



BALLARAT

UNIVERSITY OF THE THIRD AGE

the BULLETIN

January 2019

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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 1st Wednesday
9.30 am; Feb to Nov. BNCC

DIARY DATES 2019

Tues Jan 29	Last Chance Enrolment, BNCC Office 10am – 3pm
Wed Jan 30	Last Chance Enrolment, BNCC Office 10am – 3pm
Thur Jan 31	Training Session for ALL Tutors and Reps BNCC 1:30
Fri Feb 1	First Day of Classes for 2019

WELCOME BACK AND HAPPY NEW YEAR

We hope you have had an enjoyable break and come back to U3A healthy, happy and ready to learn, or just have fun, in your classes.

Last Chance Enrolment

The final two days for enrolment before classes begin for 2019 are Tuesday and Wednesday, Jan 29 and 30 at Ballarat North Community Centre (corner of Walker and Armstrong). If you have not registered for your classes, or know anyone who would like to join U3A as a new member, this is your last chance to enrol. You can also enrol at any time online.

BULLETIN CHANGE OF DATES

Please note that the Committee is now meeting on the first Wednesday of the month, so in keeping with this the Bulletin will be published the SECOND Monday of the month instead of the fourth. For those of you sending articles, class information and/or photos to be included in the Bulletin submission are now due on the FIRST Monday of the month.

Bulletin Editor Elena Tommasi: Please send submissions by February 6 to elena.U3A@gmail.com.



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MEMBERSHIP AND ADMINISTRATION NOTES

A very big thank you to all who came to the enrolment days in December and who waited patiently at Eastwood as the very efficient office staff took their enrolment. It was wonderful to have so many renew their membership at this time. Already we have a membership of 1009. The enrolment days went very smoothly with no real technical hitches – a miracle? It was great that our President was able to meet so many of you and obtain ideas for new classes and just get to know our members. Now we need new tutors!!!!

Welcome also to the new members who have joined and will be starting their first class this year!

Just a reminder – if you have not paid your membership you should not be attending a class – whether you have been in it for years or not! Class Reps will be checking and if you have forgotten whether you have paid or not, then ask the Class Rep.

Classes begin on the Friday 1 February and the Committee meeting has been changed to the first Wednesday in the month with the Welcome Morning Tea moved to the third Wednesday. The Welcome Morning Tea is open to all members to attend even though it is specifically designed to welcome new members and tell them something of how we operate and enable them to meet Committee Members. So come along and join in and meet the new members and tell of your experiences with U3A (good ones please!!!).

Don't forget to tell your Class Rep if you will be absent from class – particularly if you will be away for more than 1 session. One of our rules is that if you are absent without an apology for three weeks your place in the class can be forfeited and given to someone on the wait list. This is particularly important in those classes which are full.

Many classes are already full – please be considerate if you are on a wait list as people drop out and change classes or realise it is not what they thought, during the first month. Things settle down in March and you may be offered a place in a class. If you do not want to take up an offer, please notify the Class Rep.

The Office will be open for enrolments on January 29 and 30 from 10.00 – 3.00.

Training session for ALL Tutors and Class Reps on 31 January at 1.30. We would appreciate one representative from each class to attend this meeting as the new responsibilities regarding wait lists, rolls and class numbers will be discussed. It will also be a chance for you to view the revamp at BNCC.

Enjoy your year - contribute and you will get more benefit from your class.

Nina Netherway

Membership/MyU3A

Phone: 5309 1771 / 0417 371 873

Email: ninan06@bigpond.com



Many thanks

Many thanks to all involved in the enrolment and re-enrolment process. The majority of members registered during the December period. Some of the days during that period were quite busy, especially on what now might be known as 'manic Monday', and it was clear that those who had to wait did so with good humour and used the time to catch up with, or get to know, other members. By now everyone will know when their classes or activities begin. Enrolment or re-enrolment is, of course, still possible, either on Tuesday 29 or Wednesday 30 January between 10.00 am and 3.00 pm at the Office at BNCC, or at any time the Office is open, or indeed online at the U3A Ballarat *MyU3A*. The good humour and friendliness of members certainly helped to make the process a rewarding experience for the Committee members and volunteers.

Many thanks also to the Committee members and volunteers who undertook the wide range of tasks in the registration process. Their work was key to the process and certainly appreciated; it is no small matter to enrol over a thousand members in more than one hundred classes and activities. We are indebted to the organisation done by the Administration Sub-committee; please see the Membership report for more details.

Fortunately there are still classes with vacancies. Even considering the number of classes and activities we have on offer, it is still highly desirable to have more classes and activities. During the December enrolment period it was pleasing to receive suggestions for more classes; from those suggestions we need to find tutors for some new classes, and approve and advertise the suggested classes for which tutors have already volunteered. Further information is available in the Class Coordinator's report. Needless to say, we would be very happy to receive further suggestions for classes and activities.

Time for a cappuccino?

Now, if I might ask a personal question: would you like to suggest a class or activity, or make a comment of some sort? To make it easier to comment I would be pleased to meet U3A Ballarat members for a cappuccino. I'm tempted to call the session, "Meet the President", but I suspect that would not be very exciting. In any case, I will wait in Café IneXterior (corner of Mair Street and Doveton Street N, enter from Doveton Street N) from 10.00 am each Tuesday, for an hour or so, starting 5 February - the purpose being to enjoy a chat over tea/coffee. Perhaps I should also mention that this is not because my friends won't speak to me, but I do enjoy a chat over a cappuccino, and that you will have to buy your own tea or coffee.

In the meantime, enjoy the U3A Ballarat year. I already know of some exciting events being planned by some of our classes, and I hope your classes will be interesting, exciting and provide the opportunity for enjoyable social contact with new and old friends.

Phill Grant
grantphillip@hotmail.com

CLASS COORDINATOR'S NOTES

New Subjects

LOCAL HISTORY FOR NEW CHUMS BUNINYONG. Tuesday class. Doug Bradby

Doug Bradby has offered to run a small Local History for New Chums class in Buninyong for those who did not get into his Monday class. It is exactly the same curriculum as what he is offering in the Monday class, so please do not enrol in both.

See MyU3A for further details. There are limited places left in this new Tuesday class.

PSYCHOLOGY. New course offered for Friday 9 – 10.30 weeks 2 and 4.

Dave Hyatt who is a trained school psychologist and now works in private practice is the tutor.

Outline of course:

Fundamentals of good mental health

An overview of our overall behaviour, how we react & alternatives, meeting our basic needs and dealing with past issues

Ways of looking at and handling trauma

Problematic thinking and challenging beliefs

Ageing, Depression and Anxiety and Neuroscience

Cognitive Behavioural approaches and Mindfulness

There will be a psychoeducational element and an interactive emphasis. Could even mean some form of homework!! Different aspects of the course could be explored in more detail depending on the interests of the class.

Dave Hyatt. 0434239456.

See MyU3A or visit the office during enrolments to enrol in this new class.

Science

Brenda Beck who has very ably facilitated our Science class, has had to unfortunately step down from her position as tutor for Science this year. A big thank you from all of us at U3A Ballarat to Brenda who has taken this class for many years. We have really appreciated all of her hard work, and the class members have very much enjoyed her Science classes.

Is there anyone in our U3A community who would like to take over being tutor for this vibrant class? Perhaps you would like to take just a few classes. If so, please contact Denise Grant at DeniseU3A@hotmail.com or ring our Office.

Other possible new classes

Are you interested in taking one or more of the following classes? We have had requests for these classes to be introduced by U3A Ballarat.

- a course for carers
- a beer tasting course
- an AUSLAN course
- a knitting and crocheting course (“Sit and Stitch” provides such an opportunity but perhaps a class that specialises in knitting and crocheting would be another avenue to pursue)
- another “Back on the Bike” activity (this was very popular last year)
- an Android ‘phone and tablet course
- “Pages” course for iPads and iPhones

Or anything else that interests you, and that you would like to share with other people. It could be a short course running weekly for six weeks or fortnightly for two months, or you could run your activity for one semester or you could take a class all year. Classes are run weekly, fortnightly, three weeks in a month and monthly. Basically, whatever time, day, frequency and duration that the tutor requires can be accommodated.

If you are likely to have other commitments during the year, do not let this deter you. Many of our tutors disappear for a month or two or even three during the year, and their class either goes into recess, or class members take it in turns to take the class in the tutor's absence.

TUTORS AND CLASS REPS. TRAINING SESSION: 1.30PM THURSDAY 31ST JANUARY at Ballarat North Community Centre - Hall.

Mary Maloney is cooking scones for afternoon tea. Don't miss out.

New tutors and class reps will have a meeting in the Blue room, commencing at about 3pm depending on how long the first session and afternoon tea run.

OUR TIMETABLE BEGINS ON FRIDAY, 1 FEBRUARY.

HAVE A VERY ENJOYABLE YEAR WITH U3A IN 2019.

VERY SPECIAL FILM SHOWING - ONCE ONLY

THURSDAY 28 MARCH at 2 pm

In the HALL at Ballarat North Community Centre in Walker Street, Ballarat North

Free entry to a U3A event. Bring your friends.

“DALKEITH”

A BEAUTIFUL FILM MADE IN BALLARAT 18 YEARS AGO

Ron Hedgecock, a U3A Ballarat member, who acted in the film will be there to introduce it, and perhaps the director will be there as well. This is a film about the people/characters who live in a nursing home here in Ballarat, and what happens when they adopt a racing greyhound. You will recognise several Ballarat identities in the film.

Afternoon tea: Tea coffee and biscuits.

Volunteers Wanted!

The Committee is seeking members interested in contributing to the U3A as volunteers in the following areas

Office volunteers – computer skills necessary, to be trained to operate the MyU3A data base. Time commitment, 2 hours per month.

Furniture & Equipment volunteers – to help move around and set up furniture and equipment at our various venues. Members with a tow bar or small truck/ute particularly useful. Time commitment – occasional.

Events and catering – join the sub-committee to plan and run events, or help with catering and set up for events. You won't be asked to cook anything!

Summer School organisers – a number of our members tell us how much they miss their classes over the summer break. Many of our venues are still available, and if a few members volunteer to advertise and organise a summer program, we could easily run a Summer School. A great chance for some new people to offer a short term activity.

If you are interested in any of these volunteer opportunities, contact Anne Ottrey 0422 963 985 or ottrey@ncable.net.au Additionally, consider volunteering as a class rep for one of your classes this year.

New class tutors – always wanted! Do you have an idea for an ongoing or short term class you'd like to offer? Contact Denise Grant at deniseu3a@hotmail.com to discuss how you might put this idea into practice.

Coffee & Tea Supplies for Your Venue

If you have classes at Ballarat North Community Centre, tea, coffee, sugar and milk are provided. Classes need to bring their own biscuits, cake etc.

At Eastwood Leisure Complex, supplies of tea, coffee & sugar can be found in the back kitchen cupboard. Additional supplies can be found in the storeroom in a box marked U3A. Classes need to BYO milk and morning tea.

At Pinarc, tea, coffee & sugar are stored in the kitchen cupboard marked U3A, with some spares in the cupboard in the back corner of Room 2. Classes need to BYO milk and morning tea.

All other venues can pick up supplies of tea, coffee & sugar from the storeroom at Eastwood Leisure Centre. If supplies run out, or you don't know how to access them, contact Anne Ottrey 0422 963 985 or email ottrey@ncable.net.au

DIVERSION FOR JANUARY



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

ANOTHER DIVERSION FOR JANUARY

Wobbled Word... Yes, we know that U3A Ballarat goes into recess over the Christmas and New Year period. That does not mean, of course, that members go into recess. In particular our wizard of wobbly words remained active, and asks if we can re-sort the following:

C I F E R C S I A

(Actually, that would make a nice name for an intelligent person, perhaps we shouldn't unscramble it.)

If you can un-wobble the word, please let me know. As usual, it's only for the glory, as there are no fabulous prizes.

...and talking of glory, congratulations to the super solvers who unscrambled November's word to get ARTHRITIS: Wendy Gottlieb, Tania Gaunt, Michelle Parker, Brenda Baxter and Marianne Kennedy

Phill Grant

grantphillip@hotmail.com



With the arrival of 125 new chairs at BNCC the Operations Committee has gifted 76 of the old solid chairs at BNCC to ELC. Christmas is the time for giving! Above Graham Hawley is unloading chairs for ELC.

The following are not U3A Events but might be of interest to our members.



Be Connected
Every Australian online.

FREE Classes

For Android and Apple Devices

Call 5329 1101

DATE	TIME	COURSE	WHAT'S ON OFFER
Wednesday 6th February	12.30—3.00pm	Email	You will learn about email accounts on the internet , how to set up, open to read, and send emails safely and what the benefits are in having an email. Using Android and Apple Devices
Thursday 7th February	12:30—1:45pm	What is a Apple Mac Computer?	Learn what an Apple Mac computer is and how to use one
Thursday 7th February	2:00—3:15pm	Using Apple Mac	Learn how to use a keyboard on a Apple Mac. The course will cover basic keyboard functions.
Wednesday 13th February	12:30—1:45pm	What can you do with Digital Photos	Learn about how to download photos from camera to your computer then share with family & friends online.
Wednesday 13th Feb	2:00—3:15pm	Downloading Photos	Downloaded photos from camera to computer now learn how to store them.
Thursday 14th February	12.30—1.45pm	What 's an iPhone	Learn the essentials of what a iPhone an do and how to use one.
Thursday 14th February	2.00 — 3.15pm	Using Search Engines on your iPhone	Using your iPhone phone. learn how to search for things on the internet
Wednesday 20th February	12.30—1.45pm	Searching Online on Windows 10	Learn how to search for things on the internet using search engines such as Google, use bookmarks & save images and other files.
Wednesday 20th February	2.00 - 3.15pm	Using Online forms on Windows 10	Learn what an online form is and how to fill in forms on a website, how to correct mistakes, how to fill in online forms to do things like applying for benefits, paying bills, shopping online and contacting services you use.
Thursday 21st February	12.30—1.45pm	Choosing a Data Plan - Apple users	Learn how data for your internet connection is sold in a plan. Learn how internet providers sell data to you & what happens if you use too much data.
Thursday 21st February	2.00—3.15pm	Managing Your Data Apple Users	Learn about managing your internet data plan and the amount of data you use
Wednesday 27th February	12.30—1.45pm	Avoiding Scams & Tricks	Learn that it's not that difficult to stay safe online by following a few simple steps.
Wednesday 27th February	2:00—3:15pm	Paying Safely Online	Learn how to pay safely online through a number of different options. Learn what to do with faulty goods purchased online or goods that don't arrive.

Please pick maximum of 3 FREE courses BOOKINGS ESSENTIAL ph 53291101



Be Connected
Every Australian online.

FREE Classes

Call 5329 1101

DATE	TIME	COURSE	WHAT'S ON OFFER
Wednesday 1st May	12:30—1:45pm	Getting set up for Video Call	Learn about what video calling is and what equipment you will need to set up
Wednesday 1st May	2:00—3:15pm	How to use What'sApp oAndroid	Find out about What'sApp. You will learn to message your friends and family. Bring your Android phone or Tablet
Thursday 2nd May	12.30—1.45pm	How to use Facetime	Learn to use a service only offered on any Apple device
Thursday 2nd May	2.00 — 3.15pm	Going overseas	In this course you will learn how to stay connected and use the internet with your own Apple device
Wednesday 8th May	12.30—1.45pm	How to use Skype	Come and learn how to set up Skype and how to use, you can use a computer, Android Phone or Tablet
Wednesday 8th May	2.00 - 3.15pm	Going overseas..	In this course you will learn how to stay connected and use the internet with your own Android device (computer, phone or tablet)
Thursday 9th May	12.30—1.45pm	What is a Apple iPhone?	This course will teach the basic functions of an iPhone
Thursday 9th May	2.00—3.15pm	What is an Apple Pad?	This session you will learn about what is and ipad and the basic functions.
Wednesday 15 May	12.30—1.45pm	Using Facebook	You will learn what is Facebook, how to set an account, keep safe, create a profile and find friends
Wednesday 15 May	2:00—3:15pm	Socialising Online	Learn about the different social networks such as Twitter, Pinterest, and Google
Thursday 16 May	12.30—1.45	Downloading and Saving Documents on Apple Device	This session will show you how to download documents on your iPhone or iPad. Then show you how to save them.
Thursday 16 May	2.00—3.15	Safe Passwords	The essentials of staying safer online, this will teach you how to create and remember strong passwords

Please pick maximum of 3 FREE courses, if you would like to do more please contact the Neighbourhood House
BOOKINGS ESSENTIAL 53291101

More classes are available. Call the Neighbourhood House for more information.

Vision Australia Seeing Eye Dogs need your help in finding loving homes for our puppies.

Be a puppy carer and help people who are blind or have low vision.
Puppy and Foster Carer Information Sessions. Find out more:

- Come to an information session
- Meet our staff, volunteer carers and puppies
- Hear our client's stories

Ask about our new 6 Month Puppy Carer Program!

Choose your preferred date & time at an upcoming Information Session at: Seeing Eye Dogs, 17 Barrett Street, Kensington

Date: Thursday, 31 January 2019 **Time:** 6pm-7pm

Date: Saturday, 16 February 2019 **Time:** 12pm-1pm

Date: Thursday, 28 February 2019 **Time:** 6pm-7pm

For registration and enquiries:

Email: sedvolunteer@visionaustralia.org

Phone: 1800 03 77 73

Visit: sed.visionaustralia.org



OPEN DAY at GOVERNMENT HOUSE VICTORIA

Government House Victoria is having an open day on Australia Day. You can tour the grounds and enjoy a wide variety of displays and activities available for visitors of all ages. More detailed information is available on the website www.governor.vic.gov.au

RMIT LOOKING FOR VOLUNTEERS

RMIT is looking for volunteers to participate in three exploratory focus groups of six to eight people to get a better idea of the key issues for older Australians about social isolations and the obstacles they face in terms of engaging more with technological devices and platforms to become more socially connected. The commitment would be two hours at RMIT to discuss these topics.

If anyone would be interested in participating, please contact Dr Bernardo Figueiredo at RMIT Building 80, Level 10 (Room 50), 445 Swanston Street, Melbourne, VIC 3000 Australia.
+61-3-9925-5866 (tel.)
+61-3-9925-5624 (fax)
bernardo.figueiredo@rmit.edu.au

CLASS NOTES

The next Bulletin deadline:
Wednesday 21 Nov, 2018 to
Elena Tommasi, PO Box 2058,
Bakery Hill, 3354 or
elena.U3A@gmail.com

BOOK CLUB 2 *Yvette Nesire-McNeil, Facilitator. Helen McDowell, Class Rep'.*

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

January 31st--Creswick. A nice shady walk around St Georges Lake. This walk is approx 2kms but is a Code B. Some gravelly slopes-- so advisable to take stick. Bring morning tea to eat at conclusion of walk. Led by Laraine and Lynne. Car Pool \$5.

February 14th--Eureka Black Hill Circuit, led by Marlene Bell and Ann Belcher. We will meet in car park at back of MADE complex off Rodier St. Easy 6.5 km walk to Bakery Hill and along Yarrowee Creek. Code A--lots of shady trees and bird life. Bring water and snack. Eureka Cafe open for morning tea.

Note : Early start at 8 A.M.

February 28th--Smokey Town area. It is an 8 km round walk, undulating country but no steep climbing and interesting scenery. Code B. There is a reasonable amount of shade, but there are no pit-stop facilities except gum trees. Bring morning tea. We will be able to have a coffee, etc., in Creswick. Car Pool \$5.

Note--Meet at Llanberris Netball Courts parking area at **8 A.M.** (except if stated otherwise in walk description)

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*

Feb. 12. We'll be starting our year of Food Films with one about starvation! The Gold Rush (USA, 1925, 82 mins silent) includes many of Charlie Chaplin's most famous food gags.

Please be seated ready for a 1.30 start.

At this stage, the class remains full and does not keep a waiting list.

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

The February lunch will be held at the Farmers Arms, Creswick, on Sunday 17th February. 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 15th February. And please remember to wear your name tags.

HISTORY OF ENGLISH LANGUAGE *Alice Mills, Tutor 5341 3887*

Members please note that the first class for the year will be on Monday Feb 18th beginning at 10.30am at the Ballarat North Neighbourhood House.

LITERATURE *Robyn McKnight, Tutor 03 5334 4753*

Our class will be starting the year on Thursday 7th February with "The Sea" by John Banville led by tutor Cathy Gear.

MIXED MEDIA JEWELLERY CLASS *Elena Tommasi, Tutor 0421 520 414*

Our first class will be on 12 Feb. Our first group of classes will be on beading projects. Please bring any beads you like. If you have jewellery pliers, cutters, etc. bring those as well but I have some you can borrow. For those of you new to the class I will have other supplies to start.

WALKERS AND COFFEE *Chris Cullen, Tutor 03 5332 3721*

Walks start 10am sharp. 1st & 4th Wednesdays

23rd January Pipers by the Lake, Wendouree Parade, Ballarat

6th February Formosa Nursery, 104 Leith Street Redan

27th February MADE 102 Stawell St & Eureka Street

6th March Meet at DeSoza Park, Buninyong

27th March Racers Cafe Lake, Wendouree

Facilitator: Chris Cullen

Information & Apologies: John Elischer 0421 341 288



Tai Chi classes

If undeliverable return to:
U3A
PO Box 2058
Bakery Hill, Vic 3354

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