What is intuition? Why do we (sometimes) make decisions that defy logic? These are the kinds of issues will be explored together in this introductory psychology class. Anyone who is curious about human behaviour and the factors underlying how, and why we behave as we do is welcome to join us in the bi-weekly classes held throughout this year.

Contact Gitte for more information about this interesting class.

The class is now available on MyU3A for you to enrol.

THE CLASS STARTS ON 12 FEBRUARY, ON MONDAYS WEEKS 2 & 4 1.00 – 2.30.

CHANGE OF VENUE MEDITATION GUIDED 1 AND 2. Note that Marilyn has started a new Meditation class which will follow on after her first class. Her first classes for Meditation will begin on **15 February**. Those who were on the wait list for her original class have been contacted, and most have enrolled in the second class.

Both of Marilyn Rister's Meditation classes will be at MARS MINERDOME, VISITORS CHANGE ROOM. Corner Grevillea and Dowling streets. Park in the car park at that corner, enter by main entrance and follow the signs. This is a lovely quiet, carpeted room with heater, coat hooks and attached toilets. Class members can enjoy a coffee after or before class in the café or bistro.

Walking Basketball will also be held at the Mars Minerdome

NEW TUTORS MEETING PINARC 10 AM 23 JANUARY ROOM 2.

All new tutors have been contacted. Hope to see you there if possible.

TUTORS AND CLASS REPS WHO USE THE COMMUNITY SHED AT PINARC MEETING 23 JAN 11AM ROOM 2.

Details have been sent by email.

TUTORS AND CLASS REPS. WHO ARE TAKING CLASSES IN ROOM 2 AT PINARC

If you are interested in having a look at Room 2 at Pinarc to familiarise yourself with the room, building and parking so you can plan your classes for this year, then you are most welcome to come and see us in Room 2, Pinarc **12 to 12.30, Thursday, 23 January.**

CHANGE OF TIMES FOR BEGINNERS BALLROOM DANCING CLASS. IT WILL NOW BE HELD FROM 12.00 TO 1.00 PM ON MONDAYS. The morning session that was originally timetabled has been cancelled.

THE EXPERIENCED BALLROOM DANCING CLASS WILL NOW BE HELD FROM 1.15 – 3.45PM AT EASTWOOD.

MEMBERSHIP

What a wonderful beginning to the New Year! Thank you to all who enrolled last year as it makes it easier for tutors to plan, for overworked Denise to find more tutors and rooms, and shows the enthusiasm of members for what is on offer. Currently there are 900 members booked in to 125 courses.

With this large number we all need to try and make new members welcome – there is a new members morning tea on the first Wednesday of each month from 10.00 to 11.30 at ELC. The monthly activities being run by the Events Sub-Committee is one way we can catch up with friends and make new ones!

If you have any queries or problems with MyU3A please contact me and I will try to help!

ADMINISTRATION

Administration Sub-Committee

The Administration Sub-Committee is the new name for the Membership Sub-Committee. It was felt by committee members that the committee encompassed so much of the operations of U3A that the name should be changed to reflect this.

The Committees role at the moment is to ensure a smooth start to the year, organize the enrolment process and ensure that members are happy with their class choices.

Presently the members of the Sub-Committee are: Nina Netherway (Chair), Mary Maloney, Denise Grant, Anne Ottrey, Helen Slater, Ros McArthur and Ann Cato.

Nina Netherway
Membership and MyU3A

U3A BALLARAT WEBPAGE



What's on the Web? Look at what you can find on the members' only page on our website!

	CURRENT BULLETIN	USEFUL LINKS
TIMETABLE	Bulletin Archive	Class Attendance - Click on the purple button
COURSE GUIDE	2017 Bulletin	Class Register - Click on the purple button
	2016 Bulletin	Class Reps Notes
TUTORS	2015 Bulletin	Copyrights
	2014 Bulletin	End of Year Procedure
MY U3A	ADMINISTRATION	Equipment Application
ONLINE COURSES	CALENDAR AND OFFICE HOURS	Falls
	NETWORK BULLETIN	Incident Report Form
		Register of Incident at North
		Risk Management
		Tips for Class Tutors
		Office Help Sheets for Office Volunteers

To access the Members' Only page, click the **Red** button on the front page. You will then need to put in the Members' Only password which is Balrt1

If you need help using the website or have any questions regarding anything on it, contact me by phone 5330 1334 or by email. moomoo@southernphone.com.au **Mary Maloney – Website Manager.**

Melbourne Walks – Melbourne Geography Tour

Wednesday 14 March, 11:30am at Federation Square

This two hour walking tour of Melbourne is open to all U3A members and will cost each member \$20, to be paid on the day. Places are strictly limited and will be allocated on a first in basis. We will travel to Melbourne together on the 9:18 train (9:12 from Wendouree), arriving at Southern Cross at 10:40. The walk commences at Fed Square at 11:30. May be time for a quick cuppa in there? After the walk we can have lunch together before returning to Ballarat, or people can go their own way. All participants pay their own train fare. The tour is led by experienced guide, historian and author Meyer Eidelson who is a very interesting, engaging and informative walk leader. You will be standing and walking for 2 hours, so need a reasonable level of mobility and fitness.

The tour includes

- The Basalt ledge or Yarra Falls that instigated the City.
- Geographic influence on Indigenous Society and the Dreamtime creation stories
- Fauna and Flora
- Architecture e.g. the influence of materials: wood, bluestone, bricks, iron, gold.
- The geological record
- Living on higher and lower grounds
- Changing technologies to respond to the geography. - Impacts of flooding and waterways
- Changes to community. - Maps over time.

If you want to join the walk, email Anne Ottrey at ottrey@ncable.net.au or phone 0422 963 985. Please provide a contact phone number and email (if available).

Are you a technology expert?

U3A Ballarat Technology Sub-Committee is looking for someone with advanced technological skills that can help lead us into the future. Someone with the vision to help develop our future needs as well as help maintain our current equipment and help with future acquisitions. If you can help please contact Phill Grant at 0412 751 377 or grantphillip@hotmail.com

The activities mentioned below are not U3A Ballarat activities. They have been mentioned in the U3A Ballarat Bulletin because they may be of interest to members.

Ballarat Speakers Club

Patrick Jones lives a frugal life in Daylesford with his wife Meg and two kids. They live in harmony with nature growing their own food, husbanding the local bush and teaching others how to live this way. Patrick has just released a new book called “Fermenting Culture – a return to culture through gut logic”. This book highlights the importance of a healthy gut microbiome and how fermented food can play a key part of this.

At the Ballarat Speakers Club luncheon Patrick will tell his story. **The luncheon will be at 12 noon on Thursday 8th of February at the City Oval Hotel, Corner Pleasant and Mair Sts.** Please let Anthony know by Tuesday evening if possible by email, text, phone 0458 312 533.

<https://www.meetup.com/Ballarat-Speakers-Club/>

Exclusive Film with Q&A screening of award-winning Aussie film in Ballarat

There will be a screening of brand new Australian film *Zelos*, a movie about relationships and infidelity, with a Q&A with the filmmaker after the screening. and local relationships expert Georgina Anderson (Hope Counselling and Psychotherapy) will lead a discussion around the themes of infidelity and sexuality. Screening is Wednesday, 20 December 7pm. Cost is \$20. Book tickets at <https://fan-force.com/screenings/zelos-regent-cinemas-ballarat-vic/> To see a trailer go to <https://www.facebook.com/zelosmovie/videos/1313383328787048>

CLASS NOTES

The next Bulletin deadline;
Wednesday 17 February 2018
to Elena Tommasi, PO Box 2058,
Bakery Hill, 3354 or
elena.U3A@gmail.com

Please Note: I am making a few changes to the Bulletin this year. In the Class Notes we will **ONLY** be publishing information on upcoming dates, times and events. If you do not have information that needs to be imparted to your class the class will not be listed. We are working on adding a place to the web page (either a separate page or in the Buddy Board) for classes to talk about what they are doing. We would still like photos and will publish as space permits.

BOOK FOLDING INTEREST GROUP *Anne Ottrey, Tutor*

Our first class will be held on Friday 2nd February at Pinarc, room 2, 9am - 10:30am. Bring along a paperback or hardback book measuring approx 24cm x 16cm (eg, a fairly large paperback) with at least 436 pages. Also bring the usual tools - pencil, ruler, craft knife.

BUSHWALKERS *Laraine Gunning and Lynne Fenton, Class Rep.*

February 8th. Yarrowee Trail. 8kms from Yuille Station and finishing there for morning tea/lunch. Code A-B. Car Pool \$2

February 24th at the Gong. Approx 5 kms, long gentle slopes. Bring morning tea/lunch.

Please Note: Due to hot summer weather meeting time will be **8.50 A.M** (to leave 9 A.M) at Llanberris Netball Courts

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.

BRITISH INDIA THROUGH FILM, FACT AND FICTION *Jill Blee, Tutor 0411 046 558*

The class will commence this year at 9am on Thursday February 1 at PINARC. The reading list has been extended to include some new titles as well as others which were unearthed by participants in the course last year. As it is not practical for everyone to be reading the same book at the same time, participants in the class are free to choose what they read each month. The first half of the class time will be devoted to discussion about the books and how they contribute to our overall knowledge of the Raj. Class participants will also be encouraged to write reviews of books and film on the class blog which will also contain history notes and other notices. The blog address is www.britishindiau3a.wordpress.com. The reading list will be posted on it soon and historical notes will be added from time to time. A list of the films being sourced will also be included once it is finalised.

CLASSIC CINEMA *Kerren Thorsen, Class Rep 5338 2607*

Our year exploring Cinematography will begin with a most innovative and accomplished silent film. "Man with a Movie Camera" (Russia, 1929, 68 mins) aims to show how that camera can see - and reveal- most aspects of life. This results in an exhilarating urban tour.

Also, see if you can find some "spare" DVDs for our new Swap Box.

Please be seated ready for a 1.30 start.

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

2018 will bring more challenges to all of us in this class. To prepare yourself after a long break try solving this clue.

A French African free from ropes (6)

DINING OUT GROUP *Anne McKee 0403 079 216 or anneianmckee@ozemail.com.au*

Welcome to new and old members. Our first meeting for the year will be on Sunday 18 February at the Barkly Motor Lodge which is on the corner of Main Rd and Barkly St and is opposite the Chinese Restaurant. The time is 12.15 to 12.30. Please let us know if you can or cannot come by Friday 16 so we can finalise numbers. Contact us on either anneianmckee@ozemail.com.au or ring 0403 079 216. Please wear your Name tags.

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

I hope all current and new members have been able to get the two books from which we read and discuss essays. The essays to read for February are:

The Oxford book of Essays – 12 Feb, pages 41 to 52 inclusive

26 Feb, pages 52 to 62 inclusive

The Best Australian Essays - 12 Feb, *How to Love Football* by Anna Spargo-Ryan

26 Feb, *Review of Chorale at the Crossing* by Peter Porter

FILM MUSICALS *Bob Whitten, Class Coordinator. 5341 8189*

ibobdown@hotmail.com There are still a few vacancies in this class, anyone wishing to join the class please contact Bob Whitten

The classes for 2018 will start on Friday the 9 February at 1.00pm in meeting room 4 (old canteen) at Eastwood Community Centre with the following films.

9th February Murial's Wedding.

9th March -- Hi Society.

23rd February -- Glenn Miller Story.

23rd March -- State Fair.

GENTLE YOGA *Joy Whitten, Class Rep*

Class members please note that Friday yoga will resume on Friday 9 Feb at 9.30 am

LITERATURE *Robyn McKnight, Class Rep*

Our class will resume on Thursday 1st February at 10.45am. Our tutor Helen Nethercote has chosen "Room with a View" by E.M. Forster.

There are now a couple of vacancies available for this class

WALKERS AND COFFEE *Chris Cullen, Tutor, 0431 859 315*

Chris Cullen, Walk Leader. Information and apologies; John Elischer, 0421341288

January 24th Meet 10.00am Pipers @ the Lake

February 7th Victoria Park Cnr Russell & Eyre Sts

February 28th Formosa Gardens Nursery Cnr Leith St/Campbells Cresc, Redan

March 7th I made It Café 113 Albert St, Sebastopol

March 28th Llanberris Reserve Netball Centre Eureka Street

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