



the BULLETIN

May 2023

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U3A BALLARAT ADDRESSPO BOX 2058, BAKERY HILL, BALLARAT,
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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: June 9 2023

*What's on in May?***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**U3A BALLARAT Choristers CONCERT**

Director: Constance Coward Lemke

Accompanist: Mary O'Driscoll

Tuesday May 30th B.N.C.C. at 2.30pm*And coming up in June.....***Thurs June 1:** Cappuccino and chat at Selkirk Stadium 10:00-11:00**Thurs June 8:** Dr Glen Lake BNCC 2:00 with afternoon tea to follow**"The trials, tribulations, and successes of one of our early squatting families - the Scotts of Mt. Buninyong - 1839 – 1845"****Wed June 14:** Armchair travel to Moscow at Meadow Gardens 10:00**Wed June 14:** New Members' morning tea 10:30-11:30



I hope you all had a wonderful Easter break – I did – at my great nephew's first birthday party with three more one year olds, and having a cataract done. The latter made me realise how I would miss the stimulation of U3A as I sat at home not being able to drive for a few days! Then at the Ceilidh concert today, Thursday, when the class members performed such a toe tapping recital, I again realised that we are so lucky in our classes and our tutors. I know I keep harping on this theme but I can't help it especially when I receive a message from a new member saying how much she is enjoying her classes and how friendly everyone has been to her as a newcomer to Ballarat. This is what U3A Ballarat is all about – thank you everyone!

April was a short month with the Easter break – however some classes continued during the holidays. We returned to find that the Airport Road is closed for the completion of the runway and we now have to almost take a picnic lunch to get to the Hut. Hopefully they will finish in June.

We have good news on the Shed at the Farm School – we have all permits etc and it's all systems go once we have security fencing and then the slab can be laid. So, watch this space as next month, hopefully, we may have more good news. Blake will be working with the groups who will be using the Shed regarding internal fitouts. Blake has included a more detailed report in this Bulletin. We heard on Friday that we were not successful in our Council grant application for air conditioners for the shed – an essential item for such a building. We were very disappointed as Jeff, our Treasurer had put a lot of thought and time into preparing the grant application.

An interesting session was held on Thursday afternoon with a select number of U3A members meeting with the City Council Ageing Well Officer and a Consultant. The purpose of this meeting was to review the Ageing Well Policy indicators and to give feedback on a survey they are working on. We hope that the policies will be put into practice and we can see something for our discussion. We all left with a very nice parcel of food – sandwiches, cakes and fruit! It is good that we can have these talks with the Council to tell them how we feel as older people living in a very mixed community.



I feel as we get older we need lists and notes to remind us to do things and buy things and diaries to keep our days on track. That's all very well if we look at them!! That is the big problem. We have lots of signs around our building to remind us to put the chairs in a certain place, but I'm beginning to think we need a few more eg –
make sure the urn is turned off,
the air conditioning/heating is turned off,
the blinds are drawn, etc etc.

I have had quite a few reports of things not being turned off or the rooms left not as they should be. So this is a gentle reminder to look around before you leave your class to make sure everything is as it should be. Don't leave it to one person as if that person is away the job doesn't get done.

Has your class put in an application for the Network Tutor of the Year Award? Remember Stephen Walsh won this award last year – let's have another this year. Mind you with the wonderful tutors we have it would be hard to choose if every class put in an application. Contact Lee Albert or look on the Network website for a copy of the criteria etc.

Stay safe and well over winter.... Nina ninan06@bigpond.com

 LOCATION 6 Crompton Street, Soldiers Hill VIC 3350 View Map CONTACT https://www.socialplanet.com.au/at/ballarat-north-neighbourhood-house 0491 753 307 kristen.sheridan@salvationarmy.org.au ENROLMENT ENQUIRIES kristen.sheridan@salvationarmy.org.au	 SOLDIERS HILL Internet Cafe with Support, Term 2 2023 FRI, 12 MAY, 2023 Need support accessing MyGov, using your smart phone or iPad?	 SOLDIERS HILL The iPad Beginners Guide MONDAY 22ND AND 29TH MAY: 12:30PM-2:30PM Do you have a new iPad? Not getting the most out of your iPad?
 SOLDIERS HILL Gardening Term 2 2023 THU, 11 MAY, 2023 Enjoy gardening? How about starting your own kitchen garden? No green thumb needed to join this	 SOLDIERS HILL BNNH Chatty Cafe FRI, 12 MAY, 2023 If you are wanting to connect in with your local community, come along to our Chatty Cafe session.	

A Remedy for Winter Chills - Coffee and Chat

Imagine sitting in a warm and cavernous space, chatting with friendly people while watching the weather 'happen' outside massive floor to ceiling windows. All of that is possible – as is wrapping fingers around a warm coffee or tea.

The next 'Coffee and Chat' will be:

Thursday 18 May, from 10.00 am (until whenever)

At the Selkirk Stadium Café (989 Norman Street, Wendouree)

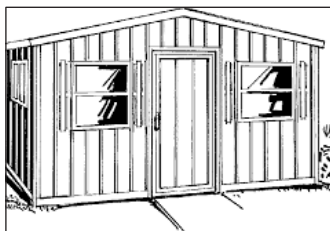
There's no need to RSVP – just 'rock up', anytime from 10.00 onwards, order a drink, and cheap carbohydrates if desired, and join Nina and the crowd.

Phill Grant

grantphillip@hotmail.com



Manual Arts Shed at Ballarat Specialist School - Farm Campus: Progress Report



When it rains it pours! Last Friday 28th April was just such a day. I received 4 important emails all in the space of 6 hours!

- 1 Notification of a building permit number
- 2 Building Permit (56 pages) from building surveyor (2189050498750)
- 3 Colour of shed confirmation (Slate Grey) from TotalSpan
- 4 Invoice for the building materials - the steel and support structure kit - from TotalSpan (ordered 28th April)

After sending the good news to the U3A Committee, I set up a meeting with Mat Gannon (Vice-Principal) and Phil Agnew (BSS buildings and grounds manager) for Tuesday 2nd April in the cafeteria at the farm campus (well known to U3A groups!).

The encouraging results of that hour-long meeting were

- discussion on where parking for ~25 cars would be sited once the shed was built
- several plans for access to the site for slab construction team and concrete pouring team given wet weather is coming
- investigation of temporary fencing around the site (for safety purposes)
- initiation of re-newed contact with local plumber and electrician who will help in phase 2 (the fitting-out of the internal water, sewerage, and electricity)
- timeline now depends on contact with the slab construction team from TotalSpan (2 1/2 weeks away), arrival of the steel kit (mid to late June)
- estimated date for manual arts classes to commence - Term 4 (2nd October)

With these rays of sunshine came a bit of rain on 4th May. The City of Ballarat decided not to fund our Community Impact Grant for a reverse cycle air conditioning unit for heating and cooling the shed. Two steps forward - one step back!

The next newsletter in early June should contain a few pictures of the progress - fingers and toes crossed.

Cheers
Blake Gordon

Meantime, the route to the Hut substitute is:



Fibre Fun Short Course

Although the new shed is still in the building stage, the Fibre Fun class met over the last few weeks in another location to satisfy my impatience at running a few sessions since we had no luck last year.

Although not ideal conditions, we had a lot of fun trying a bit of wet felting, and produced a range of fibre pieces in our learning exercises (one session being a cross between Manga and Picasso!) A few of the artworks are here. We are looking forward to being able to meet in the new shed and hone our skills!



BJ Johnson (class tutor)



Upcoming Training Monday

5th June, 2023

8.30am – 4.30pm

(Lunch is provided)

**If you are interested
please contact Robbin
0459 982 480**

Robbin.Moulds@bhs.org.au



We are looking for more volunteers to come and join our team in this exciting Australia first program called HELP (Hospital Elder Life Program) here at Grampians Health as we continue to improve the lives of patients who are our most vulnerable when hospitalized.

HELP was first started at Yale University by Dr. Sharon Inouye, who successfully showed that a program based in volunteerism could prevent falls, delirium (confusion), and long hospitalizations in older patients.

We have been operating for 2 years now (7 days a week) with amazing results here at the Ballarat Hospital.

Our Volunteers are asked to commit to one shift a week for 4 hours.

Word Diversion

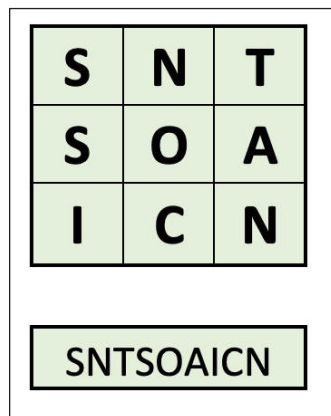
SERENDIPITY was the solution to Aunt Jessie's scrambled word. Only a few people managed to experience the serendipitous event of getting the solution. From 'word around the traps', getting that solution wasn't an easy task. Indeed, for some it was an impossible task – I think Aunt Jessie will be pleased and she may well reward herself with an extra drop of sherry before her evening meal.

Warwick's words were also challenging, with no one revealing both of the solutions – BROODIEST and ROBOTISED.

So, heaps of kudos and congratulations to Patricia Martin, Bill Vincent and Michelle Parker.

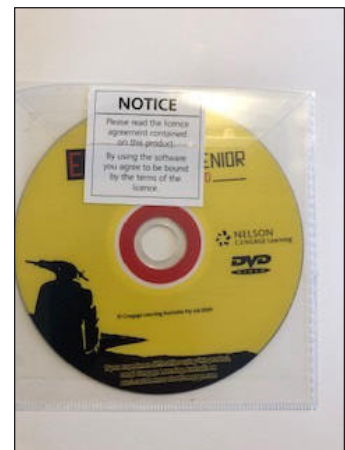
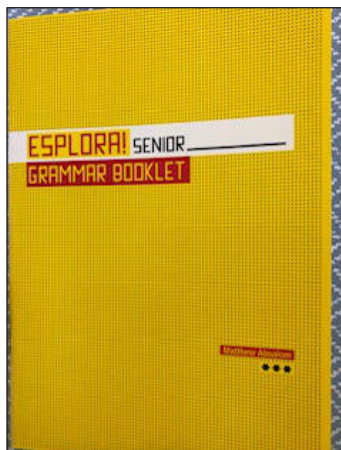
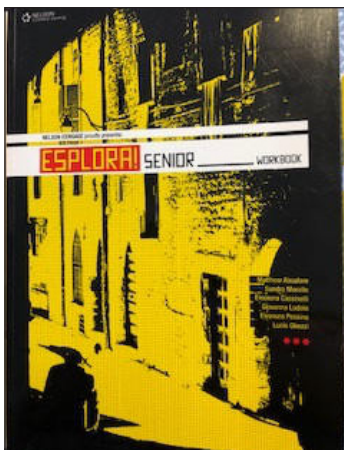
Now, cooler weather might just provide the impetus to remain indoors, comfortably settled in a favourite armchair with a warming beverage or two – and the word diversion for May. Aunt Jessie has posed PRUNTOOPITY

Smiling at the thought of individuals twisting grey matter into all sorts of shapes, Warwick has suggested:



Solutions to Phill at grantphillip@hotmail.com please, and unless delivery systems become iced over or washed out, all sorts of kudos, congratulations and self satisfactions are on offer.

Contact glenysmc61@bigpond.com if you know of anyone who could use this set of resources:



Vale

NOLAN: Francis Michael (Frank)

Frank was our solo tenor from the early days of the U3A Choir and the Men's Ensemble with Jean Reid and later with Ken Taylor.

Gilbert and Sullivan was common entertainment for Christmas events and he was one of the Ugly Sisters in the Cinders performance in the Taylor era. Friends and colleagues of U3A, Probus and Australian Catholic University joined with family to celebrate Frank's life at St Alipius Church on April 18th.

