



the BULLETIN

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Next Bulletin Deadline

July 29 2024

CLASS VACANCIES

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



CLASS TUTOR 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 2025. If you are interested, please contact Lori Hutton, Yoga tutor kalima.39@gmail.com

Forthcoming Events for July and August

Tuesday 2 - Wednesday 31 July

Barbara Preston Painting Exhibition BNCC

(see page six of the Bulletin for public viewing dates and hours)

Thursday July 11

'Navigating My Aged Care' BNCC 2.00-4.00pm

Monday July 15

Term Three commences

Thursday July 18

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

Thursday July 18

Trivia Afternoon BNCC 4.00-6.00pm

Monday 5 - Friday 30 August

Photography Exhibition BNCC

(see page seven of the Bulletin for public viewing dates and hours)

Thursday August 22

U3A Ballarat AGM BNCC 2.00pm





President Nina Netherway

Well, we have passed the Winter Solstice so now the days will become longer and hopefully the weather slightly warmer. This means we will have more energy to attend our U3A classes! It's great that we have some new classes starting this term. We need them, as several classes will not be going on due to Tutor illness or the weather. We also have to start thinking about what classes will be running next year. If you feel inclined to run a class but are a bit unsure, there is always the Summer School where you could trial one or two sessions on something you are passionate about. We will be running a two week Summer School in January 2025 and will need a lot of tutors. This year, we had tutors who do not normally run a class: these members had an interest in something that they could share with others in a one to two hour session. We also need tutors for classes during the rest of the year. It is only through the goodwill of tutors that U3A Ballarat survives as well as it does: without them, there would be no U3A. Tutors are more important than the Committee! Now that's saying something! Without Tutors, the Committee would have nothing to organise!!! I won't take this any further ...

The Gallery in the Hall has invited a lot of attention during the month of June - from classes in the hall, the Senior Citizens, external hirers and audience members at our concert. People were still coming to look at the exhibition on the last day. Congratulations to the Painting and Drawing classes for putting on such a varied and professional showing. I do hope you can all come sometime and have a look at Barbara Preston's work which was hung on Monday July 1. Barbara is shifting and downsizing and didn't know what to do with all of her paintings - we said we would try and sell some for her. All the works being exhibited are for sale and there is a catalogue showing prices. But, even if you don't intend buying, come and view the life work of an artist. Viewing times during the holidays are advertised elsewhere in the Bulletin.

The June Coffee and Chat at Selkirk had one new member come along, which saved Joyce and I from sitting with and chatting to each other. Unfortunately, Coffee and Chat is cancelled on Thursday August 22 because Selkirk is running a big tournament. Classes at the Selkirk Venue are also cancelled for that day.

At BNCC, we continue to work on window coverings for the Red and Yellow rooms and the Office. We are looking at tinting as well as blinds. We hope to have something installed by the Summer School.

We were recently awarded a City Of Ballarat grant for some equipment for the Shed and three laptops for the Office. The new laptops, which are quick to load and easy to use, have made things more efficient in the Office.

The Office has accumulated a lot of lost property - drink bottles and odds and ends. If you have lost something, please check with the Office when you are next at BNCC.

The June Chorale and Recorder concert was once again a success with many people commenting on the quality of the performance from both ensembles, and the complementary nature of both programs. It was terrific to see a full hall: what a lovely way to end Term Two!

There are some important dates coming up, so check the Bulletin and put them in your diary. They include a Trivia night, and a talk by the City Of Ballarat (COB) on Navigating Aged Care. Please note, the talk by COB occurs in the second week of the holidays.

Our AGM will be held in August and we need numbers for a quorum, so do try to come. We will be entertained by the Recorder Ensemble, have a quick meeting, then enjoy afternoon tea. What a good way to spend a winter's day in August!

Keep warm and safe.

Nina



U3A Chorale



Recorder Ensemble

Class Vacancies July 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
Bridge Play Sessions	Knitting and Crocheting
Celebration of French Song	Latin
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	Scrabble
Film Musicals	Shakespeare
Fine Art Photography	Tell Your Life Story (October)
French - Reading in French	Wine Appreciation
Genealogy and Family History	Year of Revolution, 1848
Genealogy and Family History online course	Yellow Book Club
German	
Glass Fusing in the Microwave	



Conversation with Barbara Preston, U3A Ballarat Member

Anne Dwyer met with Barbara Preston to discover more about her life and contribution to U3A Ballarat.

What sparked your interest in painting?



Card, 1951

“Creating things was part of life. As little kids we used to make things, like posters for Sunday School Concerts. When we were growing up, we made cards for people, and posters to advertise Church events.”

Formal art lessons were not part of Barbara’s childhood, and she painted using resources that were available. In her twenties, she attended oil painting classes at the Centre for Adult Education (CAE). Barbara has been happy to experiment and try new painting styles over the years, painting according to her mood.

Nursing

Barbara left home at the age of 17 to attend the Melbourne School of Nursing - a training program that involved the Royal Melbourne, Fairfield, Queen Victoria and the Women’s hospitals. In October 2024, Barbara will join some of her training colleagues, in Melbourne, to celebrate 70 years of nursing. “We all went in as innocents and quickly learnt about life.”

One Christmas, early in her professional life, Barbara adorned the glass windows of the hospital ward she ran. She was then invited to complete a Christmas painting for the foyer of the hospital (using paints that could be washed off once the festive season ended).

When asked to describe nursing, Barbara commented that it is a people job. “The only way you learn about people is by working with people.” She added that nursing has always been an ‘in between’ profession: between the doctor and the patient. The nurse can explain to the patient what the doctor is talking about. Barbara noted that nurses need empathy, to be observant, have a good bedside manner, and have good strong legs! When asked about a highlight from her nursing career, Barbara said it was the friends she had made and the people she had met.

U3A Ballarat

Barbara joined U3A Ballarat in 2004. She quickly joined the Committee and put her creative skills to work, focusing on advertising. The fabric banner, celebrating U3A Ballarat’s 25 years, featuring the work of different members, is still on display at Hut 48.

Barbara established the first U3A Ballarat Painting group, and was the tutor for around 12 years, with the group initially meeting in Barbara’s home studio. “We had a lot of fun”, said Barbara.



Abstract painting

Over the years, Barbara has involved herself with many groups. These include the Music Appreciation, Walking, Literature, Line Dancing, Chorale, Economics, and Dining Out groups. She remains a member of the Celtic Band. This year, Barbara joined the Islamic Geometric Patterns class: her past involved technical drawing, so Barbara is familiar with the instruments used in the class. This work is very precise and “Hugh (Hugh Lees, painting tutor) would laugh if he knew I was using a ruler.”

Barbara commented on how the classes have contributed to her life, saying “There was always something to look forward to”. “You can meet nice, new people.”

Barbara recognises that Ballarat has been fortunate to have a lot of tutors, with many tutors being old teachers, who “can impart knowledge and do it so easily”. When asked about its legacy, Barbara commented on how U3A Ballarat contributes to society for older people. “There aren’t many options where you can learn new things. At U3A, you can become involved as much as you like.”

Islamic Geometric Patterns

Islamic Geometric Patterns tutor, Rob Jorritsma, has added to the extensive class offerings at U3A Ballarat. Interest in classes has been strong, and two classes were offered in Terms One and Two. Anne Dwyer caught up with Rob Jorritsma between classes and was able to capture images and quotes from class members.

Why the interest in this class?

Rob indicated that he was somewhat surprised by the level of interest by our U3A members. He had previously offered workshops on Islamic Geometric Patterns in the Castlemaine area, but interest was limited. He was willing to 'see how it would go' with U3A Ballarat. One class member said she had been interested in Islamic design for some time and was delighted when the class was offered.

Geometry and Beauty

Tom, a class member, said that he selected the class as he is interested in geometry, mathematics, shapes and in beauty. Rob spoke about his personal ongoing love of geometry - 'the drawing and finding proof of things'. As a Steiner School teacher, he developed lesson blocks that allowed students to explore geometry through Gothic arches and floor plans: learning from what Rob calls 'the master builders of the Middle Ages'. His interest in the precision and aesthetics of Islamic art followed.

Rob said he warns his class members that Islamic Geometric Patterns can become a dangerous study, as you can become 'hooked' on the designs!

Rob spoke to Anne about the work of Professor Keith Critchlow, an internationally renowned academic with a deep interest and love of geometry - and Islamic patterns. Critchlow was a key figure when the Prince's School of Architecture, now known as the Prince's School of Traditional Arts, was established in 1992.

"All academic research is based on the simultaneous pursuit of the True, the Beautiful, and the Good - if any is pursued separately, imbalance ensues." Professor Keith Critchlow

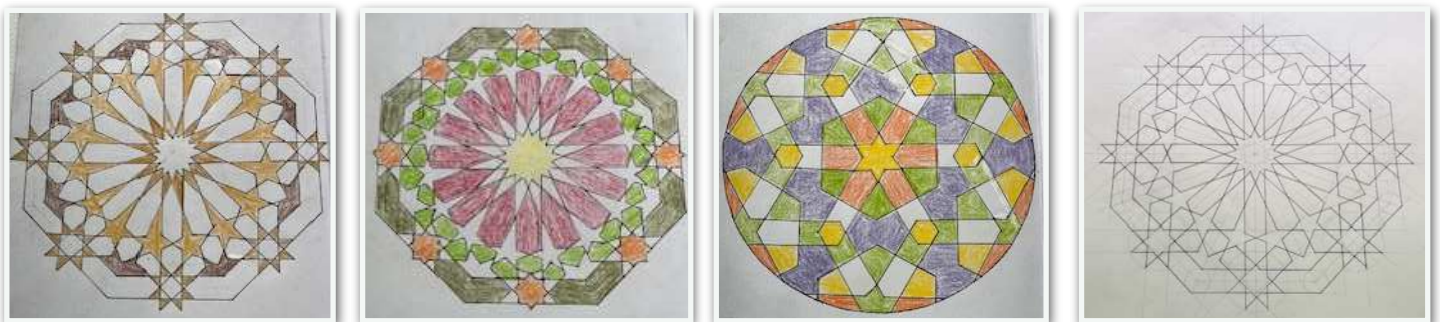
Rob paraphrased this quote when speaking with Anne, saying "Through truth you find beauty and bring something good to the world. That is basically the essence of what we are doing here. That is what artists do."

Guide by Your Side

Rob has been interested in Islamic Geometric patterns for the past five to six years and is quick to say that he is not an expert, that he is still learning, 'still finding things out' and that he spends a few hours each day preparing forthcoming classes. He aims to set tasks that match the interest and skills of the class.

Examples of potential tasks are on display in the classroom, and the students select what they would like to focus on in the coming week.

Both Rob and his students spoke about working hard, rising to the challenge and having fun. "The class is fun. I didn't know it was going to be so much fun when I joined. It is great!" said Tom Woods.



Examples from students' sketchbooks

SAVE THE DATE

**You Are Invited to a Special
Hall Gallery
Display and Sale of Barbara Preston's Artwork**



Barbara Preston, the founder of the U3A Art Class is moving away from Ballarat and is looking to downsize her art collection. Her work will be on display and for sale.



Tue, 2 JULY - Wed, 31 JULY
Ballarat North Community Ctr
702 Walker Street
Public Viewing Hours: 10 am - 12 pm
Tues, 2 July, Thurs, 4 July,
Tues, 9 July and Thurs 11 July



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.

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

TRIVIA AFTERNOON

**THURSDAY
18 JULY
4-6 PM**

**Ballarat North Community Centre
702 Walker St.**

It's time once again for our annual Trivia Afternoon. Get your classes together and reserve a table or just come on your own and we will set you up. If you reserve a table by 5 July, for your class, we will have a question related to your class subject.*

Wine and Nibbles will be served.

Donations are appreciated, cash or card accepted.

**RSVP to Elena
elena.u3a@gmail.com**

*For example: If the Canasta group reserves a table we might ask what is a meld. You must have a minimum of 6 people from the class for the related question. Classes can be combined.

U3A Network Victoria
UNIVERSITY OF THE THIRD AGE

Conducting at U3A

Do you lead a U3A choir, orchestra, band, or ukulele group? Are you interested in learning more about conducting a choir or music ensemble?

U3A Network Victoria has recently established a 'Conducting at U3A' Community of Practice. Essentially, a Community of Practice is a group of people who share a passion for something and learn how to enhance what they do through interacting with each other. We want to provide U3A members with the opportunity to learn and/or develop fundamental music conducting skills in a friendly, cost-free community/environment.

A 'Conducting at U3A' Facebook page has been created and will be updated as ideas, hints and tips are shared via articles, recommended sites, online workshops and participant feedback.



A series of 45 minute online workshops will be offered in 2024. Members will be able to join live, and/or view the recorded online workshops in their own time. All you need to join the live online workshop is access to Zoom and a chopstick! (or conductor baton).

If you are interested in finding out more, or wish to join 'Conducting at U3A', please contact Anne Dwyer, U3A Ballarat, on annemd60@icloud.com




SAVE THE DATE

AGM 2024 of U3A Ballarat Inc.

To be held at Ballarat North Community Centre,
702 Walker Street Ballarat North 3350

Thursday 22nd August 2024
Time 2.00pm

Followed by a scrumptious afternoon tea.

Join us at our AGM! We have something remarkable to celebrate. It may have seemed like a never ending story, but the Blake Gordon Manual Arts Shed is in its final incarnation. The Committee, under Nina's leadership, has been fearless in attempting new experiences for our members and Don wants to know what you want us to work on for 2025.

We need at least 120 members to attend to achieve a quorum, so please put the date in your diary.

U3A Ballarat Photography Exhibition

August 5 - 30 2024

Come and view work from our
photography class

Opening
Monday August 5 5.00-6.30pm

Viewings:
Friday August 9,16 and 23 4.30-7.00pm

Location: BNCC Hall



We are all looking forward to the completion and opening of the Blake Gordon Manual Arts Shed. Many thanks to the unstinting, dedicated crew working on this important facility.

Community News: Ballarat Post Boxes

Here is a good news story relating to Ballarat's heritage. Have you noticed that the beautiful heritage cast iron post boxes standing along Ballarat's older streets are, one by one, being cleaned and repainted? These boxes are a significant and irreplaceable feature of our heritage streetscapes and need to be treasured.

On 21 March, Michael Slocum (former frontman from the *Bushwackers* bush band) began work on the station post box: his first Ballarat undertaking in his quest to restore all of Victoria's old post boxes.



Before restoration



Michael and Neil @ restored
Macarthur Street roundabout
post box

In what began as a labour of love, Australia Post heard about what he was doing and put him on the payroll. Now he has turned his attention to restoring all the heritage boxes remaining across rural Victoria. To date, he has completed boxes in Castlemaine, Chewton, Daylesford, Bendigo and Ballarat.



During restoration

Keep an eye open as you may see Michael and his mate, Neil Jolly, working on a box near you. Well done and keep up the good work, Michael Slocum.

Marion Littlejohn

The information, provided below, is provided by our Psychology Tutor, Dave Hyatt. Congratulations on the new venture, Dave (and Andris)

HOW TO USE YOUR BRAIN

Are you frustrated that your brain didn't come with a user's manual? Welcome to the newly redesigned **Use Your Brain Website** (useyourbrain.au). We've got you covered with our new **How to Use your Brain** guide. This practical guide offers tools and techniques to enhance your mental, emotional and physical health.

First things first. Your brain is like a well-engineered car. It's powerful, compact and extremely energy efficient. Of course, even a supercar can run into trouble or even break down from time to time and that's okay. With the right tools and techniques you can be up and running again in no time.

The **How to Use Your Brain** guide is divided into five sections—Owners Guide, Maintenance Record, Travel Log, Workshop manual, and Roadside Assist, and provides a framework for what you need to keep your brain in top shape.

Start with the **Owners Guide** to become familiar with how your brain works and how to ensure it takes you wherever you want to go.

About the Use Your Brain project:

Dave Hyatt and a wonderful production team led by Andris Pinnis. (Dave was planning to write a book and Andris said "why don't we produce it?".) We have been working on the Use Your Brain project since May 2021. Dave has worked as a psychologist for many years and still practices part time; he regularly facilitates psychology workshops for U3A in Ballarat.

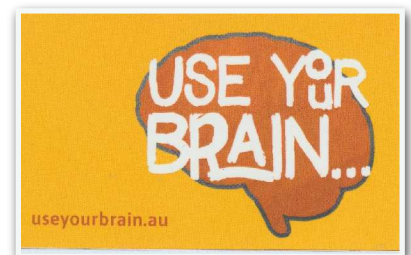
The Use Your Brain project is a way to share ideas that Dave has found to be very useful as a psychologist e.g. working out what you want, choosing what you want to do with your life, living your life in a more fulfilling way. For example, you might consider: Is what you are doing now helping you or making things worse? Do you get angry too quickly? Is there a better way?

The newly redesigned website was launched in May 2024. It was presented to Dave's wonderful U3A Ballarat class. The useyourbrain.au website will be explored with the class for the remainder of the 2024 year.

Check out the website. When you subscribe (which is free) you, the subscriber, will get the Newsletter which will cover different aspects of the use your brain project.

Drive well and safely,

Dave Hyatt



GARDENING TIP



Calendula

Plant these self-seeders once and enjoy them year after year: Calendula, Borage, Poppies, Nigella, Larkspur, Cosmos, Forget-Me-Nots, Alyssum, Cleome, Four O'Clocks, Love-Lies-Bleeding, Foxglove, Verbena, Sunflowers, Coreopsis, Snapdragons, Cornflowers, Sweet Peas. Perfect for the low-maintenance, blooming garden.



California Poppies

ORANGE/ALMOND CAKE

This delicious, moist, gluten free cake recipe is supplied by Elena Tommasi.

Ingredients

Cake

500 g oranges or mandarins - approximately 3 oranges (try to get seedless, or you will have to remove the seeds)

2 1/3 cups (250 g) almond meal

3/4 cup sugar

1 tsp baking powder

1/4 tsp salt

1/2 cup water

5 eggs

Lemon Glaze (Optional)

2 tbsp lemon juice

2 tbsp Icing Sugar



Directions

1. Zest the oranges and set aside zest (about 1.5 tablespoons) Peel off the skin and discard. Slice oranges into quarters. In a medium saucepan add oranges with 1/2 cup water and 1/4 tablespoon salt. Cook at medium heat for about 25 minutes. Stir once or twice in-between.
2. Puree the oranges and zest - yields about 1 1/2 cups liquid. (I don't measure. I use whatever I have, and it is always enough: sometimes it's a little more and sometimes a little less.) Let cool.
3. Meanwhile preheat oven to 190°C (170°C fan forced). Butter or spray oil in an 8" spring form pan.
4. Cream the eggs and sugar using hand whisk or stand mixer for 5 minutes until creamy and pale yellow.
5. Mix in almond meal and baking powder. Mix well, add the cooked and cooled orange puree.
6. Pour the cake mixture into the prepared pan and bake for 45 minutes or until skewer comes out clean.
7. Remove from the oven and let cool on a rack. Cover with glaze if desired. (I don't bother because this cake is very moist, and I don't think it needs the glaze)

Elena shared the cake at a U3A Ballarat Committee meeting. The group loved it! Here is some of the feedback: "Yummy" said Joyce. Miriam "loved the tang". Bec thought it was "delicious" and Anne found it to be "light and moist".

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.

**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**

Bulletin Correction

Banana Loaf recipe. Please note, the recipe should have indicated that the bananas are to be mashed. *1 or 2 small ripe bananas, mashed

QUIZ CORNER

By Bryan Dwyer, Jane Austen and Shakespeare fan*

1. Can you match the words to the play?

- a) I must be cruel, only to be kind.
- b) Brave new world.
- c) Let slip the dogs of war.
- d) Lov'd not wisely but too well.
- e) All the world's a stage.

Plays: As You Like It, Hamlet, Julius Caesar, Othello, The Tempest

2. Match the word to its meaning:

- a) Wherefore
- b) Perchance
- c) Forsooth
- d) Owe
- e) Perforce

Meanings: Of necessity, Perhaps, Possess, Truthfully, Why

3. To whom do the following lines refer?

- a) "Other women cloy | The appetites they feed, but she makes hungry | Where most she satisfies"
- b) "O, she doth teach the torches to burn bright! | It seems she hangs upon the cheek of night | Like a rich jewel in an Ethiop's ear"
- c) "What's in a name? that which we call a rose | By any other name would smell as sweet"
- d) "She should have died hereafter. | There would have been a time for such a word."
- e) "he doth bestride the narrow world | Like a Colossus"

*Bryan's Shakespeare quiz questions will continue in the August Bulletin

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



Vale Diana Logan

Diana was a friendly member of U3A Ballarat for many years. She had many interests including language and languages, especially Latin, and could translate previously unseen passages on sight. Diana was also an accomplished musician, playing piano and viola.

Tu ne quaesieris, scire nefas, quem mihi, quem tibi, finem di dederint.

Do not try to find out - we're forbidden to know - what end the gods have in store for me, or you.

HORACE



ANNUAL GENERAL MEETING THURSDAY August 22 2024

The Annual General Meeting of U3A Ballarat Inc. will be held at Ballarat North Community Centre Corner Walker and Armstrong Streets at **2:00 pm on Thursday 22nd August 2024**.

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 8th August 2024** to:

The Secretary U3A Ballarat Inc.
P.O. Box 2058, Bakery Hill, Vic 3354
rosmcarthur@icloud.com

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)

Quiz Answers

1. a) Hamlet, b) The Tempest, c) Julius Caesar, d) Othello, e) As You Like It
2. a) Why, b) Perhaps, c) Truthfully, d) Possess, e) Of necessity
3. a) Cleopatra, b) Juliet, c) Romeo, d) Lady Macbeth, e) Julius Caesar

If undeliverable return to:

U3A Ballarat
PO Box 2058
Bakery Hill, Vic 3354

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BALLARAT
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