



the BULLETIN

July 2023

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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

ROS McARTHUR 0409241115

COMMITTEE MEETINGS

BNCC 9:00 am

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

Next issue deadline: August 4 2023

What's on in July.....?

Thurs July 13: The Pitfalls of Ageism and Seniors' Abuse
2:00 at BNCC with Ros McArthur
Afternoon tea to follow

Wed July 19: Armchair travel to Glasgow at Meadow Gardens
N.B. Time change: 2:00-3:00 with Jim Thomson

Thurs July 20: Cappuccino and chat and new members' morning tea at Selkirk Stadium,
10:00-11:00



Wed July 26: Armchair travel to the Balkans
with Ros McArthur
at Meadow Gardens, 10:00-11:00

Thurs 27 July: Oldies Dance time, BNCC, 4:00-6:00



Save these dates!!

Thurs August 24: U3A Ballarat AGM, BNCC, 2:00-3:30

Tues October 3: Bus trip to the Tesselaar Tulip Festival





**"What good is the warmth of summer, without the cold of winter to give it sweetness."
— John Steinbeck**

I was going to have a grizzle about the weather and how glad I am that I have been on holidays and can stay warm at home! But the above quote gave me hope that it won't last forever and we will soon be complaining about the heat. So, I do hope you have all had a restful warm break and are now ready for Term 3 and all the excitement of your U3A classes!

For me, meetings have continued throughout the break but I was able to escape to Melbourne for a few days and enjoy being pampered by my family and friends, attend a wonderful concert at Hamer Hall and do a bit of retail therapy.

Committee met on Wednesday and we had a packed agenda. The Finance Sub-Committee had met and after much discussion have decided they will recommend an increase in fees for 2024 from \$50 to \$60. Even though we are managing on our current income – which is entirely of membership fees - it was felt that with the cost of everything increasing and the additional costs for the new Manual Arts shed we should make the increase. The membership fees have been \$50 for many years now and even members were telling us we should increase the fees.

The Finance Sub-Committee also recommended that we give members the opportunity to donate to a new Building Fund for our future needs. We hope eventually to have a building of our own for our general classes so we need to continue to build our funds for this purpose. You will be able to donate at enrolment time – or any other time.

The Manual Arts Shed has been funded in this way from money accumulated over time for this purpose. Blake Gordon is doing a sterling job co-ordinating working bees and managing the entire Shed process. We thank him very much for all the time he is putting in to co-ordinate workmen and check how things are going. The slab for the shed is down and the construction of it should start on July 10.

The AGM is looming up in August and we are hoping you all have the date in your diary as we need numbers to make a quorum. Thursday August 24 is the date – there will be afternoon tea and entertainment from one of our wonderful groups.

Unfortunately, we are losing three terrific Committee members as they seek warmer climes. We will be saying farewell to Phill and Denise Grant as they head for Bendigo and Helen Slater as she goes to Maryborough. Both these places will benefit from having the new arrivals - our loss is indeed their gain.

Thank you to those of you who sent comments following my email from Committee about the Voice. It's good to have feedback on what Committee are doing.

Could Tutors and Class Reps and in fact everyone **please** make sure that the urn, airconditioners, lights and anything you turn on, is turned off before you leave any building. It is quite dangerous to leave the urn on all night! Rooms should be left according to the plan for each room – or as you found them. Whiteboards should also be cleaned – the next class do not want to know what you have been up to and also do not want to waste their class time cleaning up after you. From my observations we were getting a bit slack towards the end of last term!

So let's start afresh this term and **WULAT (Whiteboard, Urn, Lights, Air con, Tables)** But **don't** turn off the hydronic heaters! I think that is enough from me or I will start making acronyms for everything! Stay warm and safe and well. Nina ninan06@bigpond.com

Event Details....

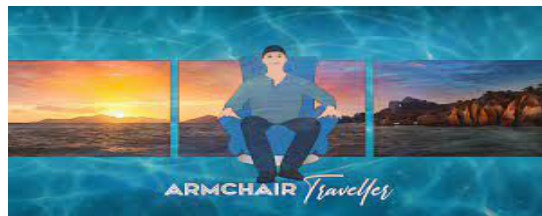
WHAT ARE SENIORS' RIGHTS? Ros McArthur

I have always just accepted that all of us had rights as human beings, but I have had to accept that Ageism makes us all vulnerable.

If you want to know more about negotiating your life safely from seventy on, join us at Ballarat North Community Centre Hall at 2:00pm, July 13, followed by afternoon tea.

Armchair Travel Talks at Meadow Gardens

19 Cooinda Dr, Delacombe



Wed July 19: 2:00-3:00 (Note change of time) Go with Jim Thomson to find the origins of the phenomemon of Glasgow, merchant city, in the age of industrialisation.



Wed July 26: 10:00-11:00: with Ros McArthur

Where are the Balkans and why would anyone want to visit?

15,000 people a day get off their Mediterranean Tour Liner to be entranced by the Adriatic sea ports that have existed for more than two thousand years.



And Don't forget:

OLDIES DANCE

Thursday,
July 27, 2023
4 to 6 PM
BNCC



Op Shop Theme

Come alone or with a partner and dance to DJ Lance's music of the Oldies from the 50's, 60's and 70's.

Wear clothes from the Op Shop for your oldies outfit. Prizes will be awarded for:

- ☐ Most Elegant Lady
- ☐ Best Dressed Man
- ☐ Silliest Outfit
- ☐ Best Accessorized—Hats, Belts, Jewellery, Scarves and Shoes
- ☐ Best Outfit from the 50's, 60's or 70's

Oldies dress optional and no booking required.

Wine, punch, crackers, cheese and nibbles will be served.

Please come and dance or just come and tap your toes to the music of your youth!



For those who know a bit of the German language.....

U3A Ballarat already has two delightful German classes. The main emphasis in each class is for participants to understand spoken German and respond in German, and enjoy doing so. A bit of reading and writing in German is also included.

We are looking for one or more people who could coordinate German language learning activities. Anyone with an interest and some background in German would be suitable – and with an ability to organise or coordinate learning activities. Members in the classes are able to help with the organisation and resources. Actually being a teacher of German would be a bonus.

Interested? Or even vaguely interested? Please contact Phill at grantphillip@hotmail.com for further information. Being involved is a lot of fun and certainly enjoyable.

Phill Grant
grantphillip@hotmail.com

Manual Arts Shed - from plan to reality!

We are down to the “pointy end” of the long-delayed manual arts shed building process at Ballarat Specialist School - Farm Campus. The extensive paper documents, plans and revisions has now morphed into real objects on the ground at the school.

* May 31- Kane, TotalSpan’s concrete contractor, picked up the plans

*June 7- 46 mm of rain for Ballarat delayed the digging of trenches and footings

*June 16- Foundations and footings dug under threatening skies!

*June 19- Steel mesh and plastic water proof membrane approved by building permit inspector

*June 20- Concrete pour completed in the morning - all smoothed out by Kane’s crew by early afternoon. On Wednesday the expansion joints were cut into the slab - now the slab needs to cure for minimum of two weeks.

*July 6- U3A shed team puts carpet sections along the west and south edges of the slab to prevent mud being tracked on to the slab during the steel roof and sides erection next week.



*July 10 to 14 - Building of the shed IF the weather holds off!

Then once the storm water from the roof is connected to the water tank north of the new shed, U3A + our plumber and electrician can start the fitting out of the inside. With fingers crossed, we could be running classes in term 4! **Blake Gordon**



Twenty Rocks up.....ten rocks down....

The U3A Ballarat Mosaics class **Mosaic Meander Trail** at Smythesdale has been given a blow.

Nineteen rocks had been sourced from Ararat, courtesy of Robert Albert, and delivered to the trail over the course of several weeks.

Two weeks ago, the task of raising them into an upright position and locating them where they were to be best seen, (an onerous and time-consuming task,) was undertaken by Johanna Koenen (tutor), her husband Robert Dekker and Robert Albert, volunteer, using a ute crane, crow bars and chains.

Then a neighbour popped his head over his fence adjacent to the trail, to ask what they were doing. He took pity on the old folk, bless him, and brought his mini-excavator to the rescue. Bart and his machine spent the rest of that day manoeuvring the rocks not yet in place. Hearty thanks to Bart!

Some time over the next week, an unknown number of people proceeded to tip over ten of these very substantial rocks, none of which would have been movable by a single person. This means more work for our volunteers, who will now need to fix the rocks in the earth with rods, bricks or concrete. My thoughts are unprintable! Lee Albert



But now let's celebrate our talented member, Paul Tresize, seen here painting his grand-daughter (lucky girl!!!)

Experience another culture without leaving home

We need caring families interested in other cultures

Is that you?

Host a Japanese student from **July 24 to 12 August, 2023**

We need 42 families to include them in Aussie life, provide a bed and 3 normal meals a day.

They will attend the **Ballarat Neighbourhood Centre in Sebastopol** each day for English Lessons & Excursions.

There are no airport pickups, they can share a room and you certainly don't need to speak Japanese.

We pay \$45 per night to assist with hosting costs.

For further information (without obligation) - please call:

Ruth on 0418 519 448 Email: ruthsprague0@gmail.com

Jenny on 0439 654 939 Email: jenny@aiiu.com.au



Time for a cuppa and a chinwag?

Thursday 20 July from 10.00 am
Selkirk Stadium (989 Norman St., Wendouree)



From the car park it's a brief toddle to the front door of the massive, glass-walled, warm café at the Selkirk Stadium. The stroll to the counter to order a coffee/tea, and perhaps some carbohydrates, is never a task, because, by the time the counter has been reached, you will have greeted or been greeted by the other U3A Ballarat Members already enjoying the chat. The venue is airy, as virus-free as we can make it, and a great place to watch the weather while chatting.

As usual, it's all very friendly and casual – just 'rock up' anytime after 10 am and stay for as long as you like. There's no need to RSVP. Nina will be there too.

Phill Grant grantphillip@hotmail.com

New Members' Morning Tea is for July at the Cappuccino and Chat

New Members include anyone who has joined U3A Ballarat this year. Regardless of attendance at any of the New Members' Morning Tea sessions, new members are welcome to join the chatty crowd at the Cappuccino and Chat occasion. The details are above.

It is a great occasion to meet and talk with members, and/or find out details about U3A Ballarat.

Could you help young people get their P-plates?

The TAC – L2P program relies on volunteers to help people between 18 and 23 years of age build up the necessary hours of driving experience to qualify to get their P-plates. Some U3A Ballarat Members are already involved in the program. Volunteers' cars are not used.

Further information about this worthwhile program is available from Padma Giri at padma.giri@ballaratfoundation.org.au

(TAC = Traffic Accident Commission)

Volunteer Opportunities



1 - 2 HOURS A WEEK CAN MAKE A DIFFERENCE

We're looking for people who can commit to helping a young learner driver to complete their 120 hours of driving experience.



VOLUNTEER MENTOR REQUIREMENTS

- Be over the age of 21 and have an interest in helping young people
- Hold a full, current Victorian driver's licence
- Undertake a screening process
- Complete the free training



Please contact the Ballarat Foundation for more information:

Ph: 0422 809 587

E: l2p@ballaratfoundation.org.au



BALLARAT
FOUNDATION



Department of Transport



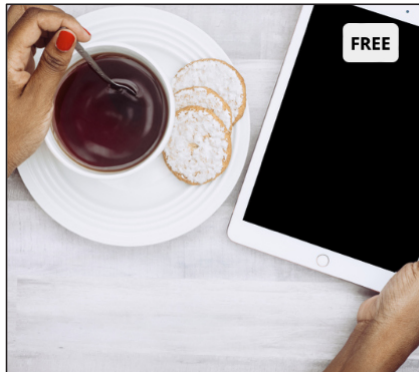


6 Crompton Street, Soldiers Hill VIC 3350

<https://www.socialplanet.com.au/at/ballarat-north-neighbourhood-house>

0491 753 307

ENROLMENT ENQUIRIES kristen.sheridan@salvationarmy.org.au



SOLDIERS HILL
Internet Cafe with Support,
Term 3 2023

FROM FRIDAY THE 14TH OF JULY,
10AM. FINISHING DATE: 1ST OF
SEPTEMBER.

Our supported internet cafe will
continue in term 3! It's a good
chance to get support with your
devices, free and without booking.

[Read more »](#)



SOLDIERS HILL
One on One IT Support for
People Aged 50+

FROM MONDAY 17TH OF JULY, 2023.
FINISHING THE 4TH OF SEPTEMBER. 2
SESSIONS PER WEEK ONLY SO BOOK
IN NOW!

Having trouble with your new
phone, tablet or computer? Having
trouble with accessing study online?
These sessions might be for you

[Read more »](#)



SOLDIERS HILL
BNNH Chatty Cafe Term 3 2023

FROM FRIDAY THE 21ST OF JULY,
12PM.

If you are wanting to connect in
with your local community, come
along to our Chatty Cafe session.
Have a cuppa and meet with others

[Read more »](#)



SOLDIERS HILL
Waste-Free Lifestyle!

FROM TUESDAY THE 25TH OF JULY,
9:15AM

A free course designed to start you
on your journey to waste-free living.
Ballarat North Neighbourhood
House is hosting this class on



SOLDIERS HILL
Unleash Your Life's Narrative:
writing your personal story

MON, 24 JUL, 2023

Discover the power of your own life
story with our transformative 8
week course on writing your own
narrative.



SOLDIERS HILL
Independent Pathways and
Living Skills Program (iPaLS).

FROM TUESDAY THE 11TH OF JULY, 10AM.

Class for people with disabilities to
connect, participate in activities and
develop lifelong skills and
relationships

[Read more »](#)



Word Diversion

Friday 7 July 2023

Clearly, the days in which everyone carried an ANTIMETER around in their back pocket or handbag have long since passed. I guess, these days, there is just not the need to measure small angles, and if such an angle needed to be measured, there is probably a smartphone app for the task. Congratulations and bucket loads of kudos to Tricia Elliott for being the sole solver for Aunt Jessie's scrambled word.

Fortunately, there are many buckets of kudos available, to be shared in lavish proportions between Alice Mills, Jenny Barton, Stephen Waddington, Bill Vincent and Tricia Elliott. They devoured Warwick's word to reveal MASTICATE. Another of Warwick's solutions was CATAMITES.

Now, dare we brave July's cold mornings for a brisk walk as we unscramble some more words, or would it be better to move closer to the heater, with pen, paper and a coffee in hand? Aunt Jessie suggests the heater option, with TROEATSPNCIRA (and a clue is that the 'S' is in the correct position).

Warwick adds another spreadsheet to give solvers the opportunity to dally a bit longer by the heater.

N	L	E
C	H	T
I	A	C
NLECHTIAC		

Solutions please to Phill at grantphillip@hotmail.com

There is plenty of kudos left to reward successful solvers. In addition, might we suggest that some more smug self-satisfaction is still available?

I know you are thinking “boring” but this time it is really important that you are there and have your say. The Committee has experienced an unprecedented changing of the guard in the last eighteen months and our new members need to meet you and understand what you want us to work on for 2024. We need **at least 120 members** to attend to achieve a quorum, so please put the date in your diary. **Ros McArthur, Secretary**

ANNUAL GENERAL MEETING

THURSDAY August 24, 2023

Ballarat North Community Centre Corner Walker and Armstrong Streets
at 2:00 pm

All U3A members are invited to attend. All current committee positions will be declared vacant at that meeting and nominations are called for Officers and Ordinary Members.

OFFICERS: PRESIDENT, VICE-PRESIDENT, SECRETARY, TREASURER

ORDINARY MEMBERS*: A minimum of 5 and a maximum of 10

*Note: The Immediate Past President is included as an Ordinary Member of the Committee, making a maximum of 15 members on the Committee. The duties of Ordinary Members vary from year to year. Members are required to serve on at least one sub-committee in an area of interest to them. Administration, Accommodation & Equipment, Communications, Events and Catering, Finance.

NOMINATION FORM, UNIVERSITY OF THE THIRD AGE BALLARAT INCORPORATED
Reg. No A 13304K ABN 33713445856

Nominations for the positions listed above should be forwarded NOT LATER THAN THURSDAY 10 August 2023 to:

The Secretary U3A Ballarat Inc.
P.O. Box 2058, Bakery Hill, Vic 3354
rmcarthur@iinet.net.au

I nominate for the position of

.....on the committee of U3A Ballarat Inc.

Nominated by (Member)

Signature

I hereby accept the nomination for the above position

Signed(Nominee)

If undeliverable return to:

U3A Ballarat
PO Box 2058
Bakery Hill, Vic 3354

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BALLARAT

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