



the BULLETIN

MARCH 2020

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,
VIC TORIA 3350**U3A PHONE NUMBER**

0431 859 315

EMAIL info@u3aballarat.org.au**WEB** www.u3aballarat.org.au**CLASSROOMS**BALLARAT NORTH CAMPUS, BNCC
702 WALKER ST, BALLARAT NORTH**BNCC OFFICE** MON 10-12 TUES 1-3
WED 10-12 THURS 1-3EASTWOOD 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**
At BNCC, 9:30 am
1st Wednesday, Feb to Nov**BULLETIN ARTICLES**u3aballaratbulletin@gmail.com

by April 3

DIARY DATES

Mar 18 New members' morning tea BNCC 10:30-11:30

Mar 22 Celtic Band Concert: Ros Lawson's studio 2.30

Mar 26 Seniors Rights, Wine and Cheese Chat. BNCC 5:00 -6:00

Mar 27 School Holidays start. Check with Tutor if class is running

Mar 28 U3A Swap Tables BNCC 10:00-11:00

Mar 28 Celtic Band Bushfire Concert BNCC 2pm. Afternoon tea

SATURDAY
MARCH 28
at 2pm **BUSHFIRE**
RELIEF CONCERT
Performing: U3A Celtic Band



Ballarat North Community Centre
(corner of Walker & Doveton Streets)
Afternoon tea provided
Entry by donation
ALL PROCEEDS TO
RED CROSS BUSHFIRE APPEAL

MORE RENOVATIONS AT BNCC IN APRIL AND MAY:

City of Ballarat officer Michael O'Connell outlined Stage 3 projects at a meeting with BNCC Operations committee (Seniors, Genesis Church and U3A) on Friday 28 February and discussed with us other minor modifications and issues.

On Monday March 30 (start of the two week Easter break) renovations will commence in the hall. Work will be to replace flooring at the east end, plaster and paint white the brown bricks on the east and south walls, upgrade ceiling fans and install LED lighting.



During this time (30 March to 15 May) there will be no access to the hall or the yellow room. Activities, classes and other meetings will continue in the rest of the BNCC with the occasional sound of men at work plastering, painting and replacing

and finishing the floor. It is the "sounds of progress" so please be patient. We are very grateful to the City of Ballarat for continued attention to our needs at BNCC.

We will be back in the hall in mid-May with a totally white appearance and a light-coloured wooden floor with all services working! During this renovation the U3A classes that normally use the hall will be moved to ELC for the renovation weeks thanks to a positive response from ELC manager Marita Moller this week. The Seniors bowlers will be using the Ballarat North Bowling club facilities, while the Church has booked into ELC on Sunday afternoon for the duration of the Stage 3 renovations.

Blake Gordon, for the BNCC Operations Committee



As well as the scheduled classes and activities, may I let interested people know that a **So you might like to be a Tutor** discussion will be conducted on Monday 16 March 3.00 pm at BNCC, Yellow Room

The next **Cappuccino and Chat** sessions will be on
 Tuesday 17 March at 10.00 am at the Yacht Club at Lake Wendouree
 and
 Wednesday 25 March at 10.30 am at *The Bunch of Grapes Hotel*
 401 Pleasant Street South

Nick Locandro's talk to a mixture of U3A Ballarat Members and Senior Citizens would have to be one of the highlights for the last month, wouldn't it? The visual and sound systems at BNCC were used effectively and consequently Nick was able to be heard and able to show a slide presentation and several video clips, to great effect. His talk covered aspects of dementia, caring for a person with dementia, and his long distance bike rides that were used to raise funds for dementia care and research as well as raise awareness of dementia. Many thanks to those who attended and to the Committee Members who set up the Hall and the afternoon tea.

Another highlight of the month was the installation of a printer/photocopier in the Office at BNCC. We are trialling the printer. Tutors and class representatives should use the facility in order to properly test its capabilities, and so that the Committee can make a decision about maintaining a printer on a permanent basis. The photocopying costs are much cheaper than is the case when using a commercial photocopier.

One of the endearing features of U3A is that it is a purely voluntary organisation. Of course, that means that volunteers are always needed, in addition to the tutors, class representatives and Committee Members. To provide an insight into volunteering, Anne Ottrey organised a successful **So you might like to be a volunteer** session and there are more such sessions planned. Many thanks to Anne for her initiative. As an aside, membership does require a subscription; funds raised are used mainly to pay for the venues we hire.

Since the last Bulletin the COVID-19 virus has become an issue for many of our members. For some, it is 'just another influenza virus', one that has received plenty of media attention. Other members have been personally affected. One aspect of concern is that, at the moment, there is no vaccine available. Given that our membership may be particularly vulnerable to this virus as well as the 'normal bugs', might we ask that people who are 'ill' adhere to our usual request to not attend classes, in order to minimise the spread of a 'bug'. For further information, please see the article in this Bulletin.

Naturally, attending U3A Ballarat activities is certainly an enjoyable way of maintaining physical and mental health.

Finally, may I mention that we now have two editors for The Bulletin; many thanks to Lee Albert and Graham Hawley for taking on the task of letting members know what is going on in the most interesting way. There could be changes, as the new editors put their creative stamp on what is U3A Ballarat's most important method of communicating with members.

Accommodation changes for BNCC Hall Classes March 30 (including the holidays) to May 15.

While the Ballarat City Council works to improve our hall at BNCC, all classes currently being held in the Hall and Yellow Room at Ballarat North Community Centre have been moved to Eastwood Leisure Centre

CLASSES NORMALLY HELD IN THE YELLOW ROOM are also to be held at Eastwood

On Tuesdays ALL Latin classes have been moved to Eastwood, not just those in the Yellow Room.

Latin 4 and Beginners Meeting Room 3

Latin 2, 3, 5 Meeting Room 2

Bulletin Folding for April and May – Meeting Room 2

DAY	TIME	CLASS	ROOM
MON (From 13th April)	9.30 - 12.30	Celtic Band	Activity Room
	12.45 - 2.15	Dance for Fun	Multi -Purpose Room
TUES (From 14th April)	11.30 - 1.00	Ballarat U3A Chorale	Activity Room
	2.00 – 3.30	Ballarat U3A Choristers	Activity Room
WED (From 15th April)	9.45 –10.15	Tai Chi Wednesday	Stadium (gloves and coats)
	11.00 -12.30	Dance 4 Fun (and fitness)	Multi-Purpose Room
THURS (From 16th April)	9.00 –11.00 1 st & 3 rd	The Silk Road	Meeting Room 4
	11.15 12.45 1 st , 3 rd & 5 th	Scottish Country Dancing	Multi-purpose Room
	10.45 –12.15 2 nd & 4 th	Ceilidh, Social and Musical gathering	Multi-purpose Room
	1.30 – 3.30	Circle Dance	Multi-purpose Room
FRIDAY (From 17th April)	9.15 – 10.00	Tai Chi for Arthritis part 1 and 2	Multi-purpose Room
	10.15 –11.15	Jazzasize with Jen	Multi -purpose Room
	11.30 –12.30	Jazzasize with Jen	Multi -purpose Room

NEW CLASSES FROM LAST MONTH

There are still places available in the following new classes that were advertised in the February bulletin. You can join online or visit the office to enrol in all classes that still have vacancies.

Walk, Talk and Coffee, Belly Dancing, Movie Making, Risk Management in Everyday Life, Anxiety in Autism (which now starts in Term 2) and **Learn how to control and eliminate triggers to past anxiety experiences** all have vacancies.

Leigh Skewes sent this information about this latter topic for us to read for further information. YouTube subconscious freedom therapy anxiety and viewing www.subconsciousfreedomtherapy.com/history

MORE NEW CLASSES FROM THIS MONTH

1. Short Film Course FIVE FANTASTIC FILMS OF THE FIFTIES - Bryan Putt.

bryanmeganpictures@gmail.com and 0407348563.

A good case can be made for the 1950's as the most exciting decade in film history. John Ford and Alfred Hitchcock were still active, and the now-defunct studio system was still in place, providing the best financial and technical resources in the world. Yet the House of Un-American Activities Committee had

blacklisted many actors, writers and directors, including Charlie Chaplin and Dalton Trumbo. Also, the cinematic industry was threatened by television. However, studios and companies found new and innovative ways to bring audiences back. These included new screen formats - Cinemascope, Vista Vision, Cinerama and Todd-AO.

So, to the five fantastic films of the fifties to be shown in a style reminiscent of the fifties but in a modern-day picture palace where these films were meant to be seen! The program will include introductory comments followed by discussion of the film. There will also be a short first half featuring a newsreel, cartoon or featurette from the period.

All to be screened in a private cinema in Ballarat East (address being revealed on enrolment). Note that the cinema does not have disability access. Direct entry is from the street where ample parking is available. A dedicated cinema toilet is also provided.

Program will be fortnightly commencing Monday April 6th at 1.00pm, and the films to be shown are:

1. *"The Night of the Hunter"* (film-noir) 1955, Director: Charles Laughton, starring Robert Mitchum.
2. *"Singin' in the Rain"*. (musical) 1952, Director: Stanley Donen, starring Gene Kelly.
3. *"The Searchers"* (western) 1956, Director: John Ford, starring John Wayne.
4. *"Roman Holiday"* (romance) 1953, Director: William Wyler, starring Gregory Peck.
5. *"East of Eden"* (drama) 1955, Director: Elia Kazan, starring James Dean.

2. Science and Society Lectures- Graeme Hood

Science and Society (Energy - Today and Beyond) (10 hours) Our standard of living is highly dependent on an increasing use of energy. This course explores the production and consumption of energy in our world today. It is a factual account of the available options for humanity and discusses the threats and opportunities we all face. This not a platform to reinforce the views of eco warriors nor climate deniers, but a simple scientific map of the path ahead. At the end of this course all participants will have good understanding of the terms associated with this topic as well as some enjoyable practical experiments of energy fundamentals.

1. World Energy (An overview of the current state of play in terms of who uses and produces what.)
2. Fossil fuels (This topic will concentrate on existing production and use with a summary of terms)
3. Renewables (A look at options including wind, solar, tidal, waves, geothermal and methods of storage such as batteries and hydrogen)
4. Nuclear (This week will explore the atomic options such as nuclear fission, fusion and some other innovative forms of useable energy)
5. Poo to Power (In the final session we will look at the roles of biofuels and animal waste products to mitigate production of greenhouse gases. This will also be an opportunity to summarise the sessions. Contact Graeme Hood for more information. Phone 0418 326 809

3. "Electronics, where is it taking us?" - Max Pietruschka

This class would cover Radio, TV, Vehicle Electronics, GPS. Mobile Phones and Computers in terms that most will have no trouble with. Attendees will go away with the answer to "How does that work?" Max will provide handbooks and show plenty of real-life examples.

Max is tertiary qualified in Electronic Engineering, Marketing, Management and Training. He is a professional communicator and facilitator experienced in business evaluation and training delivery. He is also a Certified Practising Marketer and a fellow of the Australian Marketing Institute.

To join this group or for more information then please contact Max max@alfredsq.com or 0412 522 989



It would appear that just as things were settling down for the new year very nicely we go and add something else for us to complain about!!!!!!
So this month I am having a bit of a grizzle....

1. ALL –

- a. When sending me an email would you please put your name – first and surname - somewhere in the email and the class you are referring to. Unfortunately the database will not allow sorting on first name – and when I receive an email signed eg Jane – I have no idea which Jane it is, or what the surname is.
- b. **Did you know** you can send an apology to the Tutor/Class Rep from *MyU3A* yourself? Log in to *MyU3A* (the yellow button on the Quick Links list of the website) using your ID and password and at the bottom of the *Membership Status* screen there is an area for you to put in the dates when you will be absent from class/es – and then click the *Apologise* button. This will put in an apology for all the classes you would attend on those dates.

2. Classes –

- a. Please label food clearly if you are leaving it in the fridge at BNCC for your next class – and **do not** take food which is not labelled or labelled for another class.
- b. Also the biscuits in the cupboard are **NOT** for class consumption. We provide tea, coffee, sugar and milk – we **do not** provide biscuits and it is most frustrating when the Catering Committee buy biscuits for an event and then arrive to put them out only to find they have gone.

3. Tutors and Class Reps -

- a. We have leased the photocopier for a six month trial for your use. HOWEVER – you must apply for a login number from me before going to the office to use the machine. The office staff are unable to log you on if you do not have your number.
- b. To receive your number, email me and I will send you a number and add your name and number to the list in the machine. As I am not in the office every day you need to forward plan and get your number before you are ready to photocopy. If you want more information please contact me.
- c. **Security** - Please check the building you are using carefully before you leave – turn lights off, pull blinds down, check doors are locked. This is particularly important at BNCC where classes have left the building unlocked, or lights have not been turned off from another class. So if you are the last class in a building please check before you leave.

Well, I have had my grizzles – not big issues but they all help to make our U3A run a lot more smoothly – as we are all volunteers and sometimes its good to smell the roses!!!!

All the best for the rest of the term.

Ph: 0417 371 87

ninan06@bigpond.com





Everyone involved has hailed the Summer School a big success. Although it was small, with only 6 courses, there were over 100 attendances overall, with some members attending a number of courses.

Circle Dancing. Judi Appleby, a newbie tutor to Ballarat U3A, lead the Circle Dance summer sessions, meeting some 20 new faces with lots of enthusiasm to try this hard to define form called circle dance. The activity ranged from very simple – *Mai Fali E* (a Timor Leste lullaby) to *Fado Portuguese* (with a salsa feel and feet changes to challenge the grey matter!). For Judi, the sessions had heart, with a huge willingness from the dancers to try anything new introduced, for which she was most appreciative.

Philosophy. Tutor Anne Bouts used three movies to introduce a number of issues in philosophy. Each was followed by a discussion of the issues raised. The films were:

- **The Tree of Life** (Terrence Malick, 2011, American). This experimental drama asks: what makes a good life? It examines the foundations of a good relationship, family interactions and responses to grief and loss. Is faith alone the answer? Where do we stand in the broad sweep of history of the earth, from its earliest formation?
- **The Diving Bell and the Butterfly** (Julian Schnabel, 2007, in French). This much awarded film examined the situation of a patient with Locked in Syndrome, where one has lost all physical abilities but maintains full mental awareness. It raises the question: what is the self, and demonstrates immense courage in the face extreme adversity.
- **Manchester by the Sea** (Kenneth Lonergan, 2016, American). In awkward circumstances a man becomes legal guardian and carer for his nephew. Theme: Certain forms of suffering and regret can stay with a person for a lifetime. They become part of the sufferer's life.

The use of film to create a slightly lighter approach than regular philosophy classes was much appreciated by the group.

Recorder Techniques. Geoff Parr-Smith lead 4 first year students through the intricacies of producing a big, quality sound from the recorder. Simple changes, like putting more of the recorder mouthpiece into your mouth, make a big difference. Straight fingers, essential for quick playing, proved much harder to master, particularly where arthritis is involved. We discovered articulation, with lots of Dhu's and Ti's (recorder players will understand). We played scales for fun, using different rhythm patterns, and had a go at free improvisation.

Recorder sight reading. Mary Melcherts lead the same group through the basics of sight reading, which is reading sheet music and playing it for the first time. This included interpreting rhythm patterns, counting beats, notes and bars, and identifying and playing various intervals. These beginners now feel ready to join the Recorder Consort.

Learn Excel. 5 student Excel users, with various levels of understanding of the program, all said that they got something useful from this course, and suggested it should go for the whole year (which would exceed Tutor Geoff Parr-Smith's knowledge level). The course put a strong emphasis on accuracy in calculations and ways to ensure that the resulting numbers included the right data and used the correct calculations (Excel never makes a mistake; users do!). With a few laughs along the way, the course combined some useful and serious learning with quite a bit of fun.

Introduction to Mah Jong. Lead by Elena Tommasi over two weeks, 13 then 9 members attended. The class offered a basic introduction to Mah Jong so when, and if, members join the class in term they would have a head start on learning the game. The class spent the first week learning about what the tiles are, the suits and how to set up the tiles for play. The second week, after a review, the group played a few hands. After the class several new members signed up for the class in term. Everyone seemed to enjoy learning a new subject, meeting new people and getting out during the summer break.

My thanks to everyone who helped me with the Summer School, particularly the Tutors, also to the U3A Committee who provided enthusiastic support once the project was initiated.

LOOKING FOR A DJ/EMCEE FOR A SOCIAL EVENT



One of the goals of U3A Ballarat is to provide fun social events for our members.

A few years ago we started the Trivia Night which has been very successful and is being planned again for June (probably 25 June but needs to be confirmed).

This year we are working on a new event - a Rock 'n Roll Dance. We will be playing Rock 'n Roll hits from the past and offering an opportunity to dance with, or without, a partner. If you don't want to dance you can just have a glass of wine, some cheese and sit and listen to the music from your past.

To make this a success we need your help. We need someone to serve as DJ/Emcee. If you think this is something you'd like to do could you please contact me at elena.u3a@gmail.com or 0421 520 414 for more information. We are also looking for a disco ball or possible decorations for the dance. We will let you know more as we get closer.

COVID 19 ADVICE



People in our age group, especially those with underlying health problems, are particularly susceptible to winter illnesses. If you think you may be unwell, with a cough, cold or flu, let alone Covid -19, we *urge you to stay away from classes until you feel well again*. If you have recently returned from overseas, please consider staying away from classes for two weeks.

You can assist researchers map the spread of winter illnesses and the Covid-19 virus by taking ten seconds a week to answer two questions from the flu-tracking website.

<http://www.flutracking.net/join/inv37>

Many of our members may be concerned about the possibility of contracting this virus.

The advice below is from the Australian Government.

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov#symptoms>

Symptoms

Symptoms can range from mild illness to [pneumonia](#). Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience:

- fever
- flu-like symptoms such as coughing, sore throat and fatigue
- shortness of breath

How it spreads

There is evidence that the virus spreads from person-to-person.

The virus is most likely spread through:

- close contact with an infectious person
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face

Prevention

Surgical masks in the community are only helpful in preventing people who have coronavirus disease from spreading it to others. If you are well, you do not need to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.

CLASS NOTES

The next Bulletin deadline: **FRIDAY APRIL 3**
Bulletin Editor, PO Box 2058, Bakery Hill,
Or u3aballaratbulletin@gmail.com

BUSHWALKERS

Laraine Gunning and Lynne Fenton, Class Rep.

Note: Meet at Llanberris Netball Courts parking area **8:00am start** during 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.

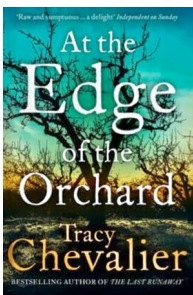
March 12th.

Union Jack Reserve, led by Warwick Sellens and Ann Belcher. Distance 8 Km. Grade B. Be prepared for a couple of lengthy uphill sections, so walking poles would be helpful. Meet at Llanberris at 8am. The walk will start and end at the car park behind the service station in Buninyong, so locals may choose to meet there rather than Llanberris.

March 26th.

Mt Cole Grevillea Walk, led by Julie Chandler and Arthur Buttler. Check the Blog for further details.

For walk details and photos go to our Blog at: <http://bushwalkersu3aballarat.blogspot.com>



BOOKCLUB 2

0434 630 456

Helen McDowell, Class Rep'. 0407 347 779

This month we reviewed, *At the Edge of the Orchard*, by Tracy Chevalier.

Yvette Nesire-McNeil, Facilitator,

A complex novel following the lives of a pioneering family trying to grow apples in the Black Swamp of Ohio in the mid 1900s. The first half of the book is almost as dark as the mud that pervades every aspect of their lives. The author paints a vividly accurate picture of the hardships, determination and vulnerabilities of ordinary folk in extraordinary circumstances. The second half of the story follows the fortunes of the youngest son as he strives to get as far from the orchard as possible, taking his chances on the Californian goldfields to working for an horticulturalist collecting seeds and seedlings from the giant Sequoia trees, always haunted by events in his past and the need to reconnect with his family.

Using literary tools of first person, third person and letters to advantage, Tracy takes the reader on an historical journey filled with all the despair, hope, mystery and fulfillment you would expect from the same pen that gave us *The Girl With the Pearl Earring*. Recommended read.

CELTIC BAND

Corrie Olsen

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

Sunday, March 22, 2.30pm Ros Lawson's studio, 165 Kitty's Lead Road, Napoleons. Open to the public and free of charge.

AND:

SATURDAY
MARCH 28
at 2pm
BUSHFIRE
RELIEF CONCERT
Performing: U3A Celtic Band

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE



Ballarat North Community Centre
(corner of Walker & Doveton Streets)

Afternoon tea provided
Entry by donation

ALL PROCEEDS TO
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.

DINING OUT GROUP

Glenda Cipolato grc184@bigpond.com

Ian McKee class rep anneianmckee@ozemail.com.au mob 0403 390 108.

Our April Lunch will be held at the Brown Hill Hotel 385 Humffray St N, Brown Hill on Sunday 19 at the usual time of 12 noon. To confirm your place (or notify a non-attendance) please contact Ian or Glenda no later than Thursday April 16.

With regard to our upcoming lunch on Sunday March 16 at the Commercial Hotel Kingston find Google maps directions from Creswick - 10 min (10.8 km) via Midland Hwy/A300 and Kingston Rd.

HIKING GROUP

Recent hikes have included Breakneck Hill, Garfield Wheel and Welsh Village which were both in the Catlemaine area

We also completed three legs of the Wallaby Track which is the section of the Goldfields Track from Creswick to Daylesford.



The group is currently full with forty members, but vacancies occur from time to time so if you are

LITERATURE

Robyn McKnight. Class Rep

Our class will be reading "Jane Eyre" led by tutor Wendy Abraham.

Members are reminded of new new starting time of 10.30 to 12.00 at Pinarc.



THE CYCLE TOURING GROUP



The Tasmanian Trail is a hiking, horse riding and mountain bike trail that stretches from Devonport in northern Tasmania to Dover in the south. The route uses forest roads and trails, tracks used by settlers in the early 1800's, and minor roads. The terrain traversed by the Trail includes coastal countryside, forested highlands, open farmland and many hills.

Well, that is, of course, interesting, but how is it relevant to U3A Ballarat? A group of five members of the U3A Ballarat Cycle Touring Group recently completed the route on mountain bikes. Following maps and precise route notes provided by the Tasmanian Trail Association, the group spent several days negotiating tracks to climb to

the Central Highlands. The final climb, near Poatina, was a fourteen kilometre grind. Continuing southwards in a 'squiggly' path the riders encountered tall forests and alpine scrub. Need we say that there were many hills?

Accommodation was found in a variety of remotely located hotels and motels; well, there had to be some concession for age! Indeed, in the final stages the track had no consideration for the age of the riders, with mudholes, hills, rocks, gravel and loose



BALLARAT FRENCH FILM FESTIVAL Peter Jones. French E, A Celebration of French Song, class rep.

Coming this April at the Regent cinema in Ballarat are 7 French language films from the Alliance Francaise Film Festival that is a yearly fixture in Capital cities. www.affrenchfilmfestival.org/schedule/ballarat This is a wonderful opportunity for local residents to experience contemporary and quality foreign language movies. All have subtitles. They not only benefit students of French but anyone with a sense of adventure by allowing them to be exposed to other cultures.

I would hope that audience response will enable foreign language films continue to be screened in

6:45 PM - Fri 17 Apr THE EXTRAORDINARY Regent Theatre	1:35 PM - Sat 18 Apr MY DOG STUPID Regent Theatre	4:00 PM - Sat 18 Apr LA BELLE ÉPOQUE Regent Theatre	6:30 PM - Sat 18 Apr THE TRANSLATORS Regent Theatre
1:35 PM - Sun 19 Apr EDMOND Regent Theatre	4:00 PM - Sun 19 Apr SPREAD YOUR WINGS Regent Theatre	6:30 PM - Sun 19 Apr THE MYSTERY OF HENRI PICK Regent Theatre	THE 31ST ALLIANCE FRANÇAISE french film festival 2020

GARDENING INTEREST GROUP

For our second monthly event, twenty-nine members visited Lambley Gardens and Nursery, where we met by the owner and creator David Glenn, who took us on a guided tour of the extensive gardens, including his own private gardens around his house.



The garden features **frost-hardy plants**, many requiring very little watering, and is world renowned as a benchmark in **sustainable gardening**. Lambley's complex of gardens are an inspiration to visitors from around the world and a must-see for anyone planning a

THIS IS DEMENTIA INC. UPCOMING EVENTS DINE WITH DEMENTIA \$15 LUNCH MENU Every 4th Saturday of the month 12:30pm at The Western Hotel 1221 Sturt Street We welcome people living with dementia, their carers, families and friends to attend. Please RSVP to thisisdementiainc@gmail.com Brittany: 0411 203 231 Meg: 0428 521 493	THIS IS DEMENTIA INC. UPCOMING EVENTS MOVIE SESSIONS \$10 TICKETS Every 3rd Friday of the month 10:30am at Showbiz Cinemas Delacombe Town Centre
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U3A Shopping bags: available now!

44 cm W x 48 cm H x 14 cm D
Handle 60 cm x 2.5 cm

Made of white polypropylene with our logo and web address. Long handles. These are now available from the U3A office, Help spread the word



Vale Graham Worrall 1929 - 2020

A dedicated history teacher and university lecturer who inspired many students with his passion for the French Revolution. He was a lifelong advocate for social justice and human rights. Graham and Barbara moved to Ballarat in the late 1990s soon after Graham's retirement. He had taught at Melbourne High School and later became a history lecturer at Monash University. After joining U3A, in August 2000 he began his many years of tutoring various classes. These included "18th Century French History - The Enlightenment and French Revolution", "Napoleon", "The American Civil War", and "Europe between the Two World Wars" and it is only a few years since he retired and then he was able to join classes that interested him - Literature, Science, and Classic Cinema. An Opera lover, he and Barbara ran the Opera on Video group in their home and Graham's contribution was in charge of the afternoon tea.

How fortunate Ballarat has been to have had a tutor who was always well prepared

Nick Locandro at BNCC

Phill Grant



Ballarat's newest Citizen of the Year Award recipient, Nick Locandro, spoke to members of U3A Ballarat and members of the Ballarat North Senior Citizens' Club, providing information about dementia that was very entertaining and informative. In doing so he used the full potential of the sound and visual facilities in the

Hall at BNCC, by combining his talk with video clips and a slide presentation, to tell the audience about dementia, about his personal involvement with dementia as a carer, and about his efforts to enhance awareness of dementia and support research into dementia.

Nick is a Social Engagement Officer with the City of Ballarat. In that role he was liaison officer for the City of Ballarat and the BNCC Operations Committee during the recent renovations to BNCC, a role, we are pleased to say, he will continue during the coming renovations to the Hall. He is also an accomplished cyclist, last year competing in the Melbourne to Warrnambool cycle race and an eleven day event in America as well as local races. He used his skills in cycling to support his work in the area of dementia by cycling from Uluru to Ballarat in September 2018, and the Mawson Trail between Blinman and Adelaide in September 2019. His adventures raised awareness about dementia and considerable funds.

From comments made over the afternoon tea, it was clear that the audience enjoyed Nick's talk and certainly gained knowledge about and awareness of dementia. As requested by members of the

THIS MONTH'S DIVERSION

No one could ever say that the GOLDFIELDS are bereft of talented word teasers. We say congratulations this time to a cast of thousands (well, not quite thousands) who successfully unravelled the gibberish concocted by our wonderful word wobbler. Indeed, congratulations to Wendy Gottlieb, Allison Owen, Michelle Parker, Marianne Kennedy, Julie Chandler, Rosemary Sheludko, Jacey Kavenagh, Sandy Johnston, John Poliness and Terence Taplin. The scrambled syllables, when unscrambled, formed the word GOLDFIELDS.

Shall we start digging around for another chance to pit grey matter against the challenges set by our word wizard's creative use of nine letter words? Of course we shall! This month's scrambled word, cleverly extracted from a substrata of the English language is:

R E T N A R P A C

As usual, the prize is glory, gorgeous glory. Solutions please to Phill at grantphillip@hotmail.com

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U3A Ballarat
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