



the BULLETIN

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Next Bulletin Deadline
April 29 2024

CLASS UPDATE



The following classes will commence in Term Two. Details on the classes are provided on page five of this Bulletin.

American Politics
Exploring Magical Melbourne
Learn Patchwork and Quilting
Linguistics
Tell Your Life Story

There is also space in the following classes - Scottish Country Dancing, and Writing for Pleasure. (See the website for full details on both classes. www.u3aballarat.org.au)

Forthcoming Events for April and May

Saturday April 6
Swap Tables BNCC 10-11am

Monday April 15
First Day of Term Two classes

Wednesday April 17
New Members' Morning Tea BNCC lunchroom 10.30-11.30am

Thursday April 18
Coffee and Chat Selkirk Foyer 989 Norman Street 10-11am

Thursday April 18
Hawaiian Oldies Dance BNCC 4-6pm

Thursday May 2
Nude in Decline, a play by Ann Chadwick BNCC 2.30pm (see details on page seven of this Bulletin)

Wednesday May 15
New Members' Morning Tea BNCC lunchroom 10.30-11.30am

Thursday May 16
Coffee and Chat Selkirk Foyer 989 Norman Street 10-11am





President Nina Netherway

Daylight savings will have ended by the time this reaches you, and we will be getting organised for Term Two. This term will be a long one, so it will be a good time to really get stuck into our classes - the dancers learning a dance, the music groups preparing for concerts, etc. It should be a fun term. Talking of dances - don't forget the Hawaiian theme dance on the Thursday April 18 at 4.00pm. The organisers have put a lot of effort into the decorations and setting the theme, so we need to support their efforts by attending and having a great time. Unfortunately, I gave my grass skirt away years ago!!!

Term One seems to have gone so quickly, but classes appear to have settled down and members are enjoying what they are doing. Our new members morning tea saw about ten members sitting around talking about what classes they were doing and U3A in general. They appreciated hearing about the history and philosophy behind U3A - where it started and why, what are the things that stand out about U3A and make it different to other organisations. The next New Members Morning Tea is on April 17: both new and old members are welcome.

Once again, the Coffee and Chat at Selkirk enabled Joyce and me to meet with quite a large number of members who popped in for a coffee and chat. From our chatting, we were able to encourage two members to lead new classes! (Don't worry that is not the aim of the session!!!)

The hanging rails for our Gallery in the BNCC Hall were installed on April 4. They are so discrete that I couldn't see them at first: I needed to be told where they were. It is a very sophisticated system and very flexible. We are looking forward to the first exhibition of art works. Barbara Burnett from the Committee is the Gallery Manager and will co-ordinate with classes who are interested in using the space. This is another exciting innovation which we hope will give members an opportunity to exhibit their handiwork and sell it if they wish. We have established protocols for the gallery. With time, these may well be changed as we identify possibilities and potentially problems/pitfalls associated with the using the space.

Thank you to the classes and members who read my last report regarding leaving the classrooms and the kitchens neat, clean and tidy. We are going to clean up The Hut on April 5 and label everything, so we hope things will be kept a bit neater. It's very difficult when we share venues, but if we do the right thing that's a really good start. Thank you again for your support.

At our Committee planning day last year, we completed an activity which had us looking at our Strengths, Aspirations, Opportunities and Results. Upon reflection, I realise that we have covered a lot. Our Committee members show wonderful dedication to their Committee roles. One key strength is that "we talk, we listen and we laugh" - what a great way to work together. I hope you find that this is the same in your classes. It is a great way to get things done.

All the best for Term Two - keep talking, listening and laughing.

Nina





June Johnstone

The Not So Humble Recorder

June Johnstone has kindly provided us with information on the recorder, a musical instrument many of us remember from our primary school years. Eighteen members make up the Ballarat U3A Recorder Ensemble, led by June. The group meets each Friday morning at The Hut during school term times. A beginners group meets each Friday at 12pm at the same venue. Smaller groups meet during the week.

History

The recorder was the dominant instrumental family along with the viol family in the Renaissance and Baroque periods (16th, 17th and 18th centuries) in the European courts of the nobility. Recorder ensembles played dance music, instrumental music, incidental music for plays, song, and arias in early opera.

Recorders were played in smaller spaces in earlier times, so there was not a necessity for loud dynamics. The recorder speaks to the listener through changing articulation which adds colour to the music. The use of solos, duets and tempo changes in ensemble music adds further character and quality to the musical sound. Instruments have now been developed that can produce a stronger sound. These instruments are used by performers who are accompanied by larger ensembles, including orchestras.

Instrument Makers

There are a number of speciality recorder makers in Australia, but most of the recorders played in the U3A group were made by Molenhauer, Moeck and a number of smaller recorder makers in Europe and America. The instruments are constructed from a variety of woods, but increasingly resin and good quality plastic instruments have become available.

Community Performances

U3A recorder groups have been involved in playing at community markets, Christmas Carol events, small recitals, and are regular musical participants in the Buninyong Shakespeare performances. Outdoor performances can be challenging for recorders. The natural environment and lack of acoustic can make these events tricky.

Final Thoughts on the Recorder

When I first played early music in my early twenties, 'The music opened a whole new world for me.' No single word can describe my connection to music - then nor now. (June Johnstone)



Recorder Ensemble members



Buninyong players

Class Profile - Ballarat New Chums

New Chums is a popular History class led by Doug Bradby.

Members spend one week looking at an aspect of Ballarat's early mining history, then follow it up with a walk to discover the sites discussed.

During this walk, New Chums were following the path of the Deep Leads along Lydiard Street.



And the Community Entry Winner is ... U3A Ballarat

Congratulations to everyone who was involved in the U3A Ballarat Begonia Festival Parade. We've included some quotes and images from the day. Thanks to everyone who shared images or sent a comment to Nina, and full praise to our wonderful fabric flower makers. Finally, a very big thank you to Jacki Metcalf, Nina Netherway and Jim Thomson for their work leading up to and on the day of the parade.



"A big congratulations to all who were involved in the preparation and participation for the Begonia Parade. U3A Ballarat is truly a remarkable organisation."
Colleen



"Congratulations - what a fabulous achievement for all those who contributed to the U3A parade entry." Margaret

"It was lovely to see such a vibrant group with everyone having fun dancing and making music. Congratulations to all."
Dale



"Congratulations, Nina! Your pleasure and excitement in the win shines through. I'm sure that all those involved have similar feelings. How wonderful that U3A is there to provide opportunities for excitement about achievement without having to do cartwheels on the street!"
Valerie

"Congratulations to all who participated and walked and danced and played music 🎵."
Gail

"Congratulations Nina and all the U3A Committee and Members! The parade sounds like great fun, and to have won the Community Prize is just the icing on the cake, isn't it? Well done everyone!" Judy



UNIVERSITY OF THE THIRD AGE

TERM TWO CLASSES

American Politics (repeated class)

Over 5 classes, the tutor will explain the workings of the US government: parties, the election process, the relationship between the President and Congress for governing the nation - and more. The class will be limited to 15 participants.

Tutor: Richard Byrne

Wednesdays Weeks 2 and 4, Red Room BNCC, 11am-12:30pm.

Exploring Magical Melbourne

A small group will visit Melbourne each month, 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

Learn Patchwork and Quilting (Starts in May)

Release your inner creativity! Only basic machine sewing skills are required for this wonderful hobby! In this beginners' course, you will learn the basics of fabric, colour and pattern selection; machine piecing a variety of patterns; basic quilting techniques; adding sashings, borders, binding and backing your quilt. You will learn the 'quilt as you go' technique to put your blocks together. Participants will need to bring their sewing machine to class and be prepared to buy equipment and fabric.

Tutor: Miriam Peck mim851@gmail.com

Thursday afternoons, Weeks 2,4 and 5, Hut 48 craft annexe

Linguistics (Starts May 10)

This course will cover a variety of linguistic topics, starting with general introduction to the science of the Language. This will be followed by presentations on more specific areas such as historic and comparative linguistics, history of writing, brief history of the English Language, translation problems/untranslatable words and the 'inner workings' of the language.

Tutor: Dr Luda Kadova ludakedova@yahoo.com

Friday Weeks 2 and 4, Red Room BNCC, 11am-1pm

Tell Your Life Story (3 Thursdays in May)

This course is offered by an accredited editor and author of two published books. A fun, interactive series of workshops will show you the why, when, how, who and what of telling your story. Leave a legacy to your family, and/or contribute to local history and remember - no one's story is boring!

Tutor: Susan Pierotti susan@creativetext.com.au

Thursday, May Weeks 1,3 and 5, Red Room BNCC, 10am-12pm.

COMMUNITY ANNOUNCEMENTS

ATO Tax Help Volunteer Program

Catherine King's electorate office participates in the ATO's Tax Help Volunteer Program, offering assistance to those on lower incomes to complete their tax returns. Volunteer/s to support this program from July to September are sought. Interested volunteers will complete online training with the ATO before spending a couple of hours each week supporting individuals, living in the Ballarat electorate, to complete their tax returns online. Further details can be found at: [Become a Tax Help volunteer or open a Tax Help centre | Australian Taxation Office \(ato.gov.au\)](https://www.ato.gov.au/Become-a-Tax-Help-volunteer-or-open-a-Tax-Help-centre-Australian-Taxation-Office). If you have any questions or would like to volunteer, please contact Katherine Petrucco on (03) 5338 8123 or via email Katherine.petrucco@aph.gov.au

Real Tennis

Are you interested in learning about Real Tennis, (also known as Court Tennis or Royal Tennis)? The Ballarat Tennis Club is happy to offer a 4 week course to 4 interested U3A Ballarat members. If you would like to find out more, please contact Patrick Sunter 0425 756 141.

Ballarat Speakers Club (2 events)

Event 1: Zoos We all know what Zoos do/don't we? Well, prepare to have your notions challenged. Our next special guest, **Craig Whiteford**, will describe the conservation work undertaken by Zoos Victoria. Craig will outline Zoos Victoria's Threatened Species work. Craig's presentation will be laced with stories from Zoos Victoria's work and the challenges they face.

When: Thursday April 18 at 12 noon.

Where: Selkirk Stadium 989 Norman Street

Cost: \$40 per person

Register: [here](#)

Inquiries: call/message Anthony on 0458 312 533

Event 2: Nanotechnology Our special guest for our May meeting is **Dr Michael Akindeju**. Michael is a consulting process engineer at MKPro Engineering, based in Ballarat and an associate professor at Fed Uni. Michael's specialty is innovation in the field of **nanotechnology**. Michael is a passionate visionary who believes Ballarat could become a hub for the production of boutique, specialised and functionalised nanoparticles for a wide range of industries.

When: Thursday 9th of May 2024

Where: Selkirk Stadium 989 Norman Street

Cost: \$40 per person

Register: [here](#)

Inquiries: call/message Anthony on 0458 312 533

POACHED RHUBARB RECIPE

Ingredients

1 bunch rhubarb, washed with stems cut into 10cm lengths
 1-2 tbs raw or brown sugar (adjust according to personal taste)
 Juice of 2 oranges
 1 tsp vanilla essence

Method

1. Preheat oven to 170 °C
2. Mix sugar, orange juice and vanilla essence in a baking tray
3. Place rhubarb in tray in a single layer
4. Cover with foil
5. Poach in the oven until rhubarb is soft (35-40 minutes)



Serve with a dollop of yoghurt (or cream or icecream), and top with a sprinkling of cloves or cinnamon.

We are keen to include economical, nutritious, seasonal recipes in the Bulletin. Do you have recipes 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.

GARDENING TIP

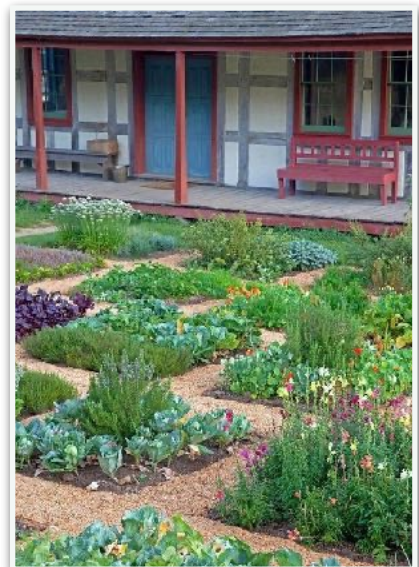
Planning a Garden

This is a great way to plan a garden.

Firstly, there are no raised beds, just planting squares. This makes it easier to manage and avoids the soil becoming compacted.

Everything can be easily harvested and can be interplanted with flowers for the pollinators and the paths made of shingle, which is attractive and cheap.

Robert Hammond, Gardening Interest Group



Swap Tables

Thanks for your support
 We look forward to seeing you
 when our Swap Tables
 recommence
 Saturday September 7
 BNCC 10-11am

U3A Office Ballarat North Community Centre

702 Walker St Ballarat North

Office Hours for Term Two:

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

Clear Your Diary and Come Along!



Aloha!
Join us for the
U3A Hawaii Oldies Dance

**FEATURING OLDIES MUSIC
BY THE UKULELE
MINSTRELS**

You do not need a partner just come
along and dance!

18 APRIL
4 - 6 PM

BALLARAT NORTH COMMUNITY CENTRE

Wear your best Hawaii outfit if the
"Makemake" takes you.
Wine, Cheese and Nibbles

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

Nude in Decline

An art gallery is so much more than a place to shelter from the rain. That's what Veronica discovers in the short play, 'Nude in Decline', by Ballarat writer Ann Chadwick. Coming in from the rain, Veronica strikes up a casual conversation with Leo, which takes her to unexpected places.

Julian Oldfield plays Leo, Mary-Rose McClaren plays Veronica, and Graham Maxwell plays Matthew. The play runs for around 25 minutes.

Date: Thursday May 2

Location: BNCC Hall

Time: 2.30pm

**QUIZ CORNER**

By Jim Thomson, Irish History Tutor

1. What is the meaning of fliuch - same as dreich in Scots?
2. 'The craic was great last night at the party'. What does craic mean?
3. What are the names of the five original provinces/kingdoms in Ireland?
4. Who is the famous Irish writer/poet attached to county Sligo?
5. Name the famous theatre in Dublin

(Answers are on page eight)

Tutors, would you like to provide five questions and answers for future Bulletin editions? We are seeking one multiple choice question, one true or false question, and three questions types of your choice. Please send your questions to bulletin@u3aballarat.org.au

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Quiz Answers

1. Wet or miserable misty or rain soaked day
2. Comical and fun conversation, like Glaswegian patter
3. Connacht, Ulster, Leinster, Munster, and Midhe (Meath)
4. Yeats
5. The Abbey

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