



BALLARAT

UNIVERSITY OF THE THIRD AGE

September 2019

PRESIDENT

PHILLIP GRANT ☎0412751327

VICE-PRESIDENT

ELENA TOMMASI ☎0421520414

TREASURER

HELEN SLATER ☎0448408145

SECRETARY

ROS MCARTHUR ☎5379 9421

CLASS CO-ORDINATOR

DENISE GRANT DeniseU3A@hotmail.com

MEMBERSHIP/MY U3A

NINA NETHERWAY ☎5309 1771

WEBSITE MANAGER

MARY MALONEY ☎53301334

EQUIPMENT

CHRIS HINDAUGH ☎0428701322

BALLARAT U3A ADDRESS

PO BOX 2058, BAKERY HILL, BALLARAT, VIC 3354

U3A PHONE NUMBER

0431 859 315

E-MAIL ADDRESS info@u3aballarat.org.au

WEB ADDRESS www.u3aballarat.org.au

CLASSROOMS & OFFICE

BALLARAT NORTH CAMPUS, BNCC
702 WALKER ST, BALLARAT NTH.

CLASSROOMS: EASTWOOD LEISURE COMPLEX,
20 EASTWOOD ST.
BALLARAT, 3350

Public Officer: Ros McArthur 14 Aryvale Avenue, Lake
Gardens 3355
Reg. No. A 13304 K
ABN 3371 3445 856

MEETING DATES

EXECUTIVE MEETINGS

monthly on the **1st Wednesday**
9.30 am; Feb to Nov. BNCC

Bulletin Editor Elena Tommasi:

Please send submissions by Oct. 2
to elena.U3A@gmail.com.

DIARY DATES 2019

Tues Sept 12	Cappucino and Chat, with Jack Engwerda, Yacht Club 10:00 am
Wed Aug 14	Cappucino and Chat with Elena Tommasi Lake View 11:00 am
Wed Sept 18	New Member Morning Tea 10:30—11:30 am ELC
Sat. Oct. 12	Maker's Market, BNCC 10 am—2 pm
Thur Octt 17	Be Connected, phones and tablets BNCC

IMPORTANT THINGS IN THIS BULLETIN

Certificate of Appreciation

Tutors, class reps and volunteers are an integral part of U3A. They are what keep the organization going. We will be considering candidates to receive a Certificate of Appreciation. To be eligible, a nominee must have been a member of, or have had a close association with U3A Ballarat Inc., **for at least 10 years** and during that time rendered sustained and conspicuous distinguished voluntary service. If you know of someone who meets this criteria and would like to nominate them do to page 7 for more detailed information and a nomination form.

Maker's Market

The U3A Maker's Market is on again this year. If you are a crafty person and have something you have made and would like to have a go at selling it please join our Maker's Market. It is on Saturday 12 October at Ballarat North Community Centre, from 10:00—2:00. Your items do not have to be made in a U3A class they just have to be hand made. If you would like a table the entry form is on page 9.

PRESIDENT'S REPORT



I know this says President's Report but this month it is actually the Vice President or Acting President's report as Phill is roaming around Europe (literally either on foot or bike).

We had a busy month in August. Thank you to all who attended the AGM. I'm not sure of the exact number of attendees but it was somewhere in the area of 180 people, well over our necessary quorum numbers. We were well entertained by the Celtic Band, were not too bored by lengthy reports (but hope you read the ones that were sent to you) and had a wonderful afternoon tea.

We were sorry to see Graham Hawley step down from his Committee position and appreciate all the work he has done. Graham has agreed to keep producing some of the graphics for our printed pieces so we will still keep him busy. We are very excited to welcome Tricia Cosgriff to the Committee. We are sure she will provide a new perspective to the group and we are sure we will be keeping her busy as well.

In other big news, Helen Slater resigned as Treasurer and Jeff Langdon will be taking her place. Helen has done an excellent job as Treasurer for many years, she will still be serving on the Committee foremost as Office Manager and an integral part of the Administration Sub Committee. We are lucky to have so many qualified people on the Committee and that Jeff agreed to step into the position.

The first Be Connected meeting was also a success with approximately 30 attendees. Thank you to Jeff Langdon, Madonna Quixley, John Olsen and Chris Hindhaugh for their help in setting up and running the meeting. The next meeting is on 17 October and will focus on phones and tablets.

I need to send out a huge thank you to the catering group of Carolie Kerry, Jan Dusting and Colleen Noonan for all of their help at our events last month. Carolie especially went above and beyond by making both sweet and savoury scones for the Be Connected meeting. Laurene Dietrich also provided the chicken and egg fillings for the sandwiches for the AGM. The catering committee is awesome and does so much behind the scenes work to provide our excellent teas.

As you will see on the front page we are asking for nominations for Certificates of Appreciation for those who have served U3A for over 10 years. These hardworking, committed, non-paid volunteers are why U3A is so successful. If you know of a deserving candidate please send in the form for consideration.

In Phill's absence Jack Engwerda, immediate Past President, will be running a Cappuccino and Chat on 12 September at the Yacht Club at 11:00 am and I will run one on 17 September at the Lake View at 11:00 am. I have to admit I have not attended Phill's chats because they usually conflict with one of my classes but I have heard how successful they have become and we want to keep them going. Please don't leave us sitting there by ourselves, join us for a chat or discussion on any matter. We look forward to seeing you then.

Elena Tommasi
Vice President
Elena.u3a@gmail.com

Class notes

Integral Yoga has been cancelled. It did not have sufficient members enrolled to run a viable class.

Classes for 2020

REMINDER – TUTORS – YOUR CLASS PLANNING FORMS NEED TO BE SUBMITTED BY 27TH SEPTEMBER PLEASE.

We still have quite a way to go with the planning forms for classes for 2020. So far, we have received 52 course planning forms out of the possible 130 classes that ran in 2019. Thankyou to those who have already submitted their forms, but assuming that we have similar numbers of classes to what we have this year, we only have about 40% of the classes in.

Thanks very much to Elena Tommasi for emptying all the boxes for me. Some new classes were approved for next year at the last committee meeting, and there are more to be approved at the October meeting. For more information about these new classes check the 2020 Class Information booklet and MyU3A in the first week of December when enrolments commence.

Some new classes for 2020

The Vikings – Jack Engwerda

From early beginnings to the exploration of Europe and North Africa, and their influence on the development of European dynasties and culture.

The Aegean—From Minos to Socrates – Ian McKee

The course will cover the Minoan, Mycenaean and Greek civilisations from about 1400 BC to 400 BC. The evidence will come from myth, archaeology and documentary and epigraphic material which mainly covers the later stages of Greek history.

Getting to know Japan - John Urquhart

Visiting Japan for the Olympic Games - or do you just want to learn more of this unique country, its people and beauty? On the surface, Japan is a modern industrial westernised powerhouse. Yet underneath this image Japan's centuries old culture, spiritual relationship between man and nature and way of life continues to coexist. Japan is still 'old Japan'.

Delve into our Ballarat Botanical garden – Terry O'Brien

Find out more about its role and understand the many changes over time in this Ballarat heritage site. A variety of presenters and excursions will help you gain new insights into the garden and enjoy and appreciate the many stories associated with its development.

Exploring Contemporary Art 2 – Geoff Wallis

This unit will examine recent art in more depth than was possible in the 2019 Exploring Contemporary Art. While it will be of particular interest for those who attended classes in 2019, it is open to new participants including those doing Exploring Contemporary Art 1 in 2020.

In Search of the Trojan War and Helen of Troy – Paul Webster

Old Hands – Doug Bradby

This course is designed for those who have either completed the New Chums course in 2019 or who have simply caught the gold fever.

SEPTEMBER SCHOOL HOLIDAY DATES

Saturday 21st September – Sunday 6th October

Classes will resume on Monday 7th October.

There will be no classes during the school holidays. Tutors who are thinking of running extra classes during the holidays need to contact Denise Grant before going ahead with the class. There are other groups using our main venues, and we need to make arrangements to ensure that the rooms that we usually use are available.

Denise Grant
Class Coordinator
Deniseu3a@hotmail.com

Summer School Proposal – Tutors Wanted

U3A Ballarat is proposing to run a Summer School over the 2019/20 summer holiday period. The success of the summer school will depend on proposals coming from tutors interested in presenting courses in this period.

While many members are very busy with family over the Christmas and the holidays, some of us, who rely on the U3A as an important part of our human contact and social life, can find life a little dull without our classes. The two month summer break, when U3A resources are underutilised, provides an opportunity to undertake summer school activities.

Proposals are now sought from members who would be interested in tutoring a summer school course. There is no particular theme or limit on the types of courses to be presented. A course could take any of a number of forms – the only limit is your imagination. Some possibilities could be:

A series of up to 7 weekly classes (not Christmas and New Year)

Continuation of a class that has run during term

A one-off workshop, for a day or half day

An excursion to a site of interest

A single talk or short workshop

All courses will be held at North Senior Citizen Centre, U3A's home base (other venues where rental is paid will not be available). A range of rooms sizes are available, including the large hall for lectures, presentations or movement classes. Session times will have to fit in around other users of the Centre, but plenty of options are available.

Geoff Parr-Smith is coordinating the summer school. If you have a course you would like to propose please call, text or email him, or call to discuss possibilities. It would be useful to know at the start:

- Proposed title and subject matter
- Format and number of sessions proposed
- Any special equipment likely to be needed
- Tutor name and contact details.

Please respond by 18 September so that a preliminary syllabus can be included in the next newsletter.

Geoff's contact details are:

Geoff Parr-Smith
geoffps722@gmail.com
0409 257 578

OFFICE

The office has shifted to the Yellow Room on a trial basis. This gives us slightly bigger space and is more open. We urge you to drop in and have a chat if you are at BNCC on the days that the office is open. Come and have a look.

ENROLMENTS 2020

Enrolments for 2020 begin on December 2. Renewing and new members will be able to enrol at the office from December 2 to December 6. Otherwise you can enrol on line or via the enrolment form and mail it in. Membership fee will remain at \$50 for 2020.

Payments can be by

- Cheque - if posted or at the office
- EFTPOS at the office only during Dec 2 – Dec 6
- Direct Debit – and mail in a completed enrolment form
- Cash – at the office

If paying via PayPal using a credit card, PLEASE ensure that you return to U3ABallarat.org.au before logging out. Otherwise you may find you cannot book yourself into classes.

CLASS SELECTION

We are trying a new system – enrolment is open to new and old members during that first week in December. All requests for classes will go onto a Wait List and the following week the Tutors/Class Reps will accept the number of participants they want in their class. Therefore you are not guaranteed a place in a class which means you must enrol during that week or indicate to the tutor your intention to enrol. This place will only be kept until January enrolment dates.

There will be more information re enrolments in the October and November Bulletins.

TUTORS

Tutors will need to have their rolls marked in MyU3A by the end of November and a list of current class members printed out. This is imperative as the class lists disappear once the enrolments for 2020 begin.

The office can assist in this so please call into the office or email Nina for assistance if required. (ninan06@bigpond.com) Tutors will also be required, in the week after enrolments begin, to access the class list on MyU3A and accept members who have applied to join and are listed on the Wait List. Again, the office will be open during that week to assist.

All queries re the enrolment process please contact Nina. No enrolment will be accepted until December 2 and you will not be able to enrol online until then.

Nina Netherway
Chair, Administration Sub-Committee
ninan06@bigpond.com

ACCOMMODATION REPORT

After a very well attended AGM it has been back to business at BNCC.

Several changes have been or will be soon happening at our home venue:

- 1 The Operations Committee voted in August to make two “offices” at Ballarat North – one for the Ballarat Seniors (the small one with sliding window) and a second one for U3A across the hallway. U3A are now using this room (the green room with two stained-glass windows) for a ‘bigger office’ on Monday (10am-2pm) and Thursday (1-3pm). Now the seniors have moved their bingo, cards, files and storage into the little office. U3A will have our computers, a-v equipment and several chairs/tables as a welcome centre for our class business, enrolments and ‘Q & A’. Drop in and say hello next time you are at BNCC.
- 2 The 250 chairs given to us by the CoB – half with arms and half without – proved to be just enough for the 194 present at the AGM! But after that big event there were chairs in stacks everywhere! Not only are these stacks ‘tippy’ (dangerous if you try sitting on the stack) they were blocking the fire exit to the south of the kitchen. So now we’ve moved stacks of 10 into the reorganized storeroom and left a single row of chairs around the hall floor. Please do not stack chairs in the hall. The chairs are for sitting on by the bowlers, dancers, band, singing groups, and classes. When you’ve finished with your activity be sure all the chairs are back against the wall or covering the rolled bowling mats so the next group will have a clear floor. If you need extra chairs for a big event, use the trolley to move out a stack – and replace the stack into the storeroom after the function please.
- 3 Two sections of acoustic foam have been placed in the ‘servery’ windows to cut down sound from the hall disturbing classes in the blue room. It can easily be removed for the serving of am/pm tea in the hall or blue room, keeping the kitchen free as possible of people. Please try to keep the chatter down in the kitchen particularly when other classes and bingo are all in the building at the same time. Operations are looking at several acoustic sound-absorbing materials to cover the sliding glass door between the red and blue rooms and the glass windows looking out to Walker Street. This will still allow the sliding door between the two rooms to be open for big class groups, and seniors’ am/pm tea.
- 4 During mid to late September the two evaporative cooling units on the roof will be replaced with new units in the hall to cool that big room when summer comes. Some minor disruption (men on the roof) may happen but it will almost complete the renovations. Half of the hall floor (dark brown bit) will be replaced in the April School holidays in 2020.
- 5 If you think there you have a clever modification to BNCC that would enhance the working of the centre, drop into the office and chat to us over a cuppa!

Blake Gordon, BNCC Operations Committee

CAPPUCCINO AND CHAT will continue in our presidents absence ‘with two chats. The first will be hosted by our immediate past president Jack Engwerda at the Yacht Club restaurant on Thursday 12 September starting at 10.00 am.

The second will be hosted by Elena Tommasi (Vice President) on Tuesday 17 September at the Lake View Hotel at 11:00 am.

It's an opportunity to discuss all matters U3A in a friendly casual environment.

Please wear your name tag. and bring a friend. ALL WELCOME.

NOMINATION FOR A CERTIFICATE OF APPRECIATION.

To be eligible, a nominee must have been a member of, or have had a close association with U3A Ballarat Inc., **for at least 10 years** and during that time rendered sustained and conspicuous distinguished voluntary service.

Instruction:

- Please print clearly.
- Attach additional information or supporting evidence if required.

Criteria which need to be addressed:

- A minimum of at least 10 years membership of, or equivalent association with U3A Ballarat.
- An exceptional contribution in positions or responsibilities held over an extended period. (It is essential here, that a nominees' *conspicuous distinguished voluntary service* is identified.)
- A demonstration of the extent to which a nominee has worked actively and positively in the best interests of other class members and/or the broader membership of U3A Ballarat.
- The extent to which the nominee has contributed in an exceptional manner to the growth and public perception of U3A Ballarat, over an extended period.
- The nominee will have provided outstanding leadership at the class, function or wider organisation level.
- The nominee has represented U3A Ballarat with distinction on a range of community groups.

Privacy:

These personal details are being collected by U3A Ballarat Inc. for the sole purpose of assessing the nominee's eligibility for Certificate of Appreciation. This information will be disclosed to the U3A Committee for the same purpose. These details will not be disclosed to any third parties and you have the right to access the information held about you by U3A Ballarat Inc.

This Nomination for A Certificate of Appreciation of U3A Ballarat Inc. is being made on behalf of:

Name of Nominee:

Proposer:	Proposer's Signature:
Seconder:	Seconder's Signature:

Nominee's Personal Details:	Nominee's Full Name:
Male/Female (Please Circle)	

Summary of Nominee's sustained and conspicuous voluntary service

In the space below, please summarise the nature of the Nominee's sustained and distinguished service, using the criteria as outlined on the previous page.

Office Use Only

Nominee:	Proposer:	Seconder:
Recommendation of S/C	Affirmative/Negative (Circle)	Date:
Resolution of U3A Committee Affirmative/Negative (Circle)	President's Signature:	Date:

Completed Nomination Forms to be handed in to U3A Committee Secretary by 23 September, 2019



U3A MAKER'S MARKET

ENTRY FORM

Date: Saturday October 12, 2019
10:00 a.m. - 2:00 p.m.
Ballarat North Community Centre

ENTRY FEE: \$10.00 per table

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

I will be selling: (jewellery, paper folded books, mosaics, etc,) All items must be made by U3A members (but does not have to be made in a U3A class).

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

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

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

- To the U3A Office during office hours, (Mon. 10-12, Thur 1-3) or
- Mail it to U3A Ballarat, P.O. Box 2058, Bakery Hill 3354, or
- Give to Elena Tommasi
- Form can be emailed to Elena @elena.u3a@gmail.com (fee to be collected on the day)

U3A Ballarat Seniors Festival Activities 2019

Time & Place	Event
LIBRARY OUTREACH LUCAS COMMUNITY HUB Coltman Plaza Lucas Tuesday 8 October 10:30 - 11:30am	Grandparents' Story Seekers & Morning Tea – Grandparents are invited to bring their preschool grandchildren to a fun-filled interactive session of story, songs and play. A morning tea sponsored by the U3A will follow, and information will be available about the U3A's activities for retirees. Bookings not required.
WENDOUREE LIBRARY Stockland Shopping Centre Tuesday 8 October 10:00am - 3:00pm	U3A Information Desk. Ballarat U3A offers approximately 120 low cost educational, creative, and leisure activities for retirees. Find out how you can be part of this. Bookings not required.
WENDOUREE LIBRARY Stockland Shopping Centre Tuesday 8 October 10:30 – 11:30am	Preserve Your Memories. Use scrapbooking techniques to turn your own photos and memorabilia into a visually pleasing record of life events. Tutor: Irene Warfe Bookings required.
WENDOUREE LIBRARY Stockland Shopping Centre Tuesday 8 October 12:30 – 1:00pm	U3A Recorder Ensemble. With expertise in soprano, alto, tenor and bass recorders, the Ensemble performs music from the Renaissance Period to contemporary times. Bookings not required.
STOCKLAND WENDOUREE SHOPPING CENTRE Stockland Shopping Centre Tuesday 8 October 2:00 – 2:30pm	U3A Choristers. The choir sings music from a wide variety of styles, from traditional choral pieces through to popular favourites, in four part harmony. Conductor: Connie Lemke. Accompanist: Mary O'Driscoll Bookings not required.
SEBASTOPOL LIBRARY 181 Albert Street Wednesday 9 October 9:30am – 3:00pm	U3A Information Desk – Ballarat U3A offers approximately 120 low cost educational, creative, and leisure activities for retirees. Find out how you can be part of this. Bookings not required.
SEBASTOPOL LIBRARY 181 Albert Street Wednesday 9 October 10:00 – 11:00am	Origami card making workshop – Fold origami shapes and use these to make greeting cards. Materials provided. Tutor: Anne Ottrey Bookings required.
SEBASTOPOL LIBRARY 181 Albert Street Wednesday 9 October 11:00am – 12:00pm	Cryptic Crosswords workshop. Get your brain active trying these intriguing puzzles – answers explained and analysed, hints and techniques given. Presenter: Barry Breen Bookings required.
SEBASTOPOL LIBRARY 181 Albert Street Wednesday 9 October 1:30 – 2:30pm	The U3A Performance Choir, under the direction of Geoffrey D'Ombrian, will perform a selection of pieces across a wide range of musical genres. All arrangements are in four part harmony (Soprano, Alto, Tenor & Bass), with accompaniment by Val Coad on keyboard.

SEBASTOPOL LIBRARY 181 Albert Street Thursday 10 October 9:30am – 3:00pm	U3A Information Desk – Ballarat U3A offers approximately 120 low cost educational, creative, and leisure activities for retirees. Find out how you can be part of this. Bookings not required.
SEBASTOPOL LIBRARY 181 Albert Street Thursday 10 October 10:00am – 12:00pm	Sit & Stitch – Chat to members of our Sit & Stitch group and see a display and demonstration of sewing crafts and skills. Bookings not required.
SEBASTOPOL LIBRARY 181 Albert Street Thursday 10 October 11:00 – 11:45am	Meet Japan – Talk with slides. Come on a journey to understand Japan. Beneath a westernised facade, Japan is still very much a country of ongoing traditions, culture, business forms and cuisine. All have been a part of Japan for centuries. Presenter: John Urquhart Bookings required
SEBASTOPOL LIBRARY 181 Albert Street Thursday 10 October 12:30 – 1:30pm	U3A Mixed Media Jewellery Workshop. Make a simple beaded necklace or bracelet. Beads and cord supplied. Learn one technique for finishing a necklace or bracelet. Tutor: Elena Tommasi. Bookings required.
SEBASTOPOL LIBRARY 181 Albert Street Thursday 10 October 1:30 – 2:30pm	U3A Hiking & Biking. Think you might like to get active? Chat to members of the U3A Hiking and Cycle Touring groups. Find out where we go, when, and how fit you need to be. Presenters: Phill Grant, Andrew Parker. Bookings not required.
BALLARAT NORTH COMMUNITY CENTRE 702 Walker Street Ballarat North Saturday 12 October 9:00am – 1:00pm	U3A Makers Market. Hand-made products including jewellery, paper crafts, cards, book folding, woodwork, sewing and textiles, knitted goods, mosaics, CD's, books and more. Everything on sale made by members of U3A Ballarat. Free entry!



Celtic Band performing at the AGM



U3A members at the well attended AGM

Nick Locandro Cycling for Dementia

Many in U3A Ballarat know Nick Locandro, or at least know of him, because of his work as a liaison between the City of Ballarat and U3A and the BNCC Operations Committee. Just a few would know of his work with regard to supporting people who suffer from dementia, and indeed, how he has linked that work to his passion for cycling.

More to the point; how will he be combining his cycling passion with his support for sufferers of dementia and their carers, this September? That connection is one in which U3A Ballarat members might want to be involved.

First though, some background information is both relevant and interesting. In Nick's words,

'After riding from Uluru to Ballarat (2300 km) in 14 days last September we were able to raise close to \$40 000 and, more importantly, people were talking about dementia. This created much needed awareness and knowledge of young onset dementia and dementia.'

To put that into some sort of perspective; that is about 165 km each day and about \$2850 raised per day. That sort of perspective, however, hides the stamina and persistence of Nick and the efforts of his support crew, all of which show the dedication of Nick and his supporters for 'the cause'.

Nick decided to support dementia sufferers because of the death of his father, at a young age due to early onset dementia. For Nick and his mother it was a seven year journey as they provided support from diagnosis until the end. Originally, Nick's ride from Uluru to Ballarat was planned as a one-time 'Ride to Remember', but the reality of the suffering caused by dementia, and the trials of carers, bought him to the decision to plan another 'Ride to Remember'.

Using Nick's words again,

'This year I will be riding the Mawson Trail, 1000 km in 6 days. Not only will this again physically and mentally test me, but I will also be well out of my comfort zone, trading in my expertise on the road for much more challenging and difficult terrain; (terrain with which) I am unfamiliar.'

Money raised will go towards increasing awareness and knowledge of dementia and towards local programs. In particular, his team will again be working with Eyre House in Ballarat to support the development of a state-of-the-art facility.

How might U3A Ballarat members help? Clearly, a donation is an obvious way of contributing - and that might be facilitated when Nick addresses a U3A event in October, or perhaps by contacting #ARideToRemember. Given the demography of U3A membership, there may well be unique contributions that could be made by members who have an intimate and personal knowledge of caring for people with dementia.

Further information, written by Nick and that describes more fully his situation, is available (contact Phill on grantphillip@hotmail.com) As a final bit of information; the Mawson Trail stretches from Adelaide to the northern reaches of the Flinders Ranges. It is a mountain bike trail, using forest tracks and minor roads, some of which can be quite rough and treacherous.

DIVERSION FOR AUGUST



No guesses for last month's Diversion which surprised me as it was an Australian landmark. It was the Sandstone formations, known as The Western Lost City, which form part of Limmen National Park in the Northern Territory.

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

WORD DIVERSION FOR SEPTEMBER

Tune in next month for August winners and a new Word Diversion.



VINTAGE FASHION PARADE

Join us for a walk down memory lane
reflecting on the fashions and fabrics of yesteryear.

Included in a display of the **Lady Grimwade Collection** • followed by afternoon tea.

Dates: 8 October 2019 at 2pm

Location: Ararat Town Hall

Bookings: trybookings or contact Anna 0431 833 663 Cost: \$20



• From the Permanent Collection of Ararat Gallery 1999



Ararat Rural City

Ballarat Speaker's Club Thursday, 12 September 12—2PM City Oval Hotel

Sami Sayed will speak about being a Muslim in Ballarat today. Born in Pakistan and educated in Saudi Arabia, UK, US and Pakistan, Sami Syed certainly has a multicultural background. He currently works as a Quality and Performance Lead at IBM.

Sami is a practicing Muslim and has been involved in the Ballarat Multicultural Ambassador Program. Sami will talk about his long journey to end up in Ballarat, about Islam in Australia, about cultural stereotyping, and how the Muslim community fits into the Ballarat Community. Sami will be happy to answer your questions about the Islamic faith.

\$40 per person. Book on Meetup at <https://www.meetup.com/Ballarat-Speakers-Club/> or call/message Anthony on 0458 312 533 by Tuesday 10 September.

Stepping Stones Program

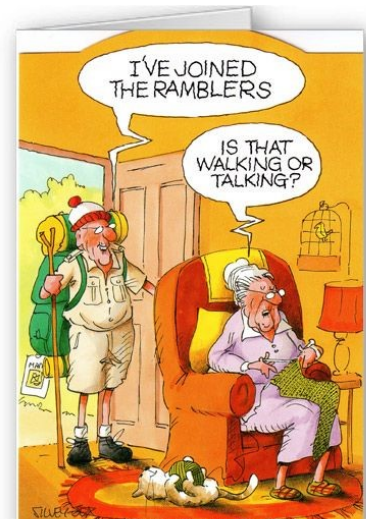
Stepping Stones to Small Business is a micro-enterprise program for women from CALD backgrounds as well as those **over the age of 50**. Stepping Stones builds upon the women's existing strengths by providing education and training about small business in Australia.

Through a suite of culturally-tailored training, workshops, mentoring and holistic support, the program supports women over three years to:

- Increase their business skills and knowledge of business in Australia;
- Increase their financial capabilities;
- Enhance their economic and social participation, as well as networks in the wider community; and
- In the last two years, reach key milestones towards establishing a small business.

The program is auspiced by and part of the Brotherhood of St Laurence's (BSL) work to achieve the full social and economic inclusion of refugees in Victoria. BSL will centrally coordinate the state-wide delivery and evaluation of this program. The Ballarat Regional Multicultural Council is a local delivery partner for this program which will be open to women in Ballarat and the broader North West region of the state.

For more information or to Apply Online visit: www.bsl.org.au/



CLASS NOTES

The next Bulletin deadline;
Wednesday Oct. 2 to Elena
Tommasi, PO Box 2058,
Bakery Hill, 3354 or
elena.U3A@gmail.com

BOOK CLUB 2, *Yvette Nesire-McNeil, Facilitator 0434 630 456, Helen McDowell, Class Rep 0407 347 779*
This month we reviewed, *One Life*, by Kate Grenville.

This is a nice story about a nice lady who happened to be Kate Grenville's mum.
Nance was a woman of her time, 1912 – 2002, yet ahead of her time, as she had a very useful degree in Pharmacology when it was unusual for a woman to have a career beyond the domestic role.

Nance's childhood and family life was somewhat dysfunctional yet, as noted by the group, not so different from the experience of many of our mothers during the Depression and WW1. Comparisons were also drawn with the plight of many of today's senior females, no job, no marriage and no home, with, or without, a university degree.

Written from Nance's diaries, conversations with her daughter and her own attempts to write this story, it portrays a woman of determination, vulnerability and capability. An easy read, 7/10.

Our next book is: *All the Light We Cannot See*, by Anthony Doer.

BALLARAT AND DISTRICT HISTORY

This class has a presentation by Dr Martin Hughes on "Gold origins and impact on Ballarat goldfields" on Friday 13 September at Ballarat North Community Center commencing at 9.30am
ALL ARE WELCOME.

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

September 12th--- Bungal Forest Reserve led by Warwick and Terry. 7 kilometre loop walk starting at the road-loop just above the Lal Lal Iron Smelter. We will head off towards the Grave of the Shepherd's Daughter then east towards Champion's Hill where we will break for morning tea. The track then winds down a steep rocky track where walking poles might be useful. The track intercepts Ironmine Road which then leads north to the Iron Smelter, Bungal Dam and picnic reserve where we will have lunch weather permitting. We will then proceed up the track to the cars.
If the weather is cold and wet we may have lunch at the Lal Lal Falls picnic shelter, a 5 minute drive away.

Grade B, rough 4wd tracks, 7km. Historical interest if you haven't been there before. Car Pool \$5.

September 26th---Yendon---Led by Terry and Warren. Details to follow on Blog.

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 All inquiries during July/Aug to *Shirley Faull, Tutor: 5331 4408*

Sept10. Very entertaining and original, Supersize Me (2004, USA, Dir: Morgan Spurlock, 96 mins) reveals the health implications of a fast food diet.

Final votes are needed today for our 2020 theme. Options are "Imagined Worlds" and "On Location." Ring Shirley (5331 4408) by noon today if you can't vote in person.

Oct 8. Renowned for mouth-watering food scenes, Eat Drink Man Woman (1994 Dir:Ang Lee, 124 mins) offers interesting insights into changing family life in globalised Taiwan. **Film only session.** Voting starts today for our Film of the Year.

We do need **extra assistance** to move the chairs and tables before and after our sessions. Please come along to help at 1.00 if you can, or lend a hand afterwards.

Recent advertised vacancies have now all been filled, and the class is again closed.

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

The October lunch will be held at the Bunch of Grapes Hotel, 401 Pleasant Street South, Ballarat on Sunday 20 October starting at 12 noon. 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 18th October. And please remember to wear your name tags.

A reminder that the September lunch will be held at the Boatshed Restaurant, on the lake foreshore opposite Mill Street on Sunday 15 September starting at 12 noon. Please advise us if attending by Friday 13th September.

Please consider taking over the role of organiser for this group as Anne and I will not be doing it next year. We need to have an organiser by the September meeting as Denise Grant needs to know for next year's class booklet.

LITERATURE, *Robyn McKnight, Tutor 03 5334 4753*

Myths and Mythmaking, Alice Mills, Tutor 03 5341 3857, Marion Dick, Class Rep 0456 200 650

9 September: Alice has given a handout of a Japanese myth for this class.

We resume on 14 October after school holidays.

The Ballarat National Theatre will present a production of Medea at the end of September-October.

Matinees at 2pm on 29 September and 6 October.

See the website. bnt.org.au Bookings at Her Majesty's

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

In September we will continue walking along the Yarrowee Creek, meeting at the car park adjacent to the bridge at the bottom of the hill on Whitehorse Road (Bridge Street from the Sebastopol end). From there we can walk to the south towards Magpie, or to the north back towards the Redan Wetlands.

PERSERVE YOUR MEMORIES, *Irene Warfe, Tutor*

We are a small group of enthusiastic U3A Ballarat members who meet twice each month to work on personal projects. Some have holidays they wish to remember, others are working on family projects - both historical and present-day - pass on to their family. Whatever it is, we look at ways to make these projects visually interesting and are constantly learning new layouts and techniques, while enjoying each other's company. The attached photo shows just a small sample of project pages produced so far this year.



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

Walks start 10am sharp 1st & 4th Wednesdays

25 September Meet at Eclipse Ford 15 Albert St Sebastopol

2 October Goves Bike shop, 524 Doveton Street Nth Ballarat

23 October Delacombe Town Centre, Cnr Smythes Rd & Wiltshire Lane, Delacombe

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

U3A BULLETIN
BALLARAT
Reg. No. A 13304 K

Print Post Approved
PP 100004965.

**SURFACE
MAIL**

**POSTAGE
PAID
AUSTRALIA**

PRIVACY STATEMENT

This organisation respects your right to information privacy. Information we collect and hold on members is kept in accordance with information privacy laws.

DISCLAIMER The services or products referred to in this publication are not endorsed by U3A Inc. Ballarat, Vic.

They have not been examined or tested by the Association which accepts no responsibility or liability for the accuracy or otherwise of the advertisement or for the quality, suitability for a purpose of that service or producer.

U3A Inc. Ballarat, Vic cannot be held responsible for copyright infringements whether accidental or intentional incurred when preparing material for U3A classes.

Ballarat U3A Ballarat U3A acknowledges the assistance of the Ballarat City Council in the publication of this Bulletin.

(July 2002)