



## BALLARAT

UNIVERSITY OF THE THIRD AGE

# the BULLETIN

June 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 1<sup>st</sup>

Wednesday 9.30 am

Feb – Nov. BNCC

### **DIARY DATES 2019**

Mon June 3    Would You Like to Be A Tutor 3 –4 PM B NCC

Tues June 4    Coffee/Tea/Chat with Phill 10 am Café InExterior

Wed June 20    New Member Morning Tea 10:30-11:30 am BNCC

Thur June 27 **Trivia Night 4:30 - 6:30 PM BNCC**

Wed July 3    Committee Meeting

Wed July 17    New Member Morning Tea 10:30-11:30 am BNCC

Sun July 28    Celtic Band concert at Ballarat Art Gallery 2:30pm



Our new venue at Ballarat Sport and Event Centre

Plenty of Parking!!!



**Bulletin Editor Elena Tommasi:** Please send submissions by July 3 to  
[elena.U3A@gmail.com](mailto:elena.U3A@gmail.com)

## BALLARAT

UNIVERSITY OF THE THIRD AGE

### **PRESIDENT'S REPORT - PHILL GRANT**



One way to beat the Winter weather is to travel to Queensland. Another way is to meet in a warm café and chat over one or more coffees/teas. That is exactly what some of our members have done, and in doing so enjoyed meeting and talking with new and interesting people. Because the next 'first Tuesday of the month cappuccino and chat' meeting would occur in the July school holidays, the suggestion is to meet before then, and acting on suggestions from participants, try a different venue. So, the next '**cappuccino and chat**' meeting will be held on **Tuesday 25 June**, starting at **10.00 am** at the **Yacht Club**, Lake Wendouree. Other venues have also been suggested and we can try those venues in due course.

As is well known, we are always on the look-out for new classes, activities and tutors. Recent suggestions for new activities have included classes on how to use an iPhone or smartphone for photography, how to navigate the *My Aged Care* service, using ebikes, fly fishing, caring for people with dementia and mathematics. Previous suggestions have included learning AUSLAN and duplication of classes in demand, such as walking and bushwalking. Anyone interested, or even vaguely interested, in offering a class or activity could talk with a current tutor, or the Class Coordinator, or myself. By the way, there are many ways of being a tutor, including being an 'organiser'.

U3A Ballarat is indeed indebted to the tutors of the approximately one hundred and thirty classes and activities. Supporting those tutors are volunteers and Committee members; to whom we are also indebted. One of the visible roles undertaken by the volunteers is their work in the U3A Office at BNCC. Indeed, office opening times are a great opportunity for U3A members and visitors to thank those people - if you get the chance to say 'thanks' to them, please do so.

With regard to the Committee members, much of their work is 'behind the scenes'. To coordinate the work of Committee members, the Committee meets once per month. In between meetings there is always a lot of email contact. At the Committee meetings, each sub-committee gives a report and business arising from those reports is handled. Topics including finance, administration, membership, accommodation, technology and publicity, community liaison and class coordination are regularly discussed. In some ways, the Committee is similar to a U3A class, in that members are involved in learning and social interaction, in the course of their work.

With the imminent completion of the car park at the Ballarat North Community Centre (BNCC) we are looking forward to enjoying all the improvements to the facility. U3A Ballarat is grateful to the City of Ballarat for undertaking the renovations to BNCC, in particular as it enables us to more effectively provide activities that satisfy the social, educational and physical aims of U3A. BNCC is now becoming an attractive 'home-base' for our twelve hundred or so members.

The oversight of BNCC is the role of the Operations Committee, which consists of representatives of the organisations that share the facility. Of those organisations, the Ballarat North Senior Citizens' Club is the lead tenant. To further improve the appearance of BNCC the Operations Committee has talked about landscaping; such landscaping may also include the development of a community garden, one involving the groups that share the facility. Having mentioned the BNCC Operations Committee, it is appropriate to invite U3A members who might have suggestions about U3A Ballarat's use of BNCC to contact our representatives on that Committee. The representatives are Blake Gordon and myself.

## **MEMBERSHIP AND ADMINISTRATION NOTES**

### **New Members Morning Tea**

These have been most successful in introducing new members to U3A and explaining how we operate. It has also been good in that new members meet other new members.

So if you would like to join us for a cuppa and chat where you could pass on information to the new members – and keep us honest! – you would be most welcome. Third Wednesday of the month at BNCC at 10.30am.

We are still attracting new members – 23 in the last month. Do make them welcome if they join your class.

New members who pay via the internet and PayPal – please make sure you obtain your nametag and lanyard, and invitation to New Members Morning Tea and an Information Sheet. We try and send them out from the Office, but may have missed some members. You should wear your nametag whenever you are at a U3A class or event as it lets us know you are a member and also helps in getting to know you – names seem harder to remember the older we become!!!

Your Committee try very hard to make the physical side of your class as pleasant as possible ie. venue and resources required by your tutor. Sometimes this can be very difficult and things beyond our control and unexpected can occur. Please, if you have concerns contact a Committee member so we can work through the problem – remembering we are all volunteers!!!

### **TUTORS and CLASS REPS**

Please, please check your rolls on MyU3A to see they are up to date and accept anyone on the waiting list if you can. On my exploratory expeditions into how many classes members are actually doing I have discovered that many classes a member has enrolled in, they are not actually attending! If this is the case please delete them from your list. If you need help doing this, please come into the office or ring /email me and I will do it for you. Also if members leave, please delete them straight away.

We pay Network a capitation fee for every member and if we don't know who has left the organisation or passed away – we are paying out needlessly.

### **MEMBERS**

If you are no longer attending a class you originally enrolled in – please delete it from your list, get you tutor/class rep to delete it or ring/email me. Remember you must enrol in a new class via MyU3A before you start attending it.

Nina Netherway

Administration/ Membership/ MyU3A

Ph: 5309 1771, 0417 371 873

Email: [ninan06@bigpond.com](mailto:ninan06@bigpond.com)

## CLASS COORDINATOR'S NOTES

### New Classes for Term 3

1. **The Reading Room** is to be facilitated by Chris Paul, 1.00 – 2.30 in Room 2 at Eastwood, on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays. The group starts on Tuesday 16<sup>th</sup> July.

"A place for people who love to read, discuss ideas and meet new friends".

Please contact Chris at 0439996926 or [paull.chris260@gmail.com](mailto:paull.chris260@gmail.com) to find out more details. The class is available on MyU3A for enrolment.

2. **Meet Japan** – A new class will begin on 16<sup>th</sup> July. John Urquhart will be taking the class from 9.00 – 10.30 weekly on Tuesdays, in the Blue Room at BNCC. Find the class on MyU3A to enroll. It will go for 9 weeks.

We are very lucky to have two new Yoga classes commencing in Term 3

1. **Integral Yoga** with Linda Christian. Class to start on Monday 15<sup>th</sup> July, 3.00 – 4.15 Weekly, in the Hall at BNCC.

Contact Linda by email for more information.

[lkchristian@dodo.com.au](mailto:lkchristian@dodo.com.au)

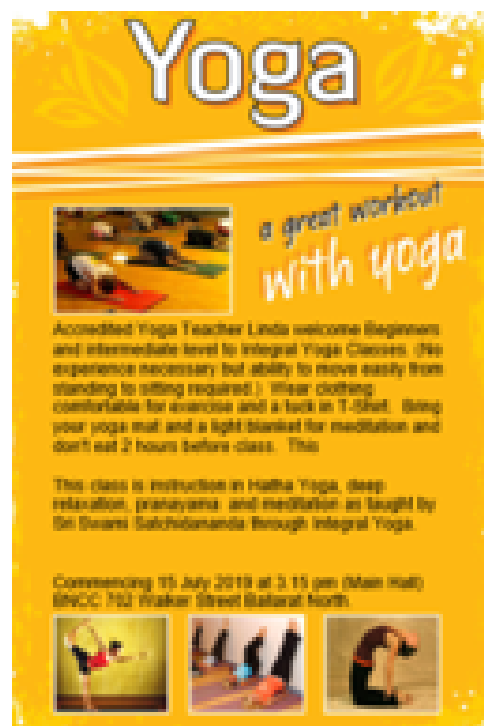
Enrol on MyU3A. Please note the need too bring a yoga mat and light blanket and don't eat for 2 hours before the class

2. **Ki Yoga** with instructor Judy Lavings, 9.00 – 10.15, 2<sup>nd</sup> and 4<sup>th</sup> Thursdays in the Hall at Ballarat North. To start Thursday 22<sup>nd</sup> August.

"Ki yoga is a Japanese form that originated from Master (Dr) Oki. Developed from his research & experiences in Indian yoga, yin-yang theory, Zen, martial arts and both Oriental & Western medicine. Ki yoga incorporates the meridian system, 5 element system and takes into account the seasons.

I have personally found it incredibly strengthening and grounding. Just a superb healing system. In 1983-4 I studied shiatsu at the then East/West Centre in Haymarket, Sydney."

The class is available for enrolments on MyU3 but please DO NOT RING Judy until after 9<sup>th</sup> August. You can contact her by email until then at [jlavings@gmail.com](mailto:jlavings@gmail.com) if you have any questions.



OTHER PREVIOUSLY ADVERTISED CLASSES WHICH WILL COMMENCE IN TERM 3. THERE ARE STILL VACANCIES IN MANY OF THE FOLLOWING CLASSES.

1. **Exploring Contemporary Art** which was originally listed on MyU3A as running for only Terms 1 and 2, will now continue all year. Those who are currently enrolled will remain in the class, and Geoff says that new members are also welcome. If you are going to discontinue the class, please let Geoff Wallis know, and he can make even more spaces for new members.
2. **Ballarat History** with Jack Engwerda will be on Fridays 9.00 – 10.30 in the Hall at BNCC.

3. **Geopolitics: Prisoners of Geography** with Chris Dickinson will begin in Term 3. There will be two groups.
- a. **Group 1** will meet on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays, 10.45 – 12.15 at BNCC in the Blue Room.
  - b. Group 2 will meet on 2<sup>nd</sup> and 4<sup>th</sup> Fridays 9.00 – 10.30 at Pinarc.
4. **History of the English Language** (see separate notice) 1<sup>st</sup> and 3<sup>rd</sup> Mondays, 10 – 12 at Ballarat North Neighbourhood House, 6 Crompton Street, Soldier's Hill. This class is taken by Alice Mills.
5. **Jazzalong with Jen** with instructor Jenny Douglas will take place on Fridays 11.30 – 12.30 at BNCC Hall.
6. **Lino Cut – Print Making** with instructor Stephanie Patterson will recommence in Term 3 after a break during Term 2. 9.30 – 11.30 Thursdays in the Community Shed at Pinarc.
7. A new class of **Retrosuburbia** with Steve Burns will commence. This will be held on Mondays 2.30 – 4.30pm at Pinarc.
8. **Tasting and Talking Wine** will commence later in Term 3.

Please check with David Berry 0411112121 or email Steve Goodwin [goodwins@netconnect.com.au](mailto:goodwins@netconnect.com.au) for the actual starting date.

### ATTENDING CLASSES IF YOU ARE UNWELL

If you are unwell and particularly during the infectious stage of an illness, it would really be appreciated if you could please stay home from classes.

Many of our class members have compromised immune systems and we need to think of them.

### July School Holidays

We do not normally hold classes during the school holidays. The July school holiday dates are **Saturday 29<sup>th</sup> June to Sunday 14<sup>th</sup> July.**

**Classes recommence on Monday 15<sup>th</sup> July.**

Most classes do not run during the holidays but there may be some groups who like to keep going. Please check with your tutor to see what they plan to do.

If tutors wish to hold extra classes during the holidays, then please notify Denise Grant.

Pinarc classes should be OK this time. Pinarc has apologized for the misunderstanding that occurred last holidays, and has promised that if individual classes wish to run during the holidays, they will be welcomed. Remember though that you can't park in the school grounds and have to enter via the front door because the gate will be locked.

For extra classes at Eastwood, please ask Marita or Bev if it is OK to run your class, then contact Denise.

For most other venues there should not be a problem.

Denise Grant

*Class Coordinator*

0439 321 250

[Deniseu3a@hotmail.com](mailto:Deniseu3a@hotmail.com)

## DIVERSION FOR JUNE



Congratulations to the follow correct guessers of last month's Diversion (Burano, Italy, one of the islands near Venice)

Rebecca Black, Alison Owen, Marianne Kennedy, Helen Smith, Gleyns Brock, Gail Nowaski, Sue Taylor, Lyn Hedger, Julie Nolan, Marg Henderson and Joan Tallent. I think, they thought the large response, the Diversion was too easy!

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](mailto:elena.u3a@gmail.com) or to Phill at [grantphillip@hotmail.com](mailto:grantphillip@hotmail.com)

## ANOTHER DIVERSION FOR JUNE

Well done and congratulations to our unique unflappable un-scramblers: Barbara Curzon-Siggers, Tania Gaunt, Michelle Parker, Marianne Kennedy and John Elischer, all who proved that 'word-smithing' has not become unfashionable. In doing so they played an IMPORTANT role. By the way, Tania's additional solution, TIN POT ARM was clever, but...

Ubiquitously un-phased, the wonderful word-scrambler has set a challenge for June - ever in the hope for a secret solution. This month's warbled word is

E W N L D K E O G

So, for glory and little else, please send your solution to Phill at [grantphillip@hotmail.com](mailto:grantphillip@hotmail.com)

## U3A Celtic Band 10<sup>th</sup> Anniversary Concert.

The Celtic Band will once again perform at the Art Gallery on Sunday 28<sup>th</sup> July 2.30 as part of the Gallery Women's Association *Last Sunday of the Month* music program.

Over 10 years the band has expanded in numbers and really could be called an orchestra. The evolution of the band has meant that more diverse pieces are played now rather than a strict emphasis on the celtic genre. The band leaders are always looking for new and challenging works and arrangements that provide the opportunity for the musicians to highlight their particular instruments, vocals and expertise. With inspiring leadership we continue to refine and polish our own particular sound.

We look forward to seeing you at the Gallery.

*Rosalind Lawson, Class Rep.*

## Royal Commission into Aged Care

### Community Forum: How to get your story heard

Thursday 20<sup>th</sup> June

Ballarat Community Health

260 Vickers St

Sebastopol

10.30am-12.30pm

RSVP: by 17<sup>th</sup> June to Louise Feery

[louisef@bchc.org.au](mailto:louisef@bchc.org.au) 53384518

Loves Brother

Thursday 11 July

At

BNCC

**CANCELLED**

## Beyond the Horizon' Technology Session

This session was offered by the Mt Clear College Earth Ed Centre recently. It was a 'a hands-on' session introducing the small group of us to the advanced technology currently being offered to the students. It was certainly an eye-opener to experience a few small activities using some extremely advanced technological concepts in a very simple way. It was also fascinating to hear how the centre is used by Regional schools – both by students attending sessions in the centre and by the staff moving out to the schools and supporting school staff in their endeavours in science. The support is not just a 'one off' but ongoing throughout the year.

The activities we sampled included robotics and coding robotics – although we did not have time to do a lot of coding, but we had fun making the named robots do what we commanded – or hoped we commanded!!!

We also investigated Virtual Reality with 3D 'glasses' and wondering where we were and what we were looking at – all we know is we looked pretty funny!

The third activity was using an iPad and a small globe to investigate different aspects of the earth – animals, volcanoes, geography etc. This was very powerful and could involve students in a vast amount of investigation and research. It was a wonderful session and the staff were so dedicated and spread their enthusiasm as they told us how they worked. If the session is held again I would highly recommend it.

Members of the Ballarat North Seniors are entitled to join classes at U3A for free!

However, this only entitles them to attend classes held at BNCC. If they want to attend a class held in another venue they must become full members. ALSO before attending any class they must enrol as a guest member at the office and contact the relevant tutor etc as for paying members.

**Have you looked at our website lately? There are a lot of new photos, the Celtic Band is shown in all its performing glory in a CD clip – very toe tapping! All the information you need about timetables, courses etc is there... Go there – [u3aballarat.org.au](http://u3aballarat.org.au)**

# CLASS NOTES

The next Bulletin deadline;  
**Wednesday 3 July 2019** to  
Elena Tommasi, PO Box 2058,  
Bakery Hill, 3354 or  
[elena.U3A@gmail.com](mailto:elena.U3A@gmail.com)

## **AUSTRALIAN HISTORY** *Bev Bartsch, Class Rep.*

Members have presented very interesting topics of people who helped to make Australia the place it is today eg Medicine, Australian art, women of Australia, agriculture and science, transport and aviation and to come this term.

## **BALLROOM DANCING** *Lorraine Amour-Chambers, Class Rep*

May 24th was the date of a twice yearly Tea Dance. Put together by the 3 tutors with help from our class rep. to provide a program and venue for our U3A ballroom dance students to dance all the dances they have learned so far and to witness a couple that they will learn in the future.

The dance is run by the Creswick Dance Group made up of Creswick and Ballarat U3A members. These happy dancers combine efforts to bump in and out, provide food and to work in the kitchen. Setting up the hall is a big job that sees a large band of volunteers, some of whom travel over from Ballarat, turning up in the cold a few hours before the dance, clearing the hall of sports equipment, line the room with seats and cover the walls with decorations made by Helen Cook.

An excellent and scrumptious afternoon tea was provided by the Creswick Dance Group and the dancers themselves. 55 attended, who got through 30 dances at a cracking pace, all to lovely 1940s to '50s Ballroom music as well as contemporary selections. Several foxtrot numbers provided a tribute to Doris Day's smooth and silky singing legacy.

A huge thanks to Local Creswick traders and the Creswick Dance Group who provided Door Prizes:

- Huge fruit and vegetable basket from Creswick IGA
  - Beautiful floral display arranged by Margaret Fulwood and Val Lawrence
  - Raffles: 4 bottles of wine (American Hotel)
  - Dinner voucher (Smokeytown Cafe) Lunch voucher (Redfox Cafe)
  - 3 Hairdressing Treatments (Rivelle 56)
  - Special homeware gifts (Creswick Dance Group) 4 Lucky Spots: Creswick Dance Group
- The proceeds are donated to the Creswick Neighbourhood Centre to support the upkeep and restoration of their hall.



**BOOK CLUB 2** *Yvette Nesire-McNeil, Facilitator 0434 630 456. Helen McDowell, Class Rep'. 0407 347 779*

This month we reviewed, *The Ministry of Utmost Happiness*, by Arundhati Roy.

This novel is written by an Indian human rights campaigner and the intensity of her beliefs is reflected in the passion and sensory stimulation of her writing. Her characters are drawn from marginalized groups in India, including the transgender community, orphans, and Kashmiri militants as well as a member of the Intelligence Service.

Despite frustration with corruption in India and the hopelessness of the never ending conflict in Kashmir, Roy proves to the reader that love and kindness can be found in the most surprising circumstances.

This book requires time and attention to fully absorb its complexity and beauty.

A difficult read at times. 7/10

Our next book is: *The Light Between Oceans*, by M.L.Stedman.

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

**June 13th** - Buninyong to Fed. Uni. Loop walk led by Wendy O'Rafferty and Helen McDowell. 7.3 kms approx. along well marked tracks and roads. Code B. Long climb to start and a couple of short ones. Some tracks might be slippery if there has been recent rain. BL, Car pool \$5. Morning tea at Livitup Café in Tech Park. Good coffee, toilets and plenty of space to sit, inside and out. Meet at Llanberris Netball Courts parking area at 9.20am. or corner of Elizabeth St. and Hendersons La. Buninyong, at 9.45am. Elizabeth St. is first on left after bridge, coming into Buninyong from Ballarat and Hendersons Lane is first left off Elizabeth St, just over old railway embankment.

**June 27th** - Blackwood from the Garden of St Erth. Lerderderg Heritage River Walk, led by Brian Hay and Pat McCarthy. Approx 8 kms, Code B, B/L, CarPool \$8.

**July 11th** - Mt Cole State Forest loop walk, led by Trudie Dickinson and Julie Chandler. Approx 7 kms, Code B, B/L, Car Pool \$8

**Note**---Meet at Llanberris Netball Courts parking area 9.20 A.M for 9.30 A.M start 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** *Kerren Thorsen Class Rep: 5338 2607*

June 11 Tampopo (1986, Dir: Juzo Itami, 114 mins) is an imaginative celebration of the kaleidoscope of Japanese food culture. A search for the perfect dish of Ramen noodle soup is interspersed with a series of inventive parodies of typical cinematic styles. Be aware that there are some "mild" sex scenes.

July 9 Lovely scenery, a charismatic flawed hero and a wicked villain ....The attempt to establish an innovative farm provides great entertainment in *Jean de Florette* (1986, France, Dir: Claude Berri 122mins).

July 12 (\*\*Extra screening, usual place and time\*\*) The sequel and conclusion to this story, *Manon des Sources* (1986, 113 mins) is just as beautifully made and involving.

**DINING OUT GROUP** *Anne McKee 0403 079 216 or [anneianmckee@ozemail.com.au](mailto:anneianmckee@ozemail.com.au)*

The July lunch will be held at the Western Hotel, 1221 Sturt Street, Ballarat on Sunday, 21st July. Please let Anne or Ian know if you are or are not coming on either 0403 079 216 or [anneianmckee@ozemail.com.au](mailto:anneianmckee@ozemail.com.au) by Friday 19th July. And please remember to wear your name tags.

A reminder that the June lunch will be held at the Provincial Hotel, 121 Lydiard St North, on Sunday 16th June.

**EXPLORING CONTEMPORART ART** *Presenter Geoff Wallis, Helen McLennan, Class Rep.*

Wednesday 9.00 is a time to look forward to as Geoff seeks to challenge us with notions of art in the context of today. His knowledge is awe inspiring, the visuals comprehensive and supportive of the topic of the day. Discussions are relaxed, explorative and enhanced by class input which helps develop our understanding of the trends, the controversial and the pluralistic nature of art today. Prior to launching into contemporary art Geoff gave us a detailed history of art to draw upon.

As Geoff commented, “Art is always changing, as are our perceptions. Interpretation of art is never permanent.” We are all the richer for being exposed to the multifarious visions of our world and having our perceptions challenged.

**FOURTH THURSDAY BOOK CLUB** *Jean Laing, Class Rep. 0438 534 818*

We meet at the Bunch of Grapes Hotel in Pleasant Street on the 4th Thursday of the month at 10.30. As we are connected with the Library only 10 books are available - hence 10 members. However if you want to join the waiting list feel welcome.

Our books this year have been interesting and varied and we all enjoy our discussions – at times with great jollity and sometimes sadness.

Coffee at the hotel is good as is the service.

**FRENCH F** *Heather Wood, Class Rep*

We are very happy to be back at GPlace (Pinarc), our original venue, where we continue to work on the challenge that comes with learning a new language later in life. Some of us even put this into immediate practice and stay on for the Celebration of French song class, also led by J-J. Despite all the frustrations and forgetfulness, under J-J’s tireless and patient coaching we are slowly becoming more comfortable with understanding, writing and speaking in French. We have become a close-knit group and can sometimes be observed greeting each other in the street or supermarket with “Bonjour mon ami, comment vas-tu ?”

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NEW MEMBERS MORNING TEA – WEDNESDAY JUNE 20 – 10.30 - BNCC

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

This short course looks at the English language from its origins to nowadays.

There are spaces in the class for terms 3&4. If interested please add your name to the waitlist on line. Classes on Mondays at 10.30am

Enquiries - Alice Mills 5341 3887

*Are you going to.....*

**Jazzalong with Jenny starting on 19th July.**

Classes to be held at BNCC, 702 Walker Street, Ballarat North.

Each Friday 11.30 till 12.30.

Contact Robyn 0433593271.

## **ITALIAN** *Robyn Gilbert*

Recently our Italian class expanded their knowledge of language to learning through cooking. We were very fortunate to have Italian speaking Maria Bodey guide us in Italian in the art of making gnocchi. Angela Bigarelli helped to make the morning a lot of fun and whilst eating our delicious gnocchi in the sun we were even treated to Maria singing "That's Amore" Kitchen, cooking and food vocabulary and expressions were reinforced in a relaxed entertaining way.



*Gnocchi making with the Italian Class – what fun!*

## **LITERATURE** *Robyn McKnight, Tutor 0412519083*

Our class will be reading "Pride and Prejudice" by Jane Austin with tutor Helen Nethercote during June.

## **MYTHS AND MYTHMAKING** *Marion Dick Class rep. Ph: 5332 4831. Mob: 0456 200 650*

On June 24th we will be discussing the Bhagavad Gita. This text is readily available so check the bookshops, library or go online to print a copy.

\* If it is possible to access multiple copies from the Hare Krishna group I will be in touch over the next 10 days.

Please note that there will be no class on June 10th which is a public holiday.

## **NORDIC (POLE) WALKING** *Mike Maloney, Class Rep 5330 1334 / 0413 971 951* <maloney28@southernphone.com.au

In June we are walking in Victoria Park. We will meet at the car park adjacent to the new playground (the internal road within Victoria Park, not on Sturt St West). We still have vacancies!

Tutor: Pat McCarthy 0467 852 759

## **RECORDER BEGINNERS** *Mary Melcherts*

We are looking for tutor books "The Trapp Family Recorder Method" by Edgar Hunt. We have new members in the Beginner Recorder and would appreciate any former members selling or passing on their tutors. Our group is enthusiastic and welcoming if you would like to learn a new skill or pick up an old one. Some Sight Reading or knowledge of notation is a pre-requisite.

## **RECORDER ENSEMBLE** *Jacqueline Cleverley – Class Rep.*

This month, the Victorian Recorder Guild (VRG) organised a brilliant workshop, with Simon Rickard as tutor, teaching the importance of articulation. This was on Saturday, Election Day, in Ballarat – and the results were far more pleasing! The U3A recorder players hosted the event at the York St Church of Christ, and gave a short concert before lunch. This was a fantastic opportunity for the U3A group. We seek to improve our playing and performance, and this workshop gave us plenty of tips and practical experience. Simon, a very gifted curtal (baroque bassoon) player, guided us to communicate better both with the audience and our fellow musicians. Thanks to Jill Ferris, from the VRG, and to June, Nina and Elaine for making it happen.



## **U3A CHORISTERS** *Elizabeth Bren, Class Rep*

On Sunday May 26th, the U3A Choristers sang at the Ballarat Choral Festival in St Patrick's Cathedral. Eleven choirs sang at this beautiful venue, ranging from primary aged children, up to somewhat more mature singers. The atmosphere of the Festival is lovely as it is not a competition, but a celebration of the joy of singing with others. This was our first public performance of the year, but we rose to the occasion and were delighted to be well received, singing 'Anthem' from Chess and a barber's shop quartet style medley including 'The Old Mill Stream'. From the huge smiles on the faces of the audience, along with their applause and comments afterwards this one was a great success.

At our next practice we presented flowers to our conductor, Connie Coward-Lemke, and accompanist Mary O'Driscoll in appreciation of all they do for us, and afterwards we celebrated with a slap up afternoon tea. The impressive table even included Connie's favourite, chocolate ripple cake courtesy of Mike Maloney's wife Mary. We always have a cuppa and chat after practice, but it's usually a lot more modest.

If anyone is thinking of joining our happy band, you are welcome to sit in on our practice at 2pm on Tuesdays at BNCC. We sing in 4 parts, so some experience of this, along with the ability to read music, is helpful but not essential. Learning new skills is part of U3A. Contact the conductor Connie Coward-Lemke ([constance.lemke@bigpond.com](mailto:constance.lemke@bigpond.com)) or class rep Elizabeth Bren ([quilthog@hotmail.com](mailto:quilthog@hotmail.com))



## **WRITING YOUR FAMILY HISTORY** *Keira Quinn Lockyer .*

Our Writing your Family Story group has been discussing social changes over the last hundred years as part of their research for their stories. Each shared memory and photo has reminded us how much life has changed for all of us. As for writing, members have been sharing some fascinating anecdotes with the class about life in Ireland, England, China, the Philippines and Australia.

Everyone is aiming to publish their book, or a comprehensive draft, by November.

## **WALKERS AND COFFEE** *Chris Cullen and John Elischer, Class Rep 0421 341 288*

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

|            |                                                         |
|------------|---------------------------------------------------------|
| 26th June  | Krooze In Cafe, Cnr Boak Ave and Geelong Road, Mt Helen |
| 3rd July   | Lazy Mo's Restaurant, 1846 Sturt St, Alfredton          |
| 24th July  | Ballarat Special School, Norman Street, Ballarat North  |
| 7th August | Cornerstone Cafe, 206 South Street and Skipton Street.  |

## **WOODWORKING –MONDAY MORNING** *Els Woesthuis, Class Rep.*

Our Monday morning woodworking class continues to be a lot of fun while we learn new skills and techniques under the guiding eye of Henk and Warren. Some of the projects being worked on and completed these past two terms, include a coffee table and kitchen table, a decorative display case, a plant stand, a footstool and our two brave new members are working on a challenging towel rack.

Whilst our class is full we have now cleared the waitlist so do let us know if you are interested in joining.



## The Writing Group

*By Frank Gartlan*

There's Willy and Billy  
And Agnes and Anne  
Who write little poems  
Whenever they can

Then comes Arthur  
With stories so funny  
Along with Martha  
Her pen laced with honey

We get articles and essays  
And similar pieces  
That sometimes so good  
They could be a thesis

Portions of life stories  
We get by the score  
They are so full of talent  
We all want much more

Our tutors work hard  
To make us write better  
By using words that fit  
Right down to the letter

I am ending this ode  
With my heartfelt apology'  
Because you'll all have to wait  
To read of our doings in our Anthology

(Frank is a member of the Writing Group)

A website which may be of interest to members re Retirement and human Rights

<https://www.humanrights.gov.au/our-work/age-discrimination/publications/your-rights-retirement-2019>



Who got  
the cake!

Sixty might be the new forty,  
but 9.00 is the new midnight.



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**U3A BULLETIN**

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(July 2002)