



the BULLETIN

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Next Bulletin Deadline

June 28 2024



CLASS UPDATE

Are you interested in joining another class? A list showing classes with vacancies can be found on page three of this Bulletin.

Are you interested in offering a new class in Terms Three or Four 2024? If so, contact our Class Coordinator, Miriam Peck. ClassCoordinator@u3aballarat.org.au

Forthcoming Events for June and July

Friday June 14

U3A Ballarat Painting Exhibition BNCC, 4.00-7.00pm

Saturday June 15

U3A Ballarat Painting Exhibition BNCC, 10.00am-2.00pm

Thursday June 20

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

Thursday June 20

Chorale and Recorder Concert BNCC 2.30-3.30pm

Friday June 28

Final day for Term Two classes

Monday July 1

Term Three commences

Thursday July 11

'Navigating My Aged Care' BNCC, 2.00-4.00pm

Thursday July 18

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

Thursday July 18

Trivia Afternoon BNCC, 4.00-6.00pm

Important
Dates



President Nina Netherway

Thank you to all who have enquired about my health after COVID. I can report that, despite a foggy head at times, I am okay. Thanks to all who plied me with wonderful things to eat and drink. I discovered icy-poles were really helpful - a hint for anyone who gets COVID. There is so much COVID around, so do try and keep safe: wear a mask if possible. While I had my week off, life rolled on and the Committee met under Don's guidance - thanks, Don.

The most exciting thing which happened this month was the opening of the **U3A Ballarat Gallery in the Hall**. Approximately 90 members attended the opening on Monday 3rd June, including three representatives from the Aging Well team at the City Council. To say that everyone was impressed with what was on display is an

understatement! They are amazed at the quality and high standard of the talented Painting and Drawing Classes! It was fitting that Barbara Preston, who founded the class in 2006 in her home studio, was able to open the Gallery and the display "Brush Strokes in Harmony". Make sure you call in and have a look. The exhibition will be there until the end of term.



U3A Gallery in the Hall Opening

Don and I attended an **Operations Meeting** last week. This is where the Seniors, The Church and U3A meet to discuss common problems, plan timetables and discuss the maintenance of the BNCC building we share. One of the items we are working on is some sort of covering for the windows in the Red Room which gets very hot in summer. So, watch this space!

Our **New Members Morning Tea** last month saw the Catering person and I standing looking at each other, so we have decided to halt these until next year. We are, however, still getting a lot of new members and we would like to welcome them. So, as we have the **Coffee and Chat** on the third Thursday of the month at Selkirk, we are inviting new members to come to that. It is a great chance to have a relaxed coffee and chat, and meet with Committee members and other members who might like to attend, so please come along!

We also had two amazing music events during the month of May. Firstly, the **Celtic Band** performed at BNCC and had everyone tapping their feet and singing along. Then, the **Ukulele Minstrels** performed at the Hut (at the Airport). They also had everyone tapping their feet and singing to many well known songs from the 70's and 80's. When thanking them, I said how wonderful it is in our retirement to be playing and singing and having so much fun! What would the grandchildren think!!!

At the end of June the **Chorale** and **Recorders** will give their concert at BNCC - different music to the Celtic Band and Ukulele Minstrels, but some really lovely singing and playing. Do come along: you will know some of the music!

You may be wondering about progress on the **Blake Gordon Manual Arts Shed** at the Ballarat Special School Farm in Norman Street. We have been given permission to start lining the shed in readiness for the insulation and final lining that can be installed post inspection by the Wyndham Council Inspector. There are a number of dedicated guys continually working on preparations and fittings, so that when the 'go head' is given, the Shed can be finished as quickly as possible. I can't thank this group enough: they have spent many, many hours planning and building. A small group, led by Committee member, Elena, has taken up a member's suggestion to record the building and fitting process in both photography and words.

In July, the City of Ballarat will provide an information session on **Navigating My Aged Care**. This talk, based on a suggestion from U3A members, has been included in our calendar of events.

There is so much on and it is great to see members enjoying their classes and the activities we run.

Stay safe, warm and well.

Nina

Class Vacancies June 2024

The following list names all the classes that currently appear to have vacancies and have no-one on their waiting list. Please communicate with class tutor before enrolling.

Australian History	History of Buninyong
Ballarat & District History - An Overview	History of Mt Pleasant (new)
Ballarat U3A Choristers	Islamic Geometric Patterns
Belly Dancing (& Belly Laughs) with Becky	Knitting and Crocheting
Bridge Play Sessions	Latin
Celebration of French Song	Learn patchwork and quilting
Celtic Band	Linguistics- an introduction
Christian Church History - 5th to 10th Centuries	Mahjong
Classics Reading Group	Music Appreciation
Cryptic Crosswords	Native Orchids around the Ballarat Region
Current Affairs	Painting and Drawing
DNA Details - Group A	Painting Group
Essays and Ideas	Positive Practices, Positive People 2
Exploring Magical Melbourne	Recorder Ensemble
Fall of the Roman Republic	Reflections on the 21st Century
Film Musicals	Scrabble
Fine Art Photography	Shakespeare
French - Reading in French	Tell your life story
Genealogy and Family History	Understanding the 21st Century:1:Geopolitics
Genealogy and Family History online course	Understanding the 21st Century: 2: Capitalism
German Advanced	Wine Appreciation
German Beginners	Year of revolution, 1848
Glass Fusing in the Microwave	Yellow Book Club



Yoga 2025

We are wondering if there is a yoga teacher in the U3A membership who might be interested in taking one or two yoga classes in 2024. If you are interested, please contact Lori Hutton, Yoga tutor kalima.39@gmail.com

Conversation with John Poliness, U3A Ballarat Life Member

Anne Dwyer met with John Poliness, U3A Ballarat Life Member. His involvement with U3A Ballarat continues today as Latin 6 class tutor. John's wife, Jenny, was present for much of the conversation and her thoughts have also been included in this article.

John's interests are many and varied. From bushwalking and gardening, to breeding championship bantams, then learning Italian in retirement: he embodies the philosophy that one can, and should, keep on learning.

What brought you to Ballarat? In 1974, I was appointed Principal at Ballarat North Technical School. It was a very large school for the time, with 1100 students, and at one stage needed 15 portable buildings, along with the original school, to accommodate all of the pupils. The school originally opened as a boys' school, but was co-educational when I arrived. I enjoyed my twelve years at the school and a highlight was overseeing the introduction of Year 12 classes. (Technical School classes finished at Year 10, when John started teaching in the 1950s.)

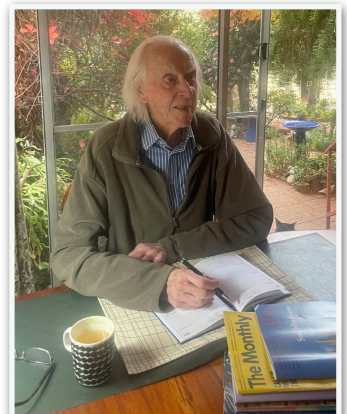
You led a technical school for over a decade, and have a love of the theatre, Latin and literature. What do you believe matters in education? Literacy, being able to read and write efficiently, is important. And because of my background, I think the Humanities are also very important: literature provides a wider view of life, which allows you to become more human.

Can you tell us about your time with U3A Ballarat? When I first joined U3A Ballarat in 1996, it was a much smaller group, with around 100 members and just a few classes. (U3A Ballarat was established in 1987.) We met in Sebastopol for classes and for the monthly general business meetings (now covered by Committee). The End of Year Christmas Dinner was held at the Sebastopol Bowling Club, where the choir would provide entertainment, possibly performing something from Gilbert and Sullivan, or they would sing Christmas Carols. The Christmas Dinner was like an annual reunion as it felt like you knew a number of the people. I joined the Bushwalking group in 1996. My involvement with the Literature class followed soon after: three ex English teachers, including myself, were approached and agreed to share the leadership and tutoring roles for the Literature class. 1998 saw Philosophy introduced at U3A Ballarat: I set this up and was the Class Rep. In 1999, I started teaching Latin. Then, there were Yoga classes. (Jenny highlighted the sustained nature of John's commitment, with his involvement stretching beyond twenty years for many of the classes.)

What do you believe U3A Ballarat offers the Ballarat community? Jenny effectively summarised this part of the conversation, commenting that U3A provides an essential service for many, can be a lifeline for some members, with tutors playing a key role in achieving this.

Finally, what do you believe is the importance of education for those of us who have entered our 'third age'? I believe education serves two purposes. Firstly, it is very important that we keep learning. Education also allows for socialisation, which is important for all of us, and especially for those who are by themselves. I can see an increase in the social activities that are now offered by U3A Ballarat.

Jenny offered the following comment, which seems like a fitting place to end this article: "There are so many wonderful things in U3A and so many wonderful people. The time that people put in, the tutors and Committee, is marvellous. It is a wonderful organisation."



John Poliness

Celtic Band

Corrie Olsen provided Anne Dwyer with information on the Celtic Band, and band members contributed quotes and comments on this popular, long running U3A class.

When did the Celtic Band begin? Has it grown over the years?

The Celtic Band has been together for approximately 14 years, starting off as a very small group, gradually increasing in numbers with 26 being the highest number of musicians. We are currently at 21. Many people have come and gone over the years, all showing great enthusiasm, commitment and dedication to our practices and performances. Thanks go to all the members, current and previous, who have contributed to the success of the band.



Corrie Olsen

Why is the group called the Celtic Band?

As the vast majority of our repertoire, (but not exclusively), came from Scottish, Irish, Welsh and English traditional music we called ourselves The Celtic Band. Our instruments - accordion, concertina, flute, clarinet, recorder, banjo, guitar, ukulele, mandolin, bodhran, keyboard, cello, bass guitar, harmonica, spoons, although not all traditional, also reflect this connection.

How has the Celtic Band connected with the broader Ballarat Community?

We have enjoyed playing in many community events and for various community groups over the years. A Ballarat Council Community Grant enabled us to make a CD called "Going Home". A few copies are still available. For our 10th anniversary, we put on a concert at the Ballarat Art Gallery. At that time, one of our members, Margaret Baker, produced a beautiful book, commemorating and documenting the history of the band. Band members sometimes get together in small groups to practice or perform. New members are supported by more experienced ones and the camaraderie is enjoyed by all.

What makes playing in the band such a joyous experience?

The band members were swift in their replies to this question. Making music with others is really valued by members, as is the style and accessibility of the repertoire. The group also felt that playing relatively easy music allowed them to perform with confidence and to make a good sound.

Anne spoke with Barry McCausland, plectrum banjo player, about his time with the band. As a self taught musician - firstly on the guitar, then the banjo from age 62 - playing in the band has allowed Barry to acquire valuable skills, along with the opportunity to play in a larger ensemble. Rosalind Lawson, another long standing Celtic Band member, joined the group in its first year, and is in charge of sound. She feels that music is a great way to engage with others and make sense of the world. Rosalind added that making music is good for your wellbeing, and means you don't have to rely exclusively on the doctor for your health.

Are you interested in hearing more from the Celtic Band? If so, click on the following link:

<https://youtu.be/TEdQ-mw8IfI>



Lawrence Sutton, harmonica

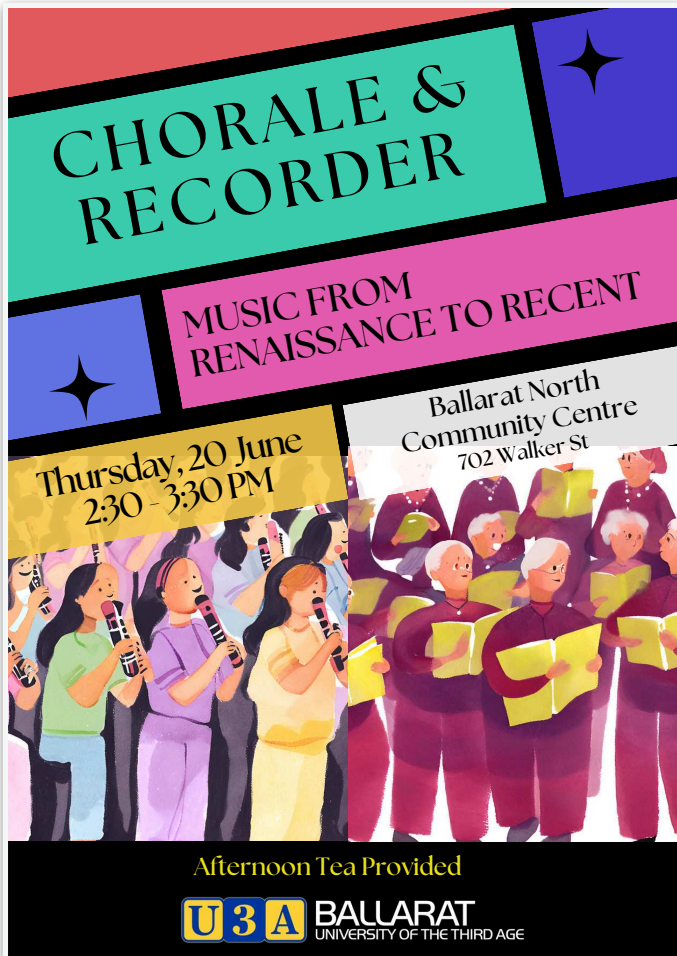


Barry McCausland, banjo



Bob Allan, cello

SAVE THE DATE



CHORALE & RECORDER

MUSIC FROM RENAISSANCE TO RECENT

Ballarat North Community Centre
702 Walker St

Thursday, 20 June
2:30 - 3:30 PM

Afternoon Tea Provided

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE



U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

Thursday, 11 July
2-4 PM
Ballarat North Community Centre
702 Walker St.

Navigating My Aged Care
Tammy Sharman
City of Ballarat
Team Leader Community Connections - Ageing Well

CoB Ageing Well Services has a dedicated team of community connectors to assist residents to navigate My Aged Care and community supports.

Our team will be available to explore questions and concerns from U3A members around navigating aged care services and building confidence and understanding of the various assessment levels, funding options and providers available across the region.

The community connectors are not affiliated with any providers and are able to provide independent, non biased support that is designed to build an individuals own capacity to implement the services and supports they, or a loved one may need.

POSTPONED

The U3A Choristers concert, previously advertised for June 2024, is postponed until Term Three.

Merry Music Making in the Month of May

Weren't our May concerts fantastic fun! Below are images taken at the Celtic Band Soiree and the Ukulele Minstrels Sing-Along.



Celtic Band, BNCC



Ukulele Minstrels, Hut 48

U3A Ballarat Painting Exhibition



Hugh Lees at the Gallery Opening

The BNCC Hall was buzzing with excitement at the opening of the U3A Gallery in the Hall. It was fabulous to see works from our painting groups on display.

Hugh Lees, tutor, encouraged interested U3A members to join either of the painting groups. Hugh said, "We will take you. You will enjoy it!"

Barbara Burnett, Gallery Manager, commented on the event saying, "I was delighted. It was great to see such a large attendance and keen interest in the event. It was wonderful to see this idea come to fruition."

If you haven't seen the works on display, come to BNCC and view the work of our talented U3A members.

Viewing times are shown below.



Hugh Lees introduces exhibiting artists to the audience

U3A BALLARAT PAINTING EXHIBITION

Monday June 3 - Friday June 28

Come and view class work
from our two painting groups

Viewing Dates and Times:
Friday June 14, 4-7pm
Saturday June 15, 10am-2pm

Location: BNCC Hall

Calligrapher Extraordinaire

During the Autumn holidays, the Calligraphy class enjoyed an inspiring workshop with 'Calligrapher Extraordinaire' Stuart Slater from Beaufort. His enthusiasm to show us his "little tricks" enabled each of us to produce a very attractive card demonstrating a variety of decorated capitals. It was great fun and a productive day which we hope to repeat in coming months.

Stay tuned for more information from Jill Filmer, Calligraphy Tutor.



Bulletin Correction

Please note: the Jane Austen Film Adaptation article in the May Bulletin referenced film selection. The article should have read "We watched the 121-minute feature film of *Pride and Prejudice* rather than the 6-hour TV series." Bryan Dwyer has offered the correction 'for the benefit of Jane Austen purists and other pedants.'

SERVING THE COMMUNITY

Foster Puppy Carer for Seeing Eye Dogs Australia (SED)

We hope you enjoy the following article, provided by Dianne Ingle, President of the Ballarat North Senior Citizens.

- - - - -

During our wonderful outings and lunches, you may have seen me, Dianne with Waylon, a six month old gorgeous golden labrador. I volunteered to be a Puppy Carer and after being accepted into the program was presented with eight-week-old Waylon.

My role is to provide a caring and loving home for him and have been well supported by Lina, a SED trainer. My role involves loving him, introducing him to the environment, socialisation, and training by Lina. All cost aspects of caring for Waylon are provided including food, regular flea and worming medication, veterinary care, vaccinations etc.

There are quite a number of puppy carers in Ballarat and we have enjoyed training exercises together. Waylon has even met his litter sister, Wren who is also in Ballarat. She is a gorgeous pure black puppy with a lot more retriever in her. I am well supported in Ballarat by another long term puppy carer who has cared for Waylon when I got covid and when I went on holiday. He even went to a concert in Melbourne with them by train!

Each SED litter puppies are named a particular letter of the alphabet. Hence Waylon's litter was 'W'. It is a lovely surprise when presented with your lovely puppy be it boy or girl and their name.

Waylon and I will be a team for up to 12 to 15 months if he is assessed as unsuitable for a SED guide, he will be offered to other service organisations or adopted. There is a very long list of families waiting to adopt these dogs, however we have the first opportunity to do so if that is the case.

The pluses of having Waylon are wonderful. Great loyal company, somebody always there to talk to and walk with, lovely cuddles and play time. I do liken the early days to bringing up another baby, be prepared for initially some broken nights sleep, however that doesn't last. The enjoyment of having him has been so rewarding for me.

If you might be interested, check out SED website 'Puppy Carer' [SED.VisionAustralia.org](https://www.sed.visionaustralia.org)

Dianne Ingle





City of Ballarat

Seniors Exercise Park Group

Over 55's | FREE

Mount Pleasant Reserve
Morton Street, Mount Pleasant, Ballarat
1.30pm | Thursdays (No class on public holidays & 2 May)

Bookings essential
Contact City of Ballarat Community Connections Team on 5320 5637

CITY OF BALLARAT    



City of Ballarat

Ageing Well Pilates Class

Over 55's | \$5 per class

Brown Hill Public Hall
375 Humffray Street North, Brown Hill
3-3.45pm | Wednesdays (No class on public holidays)

For bookings and accessibility please contact the Social Activities Team
Call 5320 5637 or email socialconnections@ballarat.vic.gov.au
Please bring your own mat

CITY OF BALLARAT    

ANGLICARE VICTORIA - BALLARAT

Anglicare Victoria runs programs across Victoria, supporting vulnerable people to make positive changes in their lives. This includes an Emergency Relief program and Community Breakfast program. We are currently experiencing a surge across all programs as the cost of living and higher rents impact negatively on vulnerable households' capacity to make ends meet. We are particularly seeing more older people needing food support and more becoming homeless.

Winter is, of course, a difficult time for many as their incomes do not extend to adequately heat their houses or they face very high bills if they do. To make ends meet, they often turn to food relief services to fill the gap as they forgo food in order to pay bills.

At the Ballarat service we have a range of shelf stable items, fresh fruit and vegetables and some frozen food and dairy items available for people seeking food assistance. Shelf stable foods that are in most demand through our service are pasta, pasta sauce, canned meals, canned spaghetti sauce, breakfast cereals, biscuits, long life milk, tea and coffee, milo, Salada biscuits, muesli bars and sweet biscuits. These and any other stable foods you have to spare will be most appreciated. For example, Shepparton Cannery do slabs of baked beans which makes a cheap nourishing meal.

Our emergency relief program is open Monday to Thursday from 10.30am to midday at 14 Victoria St, Bakery Hill. We also rely on volunteers to provide support throughout all our services and need more volunteers across all days. If you would like to join our friendly team of volunteers a few hours a week or a fortnight, please call on 5333 0600 and ask to speak to Kim Boyd, Community Development Manager.

U3A Members, please leave your donations in the marked boxes at the U3A Office, BNCC. We will ensure that your donations are delivered to Anglicare for dispersal.



VOLUNTEERS URGENTLY NEEDED



Come join our team. We are looking for more volunteers: come and join us here at The Hospital Elder Life Program. (HELP). This is an Australian first Delirium prevention program and treatment program, where we ask people to give four hours of their week or fortnight to come and interact with the Elderly Patients who are in hospital. We provide training to understand some very simple techniques that can make all the difference in the lives of our patients, allowing them to return home and continue to live a fulfilled life.

Please call us to have a chat about how you can make a difference in another person's life today. Robbin (Program Manager) 0459 982 480.

BANANA LOAF

This is very economical because it uses up an old banana or two small ones, and only needs one egg. The loaf is lovely and moist and keeps well.

Ingredients

1 cup self raising flour
pinch salt
1/2 cup sugar
60g butter, melted
1/4 cup milk
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1 or 2 small ripe bananas
1 beaten egg

Steps

1. Line small loaf tin with baking paper
2. Sift dry ingredients
3. Add melted butter, banana, egg and milk
4. Pour into prepared loaf tin
5. Bake in moderate oven 25-30 minutes.



Recipe provided by Val Newman. Val was interested in feedback, and three U3A members obliged.

"The banana flavour and the fragrance of spices come through: the balance is good. A lovely, light loaf." Jenny

"Light and flavoursome. Winner, winner chicken dinner!" Don

"Very nice. The loaf is light and tasty: not heavy like some banana breads can be." Nina

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.



Vale Rob Petrie

Rob Petrie passed away in May: we extend our condolences to his family and friends. Rob was a very popular member of the U3A Ballarat Painting Group for many years. He enjoyed painting and was very generous in sharing his knowledge, skills and experience with others.

Hugh Lees, Painting Group tutor

CLEANING TIPS

Sponge

Have you seen the melamine sponges, sometimes called Magic Sponge, on the supermarket shelf? Bec and Coral are happy users of the product. You can use the sponge to clean light coloured grout around floor and wall tiles, and stains on the inside and outside of your coffee and tea cups.

Hand Sanitiser

Many of us will have hand sanitiser in our home. It is great for cleaning whiteboards!

(Tips provided by Rebecca Black, Committee Member and Office Manager and Coral Hiscock, Gardening Interest Group)



QUIZ CORNER

By Wendy Abraham, Literature class member and presenter

1. Desdemona was a character in which Shakespearian play? Was it: a) As You Like It, b) Othello, or c) The Taming of the Shrew.
2. True or false - The Booker Prize has been won twice by only four authors, all men.
3. Who wrote 'The Catcher in the Rye'?
4. In what mythical land are the 'Lord of the Rings' novels set?
5. What is the setting for the entire play, '12 Angry Men'?
6. Which book by Mary Shelley is often regarded as the first science fiction novel?
7. In 'The Lion, the Witch and the Wardrobe', what is the name of the magical country the children discover?
8. Which beloved children's stories were set in the 100 acre wood?

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 and answers to bulletin@u3aballarat.org.au

**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**

Quiz Answers

1. b) Othello
2. False. One of the four was Margaret Atwood
3. J. D. Salinger
4. Middle Earth
5. The Jury room of a court.
6. Frankenstein
7. Narnia
8. Christopher Robin and Pooh Bear

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