



the BULLETIN

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Next Bulletin Deadline
March 1 2024

CLASS UPDATE

Manual Arts Classes

Jewellery and Mosaics are running at Hut 48 during Term One. All other manual arts classes are on hold until the Blake Gordon Manual Arts Shed is up and running.

New Classes

A number of new classes will be offered from Term Two: Ballarat's Military History, Exploring Magical Melbourne, and Metals in the Service of Man. Details are shown on page four of the Bulletin.

BEGONIA FESTIVAL PARADE

Join us on the morning of Monday March 11! Let your class rep know if you would like to join the parade. Join in the fun as we promote U3A Ballarat in the Begonia Festival Parade. More details will be provided via email over the coming weeks. We need colourful fabric and/or old clothing to make fabric flowers for the parade. More details are provided on page seven of this Bulletin.



Forthcoming Events for February and March

Thursday February 15

Coffee and Chat Selkirk Foyer 10-11am

Wednesday February 21

New Members Morning Tea BNCC lunchroom 10.30-11.30am

Wednesday February 28

Movie and Lunch 12.00pm start time

March 2

Swap Tables BNCC 10-11am

Monday March 11 (Labour Day Holiday)

Begonia Festival Parade 11am-12pm

Wednesday March 20

New Members Morning Tea, BNCC lunchroom, 10.30-11.30am

Thursday March 21

Coffee and Chat, Selkirk Foyer, 10-11am

Thursday March 28

Last Day of Term One classes





President Nina Netherway

Welcome back to classes and welcome to our new members. We have a lot of new members which makes it important to wear your name tag so we can all get to know each other. The name tag also serves as your emergency information in case anything happens to you while in class. We hope it doesn't but you never know!!! New members, if you enrolled on line and don't have a name tag or the new members information sheets, call in at the office to get them.

The Summer School has been the highlight of my 'holidays'! BNCC was buzzing for the two weeks of Summer School. Sitting in the office was great, as I had lots of people to chat to and a lot of coffee was drunk! There have been at least three more classes added in as a result of enthusiasm for summer school classes. Thanks go to Elaine Maberly who assisted me in organising it. We are already gearing up for next year!!! A very sincere thank you go to the Tutors who prepared so well and gave their 'students' such a wonderful experience. On Thursday, after my class, I heard chatting in the Red Room – I went to investigate and found members of the Calligraphy class having a wonderful time. This is a follow on from Summer School – how good is that!

Our wonderful team organising and building the Blake Gordon Manual Arts Shed have not stopped over the break - when I went out to see what they were up to last week they were vacuuming the floor and painting it. This week they were starting on the interior – they cannot do a great deal until the permit from Wyndham Council has been received. But it is moving. The Shed has been fenced and we now know what area we have responsibility for, so the Gardening Group under the leadership of Coral Hiscock have been called in to help us plan the garden space we have. It is wonderful to have such expertise and willingness to help from our members.



The other issue on my mind is that we have grown so well that we have members how are unable to get into a class of their choosing. Tutors, please keep an eye on your wait lists as members do drop out due to unforeseen circumstances or clashes. These spots can be filled from the wait list. Members, if you decide you are unable to further attend a class, please let the Tutor or Class Rep know – not me! This way, your space can be filled. If you are away for more than three weeks without notifying your tutor, your place will be allocated to someone else. So please remember to apologise if you can't attend a class. You can do it through your access to MyU3A using your ID and password.

We try to have events that all members can attend – the new Members Morning Tea, Coffee and Chat at Selkirk, our Film Luncheon, and Swap Tables to name a few. We will also have a Speakers Series, and once the music groups get into gear there will be our Music Soirees. So, there is a lot going on that can attend!

It's good to have initiatives brought to Committee from members. Very soon we will have picture hanging facilities in the Hall at BNCC. This will enable our Painting and Photography groups to show their work so we all can see what they have been doing. This was an initiative by the Photography group – I hope they are preparing their photos for display!

Another initiative brought to Committee was that of being in the Begonia Festival Parade. We are hoping for a good turn out to showcase what U3A Ballarat is all about. Please come if you are able and join in – it should be fun!!! Let's hope the weather is kind.

I would like to thank Lee Albert for her years of service to Ballarat U3A Committee. Lee has been our network representative and diligently kept us all in touch with network activities. She has also been the network regional coordinator. Lee also spent many hours during Covid getting our policies into shape. Lately, she had been our Bulletin editor and kept us all in touch with our activities. We thank her very much and acknowledge her contribution to our growth over the years she has spent on our committee.

All the best for Term One.

Nina

Class Profile: Walkers and Talkers Walking Group

My name is Madelene O'Halloran and I have the privilege of leading a wonderful group of walkers who, whilst quite diverse, do enjoy each other's company.

We meet each Thursday at 9.30am and our walks are either in Ballarat or surrounding areas. We walk for around one hour (sometimes less), then have coffee at a prearranged café. The group always have plenty to talk about and share with each other.

My walking group commenced around five years ago when my husband and I relocated to Ballarat. Initially, the walks were around Lake Wendouree; we have now ventured further and love discovering interesting walking tracks and paths in Ballarat and other locations.

COVID lockdowns were a challenge, but we managed to keep in touch by Zoom and found interesting subjects to discuss or books and poetry to read and share. Being an outside group we were able to gather for walks, when lockdowns lessened, as long as distancing was maintained and masks were worn. If we had coffee we would have it outside the café. This was a challenging time but, fortunately, we managed to survive the challenges it presented.



Walkers and Talkers Grampians Trip



Walkers and Talkers Walking Group members

We have a six monthly program and each member takes their turn in leading the walks and arranging the coffee location.

One of the highlights of the walking group is that twice a year, in Autumn and Spring, we head to a regional city in Victoria and spend three or four nights exploring the walks and visiting interesting locations in the area. This can include art galleries, wineries, botanical gardens, cultural centres, etc. There is a program prepared for these excursions so the days are fairly structured with some free time later in the afternoon. Our evenings are also planned and include either a group BBQ or dinner at one of the local restaurants, clubs or hotels. The evening program includes a trivia night and music night to keep our minds active. We have lots of fun and share many laughs.

It is necessary to limit the number of people in the walking group as cafés won't always accommodate a large number of people. The aim of the Walkers'n'Talkers group is to keep ourselves fit, active and socially engaged.



Measure Thrice, Cut Once

Steve Walsh and Terry Dixon at work, planning the fit out for the Blake Gordon Manual Arts Shed.

Many thanks to the dedicated crew who have worked with Steve Walsh and Blake Gordon to progress this significant project.

We will let you know when The Shed will be 'open for business'.

Term Two Classes

Ballarat's Military History



Colonial Australia was 'defended' by British Army regiments from 1788 until 1870 when they were withdrawn. From then on, Australia's defence was the colonies responsibility. On 1 July 1851 Victoria separated from NSW. However, it was not until November 1854 that the Victorian Colonial Government passed its Defence Act allowing the raising of 'Volunteer' units to defend the colony. By the time of the Eureka uprising in December that year, there was only one formed Volunteer unit, that being in Geelong.

Victoria's Colonial Military Forces began in Melbourne and quickly spread along the west coast, but it was not until 1858 that volunteer units were raised in Ballarat and Bendigo. Ballarat started first, holding its formation meeting, now the date of the current Army Reserve unit's birthday, on 9 August 1858.

Numerous Ballarat identities served in the Volunteers (later known as Militia, Citizen Military Forces or now Army Reserve). Some of these 'characters' are: politician William Collard-Smith, Jeweller Joseph Sleep, Auctioneer Alexander Greenfield, Newspaper Editor Robert Williams, Commanding Officer of the 8th Battalion AIF, and the list goes on!

Thursdays, Military Museum attached to Ranger Barracks Sturt Street Alfredton, 9:30-11:00am

Tutor: Neil Leckie

Metals in the Service of Man

The course will look at where metal ores are found, how they are extracted and the metals then produced. Processing of metals into useful products will complete the course.

Fridays Weeks 2 and 4
Red room, 9:30-10:30am
Tutor: Ian McKee

Exploring Magical Melbourne

A small group will visit Melbourne monthly, relying on public transport for the day. A fun light-hearted day will be spent exploring our State Capital. We will explore the treasures that await us at various Galleries, Museums and other cultural venues. An informal discussion will complete the day. Participants need to be physically and cognitively independent.

Tutor - Wendy Hickson
wenhickson@gmail.com

THE HOLDOVERS | FILM LUNCHEON



Nobody likes teacher Paul Hunham (Giamatti) - not his students, not his fellow faculty, not the headmaster, who all find his pomposity and rigidity exasperating. With no family and nowhere to go over Christmas holiday in 1970, Paul remains at school to supervise students unable to journey home. After a few days, only one student holdover remains - a trouble-making 15-year-old named Angus, a good student whose bad behaviour always threatens to get him expelled. Joining Paul and Angus is head cook Mary (Randolph) - an African American woman who caters to sons of privilege and whose own son was recently lost in Vietnam. These three very different shipwrecked people form an unlikely Christmas family sharing comic misadventures during two very snowy weeks in New England. The real journey is how they help one another understand that they are not beholden to their past - they can choose their own futures.

U3A Ballarat hope you can join us to see this critically acclaimed, award winning film at the Regent Multiplex on Wednesday February 28 and enjoy good company and a box lunch for \$24.00. You can book your place at the U3A Office (see the new hours) pay for your ticket and all you need to do after that is arrive at the cinema at 12.00 noon and enjoy yourself. For further information contact Ros McArthur on 0409241115.



COMMUNITY ANNOUNCEMENT



Volunteers needed - Just 4 hours out of your week or fortnight ... To prevent an elderly patient in hospital from becoming confused.

The Hospital Elder Life Program is the first one in Australia and operates here for the patients at Grampians Health Service.

It is a model of care to prevent delirium (confusion) and functional decline in elderly patients, aiming to improve and enhance their overall recovery process whilst in hospital. The program is unique with a hospital-wide focus in providing skilled staff and volunteers to targeted practical interventions towards evidence-based risk factors.

What is Delirium?

Delirium is a temporary state of confusion. It causes a person's mind to become clouded and makes paying attention and focusing thoughts difficult. It develops quickly over hours or days. It usually only lasts for a few days, but may last longer. Delirium is a common, serious, and often preventable problem in hospitalised older adults. Delirium can slow the healing and recovery process and requires immediate treatment.

Can you believe...

- That \$8.8 billion is spent annually on Delirium in Australia
- 66% of cases go undiagnosed
- Delirium causes an estimated 10.6% of dementia in Australia

Did you know that...

- 5% of muscle is lost each day you are laying in a hospital bed?
- If you are dehydrated it increases your risk of getting a delirium by 2.5%
- There is a 1.8% increased risk of getting a delirium if you are not wearing your glasses?

The good news is that Delirium is preventable in a 3rd of all cases.

Volunteers Needed

Come volunteer with us to make a difference in the lives of our patients.

Training is provided and we are looking for people who will give 4 hours a week or fortnight here at the Ballarat Hospital. Contact Robbin on 0459 982 480 or robbin.moulds@gh.org.au

Mentor Program at Ballarat North Primary School

Prior to COVID, we offered a mentoring program that matched an adult with a student in need. The need could be from a variety of reasons, but all participants needed another significant adult in their lives to see them. It is a vital role, but not strenuous in any way. It involves a commitment of approximately one hour a week, spending time with a student doing things that build self-esteem, reflect the passions, areas of interest of both and of course a working with children's check.

I am reaching out to your organisation as I know that you offer a valuable service to so many members of the community who in turn have so much to offer. We are eager to make 2024 the year to support as many young people as we can in feeling reconnected and engaged with themselves and others. Please give me a call if you might be interested.

Kim Carey
Assistant Principal
kim.carey@education.vic.gov.au
(03) 5333 3387





ZUCCHINI SOUP RECIPE

Do your zucchinis seem to multiply overnight? If so, you might like to consider the following inexpensive and easy to make soup recipe.

Ingredients

3 medium zucchini
 1 large potato (2 small)
 ½ brown onion, finely chopped
 2-3 cups stock (vegetable or chicken)
 1 tablespoon olive oil
 oregano
 salt, pepper
 fresh herbs, washed and chopped

Steps

1. In a saucepan or stockpot, saute chopped onion in the olive oil. If you like, add salt at this stage to sweeten the onion.
2. Add the remaining ingredients, except the fresh herbs. Once the mixture comes to the boil, reduce to a medium heat.
3. Once the potato is cooked, blend soup mixture. Add ground black pepper.
4. Return to heat and cook on low/medium heat until soup is the thickness you like.
5. Garnish with herbs from your garden. Enjoy!

We are keen to include economical, nutritious, seasonal recipes in the Bulletin. Do you have recipe ideas you would be happy to share? If so, send your recipe and a photo to bulletin@u3aballarat.org.au. We will try and include one recipe in each Bulletin edition.

*Many of us have tasted Carolie's fabulous scones at a U3A event. Her recipe will be shared in the March Bulletin.

GARDENING TIP

Egg Shells

Don't throw them out! Wash them, removing all the egg white. Drain, dry, and then crush.

Use these lovely white morsels to throw under your citrus trees in a thick circle around the trunk to stop snails, slugs and any other bugs

climb the trunk to eat your delicious fruit and leaves. You can add them anywhere you have trouble with crawling insects that eat away at your leaves and flowers.



*Thanks to the Gardening Interest Group who will share gardening hints and tips in our monthly Bulletin. This group visits a range of locations, including local nurseries, botanical gardens and community gardens. We look forward to seeing how they will transform the garden space at the Blake Gordon Manual Arts Shed.

U3A BALLARAT BEYOND THE CLASSROOM

We know that socialising is an important part of life for our members. Our recent **Summer School** provided people with a chance to meet with others as they pursued new or existing skills.

Our **Swap Tables** also allow people to come together, exchange produce and to chat over a free cup of tea or coffee. Even if you don't have something to swap, come along and see if there is something you would like to take home. This is a great chance to support each other.

Coffee and Chat at Selkirk Stadium also allows members to chat with others. A Committee member is always present and is happy to chat with you about life in general. You do need to buy your drink, and the Café staff are always happy to serve U3A members.

Throughout the year, **Guest Speakers** provide talks. These are free. The guest speaker, topic, location, date and time for each talk are shared through the U3A Ballarat Bulletin.

We are also running a **Film Luncheon** event in late February. Details, including costs, are provided in this edition of the Bulletin.

A free **New Members Morning Tea** is also offered, providing our newest members with a chance to come together, meet each other, and meet members of our Committee. Details are provided in the Key Dates section on page one of this Bulletin.

Later in the year, a series of **Performances** will be provided by U3A classes. The performances are free, so come along and enjoy.

The Ballarat North Community Centre has a selection of **books** and **jigsaws** that are available to U3A members for free. You are welcome to borrow from and add to the collection.



U3A Office Ballarat North Community Centre
702 Walker St Ballarat North

Office hours for Term One:

Tuesday 10am-12pm
Wednesday 10am- 2pm
Thursday 10am-2pm

The office shreds old paper documents. Would you like some shredded paper? If so, contact Rebecca Black, Office Manager: Bec.u3a@gmail.com



BEGONIA FESTIVAL PARADE FLOWERS

Colourful fabric and used clothing is required asap to make flowers for our parade entry.

(Fabric 20cm x 20cm minimum)

Donations can be left at the U3A Office BNCC.



We are walking!

Walking in the Begonia Festival Parade
on March 11- 9.30am Sth Gardens

We are showcasing U3A Ballarat

We need members in bright colours or in the 'uniform' of
their classes.

We have banners and we have recycled cloth 'begonia'
flowers to wear!

**BUT – we need members to come along
and wear them.**

Come as an individual or with your class –
we need you!

Email Jim Thomson by 23 February to tell him you are coming:
nessie@cbl.com.au

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