



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

August 2018

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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; Feb to Nov. ELC

DIARY DATES 2018

Tues July 31 U3A Film Luncheon, Regent Theatre 9:45 Start

Wed Aug 1 New Members Morning Tea 10:30 – 11:30 ELC



Day Trip to Dorothy Nicol's 100 Years of Fashion Collection Lismore, Victoria

29 August Exact Time TBA

**Cost \$25 includes Bus and
Entry**

We will also go to lunch (at own expense)

Lismore woman Dorothy Nicol has collected more than 1,500 garments from different eras, ranging from the late 1800s to the 1980s. But it's not the fashion that fuels her passion, but the stories behind the dresses.

Dorothy has been collecting for 50 years. Her collection has helped raise around \$75,000 for community organisations in the south west of Victoria. This amazing octogenarian holds many important labels and items of clothing in her collection, which have appeared in exhibitions around the state. Many of the clothes have been locally sourced and come with the stories of the women, children and men who made or purchased and wore them. It includes shoes, hats, uniforms, jewellery, bags and clothing for all seasons and occasions.

Though we are still working out a few details we would like expressions of interest for this fun and interesting day out.

For more information or to express your interest in attending call Laurene on 0439 0111 75 or email to laurenedietrich@gmail.com.

Bulletin Editor: Elena Tommasi: Please send submissions by 18 July to elena.U3A@gmail.com. Please do not use the old email address previously published.



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PRESIDENT'S REPORT



July has been a quiet and uneventful month mainly due to the holiday break at the end of term 2, although quite a few classes continued without a break.

The committee, through various of our members, is consulting with those tutors who have waiting lists for their classes, for as we know there is nothing more frustrating for members, new and old, (pardon the pun) not being able to participate in classes or activities of their choice. We always encourage early enrolment; however, we realise when a class is full, there are no longer vacancies.

How is this resolved? The tutor may increase the class size, although this may not always be possible due to the constraints of the physical classroom size, equipment, personal mentoring etc. Another solution is where an existing class member is encouraged to start a second, or replicate class. Unfortunately, that's not always as easy a resolution as it sounds. However, be assured we will keep working at the problem of waiting lists, because: **WE INTENSELY DISLIKE WAITING LISTS**

Here we go again, our events sub-committee has organised a film/luncheon day on Tuesday the 31st of July, (Mama Mia) and a bus trip excursion to Dorothy Nicol's shop in Lismore on Wednesday 29th August. More details are available in the Bulletin, and on our U3A website. I would ask all members to consider participating in these outings, as our events sub-committee works very hard at organising these events.

During the first week in July, The Courier newspaper printed an article referring to the empty Barkly Street College/facility, and what a blight it is on the Education department to ignore the potential vandalism. We (U3A) were asked to comment, and we expressed in no uncertain terms the wastefulness, and, on the other hand, the need for classrooms for U3A given our current rapid growth rate. There were no comments from the Education department nor from any of our local politicians forthcoming. It must be extremely frustrating for the Ballarat Group Training Organization still trying to negotiate a lease, and of course our tenure relies very much on a leasing arrangement being negotiated.

The Ballarat North Community Centre upgrading is well under way, as is the stadium complex in Norman Street and our relationship with Pinarc is well established and growing daily. Our sharing and participating at the Eastwood street complex may also have a very positive outcome for the facility. It looks as though council may consider upgrading the centre, of which it is in very bad need. It is in a fantastic location, with great public transport and parking and with rooms and facilities to meet every class and activity need. Hopefully our (U3A's) tenure, increasing the activity and use of the facility will make council realise the importance of Eastwood Street to the Ballarat community. By the way, they are very nice people at Eastwood street.

THE ONLY WAY TO HAVE A FRIEND IS TO BE ONE.

Jack Engwerda, 5333 1654

EMERGENCY PROCEDURES

In the past week two members we have had two emergency situations with U3A members going to hospital so we want to reiterate emergency procedures and to remind you to wear your badges with the information filled in on the back.

In the event of accidents or emergencies in a class situation, the following procedure should be implemented immediately.

1. Phone the emergency number 000. Give the address of the venue to the ambulance team.
2. Keep the person still and make as comfortable and safe as possible.
3. Give the information on the name badge to paramedics in the ambulance team when they arrive.

Members are strongly urged to wear badges at all U3A gatherings. Special conditions - e.g. diabetes, angina, asthma, allergies, etc. - to be recorded, as well as doctor's name and phone number on the small slip inside the badge.

All members of U3A Ballarat should know this procedure and ensure that everyone is compliant with respect to the necessity of wearing the badge. So please get your badge out now and ensure that the information is up to date.

DID YOU KNOW

1. U3A has access to WiFi at Eastwood Leisure Complex. Just ask at the main ELC office for the login code. Please use WiFi for class/office purposes only.
2. U3A also has access to WiFi at Pinarc Room 2. The procedure for login is written on a card on the A-V trolley. Please use WiFi for class research purposes and limited use of you tube/google.
3. Access to Pinarc Room 2 is normally through the back (west) door of the main building. The U3A key box is on the external brick wall left of the door. It contains 2 keys 🔑 🔑 - pink one for the external door and black one for internal Room 2 door. The code is on the A-V trolley in Room 2; all tutors and reps have been given the code for that box 🗝️ and the internal alarm 🚨. The main front (east) door just off English Street is keyed/coded for Pinarc employees ONLY (U3A code does not work) and usually is open by 9am and locked by 5pm. There is another black key 🔑 to Room 2 in the tea room U3A drawer - combination 2-3-1. Please replace these keys soon after opening the doors. All doors can be locked WITHOUT a key when LEAVING the room/building.
4. All keys to the Pinarc Community Shed are held by tutors/reps for classes scheduled in the shed. To access the main building for toilets, use the access codes in the top drawer of the jewellery bench for the U3A key box left of the back (west) door.
5. Our agreement with Pinarc is for our use of Room 2 and the Community Shed from 9am to 5pm, Monday to Friday. Any need for extra out of hours usage of Pinarc rooms must be cleared with Blake Gordon/Jack Engwerda and Marianne Hubbard (Pinarc CEO) so that Sectrol can be alerted to the approved after-hour usage.

Blake Gordon 5331 7937

CLASS COORDINATOR'S NOTES

The timetable has been updated with classes that are no longer running removed, and a new class, Human Evolution and Migration with Martin Hughes has been added. See our website for the latest timetable.

NEW CLASS

Human Evolution and Migration: Australopithecus to post-Viking Europe

Humans as a continuously evolving animal that only finally fully populated the Earth in the 19th Century, our main foray into Europe being 40,000 years after Aboriginal people reached Australia (walking from Indonesia to Hobart without getting their feet wet). Many of us are interested in our DNA and where we come from (discussed), but DNA is telling us more than we could have imagined even ten years ago about evolution and world-wide migration of Homo sapiens and earlier hominins. We have Denisovan and Neanderthal genes, and our ancestors fought repeated climate change (retreating to the equator), and until recently required land bridges to migrate. Our previous species were smarter than we thought, and we became the most dangerous genus, hunting elephants, rhino and bison and evading lions even in northern Europe, possibly contributing to their extinction and that of Australian megafauna.

If you would like more information about this course please contact Martin Hughes by email phonemh@gmail.com

The class will be held at Pinarc for 7 weeks, 9 – 10:30 am, starting 7th August and finishing 18th September.

U3A TAI CHI: Arrangements for terms 3, 4 2018 – Lyn Snibson

Lyn will be away for Third Term. Pat has generously agreed to hold one class a week during term three. This will be at 10.00 Wednesdays at Eastwood Leisure Centre.

In Term 4 it will be necessary to adjust the size of classes to allow new students the opportunity to begin from the beginning and to accommodate those who wish to continue with the practice at different levels. An extra class will be added specifically for those just beginning Tai Chi. This will be at Eastwood Leisure Centre at 10.00 on Tuesday mornings.

The Tuesday 9.00 class and both Wednesday classes will continue as they are now.

If you feel ready to try Short form Yang style 24 (9.00 Wednesday) in Term 4 please let Lyn know. There are several places available in this class. Please note that we can't accept participants to more than one class.

Sharing the Journey of Your Garden – 2018

In Spring and early Summer last year 10 people (some couples) 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. We are hoping to repeat the program this year in Term 4 by seeking gardeners of any sized garden or location who would like to participate.

The presentation is followed by afternoon tea supplied by the garden owner but with assistance provided where required.

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

2019 classes

The 2019 class proformas will be sent out to tutors and class reps. later this month or early in August.

The due date for forms to be returned will be Friday 21 September i.e. the end of Term 3.

There will be boxes for the forms in the Office at Eastwood, on the table in the kitchen near our cups at Eastwood, and in Room 2 at Pinarc. However, hopefully, most tutors will return their forms by email.

NEW CLASSES FOR 2019

If you would like to start up a new class in 2019 or you would like to start a new version of a current class, please contact Denise Grant deniseu3a@hotmail.com for a 2019 class proforma. With large waiting lists, duplicates of current classes would be enthusiastically welcomed.

It would be great to have more beginner language classes, more walking groups, more dance and other exercise/sports groups. We always have the need for new book clubs, and craft/handicraft groups. Photography, computer and IT groups such as how to use your phone or tablet would be very welcome.

In fact, if you have any interest and would like to share this interest with others, contact Denise with your ideas.

Denise Grant –Class coordinator

Email: DeniseU3A@hotmail.com

MUSICAL PERFORMANCES BY U3A GROUPS

Here are the dates for upcoming performances by the U3A Celtic Band, some of which are open to the public.

- | | |
|----------------------------|--|
| • Mon, 3 September, 1:45 | St.Arnaud Senior Citizens, Golden St. St Arnaud |
| • Tues, 9 October, 3:00pm | Ballarat Central Library |
| • Sat, 20 October, 11:00am | Central Uniting Church Fair, Lydiard St. |
| • Fri, 26 October, 1:30pm | Creswick Senior Citizens Creswick |
| • Sat, 27 October, 11:00am | Buninyong Church Fair, Uniting Church, Buninyong |
| • Sun, 18 November, | Refugee Concert Waller Ave., Newington |

Here are dates for the upcoming performances by the U3A Choristers, your attendance is welcome and encouraged.

- | | |
|---------------------------|--|
| • Tues 7 August, 1:30 PM | John Curtin Aged Care performance |
| • Tues 21 August, 1:30 PM | Flash Mob performance - Stockland Wendouree |
| • Tues 11 September | James Thomas Nursing Home performance |
| • Wed 10 October | Seniors Week performance in library |
| • Thur 25 October | U3A AGM performance at Midlands Golf Club |
| • Tues 20 November | Rosebank Retirement Village performance |
| • Weds 5 December | Hemsley Park Retirement Village performance |
| • Tues 11 December | Carols in the Ballarat Central Library performance |

MEMBERSHIP AND ADMINISTRATION NOTES

Membership has risen to 1129 members.

We welcome the following new members and hope they enjoy their classes.

Alan Hall	Bruce Dalkin	Cary Henderson
Gary Johnston	James Cannon	Laura Henderson
Mark Trickey	Pamela Savage	Robyn Dalkin
Rodney Robinson	Wayne Reid	Wendy Abraham

This may be mentioned elsewhere in the Bulletin, but I can't emphasise enough the need to wear your name badge when attending classes. This has several purposes – firstly class members can get to know each other better, and more importantly, if you fill in the emergency information on the reverse of the name card, it greatly assists if you have an accident while at class. This has been highlighted in the last week or so when two members have been carted off to hospital. You never know what might happen to you or when it might happen!!!

Class Reps and Tutors, please download an Accident form from our website – this has the steps to be taken when someone does have an accident. The main thing to do – when in doubt call an ambulance. It's a good idea to have the street number and name written somewhere easy to find when you have to call the ambulance.

Thank you again to the tutors and Class Reps who are keeping their rolls up to date on MyU3A. Blake did some wonders with the statistics to assist ELC in their report on room usage and it was discovered that some classes had not been marking their rolls regularly. Please do this as it is important to us in arguing our case for venue usage and grants. If you have trouble doing it, the office can help or find a computer savy person in the class to be an assistant Class Rep for the roll keeping. You will need to tell me so the name of the person so they can be added to the Class Rep list and have access to the Tutor portal.

Tutors and Class Reps – could you please keep an eye on your Wait list on MyU3A – When enrolling a new member, depending on how your class is set up, they will go directly to the Wait list and it is your responsibility to take them off and add them to the class list. It can be embarrassing for a new member to front up to a class after they have spoken to the Tutor to find the Class Rep knows nothing about them and queries their legitimacy to be attending. Also, they will only appear on the roll at the time you add them – so, if you leave it to the end of term it will look as though they have not attended all term.

Nina Netherway, 5334 4836
Email: ninan06@bigpond.com

VALE

John David Copping passed away peacefully at home on Friday, July 6 2018.

John was a loving family man, who had a passion for community service. There was no job too big or small for him. On retirement, he became involved with U3A, enjoying Art Classes and Music Appreciation in particular. Many class members will remember him for his jokes and stories. Our thanks go out to members for their offers of condolence.

And our thoughts go out to his spouse, Margaret Copping, who is also an active member of U3A.

BACK ON YOUR BIKE

Could you be inspired to go for a bike ride when the weather becomes warm again?

Well, U3A Ballarat may be able to help you 'get back on your bike'. In November, a course will look at building or re-building cycling skills. The course will be run by qualified leaders and be designed specifically for our age group. The initial instruction will be held in traffic free locations such as car parks and gradually progress to cycle trails and later, traffic free roads.

The purpose of the course is to enable U3A Ballarat members to be able to reap the physical, social and mental benefits of cycling, and do that safely and enjoyably.

Further details will be published in September and October. Any questions? Contact Ian Crook on iancrook500@gmail.com

The team from U3A Ballarat Cycle Touring

U3A BALLARAT - OFFICE OPENING TIMES

Please be aware that while BNCC is being renovated our office is operating out of Eastwood Leisure Centre. We DO NOT have any office staff at Pinarc. You can reach us by phone or come by ELC during the office hours listed below.

Eastwood Leisure Centre – Ballarat North
Office Telephone 0431 859 315

Day	Time
During Term Time	
Mondays	10:00 am – 12 Noon
Thursday	1:00 – 3:00 pm

DIVERSION FOR AUGUST



Congratulations to the winners of last month's diversion. They correctly identified it as Wave Rock, near the town of Hyden in Western Australia. Kylie Hunter, Sue Lloyd, Val Hocking, Jenny Barton and Ian Crook

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

ANOTHER DIVERSION FOR AUGUST

Congratulations to Val Hocking, Sue Lloyd and John Elischer for working out that the scrambled word was ORCHESTRA.

Now, with many thanks to the mysterious U3A Ballarat word scrambler, the next "out of order" word to be re-sorted is RAALDAMME

"What in the world is this word?"

As usual, there are no prizes, just the glory of solving a puzzle. Answers can be sent to Phill Grant at grantphillip@hotmail.com

CLASS NOTES

The next Bulletin deadline;
Wednesday 18 July, 2018 to
Elena Tommasi, PO Box 2058,
Bakery Hill, 3354 or
elena.U3A@gmail.com (Please do
not use the old email address
previously published.

BOOK CLUB 2 *Rhonda Gray, Facilitator. Helen McDowell, Class Rep.*

This month we reviewed, *Trailblazers*, by *Suzanna De Vries*.

A tantalising insight into the lives of 12 remarkable Australian women, from Caroline Chisolm to Dame Quentin Bryce. Whilst generally enlightening, the inclusion of some personal letters and diaries greatly enhanced the reading experience, and it is a pity there wasn't more contextual elaboration.

If you don't recognise the names Eliza Hawkins, Mary Gaunt, Hilda Rix Nicholas or Louise Mack, this is a good introduction.

Recommended for those who enjoy biographies. 6/10

Our next book is: *Behind the Beautiful Forevers*, by *Katherine Boo*.

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

August 9 - You Yangs (near Geelong). Circuit loop led by Marlene and Ann G to the You Yangs Regional Park through thick bushland with granite boulders, wildlife and evidence of aboriginal habitation. Several uphill sections, but good track. Short sharp climb to Flinders Peak- great views, but includes several hundred steps to ascend. Toilets and good picnic areas.
Approx 8kms, walking poles recommended, grade B+. Bring morning tea and lunch. Car Pool \$8.

August 23rd-

Circuit walk in Creswick Plantations and Regional Park. Grade B along forest tracks and creeks at the edge of plantations for a distance of about 10km. We will park and start/finish at the RACV Goldfields Resort. BYO lunch to eat on tables outside the Pro Shop adjacent to the golf course. Coffee for purchase and toilets for our use will be available there.

Note--Meet at Llanberris Netball Courts parking area at 9.20 A.M for 9.30 A.M departure.
Code A-- easy, approx 5 to 7kms mainly flat. Code B-- medium, approx 7 to 10 kms undulating. Code C -hard, steeper ascents and descents. B/L bring lunch.

For walk details and photos from past walks please go to our Blog at:
<http://bushwalkersu3aballarat.blogspot.com.au>

CELTIC BAND *Corrie Olsen, Tutor*

On Thursday June 28th, the Band played a Concert at Kelaston Nursing Home. As is often the case, several Band members were unable to perform, however as always, the variety of instruments was impressive, the violin being the most recent addition to the mix. Corrie had arranged a program which encouraged much audience participation with lots of toe tapping, clapping and singing. While the Band mostly played as a group, people were given the opportunity to sing and play solos. Feedback from people who attended the concert was positive with many invitations for a return visit. People in the Band are keen for this to happen.

CLASSIC CINEMA *Shirley Faull, Tutor. 5331 4408. Kerren Thorsen, Class Rep 5338 2607*

July 31. Yojimbo (1961, Japan. Dir: A.Kurosawa. 110mins). This beautifully filmed Samurai action drama has thrills, humour and a very engaging hero.

Aug 14. Alien (1979, USA. Dir: Ridley Scott. 117 mins) remains a classic sci-fi - horror film. The action and atmosphere are well delivered through carefully designed cinematography.

We're now beginning to consider possible themes for 2019. The options are Food, Imagined Worlds and On Location. Details at the next few screenings, with voting closing on Sept.11.

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

Our next meeting will be on Sunday 19 August at the Western Hotel, Sturt St, Ballarat. The time is 12.15 to 12.30. Please let us know if you can or cannot come by Friday 17th August so we can finalise numbers for the hotel. Contact us on either anneianmckee@ozemail.com.au or ring 0403 079 216. Please wear your Name tags. Thank you.

MYTHS AND MYTHOLOGY *Marion Dick, Class Rep 5332 4831*

August 13 we will discuss The Grail
August 27 to be advised

NORDIC POLE WALKING *Pat McCarthy, Tutor 0467 852 759, Mike Maloney, Class Rep 5330 1334/0413 971 951*



Christmas in July lunch for the Canasta Group.



Celtic Band performance at Kelaston Nursing Home

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