



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

October 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

Acco

DIARY DATES 2018

Wed Oct 3 New Members Morning Tea 10:30 – 11:30 ELC
Sat Oct 13 U3A Maker's Market 9:00 – 1:00 ELC
Mon Oct 15 U3A Committee Nomination Forms Due
(Application Form on Page 16)
Thurs Oct 25 Annual General Meeting 1:30 Midlands Golf Club
Thurs Nov 29 Tutors, Reps and Volunteer Thank You Lunch
Mon Dec 3 Re-Enrolment for 2019 Begins- ELC (see Page 2)

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.

It's not too late to book a table. If you are interested contact Anne Ottrey at ottrey@ncable.com.au

ANNUAL GENERAL MEETING
THURSDAY, 25 OCTOBER
1:30 PM
MIDLANDS GOLF CLUB
Heniz Lane, Invermay Park

The Annual General Meeting will take place at the Midlands Golf Club due to renovations at BNCC. Enjoy the music of our choir and recorder groups, vote in your Committee Members, and socialize with old and new members. Afternoon tea will be served. We need a quorum (110 members) so we encourage everyone to attend.

Bulletin Editor: Elena Tommasi: Please send submissions by October 17 to elena.U3A@gmail.com.



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MEMBERSHIP AND ADMINISTRATION NOTES

The end of the year is quickly drawing to a close and classes will have a short Term 4. Just a few pointers to note:

Re-Enrolment for 2019

1. Re-enrolments for current members begin on December 3 at Eastwood. The office will be open from 10am to 3pm each day of that week. You will be able to re-enrol online from 10am December 3.
2. New enrolments and enrolments in new classes will begin on December 10 for three days to December 12. The office will be open from 10am to 3pm on those days.
3. You will be able to pay by cash, cheque or credit card at the office.
4. If you enrol online during those days you will have to pay through PayPal.
5. If you have any queries about re-enrolling, please contact Nina or the office.

Tutors and Class Reps.

1. When completing the forms required for registering your class for 2019, if at all possible, please DO NOT give the office phone as your class contact phone number. (Item 8 on form)

The reason being that this phone is 'manned' by a Committee person whose full time job could be answering class queries which then need to be forwarded to the Class Rep or Tutor. This is becoming more difficult with our increasing numbers for the poor committee member who gets landed with this task!!

It would save a lot of time if the phone number which is advertised with the course goes directly to someone who knows, or is likely to know the answer to the query.

2. If the Tutor or Class Rep do not want their phone number advertised, please find someone in the class who is willing to take query calls.
3. (Item 12 – Class limit) This number can be altered at any time - please allow for your current class plus a few new members. It is very disheartening when a new member enthusiastically wants to join your class and we find there are no spaces.
4. On the other hand – please check your wait list regularly and notify those on it whether they are in or out of the course.
5. Roll marking for end of year procedures. We have requested that the roll be marked until 30 November when the data base will be rolled over and this year's classes will be archived. If you have a class in December, either mark a paper roll only, or ignore the roll for that session! BUT PLEASE enter your roll up to the 30 November because after that it will be too late! We roll the date over so that there is no confusion re a 2018 and a 2019 class shown when enrolling – something we learned from a disaster last year!!!

I think that is all I have to remind you of at the moment! Please contact me if you have any queries regarding re-enrolment.

Nina Netherway
53344836/0417 371 873
ninan06@bigpond.com

PRESIDENT'S REPORT



After our normal winter hiatus, absent members are returning to classes, the sun is seen more often, trees are budding, birds are nesting and there is a general uplifting of the spirit. Could it be Spring?

Ballarat Group Training have now secured a 5-year lease with the Vic Education Department for the Barkly Street campus, and we [U3A] have a meeting on 3 October with BGT to determine our requirements for 2019. We will be pursuing a long-term sub lease, in order to ensure continuity. As always, the membership will be kept fully informed as to progress.

There is fantastic sharing of music with the community from our music groups, and the joy they give to so many people is immeasurable. Keep it going, as you really do U3A proud.

Another person and eminent historian who gave so very much to the community was Joan Hunt, who sadly passed away recently. Joan, amongst her many community roles/involvements was the coordinator of the twilight talks at the Mechanics Institute, and a very dear friend of U3A. Joan gave many enjoyable presentations on the history of Ballarat to various classes and leaves behind many friends in the U3A family.

The Annual general meeting is coming up at the end of October, and this time it is being conducted at the Midlands Golf Club, due to the renovations taking place at Ballarat North. It is taking place on 25 October commencing at 1:30 pm. It is important you attend, as you will be entertained by our very own Recorder group, and Choristers. The usual afternoon tea will also be provided. Please keep the date/time free, because your attendance is very important.

The Ballarat Sports and Events Centre (BSEC), currently under construction in Norman Street, made a formal announcement last week, that the under 14's national basketball titles would be held in the new facility as from 2019. This announcement (at the netball stadium) was attended by politicians, councilors, and celebrities including 5 committee members from U3A. It's important we are seen to be involved, as it was again reiterated on the day that we would be included in the further development, having been allocated some 2-3 conference rooms for classes commencing in 2019.

Our current classes are humming along, and it's really encouraging to see such a great effort being made to reduce, and in many cases eliminate waiting lists. Some classes, for example the painting class are literally running out of room, having limitations which will be addressed in 2019, as more facilities are becoming available. Please let Denise (our class coordinator) know of your intentions for next year, if you are continuing or perhaps considering another class. Denise has a complex job, and the earlier she has this information the easier her task becomes.

The first of our U3A Makers Market is being held at the Eastwood Street Leisure Centre on Saturday 13 October from 9.00am—1.00pm. Come along and support this event, as you will be surprised by the craftsmanship and Quality of the items on display and for sale. Surprise someone at Christmas with a unique gift. It's not far away now.

The musical appreciation class is having a favourite vinyl event with Val Newman bringing her favourites. (enjoy Doug), and our walking groups are unstoppable. Make sure you are on the class roll by the first of October, as it's a great advantage when re-enrolling in your preferred class.

Lastly, the Ballarat and district history class are having the privilege of a presentation by Geoffrey Blainey on 24 October at the Eureka Centre. So much to look forward to.

REMEMBER, THE HAPPIEST PEOPLE ARE NOT THOSE RECEIVING MORE, BUT THOSE GIVING MORE.

Jack Engwerda [53331654]

CLASS COORDINATOR'S NOTES

CLASSES FOR 2019.

A big thank you to all of those tutors who have submitted their class planning forms for next year. I really appreciate your efforts. **If you are not running your class next year, please let Denise know.**

However, there are still quite a few classes who have not been in contact. Probably their lucky tutors and class reps are still away on holidays. The list of classes that I have not yet heard from is below. If your tutor and class rep are not available could someone from the class please get in touch with Denise Grant 04329321250 or deniseu3a@hotmail.com to say what the class is going to do next year. We really need to get started on the timetable so that we can work out precisely what accommodation we need for next year.

With Ballarat North Community Centre being available with four classrooms next year, and the possibility of Barkly St, we may need to move a few classes to different venues. You will be contacted if that is the case.

Classes yet to send in their planning forms:

Ballarat and District History
Christian History 4th and 5th Century.
Cities of Vesuvius, Pompei and Herculaneum
Cryptic Crosswords
French B
French G
Human Evolution and Migration
Italian Advanced
Opera on Video
Both Recorder groups
Silver Jewellery and Non Ferrous Found objects
Tasting and Talking Wine and Wine production

Bates Method

Creative Writing Group
Essays and Ideas
French D
History of Ballarat Archives
Introduction to Ipads
All the Latin classes
Photography – Creativity for fun
Scrabble
All of the Yoga classes

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

Eastwood plans to hold VCE Drama exams in October, on three days. 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

All Latin classes Tuesday morning

10.45 – 12.45 Tasting and talking wine

9 – 9.45 Tai chi 1 level 2

1 – 2.30 U3A choristers

Thursday 25 October

10.45 – 12.45 4th Thursday book club

3.15 – 4.45 Recorder Beginners

1 – 3. Positive practices

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 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.

2018 CLASS - SHARING THE JOURNEY OF YOUR GARDEN

You are probably wondering what happened to the U3A Garden program – **“Sharing the Journey of your Garden”**. The program is going ahead with at least 9 gardens to be shared. The proposed dates at this time are:

October 19 and 26

November 2, 9, 16, 23 and 30

December 7 and 14

Last year's garden program confirmed how everyone was interested in how your garden has evolved and the decisions you have made. The group last year developed a strong sense of camaraderie over the afternoon teas provided by the garden owners (sometimes with some assistance).

The visit to each garden would begin at 2.00 pm. The afternoon tea would follow the tour of the garden.

In order to produce a timetable of Friday afternoons from late October to early December Chris Dickinson needs some information. Could those of you offering your garden please provide the following

The names of garden owners:

Which owners will be visiting the other gardens

The address of the garden and directions if needed

Parking availability

Type/description of your garden

Whether able to provide afternoon tea for 24

Your 3 preferred dates for sharing your garden (see above dates)

If you are interested in sharing your garden, or being one of those lucky few 'others' who participate, please contact Chris Dickinson. See MyU3A for contact details.

SOME NEW SUBJECTS FOR 2019.

We have already been notified about some interesting new subjects for next year. A brief outline for some of these classes is shown below. You can read more details when the classes are posted on MyU3A later in the year.

The Silk Road (this is a new course replacing British India) - Jill Blee

This course will explore the history of trade along the routes which stretched from China to the west, the people who traded along them, the commodities that were traded, and importance of such links to the history of the world

Contemporary Art with Geoff Wallis.

From 1971 to 2007 Geoff Wallis lectured in Art History and Theory at Federation University. From 2007 until 2017 he held the position of Research Fellow at the University. He has curated a number of major exhibitions at the Art Gallery of Ballarat including *Eye to 'I' - the self in recent art* (2007), *Gareth Sansom - Alternative Persona* (2012), and *Get the Message? - 50 years of political posters* (2013). His book *Peril in the Square - the sculpture that challenged a city* (about Ron Robertson-Swann's notorious *Vault* aka Yellow Peril) was published by Indra in 2004. He has a broad knowledge of art of all eras but his passion is for the art of our own time.

Post Traumatic Stress Disorder and General Anxiety Disorders – Leigh Skewes

Leigh would like to present a 3 week course on a new subconscious technique for treating Post Traumatic Stress Disorder and General Anxiety Disorders.

She is the Director of the Center of Subconscious Research and is looking at teaching the participants how to utilize their own subconscious mind to eliminate PTSD and other anxiety disorders.

Over the three weeks some of the participants will have the opportunity to experience this new technique call Subconscious Freedom Therapy. This will give them a new quick way to eliminate their anxiety problem at any time they may wish to.

Android phone and tablet course - Michele McFarland

Michele has a lot of experience with Android phones and tablets, worked for IBM for 14 years and was an English teacher in HK for 10 years so is familiar with teaching environments.

'Producing A Book about You and Your Family' – Keira Lockyer

To research, write and put together a book or booklet that relates to you or your family that can be passed on to your descendants. You will print it at the end of the year, even if it is only a draft. It can be a 40 to 60-page A5 booklet or an A4 book of any length.

Themed Collage- Lynhy Sainty

The course would be called Themed Collage and would entail a weekly or fortnightly theme which the class would chose e.g. water, time, black and white, summer. In the following class we would share what we've done and discuss. She would also like to bring in some mixed media techniques. While this class is about art you don't need to be able to draw.

Contemporary Issues that will Define Our Future - Chris Dickinson

The course focuses on current changes that will determine the world as we know it. Preference will be given to those who have attended the "Seeing the World Through Economics" class and the Geopolitics class "'Prisoners of Geography". Applicants for this program will need to commit to a couple of hours each fortnight of reading/viewing time.

Local History for New Chums - Doug Bradby

A series of ten talks and ten walks on Ballarat 1851-1920. We start with the discovery of gold in 1851 and continue until the last quartz mine closed in 1920. Basically, we will follow the miners through the shallow leads of Ballarat East, and the deep leads under the basalt of Ballarat West.

Native Orchids in Spring - BJ Johnson

Spring is the time to search and find native orchids in situ. This class is intended as an opportunity to learn about and share information about native orchids in the local region. The class will begin with a morning classroom introduction to orchids, with the rest of the time and sessions on field trips to various locations (depending on the seasonal growth). Participants will need to be able to walk easily in bush settings although distances will not be very long.

Retrosuburbia Book Club - Steve Burns

Retrosuburbia is the new book by Permaculture founder David Holmgren. In it, he outlines why retrofitting the suburbs is the key to sustainable human settlement in a low-carbon, post peak-oil world. With numerous case studies based in central Victoria, this book is practical and highly relevant to our area. The book discusses creating a simple but rich & abundant lifestyle by working through three main themes: built, biological and behavioural. Class time will focus on small group discussions of questions arising from the chapters discussed. Each week we discuss several chapters of the book. No need to purchase the book: there are 16 copies of the book available for loan.

More classes not running next year

Psychology with Gitte Lindgard

British India with Jill Blee but this will be replaced with a new course see above

Genealogy B. Noelene McCulloch will not be running the course again but this will be replaced by the Family History writing class with Keira Lockyer

Introduction to Yung will not be running but will be replaced with the History of the English Language that Alice Mills took a few years ago.

Italian with Marcia Spring although this class may continue with a different tutor

Lead lighting Rod Bolton

Mixed Media Jewellery with Elena Tommasi

French for Absolute Beginners with Simon Dennis



to the following new members

Elaine Wesley
Pauline Porteous
Suzanne Apps

Joan Bright
Keira Lockyer

Ann-Maree Strange
Heather Christie



This month we have:

Full members	1127
Associate members (Members of another U3A also)	10
Life members	1
Honorary members	17
TOTAL	1155

U3A FLASH MOB



28 August -it was time. Jo stood alone and began to sing the refrain from the Battle Hymn of the Republic, completely out of the blue. Initially her strong soprano voice could barely be heard above the hubbub of the diners at Stockland Village. But as she continued, voices stilled and heads swivelled to see what was going on.

As Jo repeated the chorus, men and women came out from among the crowd and stood behind her in a line, and joined in the singing. Two more lines were formed as more men and women strolled over to join them, increasing the volume of the singing three fold. George, our conductor and Val, our pianist kept us in time and in tune.

We were thoroughly caught up in the excitement of performing. Our captive audience spurred us onto greater heights and three more songs followed in four part harmonies, finishing with the iconic You Raise Me Up.

As suddenly as it had started, it ended. The choir members dispersed and were swallowed up by the crowd once more, leaving with nothing but a warm glow and the satisfaction of bringing joy to the listeners. Our first flash mob was an unforgettable experience.

Jeanette Dow

Proud member of U3A Choir and Creative Writing classes



TRIP TO LISMORE – 100 YEARS OF FASION **A COMEDY OF ERRORS or A SERIES OF UNFORTUNATE EVENTS**

I had my concerns about the trip to Lismore before the day even arrived. Our numbers had changed so often (up and down, up and down) that I called the bus company four times in the week before we went to change the size of our bus. (A huge shout out to Ballarat Coachlines, they were always courteous and accommodating, even on call number four the day before we were going.)

Twenty six people assembled on a sunny but cold day and after some short organizing we were off. We assembled in front of the sign at the Masonic Hall to take a photo when someone pointed to me and shouted “You’re wearing two different boots.” To my shame and much laughter, I saw she was right. In my rush to get out the door I had put on two different boots and hadn’t noticed (photo right). An omen for the rest of the day.

Dorothy Nichols greeted us and asked that we separate into two different groups as she was going to give a little talk and didn’t have enough seats for the whole group. She made a call and suggested we go back out to the bus where someone would meet us and give us a tour of Lismore. After a short wait a man drove up dressed in work clothes. He made a joke about dressing up for us (obviously he was taken by surprise) and asked what he was supposed to do. We told him he was to take us on a tour of Lismore. “A walking tour” he queried? “No,” we said “a bus tour.”

We climbed back on the bus and waited while he went to his car. A few minutes later he drove off. Our bus driver watching his progress in the mirror told us he had gone into the café. Thinking he wanted a coffee before setting off we waited. Our bus driver then informed us he got back in his car, driving in the opposite direction and went into the Servo. By this time we realized that there had been a misunderstanding and there would be no tour of Lismore. Our accommodating bus driver gave us a tour as we drove around the block (post office, grocery store, café, war memorial, church, that pretty much sums up Lismore) and dropped us back off at the exhibit building.

The exhibit itself was interesting but hard to take in. There were so many racks of clothes and not enough time to see them all. After a nice lunch at the Pub we headed back to Ballarat. Although the trip was not what many expected I think we all had a good time and a good laugh.



CARING FOR CARERS OF PEOPLE WITH DEMENTIA

Are you the main carer for someone with dementia? Is it hard to attend things because of your caring duties? Does Isolation or distance make it difficult to meet people? Would you like to join a free program, from home, and meet others in a similar circumstance?

Carers are invited to join a chat-based six-week group program

- To connect with other carers in a similar situation
- To chat from home in a relaxed, informal atmosphere
- To learn and share information and experiences with others who understand

FIND OUT MORE

Contact the Project Team to find out more or register your interest

carers@cqu.edu.au

0437679695

Cqu.edu.au/caringforthecarers

VOLUNTEERS NEEDED

ACU's Department of Physiotherapy is seeking volunteers to participate in a practical physiotherapy class.

The purpose is to provide physiotherapy students with an opportunity to practice asking patients (volunteers) about their current mobility and balance, and to practice administering standard physiotherapy assessments of standing or sitting balance.

When: Wednesday 3 October 2018

Where: ACU Ballarat Campus, 1200 Mair St.

Time: 1pm – 2:15 pm or 3pm – 4:15pm

If you're interested in volunteering or would like further information please contact: Dr. Belinda Bilney Belinda.bilney@ace.edu.au

BALLARAT HERITAGE WATCH PUBLIC MEETING

14 October

2:00 – 3:30 pm

Ballarat Mechanics Institute, Humffray Room

Protecting Our Heritage

A panel discussion chaired by Dr. Anne Beggs-Sunter, President of Ballarat Heritage Watch

With leading heritage and planning experts

- Michael Buston, Professor, Environment & Planning, RMIT University
- Miles Lewis, Professor, Faculty of Architecture, Building & Planning, University of Melbourne

DIVERSION FOR OCTOBER



Congratulations to the winners of last month's diversion. Susan Greenbank, Elaine Wesley, Michelle Parker, Sally Wellart, Tim Boshier.

They correctly identified the the face in the tree as Ta Prohm Temple in Siem Riep, Cambodia, close to Angor Wat.

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

ANOTHER DIVERSION FOR OCTOBER

Last month's winners and this month's winners will be announced next month as Phill was out of town and didn't have the names with him.

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 **MLAHIETIU**

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

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.

- | | |
|----------------------------|--|
| • 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.

- | | |
|--------------------|--|
| • 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 |

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 25 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)

CLASS NOTES

The next Bulletin deadline;
Wednesday 17 Oct, 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 *Yvette Nesire-McNeil, Facilitator. Helen McDowell, Class Rep'.*

This month we reviewed, *Batavia*, by Peter Fitzsimons.

This is a story of the voyage, shipwreck, murders, rescue and aftermath of the maiden voyage of the Dutch East India Company's ship, the *Batavia*, in 1628.

Told in Peter's characteristic, creative non-fiction style, there is no escaping the sheer brutality of the events that saw 110 men, women and children murdered whilst marooned on the Abrolhos Islands, off the coast of Western Australia.

There is much to be learned about the Dutch East India Company and sailing in the 17th Century but it remains a very challenging read about an appalling chapter in Dutch maritime and colonial history.

Our next book is: *The Forgotten Rebels of Eureka*, by Clare Wright.

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

October 11-- Union Jack Reserve, Buninyong. Wendy O'Rafferty and Helen McDowell will lead us on this walk which is a haven for plants and wildlife.

Approx 5 kms, Code B, B.L. Car Pool \$3

October 25--- Please check on our Blog for details of this walk.

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>

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

October 9. In *Talk to Her* (2002, 112mins) renowned Spanish director, Pedro Almodovar creates an intense and moving personal drama around the experiences of two men, who are devoted to the care of two seriously-ill women. Challenging adult material here, but deep compassion and tolerance, along with impressive visuals.

October 30. *Wendy and Lucy* (2008, USA, 80mins) is the tale of a young woman living rough as she travels, with her dog, to a new life in Alaska. Kelly Reichardt's deceptively straight-forward style succeeds in drawing us into this emotionally engaging film. (No longer "Film Only".)

The class has voted for a Food Theme for 2019, and is now voting for our favourite film of 2018.

Note a programme change for Nov.13. when *Miss Hokusai* (Japan, 2014,animation) will replace the Wallace and Gromit animation (now to be screened in 2019).

DANCE FOR FUN AND FITNESS, *Bec Black, Tutor, Lorraine-Amour Chambers, Class Rep*

We have at least 50 members in the Dance for Fun & Exercise (Monday's class) who love our weekly dance class, led by Bec Black. Although a lot of us do come back on Wednesday's to do it all again.

I looked around last week and was pleasantly surprised to see all were wearing their name tags. Thank you and hearty congratulations to you all. We realise how important it is to wear and have the personal information inside them.



A portion of the Monday's Dance for Fun & Exercise class. Please note the name tags either pinned on or with lanyards

No we are NOT injured! The walking sticks are for a fun dance routine.

FILM MUSICALS, *Bob Whitten, Tutor*

The films to be featured in the Film Musical class during term 4 are as follows.

12th October -- "By the Light of the Silvery Moon" (1953) 1 hour 41 min.

26th October -- "The Jolson Story" (1946) 2Hours 8 min.

2nd November -- "West Side Story" (1961) 2 Hours 33 min.

23rd November -- "Bran Nue Dae" (2009) 1 hour 25 min.

30th November -- (1970) 1Hour 53 min.

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

The October lunch will be held at the City Oval Hotel on Sunday 21 October. Please let Anne or Ian know if you are or are not coming on either 0403 079 216 or anneianmckee@ozemail.com.au by Friday 19 October. Also please remember to wear your name tags.

LITERATURE, *Robyn McKnight, Class Rep*

Our class will be reading The God of Small Things by Aranduti Roy led by tutor Helen Carrucan.

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

October 8 - The story of Mary, mother of Jesus. There is not a lot about her in the bible. Look for the old Mediaeval stories.

October 22 - Cuchulain an Irish mythological hero.

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

In October we will walk the forest area north-west of Mt Clear. Turn into Tinworth Ave from Geelong Road, then follow Tinworth Ave round to the left. We will meet at the intersection of Indicator Lane, at the top of the rise.

POSITIVE PRACTICES, POSITIVE PEOPLE, *Madonna Quixley, Tutor 0421043072*

Places are available for the next twelve sessions of POSITIVE PRACTICES, POSITIVE PEOPLE - Thursdays, 1 - 3 p.m. we explore positive strategies & life skills via TED talks, lively discussion, and relevant research. Participants also have the opportunity to experience a positive energy to support their practices if they wish. Forthcoming topics include Unconditional Love (6 Sep), Respect (20 Sep & 11 Oct), Positivity (18 Oct & 1 Nov), Compassion (8 & 15 Nov), Trust, (22 & 29 Nov), and Good News (6 & 13 Dec). Check out our Facebook page

<https://www.facebook.com/positivepracticespositivepeople/>

RECORDERS BEGINNERS, *Mary Melcherts, Tutor, 03 5338 4654*

There are 9 in the class at present with an excellent attendance. The class is low key and fun and at a comfortable pace for all. We have learned all the mid register, low register and some of the high register notes and a couple of accidentals. We are tuning well to each other and are playing duets with me. At the end of each term we joined the big recorder group and performed to enthusiastic applause. The class was blown away by the large ensemble sound and has been a great motivator to improve. Thank you to a friendly committed and musical group for my first experience tutoring for U3A.

TAI CHI Lyn Snibson, Tutor 03 5331 5350

Tai chi classes all recommence in October at ELC. The new class for beginners will be at 10.00 am on Tuesday 9 Oct. following the returning class at 9.00 am. Please note that both Wednesday classes will return on 17 Oct. due to exams at ELC on the 10 Oct. Tuesday classes will not be held on the 23 Oct. for the same reason.

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



Brian's table from Woodworking



Dulcie, Judy and Gail hard at work in Silver Jewellery Class

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