



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

APRIL 2018

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CLASSROOMS: EASTWOOD LEISURE
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BALLARAT, 3350

Public Officer: Ros McArthur 14 Aryvale
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ABN 3371 3445 856

MEETING DATES

EXECUTIVE MEETINGS

monthly on the 3rd Wednesday
9.30 am; Feb to Nov. BNCC

DIARY DATES 2018

Fri Mar 30	School Vacation starts; U3A classes normally break for the vacation, but check with your tutor
Wed Apr 4	New members' morning tea and tour. Eastwood Leisure Complex, Eastwood Street. 10.30 to 11.30 am
Mon Apr 16	School Term 2 starts, as do U3A Term 2 classes
Wed Apr 18	U3A Committee Meeting. BNCC 9.30 am – 12.00 pm
Wed Apr 18	Deadline for February Bulletin articles (to Elena Tommasi elena.U3a@gmail.com)
Fri Apr 27	BNCC Operations Committee Meeting. BNCC. 10.00 am
Wed Jun 6	New members' morning tea and tour. Eastwood Leisure Centre, 10.30 to 11.30 am

Quick Reference - what's in this Bulletin?

- Ballarat U3A Office Opening Times, page 4
- Membership, page 6
- Class Coordinator's Notes, page 7
- Have you seen the webpage? www.u3aballarat.org.au page 9
- Accommodation Sub-Committee, page 10
- What's on in Ballarat, and U3A Musical Performances?, page 10
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ART GALLERY CONCERT

U3A Celtic Band & Saint Cecilia Singers Combined Concert

U3A members are cordially invited to attend this concert which is open to the public.

Venue : The Annexe at the Art Gallery, Lydiard St., Ballarat

Date : Sunday, 6th May, 2018

Time: 2.30pm

Free Entry

CDs will be on sale. Cost \$10.00

PRESIDENT'S REPORT



Another successful month has passed for U3A, and many positive things are happening. We now have some members volunteering and helping Pinarc with their *sail ability* program each Friday, and what a privilege for the opportunity to do so. Great work Robyn.

The community shed at Golden Point is constantly being upgraded, with new additional LED lights etc, and the classes/groups using the facility are taking great pride in the shed, which is reflected in the wonderful atmosphere there. We now need to find a decent heater for the winter months.

Some two weeks ago I took the opportunity to attend our Philosophy class at the Neil Street Church; the subject matter was as usual controversial, much discussion took place and a very wide range of opinions was shared between members. No matter how controversial, class members always respected each other's points of view. This class is one of our largest, having some fifty-odd members and has been conducted by the same tutor for seventeen years. A fantastic achievement Anne.

Another one of our giants is the Ballarat and District History class, some 100-plus members. This class is held at MADE, which is currently in the process of being liquidated by the end of March. The council will then take over management of the building and it will revert back to the Eureka Centre. U3A has been assured of continued use of the facility. The class is also conducting fortnightly walks exploring the many sites in Ballarat and has secured Professor Geoffrey Blainey to present his views of the Eureka story later in the year. Another fantastic class.

I would also like to take the opportunity to thank the staff at MADE who are now looking for other employment, for the support and encouragement they have given our classes for the past three years.

Our musical groups are also in full swing, and it's great to see them in the community sharing their joy in making music (or singing). Four members of our recorder class travelled to Canberra some two weeks ago (*The Quinta Quintet*). They joined some fifty other enthusiasts participating in the *National eight-foot pitch recorder orchestra blow in day*. I am sure they did U3A proud, as always.

George, our extremely entertaining and animated Choir conductor, is still looking for an apprentice who can take over when he takes his family on safari. (Anyone out there?)

The choir has incidentally grown by some nine to ten new members this year, who are all very welcome.

We have had correspondence from Ballarat Group Training (BGT) who are currently negotiating with the Education Department to take on the role of lead tenant at the Barkly Street campus. It looks as though they will offer us (U3A Ballarat) some classrooms/facilities if successful. We will keep you posted.

Our current membership is 1050 and increasing.

The Committee and I would like to wish all our members a safe happy and peaceful Easter and we ask you to try and speak with at least one lonely person.

Jack Engwerda, President 53412118 Jackpam1@bigpond.com

U3A BALLARAT - OFFICE OPENING TIMES

Eastwood Leisure Complex, Eastwood Street, Ballarat. Telephone 5332 7825 office hours only, otherwise 0431 859 315

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

VALE

Marcia Hyde

15 September 1941 - 3 March 2018



The class of the U3A Ballarat Painting and Drawing Group were deeply saddened to learn of the passing of one of our long-standing and much loved members, Marcia Hyde.

Marcia dearly loved her family and shared her fondness for gardening, flowers, nature, art, people, the Royal Family and her dog 'Lady'. She maintained a positive outlook on life and always had a welcoming smile. She was truly loved and respected by all her U3A Art friends. Marcia will be sadly missed

VALE

Helen Burgess

March 8 2018

Helen is one of the last foundation members of U3A. An accomplished needlework person, very knowledgeable on world flora and fauna, and an inveterate traveller to so many areas of the world. Her last few years she spent in care at Kelaston.

"Does anyone know where the ..."

Just a brief survey of where several items on the U3A equipment list are at this end of Term 1 2018. With so many U3A venues (over fifteen) Blake has 'lost contact' with:

- One of the small PA systems. It used to be at Ballarat North Neighbourhood House in 2017 and used by the classes there.
- A portable megaphone (the kind with a strap which can be easily carried over the shoulder) and runs on battery.
- Several brown plastic chairs.
- Any item you've been 'keeping safe' for U3A over the summer, that hasn't made its way back to either the ELC store, Ballarat North Community Centre storeroom, or the Pinarc Room 2 bookcase (at the back of the room).

If you have or know where these or other equipment items are, please contact

blakegordon1@bigpond.com

An update on equipment / venues now available; where it is and what's happening:

1. HP Computer #5 now resides at the back of Pinarc Room 2, in the lower cupboard of the bookshelf, along with the Visualizer and a data projector. Since U3A have sole responsibility for Room 2, tutors/ reps should become familiar with the gear there, in addition to the a-v gear on the front of the room trolley. An operating guide is on a string attached to the trolley.
2. New lights, a lathe and three new vices are now working in the Community Shed at Pinarc (Golden Point). U3A has sole responsibility for that wonderful venue for woodwork, jewellery, mosaics and leadlighting. The groups are taking care and leaving the place better after every class; it shows Pinarc we care and want to be good long-lasting tenants!
3. *Barkly Street Update* The Accommodation Sub-Committee is again negotiating to get a long-term lease for the former Ballarat Senior Secondary College (Barkly Street). Watch this space for developments over the month of April.
4. *Ballarat North Community Centre Update*
The tender will be announced after the City of Ballarat Council meeting on 5 April. Then the Operations Committee will press for a real schedule of works and deadlines.
5. *Eastwood Leisure Complex* The classes from BNCC hall; choristers, dance for exercise, rapt in singing, ballroom dancing, etc.; have fitted in well thanks to Marita, the manager at ELC, and each of the cooperative tutors and reps. We all miss the hall at BNCC, but have sorted the transition to ELC quite well.



The beginning project for 2018 - the tea/coffee/cup cupboard at the Pinarc Community Shed at Golden Point

Blake Gordon, for the Accommodation and Equipment Sub-Committees

CURRENT AFFAIRS: Guest Speaker; Mary Coulson from *Restart Africa*

**April 16 at 11:00 in the Hall at ELC
All U3A Members are welcome to attend.**

We are also welcoming other members of the public to this talk and request that any member who would like to assist *Restart Africa* contribute to the Gold Coin Box.



The Restart Children's Centre, now located in Langananga, just outside the town of Gilgil in the Rift Valley area of Kenya, was set up following horrific post-election violence, in 2008. This resulted in over a thousand deaths and more than 500,000 people being displaced from their homes and villages, with a large number ending up in Gilgil. Many of them were children, who had been orphaned, abandoned, or driven out of their homes by parents who could no longer support them. They suffered starvation, physical and sexual abuse at the hands of gangs on the streets.

Local resident Mary Coulson was so horrified by the growing number of street children that she felt compelled to do something about it. She found a modest property to rent and initially gave shelter to just six boys, providing refuge for those desperately in need: *Restart Africa* had been born.

The original buildings were in a poor state of repair, with the boys all in one dormitory room crammed with bunk beds, often sleeping two to a bunk. The toilets were of the 'long drop' kind (a hole in the ground). The children's outside area often flooded during the frequent rains. The dining hall doubled up as a classroom, entertainment room and assembly hall. However the children were fed regular meals, received an education and were safe from the horrors they had endured on the

streets. As time went on *Restart* also started to take in girls, many of whom had suffered horrific sexual abuse. The number of children eventually swelled to over 100, ages ranging from just a few months old to youths in their late teens. The old Restart building was bursting at the seams and became unfit for purpose.

New premises were desperately needed to house all the children. Plans were drawn up, and through fundraising and generosity, the building of the new Restart premises began in 2013. Just before Christmas 2014, the children moved into the new Centre to spend their first Christmas in their new home.

Ros MacArthur, Tutor

Farewell to Pastor Iain and Sue Beggs



Iain and Sue Beggs have represented the Eureka Chapel on the Ballarat North Community Centre Operations Committee since its inception. Indeed, they have been involved from the beginning in the establishment of the BNCC as well as the formation of the Operations Committee.

The Operations Committee is responsible for the overall operation of the BNCC and has representatives from each of the three groups that use the BNCC; the Ballarat North Senior Citizens' Club, the Eureka Chapel and U3A Ballarat.

We wish Iain and Sue every success in their new venture.

Collaboration with the Ballarat Sports and Events Centre

When the Ballarat Sports and Events Centre is opened in 2019 it is planned to use some of their facilities for U3A Ballarat classes and activities. The following is information from a letter from the Chief Executive Officer, Peter Eddy.

“As part of our growing relationship with U3A and, looking ahead with excitement to 2019 when the Ballarat Sports and Events Centre will open and offer even more opportunity to foster and grow our partnership, I thought I would reach out to all your members to say hello and to welcome them to visit the MinerDome Sports Club, which is a key partner for our community program services.

The attached flyer has some information on the club as well as an offer for members.

We will also extend an offer mid-year for U3A members to join us as guests at a Ballarat Rush and Miners home game double header. Our teams Administrator Melissa Thomas will action this in late April.”

(The information has been placed on the second-last page of the Bulletin, so that the voucher can be easily printed and used.)

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



CLASS COORDINATOR'S NOTES

REMINDER: No classes are held during the Easter school holidays, unless your tutor has advised you about alternative arrangements.

Classes end on **Thursday 29 March** and resume on **Monday 17 April**.

CLASSES THAT HAVE NOW FINISHED

Memory Atlas. The group is interested in forming a class that can interview U3A members about 'Their life stories'. This would be similar to the Memory Atlas which concentrates on Ballarat stories, but it would be U3A members stories from all over the world. If you are interested in facilitating or joining this group, please email Phill Grant, grantphillip@hotmail.com

The Big Lap finished last week.

Life Drawing finishes this week, but Barbara has offered a new class, which is outlined in the new classes section.

Lead Lighting will finish at the end of March.

NEW CLASSES

1. Seeing the World Through Economics - Short Course 2018

Chris Dickinson has offered to take **Seeing the World through Economics** again in Term 4. The class is now available for enrolment on *MyU3A*

This class was run successfully for the first time in 2017. The aim of the program is to look at contemporary issues with reference to the economic data that underpins nearly every issue. No formal economic background is necessary and each class will include brief explanations of relevant economic concepts.

The classes are discussion based and build on select statistics and brief articles emailed to participants prior to each class.

The topics to be addressed are determined by the class.

In 2017 the following topics were our focus:

Introduction to Economics	Global Economy and Trade
Wealth and Income Distribution	Migration and Australia's population Growth
National Debt – Facts and Issues	
Will Capitalism meet the challenge of declining resources and global population growth?	
The Crisis of 2008 and the Great Depression	
World Trade, the EU and Brexit	The Economics of going Green

The 2017 class showed how much background knowledge and understanding U3A members could bring to the class and how the understanding of Economics can provide further insight into society.

2. Chris will also offer the very popular **Share your Garden Journey** again.

In spring and early summer last year ten people offered to share the journey of their gardens with other garden owners. Each garden owner in their own way profiled their garden, its history and how it provided meaning to their lives. The range of gardens was amazing. The result was an uplifting experience with everyone disappointed the program had to conclude.

This year we are hoping to repeat the program by seeking gardeners, of any sized garden or location, who would like to participate. Size is of no importance. The intention is to run a weekly Friday afternoon program beginning in late October and finishing in early December. The length of the garden presentation is at the discretion of the garden owner. The presentation is followed by afternoon tea supplied by the garden owner but with assistance provided where required.

If we have fifteen participating garden owners (some couples) there will be the opportunity for ten others to join the group. Everyone is welcome to seek a place in the group but it is obviously contingent on people offering their gardens.

Please contact Chris Dickinson if you have any queries or would like to express your interest. c.a.d.invermay@gmail.com or 0402040421”

This class will not be available on *MyU3A* until later in the year when the programme is finalised.

3. The Art of Pencil Drawing will take place for six weeks from 4 May to 8 June. Barbara Preston has offered to take this short course. It will be on Friday afternoons at Pinarc, 2.15 to 3.45 pm.

Aim: To enjoy the experience of mastering the medium of drawing with pencils and to produce a finished art work.

This class is now available for enrolment on *MyU3A*. Please contact Barbara Preston for details.

4. John Maguire is going to start a **Celebration of French Songs** class which will take place in between his two Friday French classes. This means that French E will start 15 minutes later.

This new class is to start from Friday, 11 May.

It will be held at Eastwood in Training Room 1 on Fridays in Weeks 2, 3 and 4, from 1.30 to 2.30 pm. See the Class Notes for more information.

This class is now available for enrolment on *MyU3A*.

FEDERATION UNIVERSITY

Helen Weadon from the Business Faculty at Federation University contacted Denise re our U3A members sitting in on their classes. So far, we have three people attending Federation Business classes. At the moment the Business Faculty is the only one offering us this opportunity. If you are interested in sitting in on classes at Federation University, then please contact Denise Grant deniseu3a@hotmail.com

Federation University History: Possible history subjects that could be offered for U3A Ballarat members to attend at Federation University are:

a. *Western Civilization in World History*, which looks at an overview of Western Civilization from Greece for the industrial revolution. It also features a lot of active learning measures in tutorials, such as costuming, food, crafts and so on.

b. Second semester; *History, Folklore and Urban Legends*, which looks at popular folklore and media reportage on various urban legends and national myths and teaches students how to do online archival searches.

c. We also have a general history of the 20th century course entitled *Modern World Events*.

TUTOR TRAINING DAYS

Tutor and Class Rep training. A big thank you to Nina Netherway and Mary Maloney who took this very worthwhile training afternoon. The event was advertised in the *Bulletin* and in an email sent to every tutor and class rep. Thanks also to Anne Ottrey who hobbled around with a sprained ankle to prepare the afternoon tea. Thanks too to Jack Engwerda, Phill Grant and Blake Gordon for coming along to lend support

The tutors and class reps who attended were really interested, and with such a small group they were able to ask detailed questions. I think that those who attended got a lot out of the afternoon.

The technology training session the next day was also excellent. Again, a big thank you to Chris Hindhaugh who fitted us in when he had an engagement in Dunkeld, and Blake Gordon who got the equipment set up and cleared away after the session.

The tutors who attended took many notes and were able to practise using the equipment.

ABORIGINAL STUDIES

There has been a request from our members for a class in Aboriginal studies. Is there anyone in our community who would like to introduce an Aboriginal Studies class? It could be a short course, or an ongoing one.

*Denise Grant –Class coordinator
email_DeniseU3A@hotmail.com*

THE DIVERSION FOR MARCH



No one guessed the Diversion for February which was Haleakala Volcano on the island of Maui, Hawaii.

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

WHAT'S ON IN BALLARAT?

BALLARAT SPEAKERS CLUB



Our April Luncheon will feature one of Ballarat's most respected physicians. **Associate Professor Mark Yates** is a consultant physician in geriatric medicine and Director of Clinical Studies at the Grampians Clinical School, Deakin University. His main areas of clinical interest are dementia and memory disorders, continence management, constipation, airways disease and health care delivery in an ageing society.

At our next luncheon Mark will talk to us about a subject that is relevant to most of us in one way or another, that is the diagnosis, treatment and prevention of Dementia.

As usual our luncheon will be at the City Oval Hotel, corner of Mair and Pleasant Streets, on Thursday 12 April at 12 noon. The cost is \$40, which includes \$12 to charity.

It is expected that there will be a lot of interest in Mark's talk so early registration is recommended to secure a place. Please also arrive on time so we can get through the meal in good time. Register at <https://www.meetup.com/Ballarat-Speakers-Club/> , or by phone/message to Anthony on **0458 312 533**

U3A BALLARAT WEBPAGE

HOW TO ACCESS THE BUDDY BOARD

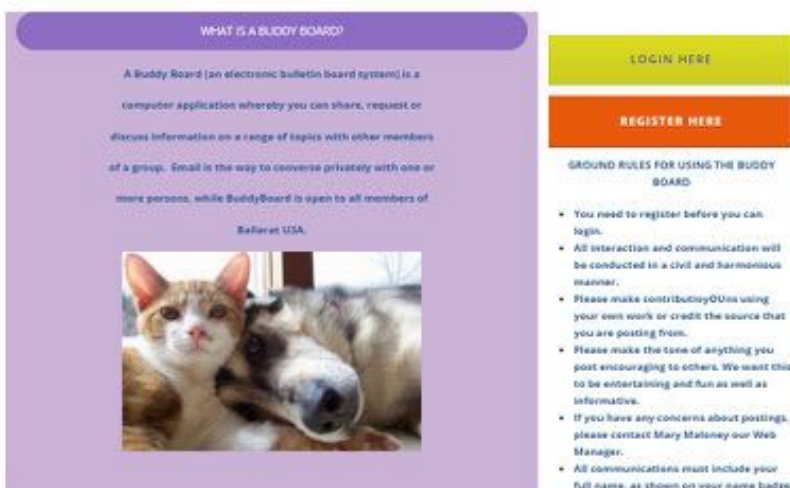
Changes have been made to the Buddy Board to make registering and logging in easier.

Open our Website www.u3aballarat.org.au

Click on the purple BUDDY BOARD button.



You will see the page pictured below. Please read all of it.



If you would like to register, click on the **orange** REGISTER HERE button and you will see the REGISTRATION PAGE. (See below)

If you have already registered click on the **yellow** LOGIN HERE button and you will be taken to the LOGIN page. (See next page)



Quinta's Visit to Canberra



Last weekend four members of the Quinta quintet (all U3A Recorder members) travelled to Canberra to participate in the National Eight Foot Pitch Recorder Orchestra blow-in day. We travelled by car – thanks to Brendon – sharing the driving with one and half hour changeovers.

We arrived at the venue, the Woden Seniors Club, early Sunday morning, and unpacked our large recorders – tenor, bass, Great bass, Contra-bass. We were among approximately 50 other players of these 'deep' instruments.

The name 'eight foot' is based on the approximate length of an organ pipe sounding the bottom note on an organ keyboard. The sound, when we started playing, was

just like an organ and sent tingles down your spine!

Margaret, the conductor, led us through about twenty pieces of music during the day – some composed or arranged especially for the day. It was great fun, especially meeting other players from Canberra, Brisbane, Sydney, and other places in NSW. We were proud to be the only Victorians!

It would seem a lot of travel for five hours of playing – but it was well worth it!



CLASS NOTES

The next Bulletin deadline;
Wednesday 18 April 2018
to Elena Tommasi, PO Box 2058,
Bakery Hill, 3354 or
elena.U3a@gmail.com

BOOK GROUP TWO *Rhonda Gray, Facilitator, 5341 8461 Helen McDowell, Class Rep*

This month we reviewed, *Band-Aid For a Broken Leg* by Damien Brown.

This is a well written, honest account of a young Australian doctor's experiences in Africa with Médecins Sans Frontières. It provides valuable insight into the challenges faced by those trying to make a difference.

Recommended reading. Satisfaction rating, 8/10.

Our next book is : *Belgravia*, by Julian Fellowes.

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

Walks for April.

April 12th---Mt Macedon. We will drive to the top of Mt Macedon and do a circuit walk which includes the Memorial Cross, The Camels Hump and the Major Mitchell lookout. The walk is through undulating country over a variety of different surface types. There a couple of lengthy uphill sections but they are not too steep. Walking poles could be handy in places but not essential. The length of the walk is 10 kms. Code C. Bring morning tea and lunch. Car Pool \$8
Please Note Because of the longer travel distance this will be a full day excursion. Expected return to Ballarat approx 4.30 P.M

April 26th--Paddys Ranges State Park. We will walk from the Picnic Area to the Camping Ground. The walk is 7.6 kms and in the main is a loop but we will double up a bit at the beginning and end. Toilets and picnic table and chairs at both Camping Ground and Picnic Area.
Bring morning tea and lunch. Code B, Car Pool \$8 This will be the last early start for the year.

Both walks will meet at Llanberris Netball Courts parking area at 8.50 A.M for 9 A.M departure.
For walk details and photos from past walks please go to our Blog at:
<http://bushwalkersu3aballarat.blogspot.com.au>

CLASSIC CINEMA, *Kerren Thorsen, Class Rep., 5338 2607*

April 10. "Civilisation" is confronted with the primal power of nature when a group of nuns set up a school in the Himalayas. Black Narcissus (1947, Britain, 99 mins) makes superb use of colour photography to convey its themes.

Please see if you can bring "spare" DVDs for our new swap box.

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

Our next meeting will be on Sunday 15 April at The Royal Mail, Sebastopol The time is 12.15 to 12.30. Please let us know if you can or cannot come by Friday 13 April so we can finalise numbers. Contact us on either anneianmckee@ozemail.com.au or ring 0403 079 216. Please wear your Name tags.

FILM MUSICALS *Bob Whitten, Class Rep 53418189 or 0431431970*

Films for term two are as follows

27th April -- Mama Mia. (2008)

25th May -- Fiddler On The Roof. (1971)

22nd June -- Thoroughly Modern Millie. (1967)

11th May -- Finian's Rainbow. (1968)

8th June -- Young Man with a Horn. (1950)

29th June -- Paint Your Wagon. (1969)

A CELEBRATION OF FRENCH SONG *John Maguire, Tutor johnanddot@hotmail.com*

This is a new class to start from Friday, 11 May.

It will be held at Eastwood in Training Room 1 on Fridays in Weeks 2, 3 and 4, from 1.30 to 2.30pm.

This class is for those who have an interest in the French language and who enjoy singing.

In this class, we hope to explore a wide range of well-known (and not so well-known) French songs and singers – from Aznavour to Stromae to Zaz...and do a lot of singing in French!

It could also serve as a useful complement to your French studies. Classically trained voices are not a pre-requisite!

HIKING *Andrew Parker; 0418 562 977. canlodge@gmail.com*

The next scheduled hike is Thursday 5 April; the Wallaby Track Stage 3. Meet at Kirk's Reservoir car park.

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>

LITERATURE *Robyn McKnight, Class Rep.*

Our class will be reading "The Golden Age" by Joan London with tutor Helen Bosher as the April selection.

We now have a couple of vacancies in this class. Classes are held on the 1st and 3rd Thursday morning of the month.

MYTHS *Alice Mills, Tutor; Marion Dick, Class Rep., 5332 4831*

March 26: *Thor's Journey to Utgard.*

*No class on **April 9** during holidays*

April 23: Subject to be advised.

Before each class discussion we read from texts which are made available free online by the Gutenberg Project.

There are still some places available. If interested please call tutor Alice Mills on 5341 3857.

READING SHEET MUSIC FOR MUSICIANS WHO CAN'T

Tutor; Geoff Parr-Smith. Class rep; Blake Gordon

This was a six-week short course designed to introduce practicing musicians to reading sheet music.

We've been treated to eight weeks of inspired teaching, review, and questions unlimited from Geoff. We covered five grades of music theory in eight weeks! Thirty-one handouts, many 'ah that makes sense now', several Eureka moments, and a lot of laughs and 'sounds of music' later, we now have some understanding of the simplicities and complexities of modern music. Now it's back to review the scales, chord progressions, cadence, navigation and articulation in our choir, band and listening to music. When is the 'follow up class' starting Geoff?

■ Your voice—Trust your choice

FREE
EVENT

“ We all have a right to make our own decisions, however, as we age, our ability to do so may decline. One of the practical things we can all do is to make sure we appoint the right people that we trust as our powers of attorney to make decisions on our behalf. It is crucial that senior Victorians think ahead about who will be their ‘trusted person’.



I warmly invite you to participate in the ‘Your Voice - Trust your Choice’ training, developed after extensive consultations with seniors and seniors organisations. You will be able to spread the messages from this training to help protect older people from harm.” – Gerard Mansour, *Commissioner for Senior Victorians and Ambassador for Elder Abuse Prevention*.

Would you like to help older people understand the importance of choosing the right person as their Power of Attorney and make their wishes known? Then, come along to this interesting and vibrant workshop!

WHAT: This two-hour workshop will train you to engage with seniors about what they need to consider before appointing a Power of Attorney.

WHO: The workshop is suitable for community leaders, community educators, volunteers and workers who can engage with senior Victorians.

WHERE: Choose from one of eight training sessions to be held in Melbourne and four regional areas. The two-hour interactive workshop will:

- explore the key messages in the ‘Your voice - Trust your choice’ booklet.
- explore methods for engaging with seniors on this topic
- provide training resources.

COST: Free (light refreshments will be provided)

FIRST SESSION:

[Click here to register for a training session.](#)



For further information, contact the Education and Engagement Officer at the Office of the Public Advocate on 9603 9558 or OPAeducation@justice.vic.gov.au

 Office of the
Public Advocate

 VICTORIA
State
Government



Neighbourhood House Week 8th -11th May

Discover your Local Neighbourhood House.....

Ballarat North Neighbourhood House

TUESDAY 8 MAY		Come and learn about Affinity We are delighted to offer a course using a free trial of Affinity Photo. You will be need to bring your laptop, Apple Mac or iPad Pro. This means you'll be able to spend time getting to know the photo manipulation software before committing to buying the program. Two workshops to attend Tuesday and Thursday.	9.30am - 12.00pm Bookings essential 5329 1101	FREE
		Drawing Beginners - For absolute beginners, this class is a relaxed introduction into basic drawing skills. Learn to draw a simple composition, no experience need and all the materials provided.	9.30am— 12.00pm Bookings essential 53291101	FREE
		Ancestry With the treasure trove of information on the internet, tracing your family history is now easier than ever. Online records and archives can help you fill in the blanks about your ancestors, providing genealogy information that you just can't get from your living relative. In these few hours you will sign up to a Free Ancestry Trial, you will need to provide credit card details however you will learn how to use the account and/or cancel the subscription after the trial.	12.30pm - 3.30pm Bookings essential 5329 1101	FREE
WEDNESDAY 9 May		Wills and Power of Attorney plus Funeral Plans— "Conversation Hour" come and join our guest Lisa Buckland - Community Legal Centre Central Highlands & Maureen O'Shannassy - Consumer Affairs. The discussion will be about Wills, Power of Attorney plus the pros and cons of Funeral Plans.	10.30am—11.30am Morning Tea Bookings essential 53291101	FREE
		To show support and pay tribute to people in our local community affected by breast cancer and their families. These tribute events are called "Mini-Fields of Women". Please come to the Neighbourhood House to see our "Mini Field of Women" in our garden.	9.00—15.00 in the Karinya Garden	FREE
THURSDAY 10 May		A Self Portrait Class using various mediums and freedom of expression. Come and enjoy an afternoon of exploring and creating a personal masterpiece.	1.00pm - 3.00pm Bookings essential 5329 1101	FREE
		Affinity Continue... Come and learn about Affinity We are delighted to offer a course using a free trial of Affinity Photo. You will be need to bring your laptop, Apple Mac or iPad Pro. This means you'll be able to spend time getting to know the software before committing to buying the program. Must have attended Tuesday workshop	9.30—12.00pm Bookings essential	Free
		Gardening Meet to share skills and experiences growing food in the shared Vegetable garden. Come a spend time in the garden.	1.00—2.30 Bookings essential	Free
		iPhone: The basics. This is for new owner or the rusty one, who needs to get up to speed with the basics. Learn how to make calls, send text messages, check emails, take photos, surf the web and change settings	12.30—3.00 Bookings essential	Free
FRIDAY 11 May		eBay Learn how to use eBay, from signing in and create an account, how to protect your account and personal banking. Understand how PayPal works and other options for payments using eBay	9.30—12.00 Bookings essential	Free
		Sewing Loose Ends Up Opportunity to engage with other sewers to finish or get ideas on how to complete a quilt, dress or need some help to start. Bring your sewing project to get some advice.	9.30—12.00 or 12.30 - 3.00 Bookings essential 53291101	Free
		In Microsoft Windows the Control Panel provides the ability to view and change system settings. It consists of a set of functions that include adding or removing hardware and software, controlling user accounts, changing accessibility options, and accessing networking setting. Come and learn how it all works on Windows 10.	12.30 -3.00pm Bookings essential	Free



Ballarat North Neighbourhood House

6 Crompton Street

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