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EMAIL info@u3aballarat.org.au**WEB** www.u3aballarat.org.au**Facebook** <https://www.facebook.com/U3A.Ballarat>**CLASSROOMS**BALLARAT NORTH CAMPUS, BNCC
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

ROS McARTHUR 0409241115

14 Aryvale Avenue, Lake Gardens 3355

Reg No13304 K ABN 3371 3445 856

COMMITTEE MEETINGS

BNCC 9:30 am

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

Next issue deadline:

Feb 2 2022

Don't forget our June 9 speaker:

Marion Littlejohn: Democracy and Eureka

BNCC at 2:00 with afternoon tea to follow. Details on page 3

Cappuccino and Chat Session to help fend off the Winter blues

Tuesday June 14 from 10.00 am

Selkirk Stadium foyer (989 Norman Street, Wendouree)



Many thanks to those who were involved in the cappuccino and chat session held last month; sitting in the sunlight and chatting over tea/coffee was a very pleasant occasion. The foyer of Stadium has been chosen as the venue for the session because it is warm, spacious and 'airy' and coffee/tea and carbohydrates are nearby.

The 'spacious-ness and airy-ness', and the fact that virtually no other people are in the building at that time, provide a relatively covid-safe and flu-safe environment. In addition, social distancing is possible and it's quite acceptable for people to wear a mask. The aim is for members to feel safe and comfortable while enjoying some social contact and pleasant conversation.

There is no need to let anyone know they will be there, just turn up any time after 10.00 am and join the conversations. By the way, Nina will probably be there... Phill Grant grantphillip@hotmail.com

Don't miss!!

June 16: New (and old) members' morning tea, BNCC 10:30-11:30

Come Join Me For Morning Tea



And advance notice: get your dancing shoes ready!!

Thursday July 28 at BNCC 4:00-6:00



Elena and Mary will have you rocking and rolling!

Wine, cheese, nibblies and punch provided.

Come alone or bring a partner (fully vaxxed, of course!)

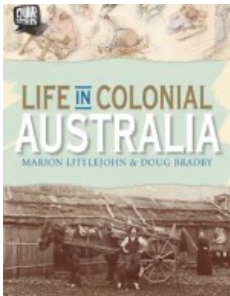
Term 3 begins Mon July 11

Was Australian Democracy born at Eureka? June 9, 2:00pm at BNCC

On 3 December 1854, a well-armed force of British soldiers and police stormed a crude wooden stockade that had been built by defiant miners fighting for their rights. The battle lasted just twenty minutes, but it changed Australia forever. Some say the Eureka Stockade marks the birth of democracy in Australia. Marion will discuss this topic and offer her perspective on this controversial claim.

Marion Littlejohn

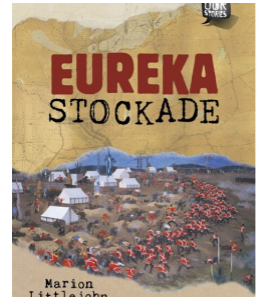
For as long as Marion can remember history has been a passion. During a teaching career spanning twenty-three years she has taught History, English and Art to secondary students in Melbourne, Darwin, Dimboola and Rochester. In 1995 she transferred from the



classroom to the museum world to work as an Education Officer at the Sovereign Hill outdoor museum in Ballarat. She continued working at Sovereign Hill until her retirement in 2017. Since retiring she has enjoyed several stints volunteering on archaeological digs in the UK.

While working at Sovereign Hill she had two text books published by Black Dog/Walker Books;

Our Stories: Eureka Stockade and *Our Stories: Life in Colonial Australia* (which she co-wrote with Doug Bradby).



And yet more to look forward to!

U3A BALLARAT MUSIC SOIREEES:
Presenting a series of concerts to delight and entertain you.

Tuesday June 21
2.30-3.30pm

BNCC Hall



U3A BALLARAT
CHORISTERS

Conductor:
Constance Coward-Lemke

Accompanist:
Mary O'Driscoll

*the program will range from Mozart to Musicals,
the Beach Boys and more*

SCOTTISH
COUNTRY
DANCING

Tutor: **Helen Reavey**



this program will feature:

Jig, Reel and a Strathspey

*Put the dates in your diary NOW
Refreshments will be served
Entry is free*

WORLD PRESS PHOTO

World Press Photo Exhibition:
June 10th to 30th

For the first time in 67 years, visit the World Press Photo Exhibition 2022 in Melbourne, at **Magnet Galleries**. In addition to the exhibition, there will be curated tours on offer and various artist talks by well renowned Australian photojournalists.



MAGNET
GALLERIES
MELBOURNE
www.magnet.org.au

Tickets

Entry to exhibition

Adult: \$10.00

Concession/student: \$5.00

Curated tour

(Prebooked, specific timeslot)

Adult: \$20.00

Concession/student: \$15.00

Sunday Special Talk Events

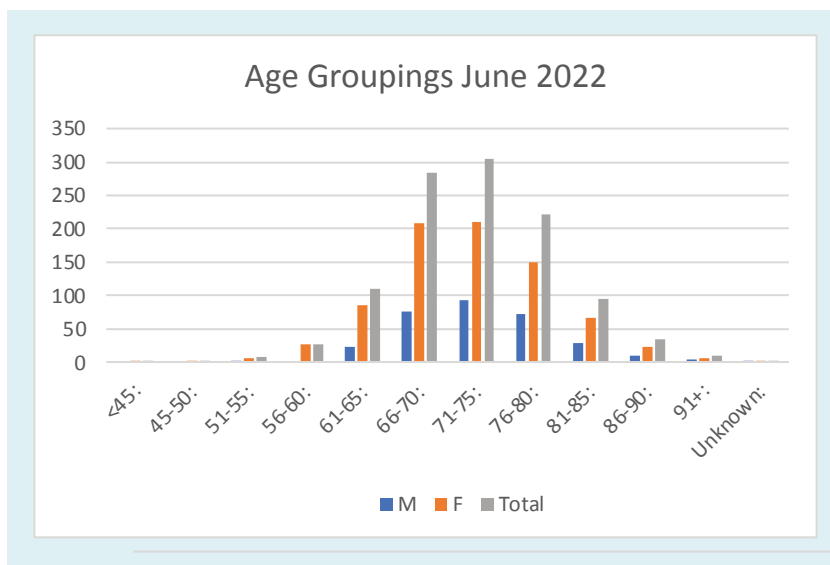
WPP Sunday Pass (to all 3 events): \$60 adult, \$40 concession/student (includes admission to exhibition)

Individual events: \$25 adult, \$15 concession/student (includes entry to exhibition)

Nina is into statistics this month.....

Age Groupings:

	M	F	Ttl
<45:	0	2	2
45-50:	0	1	1
51-55:	2	6	8
56-60:	0	28	28
61-65:	24	86	110
66-70:	76	208	284
71-75:	94	211	305
76-80:	72	149	221
81-85:	29	66	95
86-90:	11	24	35
91+:	4	6	10
Unknown:	1	1	2
TTL:	313	788	1101



Membership is now 1,101

Tutors – 30

Tutor/students – 69

Students – 932

Neither – 70

Enrolments in classes – 2182

“Neither” figures show how many members have not joined a class – if you are one of these perhaps you might like to join one of the classes advertised as having vacancies or one that is starting this semester. It’s amazing that we have 2182 class enrolments!

I was talking to a friend who is a Girl Guide leader recently. She told me she has had to teach her Guides how to answer a phone correctly! I found that amazing, but then I thought of the times that I have not been told who is speaking when they ring me or even worse, send me an email which only has the email address and not the writer’s name. I do not remember everyone’s email address now that we have such large numbers – and some are quite hard to work out. So please, when emailing and ringing *let us know who is sending the email, and the class it relates to*. So, on thinking about it, I did not find it difficult to believe what my friend had told me! Keep warm and safe. Nina

Are you a writer?
Then you may like
this....



“Practice kindness all day to everybody and you will realize you’re already in heaven now,” Jack Kerouac

Helen has found classes with vacancies for next term. You can find their details in the online Course Guide.

Before enrolling in a class please speak with the contact person listed.

CLASS TITLE	DAY	CONTACT	EMAIL/PHONE
Boom,Borrow, Bubbles,Beware or Bust	Wednesday - weekly	Jerome Nugent-Smith	jpns46@bigpond.com
Pre-Columbian American History	Friday - 2nd, 4th	Ian McKee	anneianmckee@ozemail.com.au
Film Musicals	Friday, - 2nd,4th, 5th	Bob Whitten	ibobdown@hotmail.com
Science Adventures	Tuesday - 1st,3rd,	Doug Rutherford	druther@inet.net.au
The Plantagenants	Wednesday - 2, 4,	Jack Engwerda	jackpam1@bigpond.com 0447602132
Ballarat U3A Choristers	Tuesday - weekly	Connie Lemke	phone 0407860334
Ballroom Dancing	Monday - weekly	Elizabeth	phone 0402777852
Mahjong 3	Thursday 2, 4	Carolie	carolie.kerry@gmail.com
Writing for Pleasure	Wednesday - 2, 4, 5	Jan Dunwoodie	jdunwoodie@hotmail.com 0432665145
U3A Cycle Touring Group	Friday - weekly	Brian Harrison	brianharrison1950@gmail.com 0448567003
Beginners Ukulele	Monday - weekly	Jacqueline Cloverly	phone 0410641357
Christian Church History	Wednesday 4th	John Van Der Laar	jpvand@bigpond.com
Tai Chi Beginners	Wednesday --weekly	Pam O'Neill	pamelaoneill@bigpond.com 0435135748
Music Appreciation	Friday - 1st	Janice Cook	janicecook152@gmail.com
Joy of Writing	Thursday 2, 4,	Cliff Broome	cactus441@gmail.com
Paper Craft	Tuesday 4th	Yfke van Riel	bvriel@inet.net.au
Wine Appreciation	Friday - weekly	Elaine Maberly	egm154@me.com 0438085797
Ballarat U3A Choral	Tuesday - weekly	Judy O'mbrain	jdombrain@bigpon.com
The Reading Room	Tuesday 3rd	Tricia Cosgriff	pmcosgriff@gmail.com
Current Affairs	Monday - 1st, 3rd	Ros McArthur	rosmcarthur@icloud.com
Book Club 4	Thursday 1st.	Tin Tench	timtench12@gmail.com
Essays and Ideas	Monday 2,,4,	Mary Chappell	marry.chappell@bigpond.com
Cryptic Crosswords	Wednesday - weekly	Mary Chappell	marry.chappell@bigpond.com
Fitness - light Aerobics	Tuesday - weekly	Pam Tobias	pptobias7@gmail.com 0402882431
Painting and Drawing	Thursday - weekly	Pam Tobias	pptobias7@gmail.com 0402882431
19Cent.colonization Central Asia	Thursday 1, 3,	Jill Blee	jillblee1@gmail.com 0411046558
Rediscovering Patrick White	Tuesday 2	Yvette Nesire-McNeill	phone 0434630456
Jazzasize	Friday - weekly	Robyn Clark	phone 0433593271
Literature	Thursday 1, 3	Robyn McKnight	rdnac1@optusnet.com.au 041259083
A Celebration of French Song	Friday 2, 4	Peter Jones	phone 53396170
Positive Practices, Positive People	Thursdays 2, 4	Madonna Quixley	pos.practices.pos.people@gmail.com

Five Fantastic Films - **TERRIFIC TRAIN TALES**

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



BNCC HALL USERS

Please, if you are the last class using the BNCC Hall, can you make sure the heaters are turned to setting three (3) before you leave. The heating will then automatically turn on at 7:00am the next morning making the Hall warm and cosy for the groups who start at 9:00 or 9:30. Otherwise it is very chilly. Thank you, Helen

NEEDED: A VOLUNTEER FROM ELC

As tea & coffee is now available in the rooms at ELC could I have a volunteer who is willing to keep an eye on the supplies of tea, coffee and sugar in both Rooms 1 and 2 at ELC and replenish the stocks from the office at BNCC as needed. I have a purchaser who will keep the stocks up to date at BNCC, I just need a person who will look after ELC. An email to ClassCoordinator@u3aballarat.org.au would be appreciated.

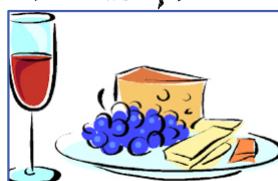
CLASSES AT BNCC

Just a reminder that the teabags, coffee, sugar and milk that are in the cupboard and refrigerator are for both Seniors and U3A, irrespective of which shelf they are on in the cupboard BUT the biscuits are only for the Seniors. Please do not take any teabags, coffee or sugar from the supplies in the office, these are for our other venues. Thank you

These are new courses for Semester 2. Find details in the online Guide.
Please check with the contact person before enrolling.

DECOUPAGE TERM 4	Wednesday	Sandra Nichols	envirodoc@ozemail.com.au
LEARN LAWN BOWLS TERM 4	Thursday -weekly	Bob Williamson	malebubob5011@gmail.com
SHARING THE JOURNEY OF YOUR GARDEN	Friday - weekly	Carrin Greenbank	carringgreenbank@hotmail.com
TAI CHI 2ND SEMESTER BEGINNERS	Wednesday - weekly	Pam O'Neill	pamelaoneill@bigpond.com
TAI CHI SUNSTYLE 73	Wednesday - weekly	Lyn Snibson	lynsnib@gmail.com
UNDERSTANDING HOW ECONOMICS EFFECTS OUR LIVES	Friday 2, 4	Chris Dickenson	c.a.d.invermay@gmail.com
GEOPOLITICS 2	Friday 1, 3	Chris Dickenson	c.a.d.invermay@gmail.com
POSITIVE PRACTICES, POSITIVE PEOPLE 2	Thursday - 2, 4	Madonna Quixley	pos.practices.pos.people@gmail.com
READING SHEET MUSIC FOR MUSICIANS WHO CAN'T	Wednesday - weekly	Geoff Parr-Smith	geoffps722@gmail.com
HEALING THE EARTH TERM 3	Wednesday 2, 4	Sandra Nichols	envirodoc@ozemail.com.au
NATIVE ORCHIDS OF VICTORIA	Wednesday 4	Beatrice Johnson	bj_spider@yahoo.com
FIVE FANTASTIC FILMS	Monday	Bryan Putt	bryanmeganpictures@gmail.com

Notes from classes



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

Literature Robyn McKnight, Class rep

Our group will be reading "The Children's House" by Alice Nelson, led by tutor Wendy Abraham over two sessions on Thursday 2nd June and Thursday 16th June. The book is available at Collins Books, Bridge Mall.

And how about giving a shout out about your class or your tutor??

Our first contributions to this new segment begin on the next page.....

Economics with Chris Dickinson: Tricia Cosgriff Loved it!

I completed this course with Chris. I had a little bit of an understanding of basic economics and had already completed the geopolitics class with Chris. What I found fascinating was the way in which an understanding of economics opened windows in my understanding of a wide variety of other areas including politics, values, philosophy and it also deepened my grasp on History. Our world, small and personal as well as big and communal, is awash with connections to economics. It was an eye opening and eye widening experience with a masterful teacher. Not to be missed!

Healing the Earth at Clunes: some comments from participants:

I got a lot out of this course. It was an opportunity to discuss many environmental and world issues and to feel more encouraged to keep striving to do whatever I can to work towards changes big and small.

It has lifted my spirits and changed some of my negative attitudes towards issues I had thought were hopeless.

The course has helped me to re-evaluate my actions and inspired me to take up more positive activities.

Sit and Stitch report

Sit and Stitch members work on various crafts including embroidery, knitting, crocheting, weaving, felt work, quilting, and dressmaking. Recently, we had a flower making demonstration to decorate hats for Easter and an owl making day which was lots of fun! Different sized owls were made to be used as paperweights and doorstoppers.

The group has been doing very some admirable work, sewing breast cushions for the Zonta Club to distribute to the hospitals for breast cancer patients. We have also been knitting beanies, wrist warmers, scarves and slippers for the homeless people in our community.

Here are some of our owls and Easter Hat creations!!



And here we profile two of our talented painters:

Brendan Beck:



And Alan Moody, who says:

I have always had a fascination with watercolor as a medium in art. Over many years I have visited numerous art shows and was always drawn to paintings in watercolor. Their clarity and luminescent quality always appealed to me. The desire to learn, to express myself through watercolor, grew over time.

When I retired, I finally found the opportunity to pursue this interest. I am self-taught and have learned by trial and error and by reading many art books and studying the various methods applied by other watercolorists. I soon developed my own style.

I particularly enjoy the technique of “wet on wet” painting and I like to experiment with different effects.

As a keen member of U3A and the Ballarat Society of Artists Inc., I take every opportunity to display my work through events organized by the Society.



I hope that you enjoy viewing my paintings as much as I have enjoyed painting them.



The Recorder Concert was a big hit, apparently! Here is Jacqueline's report:

There was an air of anticipation at Hut 48, as the U3A recorder players were about to begin their first concert for quite a while. After a disrupted couple of years, owing to Covid 19 and the necessary restrictions, it was a joy to play for an audience again. There are hours of work from first sight-reading a piece to performing it and, judging by the audience feed-back, it was all worthwhile.

The Haddon alto group played first, boosted by a number of the regular players who added bass and tenor parts.

The regulars, playing a wider variety of instruments, followed up with the rest of the program, the themes being water, death and dance. The Irish tunes, brilliantly written by Marg Hall, were perfect for me, as a tenor, to play, with the melody interspersed with surprising bars of delicate harmonies. It is a pleasure to be in the middle of that sound and feel the contribution your own recorder is making.

We must thank the mosaic group for giving up the long hall for two weeks, and the catering committee for providing the delicious refreshments after the concert.



June, our music director, knows we are so grateful for all the work she puts in, but it is always good to acknowledge the vital part she plays in the improvement of our playing.

Thank you, too, to our appreciative and attentive audience. We hope to see you next time.

Keeping ourselves safe and protecting each other is a major focus this year. COVID 19 has helped us realise how important we are to each other's well being.

So, here are posters whose information we hope you never need, But if you do..... Well.....

How to get up from the floor by yourself after a fall

- Calm down.
- Check your body.
- If you are injured, call for help. Stay warm.
- If you are not injured, look for a sturdy piece of furniture.



Roll onto your side.



Crawl over to a chair or sturdy furniture.



From a kneeling position, put your arms up onto the seat of the chair.



Bring one knee forward. Place that foot on the floor.



Push up with your arms and legs. Pivot your



Sit down. Rest before trying to move.

Safely help someone to get up after a fall

It is important to know how to help so you can avoid injury to the person who has fallen and to yourself.

Do NOT try to get the person up straightaway! Calm the person and yourself. Get them to take deep slow breaths.

Do not hurry and let them rest as often as they need to. If they get stuck at any time, make them comfortable and call an ambulance.

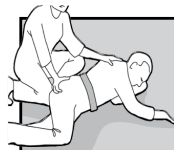
Check for injuries. If they are badly injured, such as with a broken bone, they need to stay where they are.

Make the person as comfortable as possible and call an ambulance. Keep them warm while you wait for the ambulance.

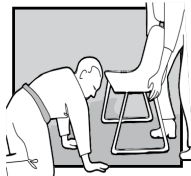
If they feel they could get up, first help them to roll over.

It is important that the fallen person does the work.

The helper should only guide lightly, helping the person to roll onto their side.



Next, get two sturdy chairs.



Place one near the person's head and one near their feet.

Ask the person to kneel. If possible, put something soft under their knees.

Ask the person to lean on the seat of the chair and bring one leg forward and put that foot on the floor.



Place the second chair behind the person.

Ask them to push up with their arms and legs and then sit back in the chair behind them.

Guide them up and back into the seat, remembering not to lift them – they should be doing the work.

Keep your back upright.

Contact the person's doctor and their emergency contact.

Complete and lodge an incident report.

Adapted from "Don't Fall for It" Australian Government Department of Health and Ageing 2011

Will you recognise your heart attack?

Warning Signs Action Plan



Do you feel any

pain pressure heaviness tightness

In one or more of your

chest neck jaw arm/s back shoulder/s

You may also feel

nauseous a cold sweat dizzy short of breath

Yes

1 STOP and rest now

2 TALK tell someone how you feel

If you take angina medicine

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

or

Have your symptoms lasted 10 minutes?

Yes

3 CALL 000 Triple Zero and chew 300mg aspirin, unless you have an allergy to aspirin or your doctor has told you not to take it

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

©2019 National Heart Foundation of Australia ABN 95 005 419781 HH-PMS-002.1/0119

Learn the F.A.S.T. signs of STROKE



FACE
drooped?



ARM
can't be raised?



SPEECH
slurred or confused?



TIME
is critical! Call 000.

If you see any of these signs
Act FAST call 000 (triple zero)



And here's something to enjoy:

Sharing Stories Celebrating Life

Empowering Older Voices



Join Ballarat Community Health as we celebrate local artists 65+ involved in a creative art exhibition.

A group of senior Australians from the Ballarat region have developed a series of fun, imaginative art pieces and BCH will showcase their work at this community event. Hear from participants about their journey, view their amazing art works and experience the stories in digitalised presentations. With special guest speakers Gary Ferguson and Beth Ham.

WHEN: Wednesday 15th June, 2022
6pm-7.30pm

COST: FREE

WHERE: Mechanics Institute
117-119 Sturt Street, Ballarat

WHO: All welcome

HOW: Bookings essential. Please scan QR code above or visit
[sharingstoriesartexhibition.eventbrite.com.au](https://www.eventbrite.com.au/sharingstoriesartexhibition)

For more information contact:
Kate Diamond-Keith, Ballarat Community Health
p. 0439461495 | e. kated@bchc.org.au



Gary Ferguson
Seniors Rights Victoria
Currently co-ordinating
and delivering elder abuse
community and professional
education programs.



Beth Ham
Ballarat Community Health
Advocate for positive initiatives
for older people and keeping
connected.



This event is supported by the Central Highlands Elder Abuse Prevention Network through the Victorian Government. June 15 th is World Elder Abuse Awareness Day.

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PO Box 2058
Bakery Hill, Vic 3354

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