



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

September 2018

PRESIDENT

JACK ENGWERDA ☎ 53331654

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; Feb to Nov. ELC

DIARY DATES 2018

Wed Aug 29	100 Years of Fashion Lismore Trip 9:00 meet
Wed Sept 5	New Members Morning Tea 10:30 – 11:30 ELC
Oct 13	U3A Maker's Market 9:00 – 1:00 ELC
Oct 15	U3A Committee Nomination Forms Due (See Page 2)
Oct 25	Annual General Meeting 1:30 Midlands Golf Club

U3A MAKER'S MARKET SATURDAY, 13 OCTOBER

9:00 am – 1:00 pm
Eastwood Leisure Centre

Join us for the U3A Maker's Market and bring your family and friends. U3A's crafty members will be selling their wares including, but not limited to jewellery, book art (folded books) woodwork, mosaics, and much more. You can pick up a unique gift for yourself or someone else.

For those of you who would like to purchase a table (or two) the entry form is in this bulletin on Page 12 and will also be emailed to classes. You can also email Elena to request a form.



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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ANNUAL GENERAL MEETING THURSDAY 25 OCTOBER, 2018

The Annual General Meeting of U3A Ballarat, will be held at Midlands Golf Club, Heinz Lane
Invermay Park at 1:30 pm on Thursday 26 October 2018

All U3A members are invited to attend. All current committee positions will be declared vacant at that meeting and nominations are called for Officers and Ordinary Members.

OFFICERS: PRESIDENT, VICE-PRESIDENT, SECRETARY, TREASURER

ORDINARY MEMBERS*: A minimum of 5 and a maximum of 10

*Note: The Immediate Past President is included as an Ordinary Member of the Committee, making a maximum of 15 members on the Committee. The duties of Ordinary Members vary from year to year, but can include Webpage Manager, Bulletin Editor, Publicity Officer, Class Coordinator, Social Convenor, Membership Officer, U3A Network Representative, Catering Coordinator, and Equipment Officer. Sub-committees for Finance/Grants, Accommodation/Operations, Membership/Enrolment, Webpage/Community Relations, and Bulletin/Publications meet and report regularly to the U3A Ballarat Committee.

NOMINATION FORM, UNIVERSITY OF THE THIRD AGE BALLARAT INCORPORATED

Reg. No A 13304K ABN 33713445856

Nominations for the positions listed above should be forwarded NOT LATER THAN MONDAY OCTOBER 15th to:

The Secretary U3A Ballarat Inc.
P.O. Box 2058, Bakery Hill, Vic 3354
info@u3aballarat.org.au

I nominate for the position of

.....on the committee of U3A Ballarat Inc.

Nominated by (Member)

Signature

I hereby accept the nomination for the above position

Signed(Nominee)



It is with sadness and regret that I must report the passing of Zelda Martin. Zelda served as a dedicated and hard-working committee member for over 10 years, and she will be sadly missed.

We received correspondence this week from B.G.T. Ballarat Group Training that real progress is being made in relation to securing the lead tenancy of the Barkly street campus. A further meeting of interested parties (including U3A) will be called early in September. We (U3A) are very excited by the opportunities the Barkly street campus provides and will keep all our members informed of the ongoing progress.

The project manager of the Ballarat North Community Centre re-development project invited us to the site to view the progress being made. In short, it's fantastic and is exceeding expectations. We will have four meeting/classrooms, an office, updated kitchen, large hall, new updated and spacious toilet facilities, electric sliding doors etc. We of course share the facilities; however, it will be a substantial U3A footprint in the community, and something to look forward to in 2019.

Our Choristers gave a wonderful performance at the John Curtin facility in Creswick last Tuesday the 7th of August. The show stopper was our beloved conductor whose jokes and animated conducting makes it a joy to participate.

The relationship with Pinarc is also one we should treasure, and we have so much potential within U3A to offer this wonderful organization. They have asked if some of our musical groups would/could perform with and for some of their classes. It need not be the whole group, but if only some from our various groups could share their music with them it would be great and give so much pleasure.

During these cold winter months, there a quite a few members who use public transport to attend various classes and activities, which sometimes involves long waits at bus stops. If you have members in your class who use public transport, ask what their destination is, and most likely there is a class member who can offer a lift. Let's try to make life a little easier for our fellow members, and on that note, another reminder to wear your name tag **AT ALL TIMES**.

Meanwhile we have the Makers Market coming up at Eastwood street which we all need to promote in the wider community, and of course our commitment to senior's week in October where we have a very extensive showcasing of our U3A activities in the Library. Invite your friends' neighbours and relations to come along, to discover how much U3A has to offer.

THE PESSIMIST COMPLAINS ABOUT THE WIND, THE OPTIMIST EXPECTS IT TO CHANGE, THE REALIST ADJUSTS THE SAILS.

Jack Engwerda, 5333 1654

CLASS COORDINATOR'S NOTES

EASTWOOD CLASSES TO BE CANCELLED ON 10, 23 AND 25 OCTOBER.

Eastwood has planned to hold VCE Drama exams in October, on three days. They have held these exams for the last ten years, and they assumed that we would have moved most of our classes back to BNCC by then. However, we are still using Eastwood for classes, and Marita has asked us to cancel classes on these days because they need the building to be totally quiet. They also need most spaces for rehearsals, changing costumes and storing equipment.

Classes could make alternative informal arrangements. If you make alternative informal arrangements, **please note that U3A will not pay for the cost of the hire of the alternative venue.** Classes in **ROOM 2** will not be affected, **except for** classes that make noise, like **Ukulele and Recorder Beginners**, but **all** other rooms will not be available.

There will be no use of the kitchen for these dates either. Therefore, the following classes will be cancelled.

WEDNESDAY 10 October – Week 2

9 – 10.30 Dutch

1.30 – 4pm Scrabble

9 – 9.45 Tai chi Yang style

11 – 12.30 Dance for fun

3.30 – 4.45 Ukulele for beginners

10.45 – 12.45 Bates method

4– 5 Ukulele players

10 – 10.45 tai chi for arthritis 2, level 2

2.15 – 3.15 Ukulele for Absolute beginners

Tuesday 23 October – Week 4

9 – 10.30 French C

All Latin classes

10 – 10.45 Tai Chi beginners

10.45 – 12.45 Tasting and talking wine

9 – 9.45 Tai chi 1 level 2

1 – 2.30 U3A choristers

Thursday 25th October

10.45 – 12.45 4th Thursday book club

3.15 – 4.45 Recorder Beginners

1 – 3. Positive practices

TAI CHI CLASS CANCELLATION

The Term 3 Tai Chi class which Pat Armstrong was holding has been cancelled until further notice due to personal reasons.

PUBLIC HOLIDAYS EASTWOOD

Grand Final Day Friday, 28 September. Eastwood is not open for classes on this day, but that is during our school holidays, so if you are intending to hold a class at Eastwood on that first Friday during the holidays, you will need to find an alternative venue.

Melbourne Cup Day, Eastwood is open as usual. They do not have a holiday.

Ballarat Cup Day 9 November. Eastwood is closed, and there will be no classes there on that day.

2019 PLANNING FORMS HAVE BEEN SENT BY EMAIL TO TUTORS.

There are some spare planning forms at the office if you didn't receive a form along with an instruction pack. Forms can be returned by email to Denise Grant at deniseu3a@hotmail.com or placed into boxes in the Office at Eastwood during Office hours, placed in the box on top of the U3A cupboard in Eastwood kitchen, or in the box on the bookshelf in Room 2 at Pinarc, or they can be mailed to Denise Grant via the U3A Post Office Box. Please do not give the forms to Reception at Eastwood or Pinarc. Use the above listed alternatives only.

The deadline for forms is **21st September 2018.**

New classes will be submitted to the committee for approval at the **October meeting on 18th**, so if you have an idea for a new class or a duplication of a current class, please contact Denise Grant at deniseu3a@hotmail.com or let someone at the Office know. You will be asked to fill in a planning form which can be obtained from the Office, then submitted to the Committee.

NEW CLASS FOR 2018

Now you *can* get “Back on a Bike”

If you want to get back on a bike for the health and fellowship benefits, be able to join family and friends for a ride around Lake Wendouree or Victoria Park a new U3A program may be just what you have been waiting for.

You don't need to have a bike just now to express your interest and be included in the program. Just read on ... you'll see how it just might work for you!

'Back on a Bike' is a learning-by-doing program in a comfortable, group environment for you to acquire or re-acquire some basic bike riding safety knowledge and elementary bike handling skills. This is definitely a program that starts with very basic stuff, short distances and little or no traffic. And we expect that over the summer months, you will be able to progressively regain your confidence, skills, build some fitness and progress from a lap of the Lake to riding (with breaks) for an evening jaunt with friends.

'Back on a Bike' is organised by members of the U3A Ballarat Cycle Touring Group with expert input from Exercise Physiologist Warren Faneco of Ballarat Community Health and Wallace Martin Co-ordinator of the YMCA's 'Re-Cranked' program.

Key dates:

- **October 15.** Introduction to 'Back on a Bike.' Ballarat Yacht Club, 10.15 am for 10.30 start. This is *A non-riding session* for a couple of hours that includes optional bike checks and discussion of the main program that starts November 5. Attending on October 15 will help you get organised for the main program and will focus on information sharing and answering your questions. If you don't have a bike or gear for this session, that's quite OK. We will show you how to get all that together in time for November 5.
- **November 5, 12, 19, 26.** Venue/s and time to be advised. Bike skills and safety for riding confidence. Warren Faneco will lead practical activities on each of these dates that will be followed, as time allows, with a short ride for example, around the Lake or parts of Victoria Park.
- **From December 3 to the end at the end of daylight saving time in 2019,** weekly social rides with U3A members focused around Lake Wendouree and/or Victoria Park and other venues with bike paths.

No bike? No helmet?

No Problem! YMCA's Re-Cranked Program has a range of good quality, checked and serviced bikes that are available for a (very) modest donation. And new, Australian Standards Approved bike helmets for \$15.

Want to know more?

Contact Ian Crook 0419 538 707 or Sandra Lawrie 0400 051 417.

IDEAS FOR CLASSES IN 2019

Eclectic films

An idea has been put forward for a new film group to be formed which will show a mixture of interesting films such as French language films, some modern films and some older classic ones. If you would like to facilitate a once a month film group, then please email Val Newman valnewman37@yahoo.com to discuss the idea in more detail.

Other requests for classes

Android phones and tablets – is there a tutor to take a short course in this?

VALE
ZELDA MARTIN

U3A Ballarat will remember Zelda with gratitude and admiration for her boundless enthusiasm, capacity for painstaking research and her many ways of solving the problems U3A has encountered. We all benefitted from her 10+ years of service on the committee and her many years of producing the U3A Bulletin for us to enjoy reading each month. She was a true and generous friend, who loved a chat but did not tolerate fools gladly. Deepest sympathy to Nina and the many members whose lives she touched.

MEMBERSHIP AND ADMINISTRATION NOTES

Membership

Full members	1116
Honorary	17
Life -	1
Associate	9

TOTAL ***1143***

A few more stats!

No of Tutors 97

No of Classes 131

*Enrolments 2196

*Volunteer Hours of tutors for terms

Term 1 – 1145, Term 2 – 1380, Term 3- 1121

The * tells that these figures are not accurate as many classes still have not marked their rolls online! However, the figures are pretty impressive and if we had every roll marked they would be even more impressive!

Please make sure you enroll any new class members as soon as they join your class. This is particularly important as we come to the end of the year as it will determine whether the student can reenroll during the preference weeks. If they are not on the role by October 1 then they will not be able to use the preferential week to select 2019 classes.

All members are invited to attend a new members morning tea if they would like to meet committee members, new members or just have a cuppa and a chat. They are held on the first Wednesday of the month at Eastwood – 10.30 – 11.30.

Anyone without a name badge and lanyard may call in at the office during office hours and obtain one. It is very important that you have it when attending classes – preferably with the emergency details filled in because.... you never know!!!

Nina

Nina Netherway

Administration Sub-Committee

Ph: 5334 4836

ninan06@bigpond.com

ACCOMMODATIONS AND OPERATIONS REPORT

Some dreams do come true!

The golden wattles are in bloom, the daytime temperatures are rising, our U3A members are returning from northern holidays – and our focus turns to Term 4 classes, our AGM and where your classes will be held in 2019.

The main venue will be the refurbished **Ballarat North Community Centre** at 702 Walker Street, Ballarat North. The Operations Committee visited the site on the 7th August and was surprised to find most of the internal stud walls up and the general dimensions of the rooms set. New toilets (including a disabled one), a modern kitchen (with pantry); a hallway connecting meeting rooms (so you don't have to walk through other classes); a light, colourful and bright hall; two new meeting rooms (adjacent to the carpark); an electric self-opening door protected from the wind; and a redesigned carpark with larger parking spaces (22) including two disabled carparks will be ready for February classes. We were particularly impressed with the dimensions of the two new meeting rooms that should enable 10-12 person classes (the old sunroom). The shared office space will be about where the senior's office was located. A sliding-glass window will make communication convenient with officials of the resident groups 7 days a week.

- Our good relationship with **Pinarc** (the old GPlace) at 120 English Street, Golden Point will ensure classes in Room 2 and the community shed will continue in 2019 to use this improved venue. New exit point from the carpark and yellow lines will help slot more cars in the space.
- **Eureka Centre** (the old M.A.D.E.) will continue to service our class 'History of Ballarat' thanks to Jack's continued efforts in this great venue.
- The conveniently-located, welcoming **Eastwood Leisure Complex** at 20 Eastwood Street will have 1 or 2 classrooms operating each day.
- **Ballarat Sport and Event Centre (BSEC)** will be open in May 2019 ready to accommodate movement and other classes in this state-of-the-art complex.
- **Barkly Street** (old Ballarat Secondary College at 25-39 Barkly Street) looks likely of being available for several classes in 2019 with Ballarat Group Training as lead tenant.
- Most of our other venues – **Ballarat South Senior Citizens Centre**, Buninyong Uniting Church, Brown Hill Uniting Church, Hockey Centre, Buninyong Town Hall, Ballarat North Neighborhood House, Neil Street Church, and others will probably continue to serve as "homes" for some classes.

So in summary, we expect to have great venues for our growing U3A Ballarat (over 1150 at last count) enrolments for 2019. Keep your fingers crossed that all renovations at BNCC and new possibilities at BSEC and Barkly Street result in stable, diverse, and comfortable classroom spaces – our prime growth focus for many years to come. My sincere thanks to the City of Ballarat officials for their support and trust in U3A over the past 5 years.

Blake Gordon, for the Accommodation Sub-Committee

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

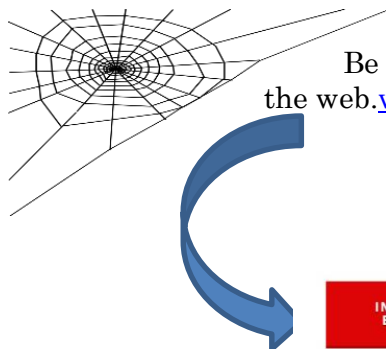
Day	Time
During Term Time	
Mondays	10:00 am – 12 Noon
Thursday	1:00 – 3:00 pm

Ballarat North Senior Center Renovations



Ballarat Sport and Event Centre (BSEC) Construction





NEW ON THE WEBSITE

Be sure to take a look at the new **red** button on the Members Only page of the web. www.u3aballarat.org.au Members Only page password is **Balrt16**

INCIDENTS AND EMERGENCIES TIMETABLE COURSE GUIDE TUTORS MY U3A ONLINE COURSES	CURRENT BULLETIN Bulletin Archive 2018 Bulletins 2017 Bulletins 2016 Bulletins 2015 Bulletins 2014 Bulletins ADMINISTRATION PRESIDENT'S REPORT CALENDAR AND OFFICE HOURS	USEFUL LINKS Class Attendance - Click on the purple button Class Register - Click on the purple button Copyright Equipment Application Falls Incident Report Form Office Help Sheets for Office Volunteers Register of Incident at North Responsibilities of Class Reps. Risk Management Tips for Tutors
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Over 55 and on Newstart? Unable to find employment?

People on Newstart aged 55+ may choose to satisfy their mutual obligation requirements by undertaking at least 30 hours of approved voluntary work per fortnight.

U3A Ballarat has just become an approved voluntary organisation with Centrelink (DHHS). If you are regularly volunteering with the U3A (eg tutor, office volunteer) you may be able to count this as part of your approved voluntary work. Time spent by a tutor in preparing for a class, as well as the session delivery time, could be counted towards this.

The Registered Organisation ID number for U3A Ballarat is **676018**. Job seekers who wish to complete voluntary work for U3A and have this recognised as an approved activity will need to obtain separate approval from their Employment Services Provider or the Department of Human Services. Of course, some paperwork must also be completed...

The Committee will be happy to complete a form verifying voluntary work arrangements for any existing or prospective U3A volunteer in this situation. Contact us on 0431 859 315 or info@u3aballarat.org.au

STUDY PARTICIPANTS NEEDED

Is there a relationship between leg power and physical performance in older adults. Are you aged from 55 up to 80 years old?

Regardless of fitness level, we invite you to be a participant in our research study! Study requires pre-information session and then a short practice session, finishing with 6 second all out ride on special exercise bike. Study is at Federation University Mt Helen campus.

To participate in this study or for more information, please contact:

Dr Deborah Pascoe Ph 53279688

email: d.pascoe@federation.edu.au

U3A Ballarat Cycle Touring Group News

We have arranged with our preferred cycling apparel suppliers, Body Torque of Ocean Grove, to re-open the internet ordering 'portal' for **short sleeved 'Classic'** and **long sleeved 'Thermal' jerseys**.



About the jerseys

- designs (quite deliberately) feature high visibility.
- fabrics have been found to be colour-fast in the wash, durable and comfortable in use. The zippers and stitching are top notch.
- minimum order quantity required to trigger production of each category is five short sleeved or five long sleeved jerseys.

Where to wear your new colours

This re-opening of the ordering portals provides a further opportunity for U3A members to equip themselves with our 'colours' in anticipation of riding through coming months - including:-

- our fortnightly rides, social and ad hoc rides, variously on road, touring and mountain bikes
- 'Back on a Bike', (a weekly social program from early Nov. through daylight saving time)
- 'Bathurst to the Border' road and touring bikes (October 2018)
- 'Race the Train' Castlemaine to Maldon, mountain bikes, (fund raiser for the local historic railway group, most likely November 2018 but date not yet set by the organisers)
- L'Étape ride at Jindabyne, one-day, road bikes (December) 2018
- the Mawson Trail ride to the Flinders Ranges (MTB tour, probably May 2019)
- various rail trails in 2018 and 2019, to be arranged
- and potentially in 2019, a social riding tour in Europe, still being organised.

Please note, there is no requirement to wear these jerseys to join or ride on any of our outings!

To order your jersey:-

- <https://bodytorque.cc/pages/portal-u3a-ballarat>
- You will need this password:- **ballarat3350**
N.B. all lower case and no spaces!
- **Select long or short sleeved and your size**, pay by credit card and when the jerseys are ready, Body Torque will send them to one central point for collection. This worked well for the first round of orders.

For further information: U3A member, Ian on 0419538707 or iancrook500@gmail.com

P.S. To complement your short or long sleeved jersey, several riders have found that UV resistant arm coolers/ warmers are plentiful on E Bay Australia such as:-

<https://www.ebay.com.au/itm/3-Pairs-Sun-UV-Protection-Arm-Sleeves-Hand-Cover-Cool-Basketball-Cycling-Golf-/331207529978>

WELCOME NEW MEMBERS

Anne Rogan
Sandy Johnson
Margaret McDonald
Brian Harrison
Jeanne Karmouche

Geoff Parson
Fay Thistlethwaite
Dianne McGlasson
Elaine Maberly
Hillary Rosenbert

Leoni Trbie-Earl
Frances Peerman
Lindy Corbett
Graham Fuller
Elaine Wesley

DIVERSION FOR SEPTEMBER



Congratulations to the winners of last month's diversion. Rebecca Black, Jill Clark, Margaret Gardner, Jane Greig, Bill Vincent, Teresa Dawson, Chris Charleson, Henk Rem, David Harvey, Sally Willard all correctly identified it as the pigs at Rundle Mall in Adelaide. I think I made that one too easy. This one is a little more difficult.

To win the pleasure of solving a puzzle, the question for June is: **where in the world is?** Answers can be sent to Elena Tommasi at elena.u3a@gmail.com

ANOTHER DIVERSION FOR SEPTEMBER

Firstly, congratulations to Jill Clarke, Gabi Fisher, Brenda Baxter, John Elischer, Gaye Welford, Bill Vincent, Theresa Dawson, Geoffrey Coverdale, John Garner and Sandy Johnson, all of whom correctly solved the word puzzle from last month's Bulletin. The solution was MARMALADE.

Our anonymous and erudite word scrambler has been busy re-defining the spelling of another word - many thanks again - and this month's out-of-order word is **OETDEPCRT**

If you can identify the word, please send your solution to Phill Grant grantphillip@hotmail.com (Please note, this is for the word puzzle - the picture puzzle is now judged by Elena)

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

Volunteer Needed

EasyTech Living needs assistance to pull together a contact database and needs someone who knows how to work with entering of data into an Excel spreadsheet. There would also be some research involved to obtain information to enter into the spreadsheet.

If you can help please contact Sharon Smith, EasyTech Living 5329 1326

New Council Website

Council is trialing their new website, and they are hoping U3A members might jump on and test it for themselves. They are trying to ensure that it is as easy to navigate as possible.

The link to the test page is

<https://817j0626.optimalworkshop.com/treejack/41o22zz5-2>

U3A MAKER'S MARKET

ENTRY FORM

Date: October 13, 2018
9:00 a.m. - 1:00 p.m.
Eastwood Leisure Centre

ENTRY FEE: \$10.00 per table

I would like _____ tables at the Maker's Market.

I will be selling: (jewellery, paper folded books, mosaics, etc,) All items must be made by U3A members.

_____ Enclosed is \$ _____ for _____ table(s)

_____ I will pay on the day \$ _____ for _____ table(s)

Return this slip with cash or cheque for the above amount:

- To the U3A Office during office hours, (Mon. 10-12, Thur 1-3) or
- Mail it to U3A Ballarat, P.O. Box 2058, Bakery Hill 3354, or
- Give to Elena Tommasi, or Anne Ottrey
- Form can be emailed to Anne at ottrey@ncable.net.au (fee to be collected on the day)

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 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



Steve Walsh demonstrating new equipment to the Tutors from the Pinarc Shed



Steve Walsh installing wheels to the Durden saw in the Pinarc Shed



Tutor Meeting at Pinarc Shed

September 2018



Beautiful work from the Lead Lighting Class

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, *Behind the Beautiful Forevers, by Katherine Boo.*

More an excellent piece of journalism than literature, this book provides accurate documentation of life in an Indian slum, with all its contrasts and shame.

The author follows the lives of a disparate group of slum dwellers, recording their hopes, despair, ingenuity and ambition whilst laying bare the infuriating, endemic corruption in the Indian government.

An uncomfortable read, worth the effort. 7/10.

Our next book is: *Batavia, by Peter Fitzsimons.*

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

August 30-- Melton Botanic Gardens.. We'll take the Melbourne train leaving 9.12 (Wend.) and 9.18 (Ballt.). Please register at either station before departure.

From Melton Station, we'll follow the leafy bike trail along Toolern Creek to the Gardens. Approx. 90 mins will then be available to explore this beautiful area, featuring abundant spring flowers. Their Nursery should be open for sales. We'll head back to catch a return train leaving Melton at 2.47, arriving in Ballt at 3.39 and Wend. at 3.47. You'll need to bring everything, inc. lunch, as there are no shops or cafes along the way. Leader : Shirley 8 to 10 very flat km. Level B.

September 13th--Location is Bungala State Forest "The Little Forest" via Mt Egerton. Led by Dale and Heather this is a circuit walk 6-7 km at the north end of the forest. B grade. Bring lunch to eat at Mt Egerton Recreation Reserve where toilets are available. Car pool \$8

September 27th-- La Franchi's Hut. Led by Arthur and Greg, a circuit walk approx 6 kms with a little off trail. Code B, B/L. Car Pool \$8

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>

CHORISTERS *George Walpole, Tutor 0427 661 699, Liz Bailey, Class Rep 5338 2677*

On Tuesday last, 27 August we travelled to the country with our voices to sing at The John Curtain Aged Care centre at Creswick. I am sure those who came to listen enjoyed the great selection of songs George and, of course, accompanied by Val. Where would we be without either?

So, to follow on from that we will be singing at Wendouree Village as the Flash Mob on Tuesday 21 at 2p.m. It will be very interesting to see how this performance goes down.

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

Sept. 11. Distant Voices, Still Lives (Brit,1988, Dir: Terence Davies, 85mins) takes us deeply within a troubled family using a "vintage" visual style and music from the post-war era.

This will be the last day to vote for our 2019 theme. The options are: Food, Imagined Worlds and On Location. Lists of possible films will be available at the screening. If you still need to vote, but can't be there then, ring through your preferences to Shirley (5331 4408) or Kerren (5338 2607) before noon that day.

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

Our next meeting will be on Sunday 16 September at the Crown Hotel, corner Learmonth and Warrenheip Streets, Buninyong. The time is 12.15 to 12.30. Please let us know if you can or cannot come by Friday 14 September 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. We would remind you that a new coordinator is needed for the group for 2019 as we are not going to continue. Thank you.

MUSIC APPRECIATION *Janice Cook, Class Rep. 5331 8898*

At our next class on Friday, 7 September Doug Rutherford will bring his record player so members can bring along any vinyl records you haven't been able to play and enjoy for a while, and to share them with other members of the class.

Then on 5 October, Val Newman will present her first program for us, of music that is special to her.

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

During July we returned to the shelter of The Botanic Gardens, but also explored the adjacent Lake Gardens and Integra Estates – most of us were not familiar with this area at all.

In September we will meet at the bottom of Nicholson St at the crossing of the Yarrowee Creek.

WALKERS AND COFFEE *Chris Cullen, Tutor, John Elischer, Class Rep 0421 341 288*
Meet 10.00am

5th September Eclipse Ford 1-15 Albert Street Sebastopol
26th September Arch View Cafe 1728 Sturt Street Alfredton
3rd October Gong gong Reservoir Daylesford Road Brown Hill
24th October Sebastopol Bowling Club 213 Albert Street Sebastopol

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