

PRESIDENT

PHILLIP GRANT 0412751327

VICE PRESIDENT

ELENA TOMMASI 0421520414

TREASURER

JEFF LANGDON 0411 552 862

SECRETARY

ROS McARTHUR 0409241115

CLASS CO-ORDINATORDENISE GRANT *DeniseU3A@hotmail.com***MEMBERSHIP/MY U3A**

NINA NETHERWAY 0417371873

WEBSITE MANAGER

MARY MOLONEY 53301334

EQUIPMENT

CHRIS HINDHAUGH 0438701322

U3A BALLARAT ADDRESSPO BOX 2058, BAKERY HILL, BALLARAT,
VICTORIA 3350**U3A PHONE NUMBER**

0431 859 315

EMAIL info@u3aballarat.org.au**WEB** www.u3aballarat.org.au**CLASSROOMS & OFFICE**BALLARAT NORTH CAMPUS, BNCC
702 WALKER ST, BALLARAT NORTHEASTWOOD LEISURE COMPLEX
20 EASTWOOD ST BALLARAT 3350**Public Officer:** Ros McArthur

14 Aryvale Avenue, Lake Gardens 3355

Reg No13304 K ABN 3371 3445 856

COMMITTEE MEETINGS

9:30 am

1st Wednesday, Feb to Nov
At BNCC**BULLETIN ARTICLES**u3aballaratbulletin@gmail.com
by March 6**DIARY DATES**

Feb 10 "Could you be a volunteer for Ballarat U3A" 3:00pm

Feb 13 Speakers' Club, Joe Creighton, 12:00 City Oval Hotel

Feb 19 New members' morning tea BNCC 10:30-11:00

Feb 20 Nick Locandro Talk BNCC 2:00-3:00 with afternoon tea

Feb 20 Responding to Elder Abuse 10:00-1:00 Lucas C. Health

Feb 28 Operations sub-Committee meeting 10:00

Feb 29 U3A Swap Tables BNCC 10:00-11:00



February 14 is coming up!



"He'll take a dozen long-stemmed roses."

Time for a cuppa?

Many classes like to make time to have a cup of tea or coffee together.

So what's the story on U3A tea & coffee supplies?

At **Ballarat North Community Centre**, tea, coffee, sugar & milk are supplied for all classes to use. Sometimes they are hard to find – look carefully in the kitchen pantry cupboard, under the bench etc. Clean cups may be in the dishwasher – take time to empty it.

At **Pinarc** – tea, coffee & sugar are available in the tea room, in the cupboard marked U3A. Classes in the Men's Shed can help themselves to these too. BYO milk.

At **ELC** – spare tea, coffee & sugar are kept in the storeroom. If you run out in the kitchen, get the key out of the locked keybox in the kitchen and replace supplies from the storeroom. BYO milk.

All other venues: Tutors & Class Reps can pick up tea, coffee & sugar from the U3A Office at North (check opening hours) or from the ELC storeroom.

Biscuits and cake are not provided for any classes. Perhaps have a class roster for these? If supplies of tea, coffee & sugar are low at any venue, send me a text or email and I will restock.

Anne Ottrey 0422 963 985 or ottrey@ncable.net.au

PRESIDENT'S REPORT



Cappuccino and chat: No need to RSVP, just come along and enjoy!

Feb 12 10:30am The Bunch of Grapes Hotel, 401 Pleasant St Sth

Feb 18 10:00am The Yacht Club, Lake Wendouree

Feb 20 The first of our Guest Speakers' talks with Nick Locandro

2:00-3:00 followed by afternoon tea

Well worth attending!

We all knew we would survive the first week of the 2020 U3A Ballarat year - ummmm, didn't we? Actually, our survival was due to the efforts and good-natured patience of members, class representatives, tutors, volunteers and committee members.

Many, many thanks to everyone. Oh, yeah, there were a few glitches. Thanks to the efforts and good-natured patience of those involved those glitches were indeed overcome.

A glitch or two is not surprising. We have a membership number approaching 1200 members, approximately 140 classes and over 100 tutors. Coordinating the classes is a tricky business, especially as we try to accommodate all the wishes of tutors and classes about class times and venues. As a result, the timetable does not have set 'periods', as is the case with a school timetable. Hence cheerful assistance with sorting out glitches has been very much appreciated.

Special thanks to Jane Schurmann and Terry Dixon, both of whom spoke eloquently at the Information Session for Tutors and Class Representatives, about being a class representative. Thank you also to the tutors and class representatives for attending the session, and to all those involved in the organisation of the afternoon.

Oh dear, so many thank-yous in such a brief report. But that highlights a major point, doesn't it? With members doing so much, it's no wonder that we enjoy being a part of U3A Ballarat.

A few more members have stepped forward to offer classes and activities. There may well be a few more prospective tutors just 'waiting in the wings'. We remain hopeful that people may decide that they could offer some of the classes that were mentioned in February's Bulletin, which can be obtained by clicking on the relevant link on the U3A Ballarat website. In addition to the suggestions already mentioned, might we add 'Using Smartphones', and more classes in 'Woodwork', 'Languages' and 'Writing'.

In the second Committee Meeting for this year, Committee members decided to trial a photocopier/printer for the office at BNCC. Tutors using the machine will pay considerably less than the current commercial rates, and the Committee expects that it could reduce its costs for printing. Other items on the agenda included the sound system at BNCC, opportunities for new venues for our classes, payment for music licence fees and support for tutors and classes.

The first **Cappuccino and Chat** session for this year was another very enjoyable occasion. The discussions at such sessions certainly prove the point that U3A Ballarat members are interesting people who enjoy a good, friendly chat. All are welcome.

I hope to catch up with members at the first guest speaker afternoon for this year, to take place on Thursday 20 February. Details of that event are in this Bulletin.

Nick will be U3A Ballarat's first guest speaker for 2020. His talk will focus on dementia and dementia research. It will include ways in which he has supported dementia research.

Nick's name may well be familiar to all of us, as he recently received the 'Ballarat Citizen of the Year' award. For many of us he was known as the Social Planning and Engagement Officer with the City of Ballarat. In particular, in that role he was very effective as the liaison officer between the Operations Committee at BNCC and the City of Ballarat, during the renovations to BNCC. We think his award was well-deserved.

He has also been very active in supporting research into dementia and in supporting care-roles relating to dementia. Among other activities, in September 2018 he cycled from Uluru to Ballarat (2300 km in 14 days) to raise awareness of and support for dementia research. Last year in September he rode again for the cause, cycling the Mawson Trail, from the Flinders Ranges to Adelaide (1000 km in 6 days). Although last year's ride was shorter than the one in 2018, at a talk he gave to the U3A Ballarat Cycle Touring Group he described the shorter ride as far more difficult. The Mawson Trail ride was almost entirely on unsealed roads and tracks. Nick called his rides 'A Ride to Remember' - a name that in this context has several layers of meaning.

We look forward to hearing Nick's talk.

CLASS COORDINATOR'S REPORT - FEBRUARY 2020

New classes proposed this week

We have had several interesting new classes proposed this week, and the following classes have been approved by the committee. At this stage as the bulletin deadline approaches, the process of finalising times, days, venues and course outlines is taking place. The classes will be added to MyU3A hopefully by the time the bulletin is published, if not soon after so that you can start enrolling. Look out for the following classes:

1. **Walk, Talk and Coffee. Starts February 27**

This class is already on MyU3A, so you can enrol immediately. People who are waitlisted for Walkers and Coffee will be prioritised.

"This group meets on the 2nd and 4th weeks of the month for a walk of about one hour. The walk location varies. Walks are generally easy; but a reasonable level of fitness is necessary to meet small hills and unsealed tracks. After the walk the group stops at a café for coffee. We arrive back at our starting point within two hours of starting. It is important to read the U3A Bulletin for walk locations. Contact Sherree Carr for more details". Phone 0407 318 372

Details are still to be finalised for the following classes:

2. **Excel MS - Sharing of Skills and Experience.** Terry Charlton

In his working life Terry has used Microsoft Office and particularly Excel in many applications from basic applications up to developing very complex workbooks enabling high level analytical outcomes. Terry will teach you how to use Excel, and help you in a mentoring role, with any questions/problems that you have when you use Excel. You will need to have your own laptop with Excel installed.

For more details contact Terry 0417 511 335 or email tcharlton@email.com

3. **Belly Dance (& Belly Laughs) with Becky.** Becky Newland - **Starts March 10th**. Eastwood Activity Room 2 - 3pm Tuesdays.

Come & try this ancient dance form! Belly dancing is a fun & relaxing way to exercise, gain fitness & make new friends.

No experience is needed - belly dance is for all ages & abilities.

Wear comfortable clothing and a fringed hip scarf or coin scarf (optional).

For further information call Becky on 0413 455 707 or email

beckynewland@ymail.com

4. Part 1 - Anxiety in Autism – short course. Leigh Skewes

This presentation is offered to teach you how to facilitate the reduction of anxiety in autism.

This will include a power-point presentation of the signs & symptoms of Autism and a demonstration and understanding of how you can help autistic persons reduce their anxiety and stop the onset of autistic meltdowns.

Part 2 - Learn how to control and eliminate triggers to past anxiety experiences.

This technique has been developed to eliminate anxiety triggers. This newly developed technique is gently and can be learnt to avoid being triggered back to past trauma thoughts and unwanted feelings.

5. Risk Management and its Effect on Everyday Life. Malcolm Freeman

Malcolm has a PhD in Risk Management and has written books on the subject. He undertook his training in Risk Management in Australia, PNG and the Middle East

The objectives of the class are to explore how risk management affects everyday life and what can be done to reduce risks. The class will be involved in various risks that they may face and what can be done to reduce those risks. It will cover the theory of risks and how it is calculated.

Theory of Risks including the 80/20 Rule, Inherent Risks, Level of Risks, Current Risks, Bush Fires, Viruses, Climate Change.

Class Participation - A small case study will be discussed in the class, after some homework on the subject. There are no tests, just discussions on the case study. Over a period of 4 to 5 weeks.

A detailed program with slides will be produced with handouts etc.

6 Movie Making

This course will outline many of the components of making a movie, including camera work, film editing, visual effects, sound recording and editing, lighting, casting, acting, directing, production, script writing, costume, makeup, music, advertising.

Tutor: Graeme (Wil) Williams

CLASSES NO LONGER RUNNING IN 2020 DUE TO INSUFFICIENT ENROLMENTS

Exploring Contemporary Art 1. There is now just one Exploring Contemporary Art class which is at the time when the original Exploring Contemporary Art 2 is timetabled. Participants have been notified.

Sustainable Suburbs book club has also been cancelled and the participants notified.

CHANGES TO CURRENT CLASSES

Ballroom Dancing classes will now start at an earlier time. Beginners will start their class at 11.30am. See the note in bulletin from Elizabeth Howard.

LABOUR DAY HOLIDAY –MARCH 9. There are no U3A classes to be held on this day.

VACANCIES IN CLASSES.

There are still vacancies in many very interesting classes. Peruse the list of classes below. Some of the classes require some previous experience like playing a music instrument but others require no previous experience.

Perhaps you are interested in trying out an exciting card game like Big 2 Card game. It is a card game of Chinese origin. It is similar to the games of President, Crazy Eights, Cheat, Winner. It is usually played with two to four players, the entire deck being dealt out in either case (or sometimes with only 13 cards per player, if there are fewer than four players). The objective of the game is to be the first to play of all of one's cards. Contact Kirk Alexander 0419 595 915.

Or maybe you would like to try one of our newly advertised classes – see above.

SUBJECT	
Anxiety in Autism & Control Anxiety Triggers	Latin 3
Australian History Monday	Latin 4
Ballarat Morning Lake Walk	Latin 5
Ballarat U3A Chorale (able to read music)	Lead Lighting
Ballarat U3A Choristers	Le Conservatoire
Ballroom Dancing – Beginners and Improvers	Mahjong 1
Belly Dancing	Mahjong 2
Big Card Game 2	Mixed Media Jewellery
Ceilidh – A Social and Musical Gathering	Music Appreciation
(Can play an instrument)	Myths and Mythmaking
Celtic Band (can play an instrument)	New Chums Local History - Monday
Chinese Mandarin 1 – for Beginners	Old Hands – Local History
Chinese Mandarin 2	Painting and Drawing
(previous experience learning Mandarin)	Poetry
Christian Church History of the 4 th and 5 th Century	Pole Walking
Cryptic Crosswords	Positive Practices, Positive People Terms 3 & 4
Current Affairs	Read in French (contact tutor- need competent French)
Cycle Touring Group	Recorder - Beginners
Delve into our Ballarat Botanic Garden	Rediscovering Patrick White
Dining Out Group	Risk Management and its effect on everyday life
Essays and Ideas	Sit and Stitch
Excel MS– Sharing of Skills and Experience	Spanish – Continuing 1 (previous Spanish language)
Exploring Contemporary Art	Tai Chi for Arthritis Part 2
Exploring Spirituality	Tai Chi Wednesday (need to already practise Tai Chi)
Film Musicals	Tapestry Weaving (need to be experienced)
French C (need to speak reasonable French)	Tasting and Talking Wine (Terms 3 and 4)
Genealogy (Elementary)	The Aegean – From Minos to Socrates
Genetics	The Reading Room – book club
German A (have learned German before)	Tasting and Talking Wine (Terms 3 and 4)
German B (limited German language experience)	The Aegean – From Minos to Socrates
German C (Beginners)	The Reading Room – book club
In Search of the Trojan War and Helen of Troy	The Reading Room – book club
Introduction to iPads (need your own iPad)	Tasting and Talking Wine (Terms 3 and 4)
Italian Intermediate Class A (contact tutor)	The Aegean – From Minos to Socrates
Italian Intermediate level C (contact tutor)	The Reading Room – book club
Italian – Advanced	The Silk Road
(competent Italian language experience)	The Vikings
Jazzercise with Jen	Traditional Tai Chi (Baduanjin) by the Lake
Jung and Modern Man in Search of a Soul	Walk, Talk and Coffee
Knitting and Crocheting	Walking Basketball
Latin 1 Beginners	Wine Production and Assessment (Terms 1 and 2)
Latin 2	

ADMINISTRATION REPORT



Thank you to all the office personnel who worked hard before Christmas and during January at the office enrolling, answering queries, chatting, eating etc. They did a wonderful job and we could not have had such a successful and hassle free enrolment period without their co-operation. It was also a lot of fun!

One of the great things about working in the office is meeting members and chatting to them.



The office will be open during term one for the following hours:

Monday	10.00 – 12.00
Tuesday	1.00 – 3.00
Wednesday	10.00 – 12.00
Thursday	1.00 – 3.00

This is a trial and if the office is not kept busy then hours will be reduced to the two half days per week as last year – so please come into the office.



Members who require badges can get them made at the office – so if you have lost your badge, have never had one or you have been around so long your badge is worn out! Come in and obtain a new one!!! It is important you wear your badge particularly in off site venues – also it helps Tutors and fellow class members remember your name!

Tutors

Thanks also to the Tutors who had the unenviable task of allocating places in their classes. It is most disappointing when members miss out – but it is important to realise that class membership is only for the current year and you MUST book into your class each year. Therefore, if you missed out this year, make sure you enrol early – or at least inform your Tutor you wish to return.

It has been very difficult with wait lists on popular classes. In some instances a member who missed out has offered to take another class – this is most welcome. If you have not heard you have been accepted into a class either by the automatic email which is sent when you are taken off the wait list, or by the Tutor contacting you – please do not turn up to the class as it can be most embarrassing for the Tutor as they do not like telling members they are not in the class as there is no room.

Class Reps

These are the wonderful members who assist the Tutors in all manner of ways. Just a reminder to Class Reps – please ensure that the premises you are using are left in pristine state when you leave. It is your responsibility to check lights are off, kitchen clean and dishes washed and put away, tables and chairs left how you found them, doors locked etc. This is most important as others use all the venues we use and we want to retain our good name!!!



Membership stands at:

Members	1,185	
Classes	146	
Tutors	105	(Some take multiple classes)

All the best to everyone for a wonderful year

Nina Netherway
Membership/MyU3A
PH: 0417 371 873
Email: ninan06@bigpond.com

SUMMER SCHOOL MOVIE: 2040

On Monday afternoon 21st January 2020, the Summer School Screening and discussion of the movie "2040" was attended by over 40 people. Despite a couple of technical hitches, we enjoyed the film. It stimulated discussion about sustainability and positive futures, while the display of 'Retrosuburbia' and other 'positive practice' books, the free, fresh, garden produce, and a delicious afternoon tea added to everyone's engagement and interactions.

Special guests: Dr Lynne Reeder from Compassionate Ballarat <https://www.compassionateballarat.com.au/>, La Vergne Lehmann from Grampians Central West Waste and Recovery Group <https://recyclingrevolution.com.au/>, and Joe Natoli from Ballarat Renewable Energy and Zero Emissions (BREAZE) <https://breaze.org.au/> gave their responses to the question 'What's your 2040?' Dr Reeder outlined plans by Compassionate Ballarat to plant a tree for every Ballarat resident as part of a global 7 billion tree-planting project. Ms Lehmann lauded the 'fact-based dreaming' of the 2040 film. She explained the collaboration between GCWWRG and Natalie Isaacs' 1Million Women organisation, and the benefits of downloading their free App available here <https://apps.apple.com/au/app/1-million-women/id1444375678.lnorder>

Joe Natoli talked about the congruence between the activities of BREAZE and the explorations depicted in 2040. He suggested possible project-partnerships with U3A. In a similar vein, Sustainable Suburbs' tutor, Steve Burns, reminded us all how we would move heaven and earth and spare no expense to help our children or grandchildren if they were diagnosed with a life-threatening illness. "Well they are!" he said.

Our special thanks go to Geoff Parr-Smith for initiating the Summer School and to Jeff Langdon for his technical support. For a positive take on the future, we recommend that you see this film – link to the website here <https://whatsyour2040.com/> trailer link here <https://youtu.be/p-rTQ443akE>

Madonna Quixley



(L to R) Dr. Lynne Reeder (Compassionate Ballarat), Steve Burns (Sustainable Suburbs), La Vergne Lehmann (Recycling Group) and Joe Natoli (BREAZE)

CLASS NOTES

The next Bulletin deadline: **FRIDAY MARCH 6**
Bulletin Editor, PO Box 2058, Bakery Hill,
3354
Or u3aballaratbulletin@gmail.com

BUSHWALKERS Laraine Gunning and Lynne Fenton, Class Rep.

Note ---Meet at Llanberris Netball Courts parking area **8:00am start** during January, February and March.

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.

February 13- 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 a stick. Optional extra if weather permits. Bring morning tea to eat at conclusion of walk. Led by Laraine and Lynne. Carpool \$5.

February 27-Ballarat East and Woowookarung Regional Park led by Greg Anderson and Dot Carpenter. **10 km approx.** with only bush for toilets. Own arrangements for lunch

NOTE meeting point for the start of this walk is at **Eureka Centre Carpark** (formerly MADE) at the corner of Rodier St & Eureka St for an **8:00am departure**

This is a circuit walk, along Charlesworth St to Fussell St, following the perimeter of Mt Xavier Golf Course and Pryor Park, making our way up an incline to Blairs lane, crossing Eureka St to enter Woowookarung Regional Park for a scenic bush loop, walking on gravel roads with some inclines, some bush walking, single file.

Code B Bring walking poles and morning tea.

March 12th-----Union Jack Reserve. Led by Warwick Sellens and Ann Belcher. Further details on Blog.

For walk details and photos from past walks please go to our Blog at: <http://bushwalkersu3aballarat.blogspot.com.au>.

CELTIC BAND Corrie Olsen

The Celtic Band is kicking off the New Year with 2 concerts in March.

Firstly: As part of the Arts Trail – Sunday, March 22, 2.30pm
Ros Lawson's studio, 165 Kitty's Lead Road, Napoleons
Open to the public and free of charge.

Secondly: U3A Bushfire Relief Concert
Saturday, March 28, 2.00pm
Ballarat North Community Centre

This concert is for all U3A members and friends. Please support us with your presence and/or donation.

All donations will go to the Red Cross Bushfire Appeal.

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

March 10 The Wizard of Oz (1935, USA, Dir: Victor Fleming 101 mins.)

March 31 Meet me in St. Louis (1939, USA, Dir: Vincente Minnelli, 113 mins.)

This double bill of sumptuous Hollywood musicals gives us the chance to enjoy two different examples of "Imagined Worlds". These are also contrasting highlights of Judy Garland's career. Please be seated ready for a 1.30 start.



BUSHFIRE RELIEF CONCERT
Performing: U3A Celtic Band

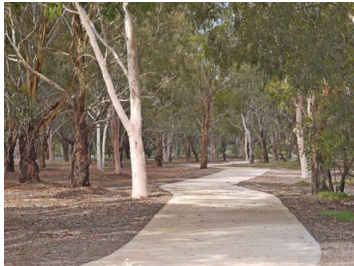


2.00 pm, Saturday 28th March 2020
Venue: Ballarat North Community Centre,
(Corner of Walker & Doveton Streets)
Afternoon Tea Provided
Entry by Donation
**ALL PROCEEDS TO RED CROSS
BUSHFIRE APPEAL**

BALLROOM DANCING Due to pressure on VRI use, we have to start our classes half an hour earlier.
BEGINNERS: 11.30am to 12.30pm **TRANSITION TO IMPROVERS:** 12.30pm to 1.15pm* **IMPROVERS:** 1.20pm to 3.20pm
NB: We need to be out of the hall by 3.30pm so that the manager can set up the next class by 3.45pm.
 * Transition dancers need to enrol in the Beginners and Improvers but only need to attend from 12.30pm.

DINING OUT GROUP- Glenda Cipolato grc184@bigpond.com Ian McKee class rep
anneianmckee@ozemail.com.au mob 0403 390 108. Our March lunch will be Sun March 15 at 12.00 md at the Commercial Hotel 410 Kingston Rd, Kingston VIC 3364. Kingston is a short drive from Creswick. As per usual, to make sure of your seat and allow final numbers to be confirmed with the venue you are asked to advise Ian or Glenda on above contact details of your attending/non attending two days prior to each lunch. We look forward to seeing you there.

GARDENING INTEREST GROUP



Twenty members of the Gardening Interest Group had their first garden visit on Tuesday February 4 to the Melton Botanic Gardens. The Friends of the Melton Botanic Gardens provided morning tea and a guided tour of these very interesting gardens. The gardens feature plants that tolerate dry climates, low water conditions and house a nationally registered collection of more than 100 species of Eucalypt with many understorey native plant species. The gardens have been designed to feature plant species from Southern Africa, Western and South Australia, California, Central & South America, an indigenous garden and a plant nursery. There are magnificent old River Red Gums and a large lake with BBQ facilities. It was a very successful outing for the group whose next outing will be to Lambley Gardens & Nursery at Ascot, on March 3.

HIKING GROUP

The Hiking Group hikes right through the holiday period and our hikes so far in 2020 have been very well attended.

January 9 Surface Hill Heritage Walk. (Smythesdale area)
 January 16 Wallaby Track Stage One (Creswick to Dean)
 January 23 Tubal Cain Hike (North of Daylesford)

We have recently moved from fortnightly hikes to weekly ones. The group is currently full with forty members, but vacancies occur from time to time so if you are interested, please email Andrew Parker on u3aballarathikers@gmail.com

You can view past hikes and those planned for 2020 from this link:

<http://canadianlodge.wixsite.com/u3a-ballarat-hiking>



WRITING A FAMILY STORY

At the end of last year Keira Lockyer's 'Writing a Family Story' class finished their work in the form of books or book drafts that included personal stories, family histories and even a novel based on a family history. Everyone had them printed to show their fellow students and their family members as they celebrated over an end of year lunch. Keira, Vanessa Seymour and Irene Warfe are planning one or two seminars in the second half of the year. These will cover information and tips on collecting, protecting, researching, planning and writing a family history or family story. There will be information on dates and times in a future bulletin.

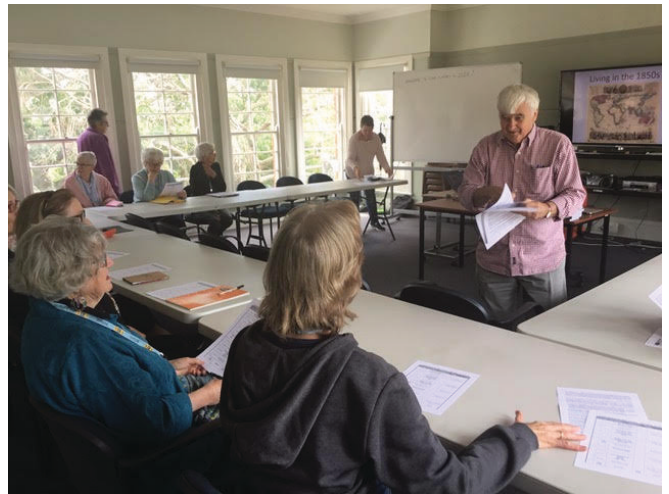
LITERATURE

Our class will be reading "Jane Eyre" by Charlotte Bronte, led by tutor Wendy Abraham. Classes are held at Pinarc on 1st and 3rd Thursdays at 10.45. Robyn McKnight Class Representative

RENOVATIONS in the Men's Shed at Pinarc



HISTORY CLASS at Pinarc



NORDIC (POLE) WALKING:

In February we are walking along the Yarrowee River trail from the old Woollen Mill at the bottom of Hill Street. Turn into Hill Street at the traffic lights on Skipton Street. We meet in the car park directly opposite the office building, on the north side of Hill Street, ready for a 10.00am start.

In March we will be walking along the Yarrowee River trail from Brown Hill. Meet at the car park off Reid St, behind the Brown Hill Swimming Pool. Reid St comes off Humffray St Nth, just before the pool and the Brown Hill Hall.

Class Rep: Mike Maloney 5330 1334 / 0413 971 951 <maloney28@southernphone.com.au>

Tutor: Pat McCarthy 0467 852 759

RECORDER BEGINNERS

Anyone interested in learning or getting re-acquainted with the recorder is welcome to this class. You may have heard Genevieve Lacy at the Organs of the Goldfields Concert or perhaps you have heard the U3A Recorder Group and now realise just how wonderful this humble instrument can sound. You may be interested in sharing music with others of like mind. Whatever the motivation, you will be captivated by this instrument and find it very rewarding. This class is a steppingstone to joining the main U3A Recorder group. Some people need more time here than others.

A few things to keep in mind:

1 Music Sight Reading of the Treble Clef is an advantage as you can quickly move to learning the fingering of the instrument.

2 You will need a treble recorder (not the descant) in good condition. If it has been sitting, unused, in a cupboard for 20 years you will probably need a new one. Visit Orpheus Music Armidale NSW to check the prices. Plastic ones Yamaha or Zenon brand are very good. We have a couple in the Recorder Instrument Library for loan. Contact me regarding loan. Details are at the end of this message.

3 You will need to purchase a Tutor book for the Treble. Cost \$20. I have one available and can order more online. Please contact me directly with any queries regarding any of the above or to allay any concerns you may have. Mary Melcherts 0409 234 375 mary.melcherts@gmail.com

WALKERS AND COFFEE

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

March 4: Llanberris Netball Courts, parking area Eureka St.

March 24: Krooze in Cafe, cnr Geelong Rd & Boak Ave, Mt Helen.

April 1: Formosa Nursery, 104 Leith Street.

Tutor: Chris Cullen 03 5332 3721

Class Rep: John Elischer Mob: 0421 341 288 (Info & Apologies)



WHO'S AFRAID OF ALZHEIMER'S?

In the following analysis the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals, addresses the subject in a rather reassuring way:

"If anyone is aware of his memory problems, he does not have Alzheimer's."

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking. "

This is "Anosognosia" or temporary forgetfulness. Half of people 60 and older have some symptoms that are due to age rather than disease.

The most common symptoms are:

- forgetting the name of a person
- going to a room in the house and not remembering why we were going there ...
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ...

Many people are concerned about these oversights hence the importance of the following statements:

"Those who are conscious of being forgetful have no serious problem of memory."

"Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."



FREE TRAINING: RESPONDING TO ELDER ABUSE
10.00am to 1.00pm
Thursday February 20th, 2020
~ 3 CPD HOURS ~

This interactive workshop is designed to assist health, aged care and community practitioners respond when elder abuse is suspected or disclosed.

Build your confidence to:

- Recognise the signs and understand the complexities of elder abuse
- Apply the principles of person-centred, family inclusive practice to communicate with the older person about the abuse and, as appropriate, their family members and carers
- In collaboration with the older person and guided by a will and preferences approach, plan appropriate follow up and/or referral
- Respond when an older person does not want to take any action in relation to the abuse
- Understand your responsibilities in reporting suspected elder abuse

Who should participate?

Anyone working directly with older people. For example in home care, assessment services, aged care, carer and family support, social work, nursing, allied health, housing, legal and accounting businesses, AOD, family violence, mental health, etc.



VENUE:
Multipurpose room,
Ballarat Community Health,
12 Libburne Street, Lucas

This workshop builds on The Victorian Government's [elder abuse response plan](https://www.vic.gov.au/elder-abuse) (<https://www.vic.gov.au/elder-abuse>). It is important that participants complete the online training prior to attending.

TO REGISTER FOR THE WORKSHOP:

- Click on the following link or copy and paste it into the address bar in your web browser

<https://tinyurl.com/yv3Ballarat2020>

- Follow the prompts to enter in your details and click on the "Finalise registration" button
- Check over your details and click on the "Confirm registration" button

QUESTIONS?

Contact Michelle Wills, e) m.wills@latrobe.edu.au or p) 03 8461 4900

This free training is being offered by The Bouwerie Centre and is funded by Department of Health and Human Services

Certificates will be provided upon completion of the training

GBD Productions
MR Lyster's ACCLAIMED COLONIAL TOURING OPERA
Presents
DONIZETTI'S GREAT COMEDY
DON PASQUALE
HELEN KOEHNE HEW WAGNER MICHAEL LAMPARD
JAMIE MOFFAT STEVEN TOUZEL
ADELAIDE SOCCIO GREENAWAY
JESSICA JOAN GRAHAM JOSH MORTON-GALEA
Musical Direction by
PAMELA CHRISTIE
ONE PERFORMANCE ONLY!
CHRIST CHURCH DAYLESFORD
54 CENTRAL SPRINGS ROAD
SATURDAY 9 MAY 2020 AT 2:00 PM
TICKETS \$30.00
www.trybooking.com or call 0410 890 388



U3A Shopping bags: coming soon!

SIZE: Bag 44 cm W x 48 cm H x 14 cm D
Handle 60 cm x 2.5 cm Made of white polypropylene (not orange!) with our logo and web address. Long handles. These will be available from the office, in about two weeks' time. Help spread the word while you shop! \$5.00

Melbourne Walks – Sustainable Architecture Wednesday 11 March

THE SUSTAINABLE ARCHITECTURE TOUR explores Melbourne's goal to be a sustainable 'carbon neutral' precinct within two years. Is that possible and how? Our walking tour visits leading buildings and places demonstrating sustainable architecture, design and planning.

The tour is led by experienced guide, historian and author Meyer Eidelson. You will be standing and walking for 2 hours, so need average fitness.

Meeting Point: Wednesday 11 March, 11:20am at the Stage near the Big Screen at Federation Square.

This two hour walking tour of Melbourne is open to all U3A members and will cost each member \$25, to be paid on the day. Places are strictly limited and will be allocated on a first in basis.

We will travel to Melbourne together on the 9:19 train (9:13 from Wendouree), arriving at Southern Cross at 10:40am. There should be time for a toilet stop, cuppa and tram to the meeting point. After the walk we can have lunch together before returning to Ballarat, or you can go your own way. All participants pay their own train fare.

If you want to join the walk, email Anne Ottrey at ottrey@ncable.net.au or phone 0422 963 985. Please provide a contact phone number and email (if available).



BOOKING TICKETS Melbourne

Join the Palace Cinemas Golden Movie Club at the box office today and save on every session!

Ticket Prices

Palace Golden Movie Club \$8.50
Seniors* \$9.00
Palace Movie Club \$15.50
Concession** \$16.50
Adult \$21.00

Opening Event with afternoon tea

(See page 4/5 for more details)
Palace Golden Movie Club \$18.50
Seniors* \$19.00
Palace Movie Club \$25.50
Concession** \$27.50
Adult \$30.50

*Anyone over 60

**Full time students (photo ID required), Health Care Card Holders, Pensioners. Proof of concession must be presented.

Festival Conditions

Festival films are restricted to persons aged 18 years and over unless specified. Festival tickets are non-refundable and non-exchangeable.

In Cinemas

At box offices daily 11:00am to 8:30pm until sold out. Cinemas can only sell tickets for their respective venues. There are no booking fees for purchasing at cinema box-offices, however surcharges for credit cards apply. See each cinema's schedule page for address.

Online

www.palacecinemas.com.au (go to the "Buy Tickets" page and select by Cinema and Title). Booking fees apply.

By Phone

See each cinema's schedule page for contact number. Telephone bookings by credit card only (ex. Diners), which must be produced when collecting tickets. Patrons are encouraged to collect tickets 30 minutes prior to session to avoid queues. Credit card transactions incur booking fees. When calling during busy periods there may be a delay in answering the phone. Please try again later, or visit the website.

For further enquiries, please contact: youngatheartff@palacecinemas.com.au

THIS MONTH'S DIVERSION

Well then, that scrambled word, you know, the one from the February Bulletin, seemed to have found quite a few people who were (desperately?) seeking some exercise for the grey matter between their ears.

Congratulations to Pauline Quirk, Anne Ottrey, Michelle Parker, Marianne Kennedy, Alice Christie, John Elischer, John Poliness, Rosemary Sheludko, Bill Vincent, Wendy Gottlieb and Kaye McClure Leckie. Those people can start the new U3A Ballarat year 'clothed in a gown of diaphanous glory'.

The un-scrambled word was REITERATE.

Now for this month's scrambled collection of syllables, secretly submitted by our recently rejuvenated word wizard. The new word is

- **DEGLOFDIL** (as it is, it sounds like an exotic flower, doesn't it)?

For another chance at glory, please send solutions to Phill at grantphillip@hotmail.com

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

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