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HUT 48, AIRPORT**SELKIRK STADIUM**

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OFFICE

BALLARAT NORTH CAMPUS, BNCC

Tuesday 9.30 – 11.30

Wednesday 10 – 12.00

Thursday 1.00 – 3.00

PUBLIC OFFICER

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COMMITTEE MEETINGS

BNCC 9:30 am

1st Wednesday, Feb to Nov**BULLETIN LEE ALBERT**u3aballaratbulletin@gmail.com

Next issue deadline:

April 8 2022

Diary Dates**March 16:** New Members' morning tea, BNCC, 10:30-11:30**March 17:** Lorayne Branch to speak on Henry Sutton: BNCC, 2:00 pm, afternoon tea to follow**March 24:** Celtic Band and Ceilidh, BNCC, 3:00-4:15**March 26:** Swap Tables, BNCC, 10:-11:00**March 31:** Movie lunch, Regent Cinema, 12:00, \$23.00**April 9:** End Term 1. Check with tutor if class is still running**April 26:** Term 2 commences**April 27:** New Members' morning Tea, BNCC, 10:30-11:30**April 30:** Swap Tables, BNCC, 10-11:00**Word Diversion**

Congratulations to, and heaps of kudos for, our wonderful word un-wobblers. Clutching Aunt Jessie's ELECTRICITY and Warwick's TRANSLATE and ALTERANTS from the fabric of the universe were Tricia Elliott, Bernadette Brouwers, Wendy Gottlieb, Brian Harrison, Helen McDowell and John Elischer. And while we are talking about the fabric of the universe, Tricia managed to weave another word in addition to the solutions provided by Warwick – TARLETANS (a thin muslin fabric).

Can our word wizards wave wands to wrangle impossibly wonky words?



Gazing into the depths of a nearly empty teapot, Aunt Jessie suggested that
G L D I F G L E N might do the trick.

In the meantime, Warwick's multiple cappuccinos have created

T	E	O
S	R	M
T	A	O

TEOSRMTAO

Solutions please to grantphillip@hotmail.com

Kudos, congratulations and smug self-satisfaction are available in bucket loads for successful solvers, regardless of any assistance gained by tea, coffee or biscuits.



We have settled into the term and other than a few exceptions our classes seem to be running smoothly. As I mentioned in my email, we have several fantastic extracurricular activities planned for this month and throughout the rest of the year. You will find details about the upcoming events in this Bulletin.

Speaking of my email, several people said they did not receive it, even though I got the usual confirmation that it had gone out. For those who did not get it I said that masks are no longer mandatory, you do not need to use the QR Code when checking into venues (except ELC) and singing groups do not need to wear masks though they are asked to distance themselves when singing.

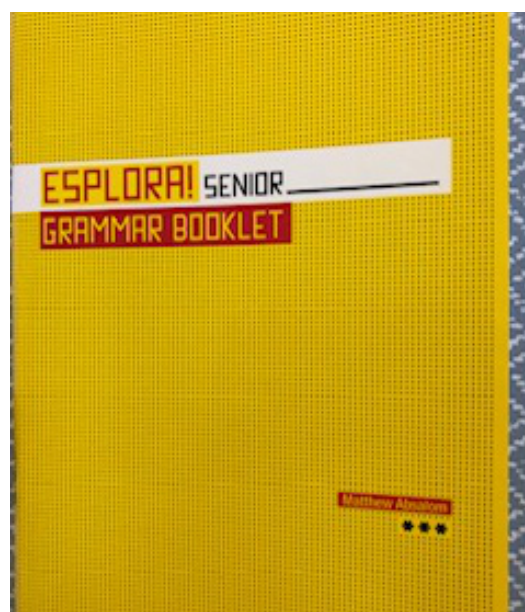
A while back I sent out an email to see if there was interest in a First Aid Class. I have received enough responses for us to go ahead and we are currently trying to find a date that will work. You can still sign up if you are interested. The Committee would strongly encourage the outdoor activity groups to have at least one First Aid Certified Member. If your group already has someone, thank you, but if it doesn't, please encourage one member to volunteer. We are supplementing half the cost so each attendee will only have to pay \$50 (much less than the usual rate). If anyone else is interested, please contact me.

As you may all be aware, we are still without a Manual Arts Shed for the groups that used to meet in the Pinarc Shed. A few lucky groups were able to get into the Ballarat East Community Shed but unfortunately the space is not available to all of us. This means that some of our most popular classes are unable to meet at this time. If anyone knows of a possible shed or workshop type space, please let me or Blake know. We have looked into about 20 different venues and have not been able to find anything suitable. Since I am in one of these classes I am getting a little cranky and am desperate to find a venue.

I am heading off tomorrow for a long weekend in wet Sydney so will keep this short as I still have a lot to do. I hope you are enjoying being back in the swing of things. It feels like we are almost living a normal life. I just wish the prices of international airline tickets would go down so I can see my much-missed family in the U.S.

Elena Tommasi
elena.u3a@gmail.com

Glenys McGrath is offering a brand-new Spanish Text and CD Rom for sale. If interested, contact her at glenysmc61@bigpond.com



Autumn is upon us and we are nearly half way through Term 1 – doesn't time fly! Especially when you are having fun at U3A classes!

The term began with a few hiccups regarding accommodation especially at Selkirk Stadium, but things seem to have settled down and we could get quite accustomed to having our coffee delivered and paying for it! I noticed the lunch type food in the café and thought what a good idea if you were in a hurry to get to another class – or just wanted a change in your lunch menu!

Otherwise it is so nice to hear members rave about their tutors – how dedicated they are and how well prepared and knowledgeable.

We have also had a few hiccups with MyU3A as the programmers get to grips with how the proof of vaccination is to be recorded. So thank you to the tutors who have been very patient and understanding when students haven't been put in their class in MyU3A or other tweaking needs to be done. Please do not hesitate to call or email Mary Maloney or myself with MyU3A problems.



Music soirees

We have started a series of Music Soirees to showcase the many music groups we have in U3A Ballarat. They have been delighted to put on a performance for members to come and enjoy their music. Each concert will be quite different as each group enjoys different styles of music. See

the poster elsewhere in this Bulletin for dates, performers and venues.

To allow for people attending classes who might miss out if the concerts were held at a regular time we have scheduled the program for different days and at different times. The venues to be used are the Hut 48 at the Airport and BNCC hall. The Catering Committee have kindly offered to serve refreshments at most of the concerts. We thank them very much for this.

SO do come along to at least one of the Soirees to support the performers and enjoy some excellent music. At the moment only concerts in the first semester have been advertised – but there will be more in the second semester – if you support them!!!



Speaker Program

We are also trialling a speaker program where we invite a visiting speaker to present and then have refreshments. The first one will be a speaker on Henry Sutton, the Ballarat inventor. This should be most interesting especially if you were acquainted with Suttons Music store at the bottom end of Sturt St.

Again the future of this program will be up to the attendances, so if you have not heard about Henry come along and find out what he invented!

COVID I have noticed that people seem to be more 'snitchy' since the COVID lockdowns and the difficulty of 'coming back into the world' and communicating with others.

Please remember to be kind, have a smile on your face – now that we can see it – when speaking to others. Remember we are all volunteers doing what we do for the love of it and we don't need to be yelled at or spoken to in a degrading manner.

I expect to see lots of smiles as I did at the Ukulele Concert yesterday – lots of smiles and tapping feet!!!

Have a good Autumn!

Nina



The Line Dancing class is proving very popular and has been advanced to a Level 2 class. It remains at the same time, day and location. A new Beginner's class will start in Term 2 on a Tuesday; the time and location are still to be confirmed

The classes that moved from Selkirk Stadium have all settled into their new locations.

Selkirk Stadium- Tutors and Reps: We now have a small storage cupboard at the Stadium. If you wish to store items there speak to either Amber at Reception or the cleaner. Both of these people have a key to the cupboard. U3A does not have a key.



GARDEN RAILWAY VISIT THIS WEDNESDAY MARCH 9th.

There are still four places available for members who would like to enjoy a morning with a 50m elevated Gauge One model railway in Ballarat East. Live steam and battery operated.

Come and watch or bring your own to run.

\$2 for morning tea. 9am-12noon Wednesday March 9th

Contact Bryan Putt bryanandmeganpictures@gmail.com

Class Notes

DINING OUT GROUP Ian McKee class rep, Glenda Cipolatto facilitator



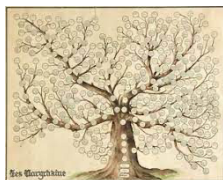
Our March lunch will be held at The American 90 Albert St Creswick on Sunday 20th.

And due to Easter, the April lunch will now be on Sunday 24th April at The Grapes Hotel 121 Grant St, Golden Point. All lunch bookings are 12 – 2pm.

As per usual please advise of your intention to attend (or register an apology) by the Thursday prior to -Ian anneianmckee@ozemail.com.au or Glenda grc184@bigpond.com

For U3A Covid restrictions update please see Elena's email from 2/3/2022.

GENEALOGY COMMUNITY CLASS



Our Genealogy class thought we should share with everyone what a genealogist really is....

"A genealogist must have the patience of Job;
The curiosity of a cat;
The stubbornness of a mule;

The eyesight of an eagle;

Be blessed with the luck of the Irish and have the ability and stamina of a camel to go long hours without food or drink!"

(from Links 'n' Chains, Journal of the Liverpool Genealogical Society Inc., May 2004 p .10)

We also had to work out from a list of old occupations in Britain what they actually were. eg. A *necessary woman* was a domestic servant who had the delightful job of washing and emptying chamber pots

A *salinator* was a person who salted food – salt was often added to food as a preservative.

A *schrimphonger* was a craftsman who made scrimshaw items.

A *groom of the stool* wiped the King's bottom – a high status occupation.

A *streaker* worked for an undertaker, laying out bodies for burial.

A *nimgimmer* was a pox doctor.

The list is endless and caused much laughter and discussion on the types of occupations during these early times and what they were called. This is important when looking at birth, death and marriage certificates which list people's occupations.

LITERATURE: Robyn McKnight, Class Rep

Our class will be reading "Klara and the Sun" by Kazuo Ishiguro, led by tutor Cathy Gear.

Sessions are on Thursday 3rd March and Thursday 17th. Members please be reminded starting time is 10.40 in Room 2, Selkirk Stadium.

WALKERS AND COFFEE Tutor Chris Cullen Class Rep Ruth Nunn
Mob: 0419 518 504

Walks Start 10am sharp 1st and 4th Wednesdays 10-12 noon

23rd March Krooze-in Cafe, Cnr Boak Ave/Geelong Rd Mt, Clear

6th April Racers Cafe Cnr Webster St/Wendouree Pde, Ballarat

27th April Victoria Park, Cnr Russel/Eyre Sts Ballarat.

ATTENTION Classes at all venues. It is great to be back in classes but since we are asking for a little help from everyone.

Please put chairs back under the tables so they are not trip hazards.

In the BNCC hall replace the chairs around the perimeter and do NOT stack them. If there is a special function, please help the organisers by moving the chairs back along the edges or under the tables so that they don't have that extra task.

Storage of chairs in the BNCC hall storeroom ARE stacked 10 high so that all groups that store items there- carpet-bowlers, sit and stitch, choristers, chorale, Celtic band, dance for fun, bridge players can all access their equipment with minimum disturbance of other equipment.

At Selkirk Stadium, ask Amber at the desk to open the U3A storage on the hallway before class and again at the end so that all your equipment is out of rooms 2 and 3. If everyone does a little bit it is much easier on tutors, reps and organisers of functions.

Hey!!!

Don't miss these!!

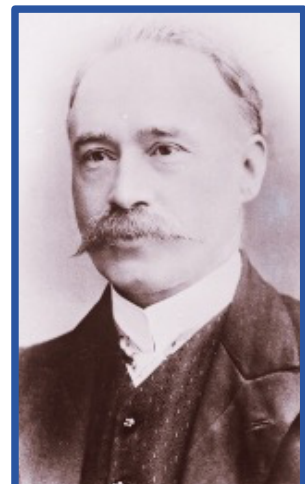
U3A Speaker Program: March 17: BNCC Hall

at 2:00 pm

Lorayne Branch will speak on Henry Sutton, innovative man

Ballarat's Henry Sutton was an Australian designer, engineer, and inventor credited with contributions to early developments in electricity, aviation, wireless communication, photography, and telephony.

Afternoon Tea: Deliciousness will be served



March 24

BNCC Hall

3:00-4:15

**U3A Celtic Band
and Ceilidh**

Afternoon tea to follow

Movie Lunch, the Regent,

March 31, 12:00 noon

Book your tickets (\$23) at the U3A Office



The Ukulele PEPA – our first Music Soiree!

Yesterday afternoon an audience of around 50 were lucky enough to enjoy a wonderful concert of “Music through the Ages” performed by Ukulele PEPA group. What a happy, joyful, toe tapping hour it was! We sang along with them and were amazed at not just their playing in time and together ability but also their singing! It was interesting to see the different instruments being played – different sized ukuleles, a banjolele – which I learnt was a cross between a banjo and a ukulele – and even a washboard! The program was varied and lively. It really did brighten the day. After the performance the Catering group served tea and coffee and biscuits.

A wonderful start to our Music Soiree program for the first half of the year.

The next group to perform will be the Celtic Band on Thursday March 24. Be There!



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. Used cups need to go back into the dishwasher.

At **ELC** – Currently we are not allowed to use the kitchen, so no tea or coffee is provided. Meet elsewhere for a cuppa.

At **Hut 48**, tea, coffee and sugar are provided. BYO milk. At **Selkirk Stadium**, the café is the only option. All other venues: Tutors & Class Reps can pick up tea, coffee & sugar from the U3A Office at North (check opening hours).

Biscuits and cake are not provided for any classes. Perhaps have a class roster for these?

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

Dementia Australia is holding a **Memory Walk and jog event April 3**, between 7:00-12:00.

It will enable those impacted by dementia to gather, connect with others and raise much needed funds for our organisation to continue to provide our vital supports. It also helps to profile dementia as an issue in the Ballarat community. You could help as

- **a volunteer or volunteer team** - we have volunteer roles in registration, assisting participants on the day, selling merchandise or being a track marshal
- **a participant** - for more details and to register, go to: <https://www.memorywalk.com.au>.

Ballarat Base Hospital is looking for volunteers to take part in an innovative program to help overcome loneliness and confusion among older patients. They are running a training program in March.

Robbin Moulds AM | Elder Life Specialist & Volunteer Coordinator – Hospital Elder Life Program Acute Operations Administration | **Ballarat Health Services**
Ground Floor, Ballarat Base Hospital, Drummond Street North, Ballarat, Victoria 3350

[P0413 673 393](tel:0413673393) | [ERobbin.Moulds@bhs.org.au](mailto:Robbin.Moulds@bhs.org.au)

U3A Ballarat Music Soirees



Our music groups are presenting a series of concerts to delight and entertain you.

Date	Time	Group	Location
March 2 - Wednesday	3.00 – 4.00	Ukulele PEPA	Hut 48 at the Airport
March 24 - Thursday	3.00 – 4.15	Celtic Band and Ceilidh	BNCC - Ballarat North Community Centre Hall
May 27 – Friday	10.00 – 11.00	Recorder Ensemble	Hut 48 at the Airport
June 21 – Tuesday	2.30 – 3.30	U3A Choristers Ukulele Group	BNCC - Ballarat North Community Centre Hall
July 19 – Tuesday	11.00 – 12.00	U3A Chorale Recorder Small Groups	BNCC - Ballarat North Community Centre Hall

Entry is free. Refreshments will be served at most concerts. Put the dates in your diary NOW!



The University of Melbourne is looking for interested people to take part in **Homeside**: a music therapy designed for people with dementia.

Homeside is training family carers worldwide to use music interventions to manage behavioural and psychological symptoms of dementia.

Music therapy experts will train carers, in the home, to choose and deliver the right music and reading activities, and to observe positive and negative responses. They are also taught to adjust the program to fit the changing mood of the person they are caring for.

“We are looking at how this music training program improves carer wellbeing, and the management of symptoms of people living with dementia who want to remain at home,” Professor Baker said. “What we want to do is observe how the use of music positively transforms their behaviour and enables them to connect more with their family members, and creates a less stressful environment .

“We’re also wanting to study the impact of the music engagement activities on the carers themselves because we know if we look after the carers, they’ll do a better job of looking after the people they’re caring for.”

If you and the person you are caring for would like to take part in Homeside, contact homeside-australia@unimelb.edu.au or felicity.baker@unimelb.edu.au or phone +61 3 8344 4449.