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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

ROS McARTHUR 0409241115

COMMITTEE MEETINGS

BNCC 9:00 am

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

Next issue deadline: Nov 3 2023

What's on in October.....?

Thurs Oct 12: U3A Celtic Band Singalong, BNCC, 2:30-3:30 with afternoon tea to follow**Thursday October 19:** 10.00 am-11:00 Cappuccino and chat Selkirk Stadium Café (989 Norman Street, Wendouree) Rock up, order a muffin and chat for as long as you like!**Thurs Oct 26:** Dr Glen Lake continues her talks, 2:00-3:00 pm at BNCC, with afternoon tea to follow**Tues Oct 31:** U3A Choristers will sing at BNCC, 2:00-3:00 pm Afternoon tea to follow

And in November.....

Sat Nov 4: final swap table for the year 10:00 am BNCC**Tues Nov 7:** the Melbourne Cup is at Hut 48!! 2:00-3:30 (see flyer)**Thurs Nov 9:** "Thank you" lunch for tutors and class reps at BNCC**Thurs Nov 30:** U3A Chorale and Recorder Ensemble Christmas concert, 2:30-3:30 with afternoon tea to follow



The last few months of the year are upon us and the Committee has been very busy planning for 2024. We held a 'Planning Day' at Selkirk which was most productive in looking at where we are at as far as growth, and where we need to be. We discovered we were not growing in numbers as we thought we were and we were not growing in the number of classes we have on offer. This, of course, depends on how many tutors we have. Unfortunately we will be losing quite a number of tutors next year and have only managed to replace a few of them in number.

If you would like to be a tutor or group leader please contact Miriam, the Class Coordinator, asap as we are wanting to have the Class Information booklet printed by the end of October. U3A Network Victoria has some excellent course guides on line that a tutor could use. There is more information further in the Bulletin where you may find something that you could lead with the help of the support course guide and mentoring that is offered.

We have had a most successful Senior's Week of activities. On Monday the dance groups and one ukulele group performed for a large crowd – mostly composed of our members but a few non-members also attended. It was great to see how active some of our members are!! I was most impressed at their stamina.



On Wednesday Blake held the fort at the City Council expo at the Alfredton Community Centre while the Committee held their monthly meeting. From that we collected contact details of quite a number of people who would be interested in joining next year. These people will be contacted when bookings open. We also managed to attract two new prospective tutors. Thank you also the Ukulele Minstrels and the Dance for Fun class who performed at the event. Sue, from the Minstrels even had her photo taken with the Mayor!



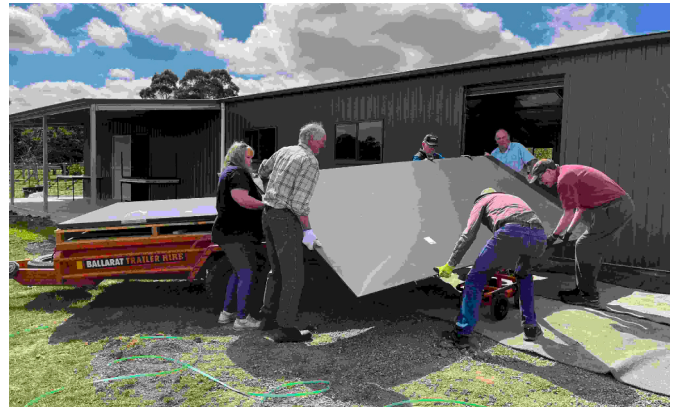
Then on Thursday we had another terrific concert with the Recorder Ensemble, Rapt in Singing, Ceilidh, Scottish Country Dancing and Ukulele Minstrels. These groups played, sang and danced to a very large enthusiastic audience. It was a wonderful week and I have been asked – "Can we do it again?"





Scottish Country Dancing had us foot-tapping!

Then during the holidays a working bee at the Blake Gordon Manual Arts Shed unloaded about five large trailer loads of Laminex boards which will be used to line the shed and make benches and cupboards. These were donated by Laminex: a wonderful donation and very much appreciated. It was a real work of art fitting them through the roller door of the shed but a terrific band of helpers were at hand to see them all through safely. We are waiting for the building supervisor to give us the go ahead so we can do the next stage which is the internal fit out. We are thinking about the grand opening also..... When???????



We have quite a number of events happening in October and November so we all need to check our diaries very carefully and enter in the dates and times.

I must also do this as after attending Jack Engwerda's funeral several of us went to lunch. The lunch took longer than I expected and I arrived at BNCC right on 2.00 pm, which was the start of the talk from Mercy Health. How embarrassed was I to walk into the hall to find forty people and the

presenters all sitting up waiting for someone to welcome them and start proceedings. We are lucky that U3A members are ever resourceful and Graham was ready to fill the role just as I walked in. Thank you Graham!

I am very glad that the weekend has arrived as I spent last weekend in Melbourne at a recorder workshop. It was a wonderful three days of playing but extremely tiring especially as I was put in a group with very experienced players – I never thought I would get to play a Brandenburg Concerto by Bach on recorder! The experiences and adventures you can have when you are a U3A member!!!

Take care, enjoy your classes and be kind!

Nina ninan06@bigpond.com

Why not enjoy a bit of madness on Nov 7 at the Hut....??



And then be a tad more serious....



**Volunteers Needed
Upcoming Training
Thursday**

**12th October, 2023
8.30am – 4.30pm**

(Lunch is provided)

**If you are interested
please contact Robbin**

0459 982 480

Robbin.Moulds@gh.org.au

**What giving 4 hours out of your
week could do.....**

Research says that if you volunteer on our HELP Program, patients will have a 3-fold chance of not getting delirium (confused) while in hospital and can return to their everyday activities.

We are looking for more volunteers to come and join our team here at Grampians Health as we continue to improve the lives of patients who are our most vulnerable when hospitalized.

Did you know that 8.8 Billion is spent annually on delirium in Australia and that delirium causes an estimated 10.6% of dementia in Australia.

Curious about what other classes do?? Book and Paper Crafts is noisy, apparently...



We come to each class with our own project to work on, but the first 20 minutes are always an excited babble of show and tell. Some bring along a completed work to show, others share an interesting idea they found on the internet. Occasionally all of the group will try an activity led by a member of the class. Carol showed us how to make cards using washi tape or text from an old book, and Jan created these cards.

A common theme of the class is recycling old books, cards, papers and so on. Nola picks up objects and papers in op shops and produces some very interesting works.



Many of us have experimented with using images from a single layer of a serviette to make greeting cards, decorate bottles, jars, lamps and even shoes.

Decoupage has been popular and Bereniece and Hilary have shared some wonderful examples.



Most of the class had a go at the Zentangle style of doodling as in this work from Bereniece.



Some other works from class members...



And in Essays and ideas, all sorts of unexpected things happen...

If you enjoy reading short stories or a short piece of writing on a particular topic then the Essays and Ideas class is for you. We do not write essays, rather we read two in each class from two different and distinct anthologies written by journalists, professional authors, tourists, academics, politicians and autobiographers.

Initially each member has the opportunity to critique the style and content using the why, where and when technique. Once we have evaluated the essays, members have the opportunity to reflect on how the specific topic relates to community values, politics, every day issues (large or small) and our personal experiences.

Diverse perspectives are encouraged. Imagination is unlimited. Laughter, respect and conviviality characterize the group.

The class meets fortnightly after which we share coffee/ lunch and we enjoy a lunch together every fifth Monday of any month.



Currently the two books reviewed are -2022, *Reckoning with Power and Privilege* and an anthology of *Contemporary Creative Non Fiction*. Next year we will include an anthology of travel.

New members will be welcome but the class is limited to 20. If you would like to join this class you are asked to enrol early for 2024.

For further information contact Mary Chappell , class coordinator, at marry.chappell@bigpond.com



LYN SNIBSON HAS RETIRED! Pam O'Neill - Tai Chi

After her generous contribution to U3A during the years 2015 to 2022, Lyn has chosen to hang up her flexible Tai Chi shoes.

Over those seven years Lyn's mix of knowledge, gentle tutelage and encouragement has introduced hundreds of people to the moving meditation that is tai chi.

On behalf of all those U3A members many, many thanks for your selflessness, Lyn.

And don't forget:

Saturday 14 October we are having an **information stall** at the Farmers Market at the North Gardens - come along and say hullo if you happen to be there!



Jan 8-19 2024

We are looking for members who would like to run one or more sessions during this period.

**Sessions can be from 1 – 2 hours long
Venues will be BNCC and the Airport or maybe more**

There are many members who desperately want something to do over the Christmas/January break.

It gives a chance for new members to try us out.
It gives a chance for members to try a different type of class.

Please contact Elaine Maberly or Bernadette Brouwers

egm154@me.com

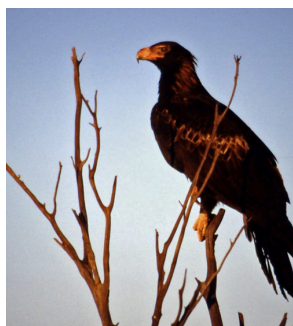
bbmp16@bigpond.com

Or Miriam, the Class Coordinator - mim851@gmail.com

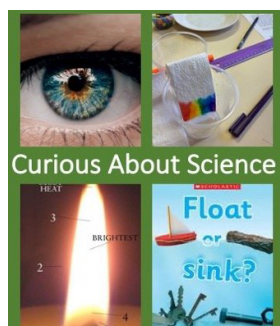
U3A Network Victoria has produced Course guides which allow anyone to lead a class, ***without needing prior skill or knowledge in the subject***. Mentoring is available, along with full resources to run the course. If you want more information, email Lee at u3aballaratbulletin@gmail.com



Art Course for total
Beginners



First Nations



Fun with Science



Friendship in later
life

And while on the subject of art.....

WANTED: Water-colour tutor!

Can you help?

Email Lee at u3aballaratbulletin@gmail.com

Swap tables is on again, November 4, from 10:00

Come along! No need to bring anything

You can do that another time.



It almost didn't happen,
but the Tesselaar Tulip Festival Trip did go ahead.....

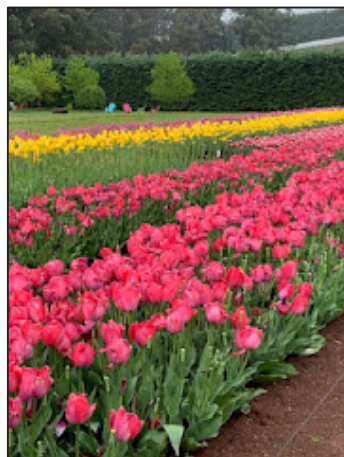
Rain! Rain! And more rain! Who will ever forget this trip? After discussion as to whether or not we should proceed with the day, it was agreed by most that we should take the chance and go. Steve, our bus driver, agreed to carry on, so off we went in the rain. Some people were well prepared for the wet weather, others more optimistic in white shoes, sandals and white pants! As we drove through the gloom the weather did not improve, in fact became wetter and wetter.

After passing through the beautiful Dandenong mountain ash and tree fern forest, we alighted to cries of 'Coffee! Coffee'. Not only coffee, but Bavarian Bangers, French Crepes, Scones, Gozleme, Baked potatoes etc. Lots of food choices.



*Huddled under
marquees, U3A people
sheltered from the rain
before venturing out to
see the sights.*

And what sights there were to see! Fields of tulips, and daffodils, Fairy gardens, sculptures, a maze, gazebos, windmills, clogs, shops for souvenirs and bulbs all conveniently discounted.



Then there was the human element!

This duo entertained us with great singing and playing of all the old tunes we know and love. Some to the point of dancing in the rain! Go Barb and Gary!



And who can forget the Tulip Fairy!

A memorable day for all for so many reasons.

Thank you Coral for your leadership and organising the day.



Robert Hammond



Vale Jack Engwerda

We were all very upset to hear of the passing of our former President and Life Member.

Jack took a very active part in all aspects of U3A Ballarat from the time that he joined in 2014. As soon as he joined, he was asked to become a member of the committee and almost immediately to fill the position of Vice President.

After two years, in 2016 Jack became our President. He cheerfully undertook the chairing of our meetings and he played an important part in our move to Ballarat North Senior Citizens and was part of the original Operations Committee which oversaw the management of the building between the Ballarat North Senior Citizens, and the church. J

Jack liaised with a large number of community groups. When G Place was put on the market, he was integral in the organisation of our bid to buy the property.

Jack later took on the position of publicity officer and he frequently distributed our book marks to doctors' surgeries, the libraries and anywhere else that he could find. Jack also loved history, and he taught a number of history classes over the years which always attracted a large number of participants who signed up for his classes year after year, whatever the topic was.

Classes included: From the Tudors to the Hanoverians, The Plantagenets, Napoleon, The Vikings, 18th Century Egypt, the Stuarts and for several years he undertook to manage the Ballarat and District History class. His classes were very much enjoyed by those who attended.

Jack was also a keen member of the U3A choir and later the U3A Choristers.

Jack was always very kind and thoughtful to others. He visited people when they were unwell, ferried those who could not drive to and from classes, along with many other thoughtful and very much appreciated gestures.

As recognition for his services to Ballarat U3A, Jack was presented with a Life Membership at the AGM in August.

We will all miss Jack, his cheerful greetings and his many kind deeds.

We would like to send our condolences to Pam and all of his children, grandchildren and great grandchildren.

