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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

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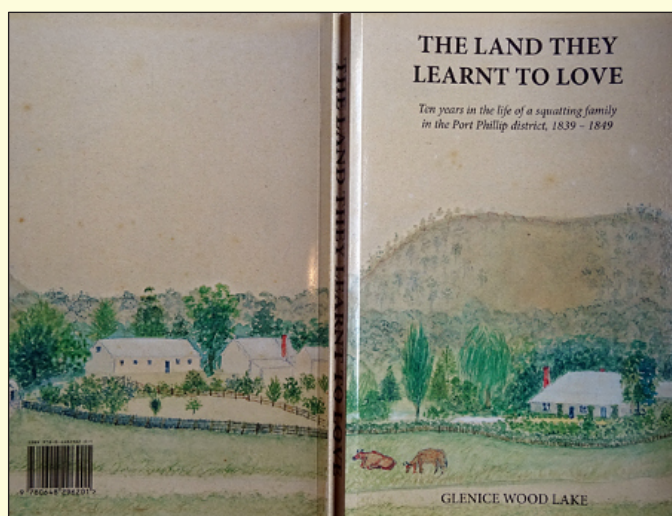
COMMITTEE MEETINGS

BNCC 9:00 am

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

Next issue deadline: May 5 2023

What's on in April and May?

Thurs 6 April: Term 1 ends. Easter break**Mon 24 April:** Term 2 commences**Wed 26 April:** Armchair travel to South Africa with Nina Netherway: Meadow Gardens, 19 Cooina Dr, Delacombe, 10:00-11:00 in the Community Centre**Thurs 27 April:** Glen Lake speaks on "The Early Squatters in Buninyong" 2:00 pm at BNCC Hall with afternoon tea to follow

Copies of her book will be available for sale.

Thurs 4 May: Ceilidh with Scottish Country Dancers 9:30-10:30 BNCC**Wed 17 May:** New members' morning tea 10:30-11:30 BNCC**Thurs 18 May:** Cappuccino and chat with Nina and Phill at Selkirk Stadium, 10:00-11:00**Thurs 25 May:** Liz Redpath from Age Well will speak at 2:00 pm, BNCC**Tues 30 May:** U3A Choristers will perform at BNCC, 2:00-3:00



Easter has come upon us so quickly – I hope you all have a very restful break and don't eat too many Easter eggs! It is pleasing that the term has gone well and classes appear to have settled down and class times have been finally sorted. Thank you for your patience and understanding with all the changes. We should be able to get off to a really good start next term.

I have been noting how we are such creatures of habit i.e. we mainly sit or stand in the same place at class and woe betide anyone who blocks or view or sits in our favourite seat! Please be aware the person who does this probably doesn't know or realise that they are blocking your view in a dance class or taking 'your' seat. Be kind and move as it can be very off-putting to a new member particularly. It's amazing what one hears about what goes on in classes – some things I would prefer not to hear as I can't believe that U3A members would not be 'walking in the others' shoes' before they spoke or wrote. Please remember we are all volunteers and we all are here for the love of what we are doing.

Indulging in nostalgia as I was looking for something else, I found my old autograph book. In those days people wrote either very sensible words for life or very silly verses! But they brought a smile to my face as I remembered the people who had written these verses and what memories they had given me. One was by my favourite primary school teacher who wrote "Do unto others as though you were the others". I think we all need a bit of that now!

The things I love hearing are how members love their classes and their tutors are 'amazing'. An example of that was the happy lot at the Ukulele Minstrels concert last week – not only were the performers happy but the audience was too – singing lustily to the Ukulele music played with great exuberance.

Our music groups add so much to our entertainment and we are fortunate to have so many music groups offering such a diverse range from singing, - both in French and English (and often in Latin!) – ukulele, recorder, the multiple instruments in the Celtic Band and Ceilidh, and lately harmonica. We also have many different dance groups e.g. belly dancing, line dancing, Scottish Country Dancing, Jazzasize, and several dance for fun and fitness classes. We are planning some concerts with multiple dance and music groups during Seniors Week in October. Should be fun – make sure your class participates!

March was quite a busy month for entertainment. *Our Travel Talks* at Meadow Gardens Retirement Village have been quite well attended. The venue is very comfortable and the talks have been well received. I believe the *Marvellous Melbourne* walking tour was just that! I heard one member say that even though they had lived in Melbourne they had never seen many of the places visited. How good is that!

This month we will not have quite so many social gatherings – there will no new **New Members' Morning Tea** or **Coffee and Chat with Phill and Nina**. However, we will make up for it in May!

I wish you all a very happy and safe Easter

Nina ninan06@bigpond.com

Nina reports: On Saturday March 18, six members of the Recorder Ensemble travelled to Canberra - two went their own way and four of us drove up in Brendon's beautiful car taking turns to drive (What trust!) We stayed at the Woden Adobe Motel which was close to a Greek club (for night meals) and the Woden Seniors hall.

On Sunday we gathered at the hall along with 40 or so other recorder players from Canberra, Brisbane, Sydney, Melbourne and other places in NSW. This was the NEFRO Eight Foot Pitch Day where we all played bass recorders. Tenor was the highest and the rest were, Bass, Great Bass, Contra Bass and Sub Contra bass. What a sound!!! Like an organ.



The photos show morning tea break and then the big ones getting ready to play. We then came home on Monday - exhausted but exhilarated by the experience. We are going to hold our own "Big Bass Day" during the Easter break!



And another musical event!

The Ukulele Minstrels singing happily at their concert at the Hut at the Airport. The room was beautifully decorated for the Australian theme of their music.

The audience joined in with enthusiasm!



And the Mahjong class decided to enjoy lunch at Selkirk stadium after class: good food and good company!

Our **Mosaics group** is undertaking a huge project: designing and making twenty mosaics depicting local flora and fauna, to be sealed onto huge rocks placed along the Skipton Rail Trail, at the Smythedale end of the trail. Affixing the mosaics after completion is a ten step process. The labour involved is immense! Here is some of their work:



More Tiles are needed!!

If you have any surplus tiles
stacked away and would like to
help this project along,

phone Johanna Koenen on
0419 570 941



Tutor Recognition Awards

The awards were first presented in 2022. They are made annually to recognise tutors who contribute significantly to their U3As, particularly in the following areas:

- Innovation in the development and presentation of courses; particularly new courses
- Excellence in course conduct and presentation
- A high degree of commitment to the ideals and purpose of the U3A Network, and
- Highly positive feedback from course attendees

Nominations close on Monday, 22 May 2023.

As part of the nomination process, you will be asked to set out what the nominee has done and why you think they should be recognised. Every nomination is different so there is no single way to approach this. Just tell us what you think is particularly noteworthy about your nominee's service and achievements as a tutor. You can include things like:

- Examples of how they have demonstrated outstanding qualities.
- What they have done to make things better for others.
- The role(s) or area(s) in which they have excelled.
- The period of time, or dates of service (if known).
- Evidence of other awards or recognition received by the nominee

You can attach documents or other records to support your nominee's service or achievements if you have them. You can also see information about previous award winners on Network's Honour Roll at <https://u3avictoria.org.au/gallery-1/tutor-excellence-awards>.

If you would like to nominate your tutor, email u3aballaratbulletin@gmail.com and a form will be sent to you.



Ballarat Air Force Association invites U3A members to attend:

1 Social Luncheon Tuesday 11 April at midday

The next social luncheon features a short video clip of Bruce Clifton followed by the black and white 1940s classic film of his story "One of Our Aircraft is Missing"

Non-members please contact me if you haven't yet and wish to attend.

2 Anzac Day March 25 April at 9:30 am

March convenes at Lyons St North.

Members who need taxis to and from the march and who needs use of a golf buggy during the march please contact Peter Dowling 0418281775

3 Lunch at the Movies Wednesday 31 May at midday

BAFA members and friends are invited to a private screening of "A Man Called Otto".
Film and boxed lunch \$15

Please contact Sue if you wish to attend at ballarat.afa@gmail.com

Do you, or someone you know, suffer from knee pain?

The DECIDE study aims to provide people with knee pain with information about management options.

You can read more about our study on our website: www.decidestudy.com

RESEARCH PARTICIPANTS WANTED



We are looking for people with **knee arthritis** and are considering **arthroscopy** (aka washout or keyhole procedure)

Participate for a chance to win a \$500 voucher.



NBN Co Presentations; KEEPING YOURSELF SAFE ONLINE

These sessions will be presented by Zoom. If there is interest from members, we will arrange for the use of the Long Room at Hut 48 for the presentation.

Please email u3aballaratbulletin@gmail.com if you would like to be present.

Wednesday 26 April 10:30 - 12:00 pm: **Common scams you may be receiving and how to protect yourself**

Wednesday 24 May 10:30 - 12:00 pm: **What are data breaches, how to secure your online accounts and set strong passwords**



Admin Matters.... April

I hope everyone had a Happy Easter.

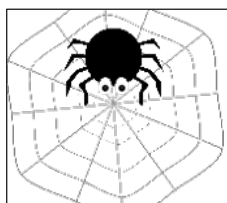
Welcome to our latest group of new members for 2023. The list of names was a bit too long to include this month, but you are all most welcome. If you enrolled online, you may not have received your badge and new member notices.

You can collect them from the office after it reopens on the 26th of April. We hope you enjoy your U3A classes and the other enjoyable activities we offer.

We now have 1133 members!

Office hours for Term 2 commencing Wednesday, April 26

Tuesdays	9.30 – 11.30
Wednesdays	10.00 – 12.00
Thursdays	1.00 – 3.00



Website You will notice a couple of new buttons on the front page of the website. The GREEN button is a link to our calendar of events. The BLACK button gives a list of music performances for 2023.

Mary Maloney. Admin and Membership coordinator.

Ballarat North Senior Citizens

Wish to thank those U3A members who bought raffle tickets

Unfortunately, no prizes were won

Class Co-ordinator's Report

Glenda Cipolato has retired as a tutor and her Italian Intermediate class has closed. The U3A Committee would like to thank Glenda for the time and effort she devoted to tutoring. We wish her good health and every happiness in her new surroundings.

STARTING IN TERM 2 WE HAVE 3 NEW CLASSES

1. MILITARY HISTORY OF BALLARAT AND ITS CHARACTERS 8 weeks

presented by NEIL LECKIE, the Museum Manager of the Ballarat Military Museum at Ranger Barracks. Neil's course will be held in the COMMON ROOM at HUT 48 on MONDAYS from 9:30-11:00 starting on May 1

Course description:

Ballarat has had a military presence since 1858! There have been unpaid volunteers and paid Militia, Citizen Military Force (CMF) and army Reserve.

"Ballarat's Military History and some of its Characters" will discuss the various eras of the military in Ballarat and will include many of the characters who kept the military going over those years. The one-term, eight week course will culminate with a visit to the Ranger Military Museum at Ranger Barracks where memorabilia from all eras is on display.

2. A course in JOURNAL WRITING is being offered by JUDITH OLIVER.

Classes will be at ELC, room 1 on 1st, 3rd and 5th WEDNESDAYS from 1:30-3:00 starting on May 3.

Course description:

Journal Writing is an enjoyable and therapeutic way to express, and reflect on, thoughts, emotions, hopes, dreams, experiences and creative writing. No experience necessary: grammar and spelling are unimportant. During each minute, fortnightly class we will engage in a variety of short writing activities. Participants will be able (voluntarily) to share what they have written with the rest of the class. We explore types of journals (e.g. for Travel, Projects, Family, Creative Writing, Dreams, Gratitude, Collections, Songs, Quotes). I will end each class with a guided meditation. Writing at home is encouraged.

3. Ross Priddle answered our call for a tutor to teach HARMONICA .The class has a few places still available if you are interested.

Ross' class meets at ELC, ROOM 1 on TUESDAYS at 2:00-3:00 starting on May 2.

Course description:

This course will involve learning to play a 10 hole Diatonic Harmonica. It will focus on learning how it works, playing in the various positions (1, 2, and 3) reading tabs, and playing simple tunes in various styles. The course is for beginners and does not require any musical knowledge. The aim is to do this in a fun and relaxed way that encourages people to enjoy learning their instrument.

Prerequisite: a 10 hole Diatonic Harmonica in the key of C.

Recommended is the Johnson Key of C Harmonica which can be purchased for \$10 at Crossroads Music in Ballarat

REQUESTS FOR TUTORS

I would be keen to hear from anyone who has had experience with leading or participating in a DRUM CIRCLE, as there is interest in establishing a Circle at U3A.

I am also keen to hear from anyone with knowledge of MORRIS DANCING, or where we may be able to get assistance in starting a group.

If any members can help with information, please email me at ClassCoordinator@u3aballarat.org.au

Many thanks
Helen Slater, Class Co-ordinator

Word Diversion

Congratulations and the prize of a vicarious experience of owning a sheep station to our wonderful word un-wobblers. They are also eligible for a free cappuccino, or similar - and not the vicarious kind, but a real one - as an apology for letting my twenty-five year old body (yeah, I know, that's a vicarious one) acting like a one hundred and twenty-five year old bicycle, get in the way of replying to the winning emails.

The solution to Aunt Jessie's challenge was CONVENTIONAL, while for Warwick's multi-dextrous solutions were BROADSIDE and SIDEBORD.

Now, I'm guessing we need a consolation for putting up with a cold, wet and windy Easter break – and what could be better than settling into a comfy chair in front of the heater with a warm drink, a muffin or two and some scrambled words? Aunt Jessie has come to the rescue with R N I E Y D T I S E P

In the meantime, Warwick has cobbled together another spreadsheet, which, when the solutions have been found and in the spirit of recycling, might serve well as a placemat for a coffee cup.

S	I	T
B	D	O
E	R	O

SITBDOERO

Solutions please to Phill at grantphillip@hotmail.com
Fabulous prizes can include kudos, fame and, now that we have given away the sheep stations, perhaps a dairy farm (or at least, the suggestion of the perfume from the dairy in full swing).



15 of our Armchair travellers went to the USA with Elena Tommasi. She talked about the beauty of Zion National Park, Bryce National Park and Antelope Canyon on the Utah and Arizona border. Zion is made up of massive limestone rocks.

Bryce, though not far away is totally different consisting of orange rocks called hoodoos, and pine trees surviving with their roots exposed from hard rock.

Antelope Canyon is basically a crack in two rocks with a sandy floor. The amazing colours are from the light shining through the cracks and openings.



Don't miss Nina's trip to South Africa, April 26, In the Community Centre of Meadow Gardens, 18 Cooina Dr, Delacombe!!



The painting group has a collection of books and magazines in a bookshelf at Hut48.

We have noticed that some books are missing, it is possible that some people think they are free to take, like the books at BNCC. This is not the case.

They are there for the use of the painters who borrow them on the understanding that they need to be returned in a reasonable time. Many of these books have been donated to the group by the families of former members.

Could anyone who has borrowed books or magazines and inadvertently put them on their bookshelves please return them or hand them into the office at BNCC.



If undeliverable return to:

U3A Ballarat
PO Box 2058
Bakery Hill, Vic 3354

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(July 2002)