



the BULLETIN

August 2022

**PRESIDENT**

ELENA TOMMASI 0421520414

VICE PRESIDENT

NINA NETHERWAY 0417371873

TREASURER

JEFF LANGDON 0411 552 862

SECRETARY

ROS McARTHUR 0409241115

CLASS CO-ORDINATOR HELEN SLATERClassCoordinator@u3aballarat.org.au**MEMBERSHIP/MY U3A**

NINA NETHERWAY 0417371873

WEBSITE MANAGER

MARY MALONEY 0411 260 047

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**Facebook** <https://www.facebook.com/U3A.Ballararat>**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 ALBERT**u3aballaratbulletin@gmail.com

Next issue deadline:

Sept 9 2022

New Members' morning tea:
August 17, 10:30–11:30

Old members welcome, too!!

Come Join Me For
Morning Tea



AN INVITATION ...

Dear Members of U3A Ballarat,

Our **AGM** is due to be held on

Thursday 25th August 2022 at 2.00pm.

We are asking **each one** of you to continue being superbly flexible as you have in past years, so that we will achieve a quorum of 120+ members.

You can participate in one of two ways:

1. attend in person at BNCC and enjoy seeing members (but wear a mask). You also enjoy a scrumptious afternoon tea.
2. attend by webinar.
An **email** with a registration link will be sent to you after August 13
After registration you will be emailed a message with advice on how to join the webinar. We know that in many cases there is more than one member per household but only one of you need register, though both will take part.

You will need to advise our convenor Lee Albert
u3aballaratbulletin@gmail.com of any extramembers who will attend through your link.

This is vital to achieve our quorum, otherwise we will need to do this ALL again.

You will shortly receive a bundle of reports. After reading the reports, any concerns or queries you may have, should be emailed to Lee Albert

u3aballaratbulletin@gmail.com so they can be dealt with at the AGM.

Ros McArthur
Secretary
0409 241 115

Apologies to:
Ros McArthur at
rmcarthur@inet.net.au



I want to start my last President's Bulletin report by talking about the two fantastic social events we had last month. The first was the U3A Ballarat Chorale who entertained us on July 19. The Chorale performance was fantastic and the soloists – all I can say is Wow! I have said this before, and I will say it again the talent in our organisation is amazing.

Our second event was our Oldies Dance. We didn't know what to expect as we had never done anything like this before, but it was a huge hit. We all danced the afternoon away, had a good laugh at the bag competition "fashion show." A few people suggested we have a dance once a quarter, but we have agreed that once a year will do. If you missed it this year you will want to attend next time.

Congratulations to Helen Slater for the winning entry of the safety shorts and vest and to Sit and Stich for the second-place winners for the 'glam bag.' We had some very creative entries, as I knew we would.

I would like to thank the Catering Committee who offered refreshments at both events. They are always in the background setting up before the event, serving drinks and food and cleaning up after. Without these dedicated members our events would not be nearly as successful as they are and I know I often forget to say thank you.

We have several events coming up. Our next, and most important, event is the AGM on 25 August at 2:00 at BNCC. As you will have seen we are offering the event both as an in-person event and as a Webinar. We must have 120 people to meet our quorum so please join us one way or the other. You won't want to miss the always delicious afternoon tea if you come in-person.

The event after that is our visit to the gardens at Cranbourne. We have a full bus already but if you are still interested sign up on the waitlist. Things happen and people always need to pull out so there is a chance you can still come.

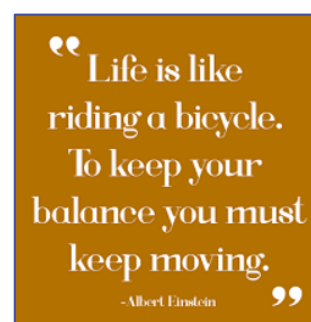
We are also planning to re-instate our Trivia Night on Thursday 15 September. This has always been a fun afternoon. You can join as a class or as an individual. More details to come next month but ask your classes if they would like to form a team and put it on your calendars now.

You will read in my AGM report about the accomplishments, and praises, of the Committee Members. I would like to say here, that a President is only as good as the team they work with. Look at the leader of any Democratic country and you will see how difficult it is to lead without the support of their government. I feel like the luckiest President to have had such a remarkable, supportive, and hard-working Committee to back me up. If I have done a good job as President, (and I'm being egotistically assumptive that at least some of you think I have) it is only because of these Committee Members.

I have enjoyed writing these reports, so it is with a bit of regret that this is my last report. Thanks to everyone who has actually read them!

Elena

Elena Tommasi
elena.u3a@gmail.com



Our big day out to Cranbourne..... Details:

Tuesday 6th September 2022.

It is only a few weeks now, so you need to get the details of where and when on your calendar.

Where: We will board our coach and have left at 8:30am from BNCC Car Park. Please park in the street so that members will be able to park for classes.

Arrive: at approximately 11.00 and after toilet break guides will take 2 groups of approximately 20 people on The Great Southern Land Walk. There are bus tours of 30 mins available that anyone may join if walking for an hour or so is not their thing.

Lunch: Those who requested it have been booked into Café: Boon Wurrung at 12:45pm.

Depart: Leave the Gardens at 2:00pm with arrival in Ballarat at BNCC at 4:30pm.



Trivial Pursuit evening:

Sept 15, 4:00-6:00 BNCC

And a trip to Government House: free entry:

Tuesday October 11

A note from Helen:

Following multiple requests for interested people to be allowed to "Come and try" a class, it has been decided that it will now be policy to allow a prospective member to sit in on one class, but if it is an activity class they may only watch. ***Please be courteous and contact the tutor first!!***

This is for one class only and if the person(s) wish to continue they must become a U3A member.



Nina's administration Report

We are now starting to get into the busy end part of the year! This month will see the AGM on the 25th to which I hope you will all attend – either in person or via the Webinar. We need 100+ members to attend for a quorum and we do not want to have to run a second meeting!!!! So please try to attend. The Catering Committee are again showing us how good they are and will have a terrific afternoon tea. The Ukulele Group will perform at the AGM instead of their advertised concert the day before. We thank them for this change in plan.

Very soon Helen, our Class Co-Ordinator, will be asking for tutors to say what class/es they will be running next year. We will also be needing some new tutors – so if you have a particular topic you are interested in or a skill you could share, please consider being a tutor and seeing others enjoy something you like. It is most rewarding being a tutor – you get as much out of it as those in your class. We all have to keep learning new things!

The Administration Sub-committee met during July and planned Seniors Week activities, the AGM and some of the other activities we will be holding. Coming up in September is a Trivia Night which is always very popular (except for me who is hopeless at Trivia).

The Chorale Concert held in July again proved what a wonderful lot of talent we have in our music groups. As well as the choir singing, we had an opera singer, a duet, and a soloist whose song I couldn't get out my head for days! Then we had George on his flute – an amazing performance!



If you missed going to the Rock and Roll Dance, you missed out on a hoot of a night! It was terrific fun and everyone enjoyed themselves – even those who came along for a look joined in dancing as the music just made you want to dance!



Membership

Our membership keeps growing – which is great to see. We now have 1125 members. Please, if you haven't received your badge and new members information, call in at the office to organise and collect them. We do try and send them out to those who enrol online, but sometimes it takes a while.

New Members' Morning Tea will again be held on the third Wednesday of the month – August 17 at 10.30 – 11.30. All are welcome to attend and have a coffee and a chat.

Numbers in classes have fallen quite a lot over the winter term – we hope those who have been missing will come back from the warmer holiday spots and those who have been ill will soon recover and all be back in class again.

Please wear a mask in class if you can – we do not want to spread this terrible virus any further.

Stay warm and safe

Nina



And we are a dancing U3A, aren't we? Line dancing, Jazzacise, Dance for fun and fitness, Belly dancing and Ballroom dancing.....



Reflections – two fabulous volumes that can be ordered

The COVID lockdowns may now be misty memories, but descriptions of our experiences and how we coped 'live on' in the form of the two *Reflections* books.

These books were written by various U3A Ballarat Members and others, and compiled by Tricia Elliott. Singly or together, the professionally published volumes are an interesting legacy to be passed on to generations beyond ours. The wide range of topics in the contributed articles and stories forms an insightful description of how we survived the COVID-times.

Oh, yeah, ok, all of that might be a bit wordy. Perhaps a better description of the books would be simply, 'the books make great reading about a once in a century event – and they were written by some of us'. The books are available to order.

More to the point – Tricia would like to know how many copies of each book to reprint. She has already received requests for more copies – something that is not surprising because the books really are interesting. The more copies to be printed, the cheaper will be the price for those who order a copy or two.

People wanting a copy of *Reflections* and *Reflections 2*, or either of the volumes, should contact Tricia as soon as possible.

tricia.elliott6@gmail.com or 0438 201 491

Ballarat Base Hospital Elder Life Program:

We are a new program operating at the hospital and in fact this is the first HELP program operating in Australia that works primary in the area of Delirium prevention in elderly patients who come into hospital. It has a great success rate and since beginning this program a year ago, our volunteers have made over 2,000 visits to our patients. Our program works on several levels and one of those is working to make sure that the elderly patients keep their minds 'active'. In this therapeutic program, we have different puzzles, games, daily paper, photos (for example – Historical Ballarat) etc. We are in need of magazine and BIG print books. Due to COVID once, we give a magazine or book away – it stays with the patient and they get to take it home. I am more than happy to organise the pick up of these and happy to discuss further.

[P0459 982 480](tel:0459982480) | ERobbin.Moulds@bhs.org.au



Cappuccino and chat: August 16, 10:00am at Selkirk Stadium

Come along and chat with Elena and Phill for as long as your voice holds out!

Muffins are pretty good there, I hear!

If you were one of those lovely people who offered to be a volunteer, come along and tell us what you'd be good at doing!!

Profiling two more of our artists: Paul Tresize:

Paul started painting at around twenty years of age but hasn't done much for about fifty years. He came to Ballarat about ten years ago and has recently resumed painting in oils. He paints landscapes and has a special talent for portraits.

He finds great enjoyment in using oil paints and really loves breaking through the frustration stage of a painting.

Paul likes the relaxed atmosphere of the painting group, the way all the members enjoy painting and get on so well together.



And Peta Price:

Peta has had a lifelong interest in art and enjoys trying different media and styles. Her favourite subject is landscape but she also loves the challenge of still life. Charcoal has always held a place in her art but since joining this group she has ventured into pastel.



Peta really loves to paint a landscape that she has had a connection with, she finds the past experience of the subject makes the process more enjoyable.

The group experience of being to communicate with people with different experiences and talents is especially enjoyable and she finds the group to be very supportive.

What a great class!!

Dining Out Group August Lunch

Venue - The Royal Oak Hotel

Address - 402 South Street, Ballarat.

Date - Sunday 21st August, 2022

Time - 12 Noon

RSVP - Please register your intention to attend or an apology, by the Thursday prior.

Class Rep – Ian McKee – anneianmckee@ozemail.com.au

Facilitator – Ros Wilkie – rosalind.wilkie49@outlook.com



Walkers and Coffee sent a photo of the group after their most recent walk:



Sadly, one member has her head chopped off!

It happens when photos are taken without glasses!

Word Diversion for August:

Themes involving a cutting edge and a pin-pricking point seem to have captured the imagination of word wizards last month – congratulations and stacks of kudos to Patricia Martin, Tricia Elliott, Bill Vincent, Anne Ottrey, Wendy Gottlieb, Michelle Parker, Mary Maroney and John Elischer. The solutions they extracted from the aether were ACUPUNCTURE, for Aunt Jessie's chaotic collection and ARRESTING and SERRATING for Warwick's wayward waifs.

The current complex, multi-headed low pressure in the Bight, not to mention the negative IOD (Indian Ocean Dipole) will surely be factors in solving this month's diversion – on the assumption that cold and rainy days will encourage word unwobblers to stay indoors. Staying 'in' with a hot cuppa or cappuccino and biscuits, while wearing a favourite woolly jumper, will surely be conducive to spending time unscrambling a word or two.

Aunt Jessie suggests P A N C E T O E X I T

Warwick favours:

E	R	N
I	A	E
S	T	S

ERNIAESTS

The usual, and fabulous, prizes of kudos, smugness and a warm inner glow are again available. Solutions please to Phill at grantphillip@hotmail.com

Ballarat North Neighbourhood House Term 3 Update

Please refer to our webpage at <https://www.socialplanet.com.au/at/ballarat-north-neighbourhood-house> for details about our Term 3 classes. We will be running a few term-based programs but will also offer shorter 1-4 week workshops for people who are interested, including those who are a little hesitant in committing to the full term in the current climate. These shorter workshops will be advertised in the coming weeks, so keep checking back or contact us to have a chat.

Included are one-on-one computer classes, an internet cafe with support, and garden workshops.

If you are interested in picking up new skills, offering your own expertise and/or physical assistance or just coming along to participate alongside other community members, please keep an eye on the web page for more details. You are also welcome to email me and let me know of your interest and I will keep you informed: BallaratNorthNH@salvationarmy.org.au

