



the BULLETIN

May 2022

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702 Walker St, Ballarat North 3350**EASTWOOD LEISURE COMPLEX**

20 Eastwood St, Ballarat 3350

HUT 48, AIRPORT**SELKIRK STADIUM**

989 Norman St, Wendouree 3350

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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14 Aryvale Avenue, Lake Gardens 3355

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COMMITTEE MEETINGS

BNCC 9:30 am

1st Wednesday, Feb to Nov**BULLETIN** LEE ALBERTu3aballaratbulletin@gmail.com

Next issue deadline:

June 10 2022

For your diary.....

Tuesday 10 May

Cappuccino and chat with Phill and Elena
at Selkirk Stadium 10:30

Swap tables have closed for the winter

Swap Tables will resume in Spring

Sat 1st October

Sat 29th October

Sat 26th November

Between 10:00 - 11:00am



New Members' morning tea:

May 18, 10:30 at BNCC

Old members welcome, too!

Come Join Me For
Morning TeaDon't
FORGET!

Our May speaker is DOUG BRADBY

Ballarat North Community Centre May 19, 2:00pm

with afternoon tea to follow

What is the topic? Ballarat's *Near Death Experience* which followed the transition from alluvial to deep lead mining then on to manufacturing. Doug is well known to U3A members because of the fantastic class he and Marion Littlejohn run on the History of Ballarat. Doug is a wonderfully engaging speaker so do come along.

And not to be missed:
our Recorder Concert

May 27 at the Hut, Airport Rd, at 10:00 am





I hesitate to put this writing as it is permanent, and I can't deny I've said it but sometimes I miss the days of lockdown. Gasp, say what! I miss getting up and putting on my most comfortable, but less than attractive clothes and doing not much of anything. Yes, at the time I missed the socializing and feeling of purpose but sometimes it's nice to have an excuse not to do anything. Now that things have ramped up again, I am finding myself too busy and with little time to just sit and do nothing, or even do those projects that are at the bottom of the To Do List.

Having said that, I am glad to be back to classes, meeting and greeting people once again. I think it has taken all of us a while to re-adapt to socializing. I noticed that when we first got back to classes everyone seemed a little grumpy, or niggly as my partner would say. I think we forgot how to socialize and compromise. Now that the second term is starting, it seems we have gotten back to our usual friendly, happy groups.

We would like to welcome Bec Black to the Committee. Many of you will know Bec from the popular Dance for Fun and Fitness Class. She brings a wealth of experience with her, and we look forward to her contributions to the Committee.

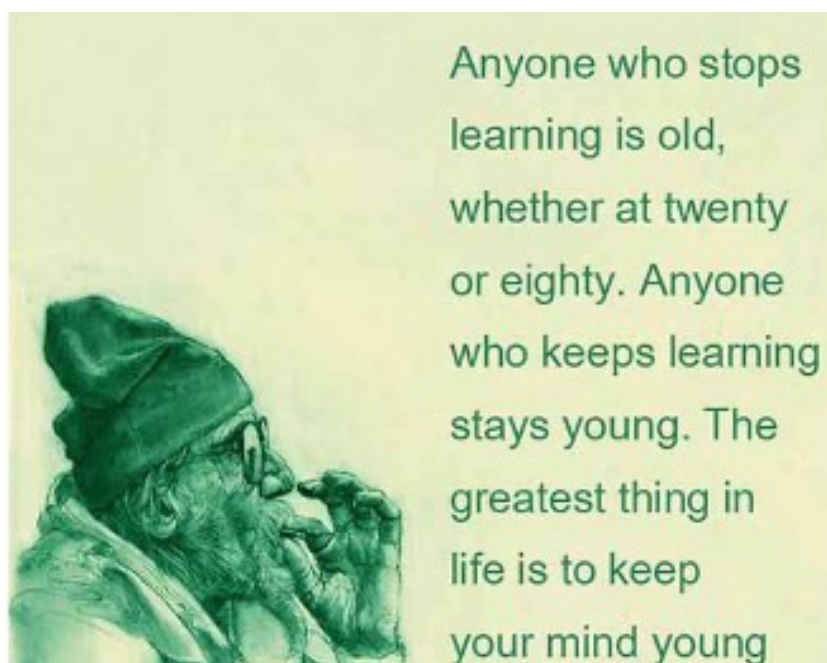
As you will have seen from my email, the Committee, after much research and advice, has made the decision that all members must still be fully vaccinated to attend face-to-face classes. Thank you to those who have sent messages of support. We like to think we are representing what the majority of our members want and we are doing everything we can to keep our members safe.

Which is the perfect segue to my next item which is the Risk Management Plan we are putting into place. We sent all Tutors a Risk Management Plan that they are being asked to fill out and share with their classes. We have received feedback from some Tutors and have revised the forms. We are implementing these procedures to ensure the safety of our members. It is impossible to stop or avoid all accidents or medical issues but if we are aware of what could possibly happen, we can be ready to handle these situations. We are not asking our Tutors to be held responsible, only to be aware and to be ready to take some type of action.

Our next Cappuccino and Coffee will be this Tuesday, 10 May at Selkirk Stadium at 10:30 am. Phill and I look forward to seeing you and having a chat. We will be very sad if we don't have several of you attend and it's a great chance to just come and shoot the breeze. Kath, the catering manager there, has promised to make special cakes for us. Yum! Please join us.

Elena Tommasi
elena.u3a@gmail.com

This quote seems apt for U3A.



Welcome
to these new
members!

Helen Besemeres
Ian Conacher
Helen Gordon
Shannon Hagerty
Kaylene Latimer
Rhondra Lyons
Teresa Meeker
Peter Rechner
Ian Taylor
Gail Weston
Evelyn Liu

The talk by Glen Lake on
"Mt Buninyong" was fascinating and
the large audience greatly appreciated
her presentation.



If you missed it, you missed a treat!
Don't miss Doug Bradby!

Nina says:

- I hope you have been thinking how you
can creatively change the U3A bag (obtainable
from the office) into something else. I have heard
rumours of a bikini, an apron, and even shorts!!!
The mind boggles!! All will be revealed at the
dance to be held soon.

CREATIVE PROJECT CHALLENGE



Above an apron, below a boob bib,
and lower right a hat.



We have several boxes of the
above U3A bags that have not
sold. So, we have come up with a
challenge for our creative U3A
members. Pick up a bag (or two
or three) and repurpose it into
something useful. A few ideas
(done on the spur of the
moment) are shown here. We
will have a showing of the
finished items at one of our
future social events with a prize
awarded for the most creative
idea. Bags can be picked up at
the office during regular office
hours and finished projects
should be dropped off by May
31.



Nina also
says,
and so does Helen:
Please

help your Tutor and Class Rep to
leave the room as you found it –

ie. Chairs and tables back in place if
you shifted them and please clean the
whiteboard if it has been used by
your class!!!

Helen also says

at ELC, Marita and Susan have provided
tea trolleys for each room. There is a
kettle on each trolley which you can fill
from the sink in the Long Room. Tea,
coffee and sugar will be provided by U3A.
Each group needs to bring their own milk
and any food. Every member will need to
bring their own cup/mug. Disposable
mugs will not be supplied. You are not
able to use the kitchen so there are no
washing up facilities and the break is to
be taken in your classroom.

Could I have 1 volunteer to be
responsible for restocking the trolleys, or
one for each room if that is easier.

Thank you. Helen Slater

The music event for the month is the Recorder Concert, given the intriguing title of “Water, Dance and Death”. Now that should spur your interest so come along on May 27 at the Hut at the Airport at 10.00am. A bit early for a concert – but a yummy Devonshire Tea will be your reward at the end – as well, of course, as beautiful music!

Music
Soirees



MAY
27



**WATER, DANCE AND
DEATH**

Hut 48 at the Airport

May 27 at 10.00am - 11.00am to be followed by Devonshire Tea.

A delightful program of music through the ages.

Phill Grant has been following up on members who have offered to volunteer in the various areas where we need someone other than Committee to do certain tasks. We have a wonderful group of Office volunteers and also in the Catering area. Blake has a great group assisting him in Accommodation – moving furniture and mending stuff and all sorts of other things that make our U3A run smoothly.

Tutors and Class Reps are another group we could not do without. They have been busy sorting out the Risk Management forms which have been sent out. This is something which involves us all – so support your Tutor and Class Rep when asked about the possible risks in your class room.

An Office Training session is also planned for this month.

Cappuccino and Chat to kick-start the term

This time the Cappuccino and Chat will be in an airy, but warm, foyer - to try and avoid another word beginning with 'c' (cappuccino and chat are ok, covid is not)

Time: 10.30 am Tuesday 10 May

Venue: The foyer/café at the Selkirk Stadium
(989 Norman Street, Wendouree)

Park in the carpark and just walk in..

The Cappuccino and Chat sessions are open to all U3A Ballarat members. There is no need to enrol; just turn up, order a tea/coffee (and muffin?) and start chatting. It's all pretty casual and friendly. Of course, the President, Elena, and committee members will be there, just in case anyone wants to have a serious chat.



Hoping to see you there

Phill (Grant)
0412751327

Helen says:

Please do not swap rooms without first checking with me that it is alright to do so. Secondly, it is still policy that we return rooms to the set up requested in each facility.

TEA/COFFEE BREAK AT BNCC. There appears to be some confusion as to which teabags and coffee U3A is to use at BNCC. The Seniors purchase these items but the cost is born by all three organisations in the building. So the teabags, coffee, sugar and milk are for everyone's use; the biscuits are only for Seniors. Please do not use the teabags, coffee and sugar that is stored in the office. These are the supplies for our other venues. Anne buys what she estimates will be needed for a certain amount of time but supplies have been running out because classes at BNCC have use these supplies.

Five Fantastic Films - TERRIFIC TRAIN TALES: Enrolments open May 9 Ring Bryan on 0407 348 563

This series seeks to demonstrate the use of trains and railway stations as locations, backdrops and dramatic devices as an enduring theme in cinema.

Starts Monday June 13 at 1pm for 5 successive Mondays in Ballarat East.

Bryan 0407 348 563

Class Notes



Dining Out Group Ian McKee class rep, Glenda Cipolato facilitator

The June lunch will be held at the North Britain Hotel 502 Doveton St N, Soldiers Hill VIC 3350 on Sunday 19th June at 12pm.

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

Belly dancing is alive and well in Ballarat and U3A is leading the way!

As an enthusiast in years gone by, it has given me (tutor Becky), great pleasure in introducing the moves, the music and low impact exercises that specifically strengthen the female bodyand awaken our inner goddess!

To quote some of our regular participants;

"Fun & energetic with some great moves. Highly recommend this class"

"Inspiring, great workout, lots of fun. "

"Love this class, Becky is a very good teacher"

"Great exercise to exciting music which empowers women"

"I'll enjoy this class so much - fun, exercise & sparkly outfits - Becky is an excellent instructor "

"A very feminine class that women of all shapes & sizes can enjoy"

"I love feeling euphoric after this highlight of my week"

"What a fantastic way to enjoy the day with music, swinging moves & great company!"

So, we will continue to 'sheik, wiggle & whirl' this term with hopefully, new sound equipment to boost Becky's voice & improve acoustics.

The end-of-session photo shows the girls leaving relaxed, happy & invincible!



U3A Cycle Touring Group Brian Harrison, Tutor U3A Cycling Group. email: brianharrison1950@gmail.com



In 2022 we have 62 members signed up for the group with a good mix of both women and men. After a review of our rides and tours over previous years, we have settled on 3 rides each Friday of various distances and locations. These try to cater for nearly all abilities ranging from 25km up to 60km. We have actively encouraged eBikes and both men and women have purchased these bikes to enable them to tackle hills and head winds more confidently. People ride mountain bikes, hybrids or commuter bikes, road bikes and finally the bike that has become the flavour of the month, the gravel bike. The shorter rides tend to stick to the better road surfaces where the longer rides tend to be more adventurous. The U3A email system is used to send out news and ride information.

It was also agreed that, rather than leave it to a few to organise Friday rides, a roster system would be set in place. So over the ten weeks of term one, we rostered on 30 riders. With some initial swaps and replacements, the system settled down and members have enjoyed the variation in leaders and routes. Tours have always had a special place in our program. Up to 5 days has been the usual time span but longer rides will hopefully eventuate. Gippsland Rail trails have been ridden this year as well as gravel rides west of Ballarat. Trips to Porepunkah, Mansfield and Timboon will take place over the year. Members are encouraged to come up with, and lead, new tours.

A women's bicycle maintenance course run over four Saturday mornings has been well supported and beneficial to all those that took part.

We always welcome new members and will provide advice on suitable bikes.

Announcing the Inaugural Tutor Excellence Awards

The inaugural awards are open now!

Background about the awards

At Network's 2021 AGM, it was announced that in 2022 an annual Tutors' Excellence Award would be introduced to recognise the significant role Tutors play in our movement. Up to five awards will be made annually. Network is now seeking nominations for the Tutor Excellence Awards, and for volunteers to sit on the award selection panel.

Successful nominated tutors will be announced at Network's AGM in September.

For further information on the awards and the process, contact John Taubman, Chair of the Tutor Excellence Award Selection Panel via this link.

Selection Panel nominations close on 30 May 2022.

How to nominate to be on the Selection Panel

To nominate to be a volunteer for the selection panel, complete the Selection Panel Recruitment and Terms of Reference form, accessible via the link to Network's website below, then email it to Network. The deadline for nominations to join the panel is 30 May.

If you need assistance completing this document, please contact Network Office via info@u3avictoria.org.au.

Tutor nominations close on 30 June 2022.

How to nominate a Tutor for an award

There is a maximum of one nomination per U3A per year. To nominate a tutor, you need to complete the Tutor Excellence Nomination form, accessible via the link to Network's website below, and email it to Network. The deadline for tutor nominations is 30 June 2022.

If you need assistance completing this document, please contact Network Office on info@u3avictoria.org.au.

[Click here to view information about the awards on Network's website.](#)

Word Diversion: Autumn seems to have packed its suitcases and flown to the tropics, leaving us to make polite conversation with a young Winter. A consolation of that is weather that might be conducive to sitting inside our favourite café, with our usual cappuccino and muffin, and challenging grey cerebral matter with scrambled words. Congratulations and stacks of kudos to Mary Maroney, Tricia Martin, Michelle Parker, Tricia Elliott, John Elischer, William Vincent, Rebecca Black, David Radcliffe and Ian Egerton. for their success in re-sorting Aunt Jessie's letters to form FLEDGLING and Warwick's spreadsheeted assortment into STATEROOM. Another of Warren's solutions, AMORETTOS, was found hidden under the coffee mug by Ian Egerton.

Can we cope with another cappuccino and muffin? Aunt Jessie has devised **CUTEAPURN** to accompany the caffeine and carbohydrates, while Warwick has cobbled together another letter-filled grid.

D	T	O
T	N	S
I	E	A

DTOTNSIEA

As per usual, copious amounts of kudos, glory and smugness may be allocated to the treasure chest of prizes. Solutions please to Phill at grantphillip@hotmail.com