



the BULLETIN

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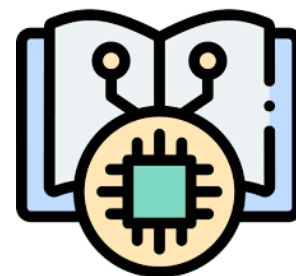
Next Bulletin Deadline

August 26 2024

CLASS VACANCIES

Second WOODWORK TUTOR

Woodwork is one of our most popular classes, with the current class, tutored by Henk Rem, fully booked and ready to go once our Manual Arts shed is operating. If we had a second tutor, we could accommodate many others who want to do this class. If you know of someone who might be a potential tutor, please contact our Class Coordinator, Miriam Peck. ClassCoordinator@u3aballarat.org.au



YOGA 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 August and September

Monday 5 - Friday 30 August

Photography Exhibition BNCC

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

Thursday August 22

U3A Ballarat AGM BNCC 2pm

Saturday September 7

Swap Tables BNCC 10-11am

Thursday September 12

Tea Dance - Ukulele Minstrels and dance classes BNCC 2.30-3.30pm

Thursday September 19

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

Friday September 30

Final day of Term Three classes





President Nina Netherway

Doesn't time fly - I can't believe this is my last report as President! However, it is as I hand the reins over to my fantastic Vice-President, Don Collins, at the AGM on August 22. It has been a most rewarding two years. This is due to the enthusiasm and energy of the Committee members, Subcommittee members, and the enthusiasm - expressed to me repeatedly - about the wonderful tutors that lead classes full of appreciative members. Where would we be without those tutors? This leads me on to the coming year.... we need tutors!

Very soon, forms will be sent out requesting tutors for 2025. We hope existing tutors will continue to run their classes in 2025, but we also need more tutors, so if you have a skill or interest you would like to share with others, please contact Miriam Peck, the Class Co-ordinator. We are also calling for Summer School tutors - we need members who would be willing to run one or two classes over two weeks in January. Last year we had a great Summer School with some 'new' classes continuing for the year. The Summer School is a good chance to see if you enjoy being a tutor.

Our AGM is coming up on August 22nd at 2.00pm and we need a quorum of ten percent of members, which will be 120 members. Please come along and support your new President, listen to some beautiful music from the Recorder Ensemble, meet the Mayor of the City of Ballarat, Cr. Des Hudson, view the Photography exhibition in the Hall Gallery, chat to friends, and finally have a scrumptious afternoon tea.

During the month of July, we held two well attended activities. Approximately 90 members came to hear Tammy from the City of Ballarat Ageing Well team, who told us how to negotiate Aged Care packages. We all went away with a much clearer idea of what to do. We then had our Trivia night, and what a fun-filled, brain bursting, noisy night it was! Three tables had wins - unfortunately the Committee table wasn't one of them - but one table was the Seniors! Thanks to Elena for organising this successful event.

We have finally received the necessary building permit from Wyndham City Council that allows us to go ahead and complete the Blake Gordon Manual Arts Shed at the Specialist Farm school. The pink batts are going in and the shed can now be lined. It will be the best shed ever, I think! The builder supporting our application offered the U3A crew working on the shed a job, as he was so impressed with the quality of their work!

During August, the Photography Class is exhibiting in the Gallery in the Hall. Then, we will be asking for members who are creative and not necessarily in a U3A arts class, to show works that can be hung. More exhibition information and forms will be sent out soon. The sale of Barbara Preston's art works raised \$2000, which Barbara has very kindly donated to U3A. A suitable item will be purchased with the funds: something that reflects Barbara's contribution to U3A Ballarat.

Finally, I want to thank you all for your wonderful support to my pleas over the last two years. I was 'over the moon' when we won a Begonia Festival Parade award. The award reflects your contributions to the event: from the beautiful begonia flowers created by Sit and Stitch, the Ceramics group with their trailer, class members who dressed up for the occasion, and Jim who kept us all safe and hydrated.

I wish to thank every one of you for your support and friendship: you really are fantastic. I will still be around, but I'm going to have a bit of a rest! Nina



Mary, Nina and Chris



Steve's home away from home



Begonia Festival Parade



Sit and Stitch sensation

Class Vacancies August 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 the relevant class tutor before enrolling.

Australian History	History of Buninyong
Ballarat and District History - An Overview	Islamic Geometric Patterns
Ballarat U3A Choristers	Knitting and Crocheting
Bridge Play Sessions	Latin
Celebration of French Song	Linguistics- an Introduction
Celtic Band	Mahjong
Christian Church History - 5th to 10th Centuries	Music Appreciation
Cryptic Crosswords	Native Orchids around the Ballarat Region
Current Affairs	Painting and Drawing
DNA Details - Group A (October)	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
German	Year of Revolution, 1848
Glass Fusing in the Microwave	Yellow Book Club
	500 Card Game

2025 Classes

Do you see yourself as a U3A tutor? We have ideas for some possible new courses, but first we need to have people willing to be tutors for them. If you think this may be of interest to you, please contact Miriam Peck, our Class Coordinator. ClassCoordinator@u3aballarat.org.au

New courses possibilities include: Art (under the guidance of an instructor); Music Theory; Drumming; Therapeutic Laughing; Classics Reading; Play reading.

Do you have any other ideas? Please share them so we can continue making Ballarat U3A the dynamic organisation that it is.



Reflections from Mary Maloney, U3A Ballarat Life Member and Retiring Committee Member

It was my husband Mike who introduced me to U3A. He had retired and joined and recommend it to me when I was wondering what to do after what seemed like a lifetime teaching.

I started teaching way back in the 60s:1969 to be precise. I remember because, surrounded by my grade 5 class, I watched Neil Armstrong walk on the moon.

I spent many years in primary teaching at different schools around Victoria. In 1985, I studied librarianship and moved into secondary education where I ran a library and computer centre in an all-boys school in Ballarat. In the meantime, I picked up my studies again and gained a master's degree in education and one in theology as well. That led me to my next career change as I took a position as a lecturer in Religious Education at ACU in Ballarat. During this time, I realised that I had always wanted to do something in the creative field and studied Interior Design - a course I thoroughly enjoyed.

After a few years in Tertiary education, I decided it was time to retire and take up some of those creative things I thought I might enjoy. I always loved dancing, singing, art, sewing and other crafts, and found that U3A could offer me the opportunity to do some of these.

Singing was out. You tend not to trust your ability when your cat puts back its ears and leaves the room when you start to sing!! Then, I met a wonderful lady named Barbara Preston at a U3A luncheon and she invited me to join her art class. Through Barbara's tuition and patience, I learned how to paint and now find it to be one of my favourite pastimes. Sewing and dancing are other favourites. I was delighted when U3A offered belly dancing.

My most passionate interest is my lovely family – Mike, our six children, thirteen grandchildren and four great grandchildren. Family is so precious.

It was not long after I joined U3A that I was approached to be the Class Coordinator and join the Committee. I spent eight years in that role before I took over management of the website. Eighteen years down the track and I have 'survived' eight presidents and chaired a number of sub-committees. My current role is chair of the Administration Team and manager of membership and the MyU3A database.

U3A has given me much enjoyment, many wonderful friendships, a chance to learn new things, and a few challenges along the way. It never ceases to amaze me to see so many third age people so actively involved. I will continue to enjoy my membership and hope to join more classes in the future.

Mary Maloney



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

Join us at our AGM! You will have a chance to hear the U3A Recorder Ensemble, listen to the Mayor of the City of Ballarat Cr Des Hudson, learn about our achievements over the last months, meet the 2025 Committee members, and enjoy a scrumptious afternoon tea.

Please note, any general business items for the AGM must be received by the Secretary info@u3aballarat.org.au by 2.00pm August 8 2024

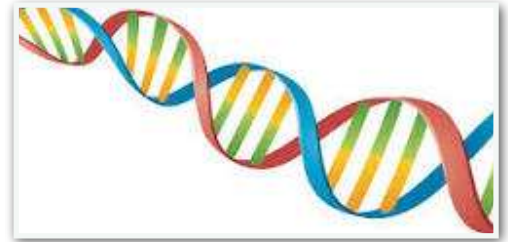
We need at least 120 members to attend to achieve a quorum, so please put the date in your diary.

DNA DETAILS

This month's class profile features a Science offering, DNA Details, which is offered by Miriam Peck.

What does DNA stand for?

I am very grateful for acronyms because if I had to say 'Deoxyribonucleic acid' every time I mentioned it, I don't think I would be the devotee that I am. We need to think of DNA as the microscopic particles in our cells that make each of us unique. While we all share DNA with our parents, our siblings and our descendants, it is only identical twins who have identical DNA.



DNA image (The Atlantic site)

People have been interested in family trees for many years. Has the emergence of DNA significantly changed how such information is gathered and verified?

DNA needs to be viewed as another tool in a genealogist's tool kit. We rely on records, family anecdotes, photographs, newspaper articles, etc. DNA is now something else that we can use as we dig into our past. The big difference is that DNA is the scientific tool. Records can be falsified or mis-transcribed, but the information gained from DNA cannot be challenged. Whether DNA brings challenges or confirmation of what we have already found, it can be the most powerful of our tools.

What made you decide to offer this class?

I became vitally interested in using DNA as a tool to find the genetic parents of several of my family members. It has brought surprises, new friends and a few disappointments. As a life-long teacher, I am always keen to pass on skills that I have developed and I saw that potential in a U3A class.

Have you offered this class before? If so, what benefits did you see for the participants?

2023 was the first year that I offered this class. I was pleasantly surprised with how many participants enrolled and continued to turn up every week. They all came to class with new things they had learned about themselves. While I don't think any of the participants were chasing unknown genetic forebears, it was good that they gained a better understanding of their ethnic origins and how to use online tools to investigate further when they are ready to do so.

Below are comments from people who participated in the 2023 class.

I wanted to do the DNA class because I was interested to find the illegitimate daughter of my great grandfather who immigrated from Germany in the 1850s. That didn't happen but the class was fascinating. From the science to the stories. We learnt how to use the different websites to find links, and how to interpret results. We learnt how to use DNA to further our genealogy research. Miriam told us of some successful searches she had using DNA: these stories alone would have been enough for me to recommend the course and were indeed, stranger than fiction. Jane

After taking a DNA test over a year previous to this course, finding out further tools in understanding how DNA works and the ability to dig deeper has opened up more avenues in my ancestry research to building my family tree backwards and sideways. One major benefit is the ability to confirm matches of relatives that are not so evident in initial family tree building, but suggested by Ancestry.com or other web sites. As yet, I have only scratched the surface of the information and tools learnt in the course DNA Details, but they are there for me to further develop. A course well worth the effort and lead by a great tutor. Miriam has terrific knowledge and practical experience, well qualifying her to open up the mystery of DNA! Joh Cotton

Are you interested? Miriam is offering two classes in Term Four and there are still vacancies in one class.

Blake Gordon Manual Arts Shed Update

The Blake Gordon Manual Arts Shed, at Ballarat Specialist School, has now received compliance for the internal stud walls (the first of two visits from Wyndham surveyors on Friday 26 July). The carpentry team were elated to get the approval for the wall around the inside of the shed after two months of cutting, nailing, measuring and solving the problems on Thursday's working bees. The last visit from Wyndham will be when all the plumbing, electrical and cupboards are ready for final inspection - and we are ready to move in!

A huge thank you to the dedicated team who have worked to create a dedicated space for Manual Arts classes. It has been an enormous undertaking, and we are very grateful for all that you have and continue to do.



Members of the Blake Gordon Manual Arts Shed team at work before and after the July inspection

SAVE THE DATE



CAUGHT ON CAMERA

HALL GALLERY PHOTOGRAPHY EXHIBITION



Exhibition Opening 5 August 5.00 - 6.30pm.

Closing 30 August.

Additional viewing days:

Fridays Aug 9, 16 and 23

4.30 - 7pm



Ballarat North
Community Centre
702 Walker Street

Strut Your Stuff

Let's celebrate Seniors 'Week' in style (and for longer than a week!)

The U3A Chorale will perform at the Mercure Hotel on Tuesday October 1 11.30-11.30am.

From October 7 to December 6, we will feature rolling exhibitions of creative works from U3A members in the BNCC Hall Gallery.

Thursday October 10 will feature a display from creative classes and individuals in the BNCC Hall. Do you belong to a small music ensemble (6-8 people) who might like to play on the day?

Are you interested in participating? If so, contact Elena Tommasi elena.u3a@gmail.com by Friday September 13 and she will send you a form to complete.

COMMUNITY NEWS: COMPASSIONATE BALLARAT

Our thanks go to U3A President, Nina Netherway for inviting Compassionate Ballarat to briefly share something of our work. We value the support and contribution of U3A to our endeavours.

Compassionate Ballarat is derived from the Charter of Compassion, a global movement established in 2008 by the writer and historian, Karen Armstrong. The compassionate cities program is central to the Charter and there are over 430 cities in 50 countries around the world that have signed the Charter. The Ballarat City Council joined that global group of cities in 2019 by formally signing the Charter.



Compassion is defined as *the willingness and ability to see suffering, with the resourced capacity to alleviate that suffering* (Oxford Handbook of Compassion Science: 2018). Guiding our work then are the points of suffering that were identified at a number of Compassionate Ballarat forums, attended by over 350 residents, and included high suicide levels; low literacy levels in some areas; high economic inequality; growing number of homeless (including older women); and the ongoing impact of child sexual abuse.

The aim of Compassionate Ballarat, therefore, includes helping Ballarat residents to see, notice and take compassionate action: to engage city leaders in applying compassion throughout their organisations and provide a framework and resources for residents wanting to participate in Compassionate Ballarat.

There are strong synergies in our work and that of U3A, enabling retirees to continue learning, sharing and leading a full and active life. At the heart of U3A is sharing through meaningful and stimulating connection. All of the activities offered by U3A, in their own way, enable participants to find their common humanity. This addresses one of the main challenges of compassion - moving beyond our fractured tribes to extend compassion to everyone. There is considerable evidence now that when people are compassionate and caring towards others and feel cared for by others, their physical and mental health improves.

We are both concerned with cultivating compassion and prosocial motivations and these are important because they are associated with improved well-being, physical health, stress management and the development of more ethical, social environments. We commend the U3A Committee and Tutors and look forward to supporting each other's activities. Members can learn more about us, and find resources at our website <https://www.compassionateballarat.com.au/>.

Dr Mary Hollick
Steering Group Member, Compassionate Ballarat

JEWELLERY ON DISPLAY

Hut 48 is a busy venue that allows U3A members to interact with each other and, on occasion, to meet with members of the Air Force Association. In July, some lucky community members were able to view handiwork from the U3A Ballarat Jewellery and Silversmithing class.



(Photos provided by Lee Albert)

U3A BALLARAT IN THE COMMUNITY

The Mosaic Meander on the Smythesdale Rail Trail

Finally the last rock has its mosaic on it, so that makes twenty-two amazing works by fourteen U3A Ballarat MOSAIC artists.

With a couple of touch ups on a few of the stones to go, plus signs at each end of the 400 meter walk (between Heales and Garden St), we are almost done!

It has taken 18 to 20 months and hundreds of hours of dedicated work to complete this project. Special recognition is given to Rob Dekker and Rob Albert for the provision, installation and maintenance of these works. Without the unending patience and dedication of Rob Dekker, this project would never have been completed.

The Golden Plains Shire have assisted with a small grant, and The Mosaic Meander on the SMYTHESDALE Rail Trail will be part of Tourism for Smythesdale and the surrounding areas. The next step will be to create signs for each rock to state the general name, scientific name, first people's name, and the name of the artist. This will require a further grant (and more work).

Jo Koenen
Project Manager



U3A BALLARAT IN THE COMMUNITY

Two Little Ducks

How do I know if my music is too loud for my neighbours? A pretty common problem, I expect.

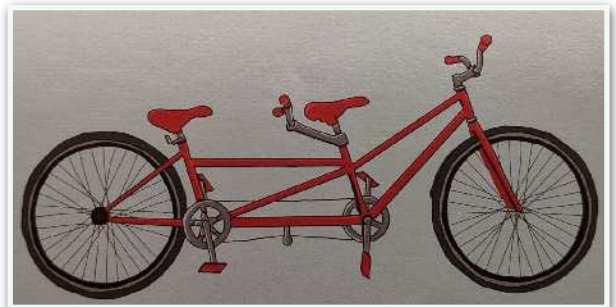
The U3A Ballarat ukulele group, Two Little Ducks, have been learning and playing next door to a group of card players at Hut 48. So, imagine our delight when Peter Dowling asked us to entertain the Air Force Association at a luncheon. We didn't hesitate.

Two Little Ducks - the name comes from bingo calling for the number 22. That was the year the group started - we are now neither beginners nor experienced. An occasional performance keeps the group on its toes, but too many would take away the fun.

We quickly looked for some aeroplane-themed songs but realised that boats outnumber planes by a long way. We also threw in a tandem song as we'd heard that the card players were singing along to Daisy Bell. Other songs included Sailing, Pearly Shells and Da Do Ron Ron.

The audience favourite was Scarborough Fair - mine too - and that's led us to practise and perfect the waltz-time picking pattern. We were encouraged by their joining in and had a pleasant time sharing in the food and friendship.

Jacqueline Cleverley
Two Little Ducks Tutor



Wedding transport in 'Daisy Bell'

Navigating My Aged Care Presentation

It was terrific to see over 80 members attend the Navigating My Aged Care presented, provided by the City of Ballarat (COB) on a cold and wet winter's afternoon. Many thanks to COB for providing this important service.

If you are keen to look at the slides that were provided by COB, visit the U3A Ballarat website. (The original slide show has been modified, with less writing on each screen.)

Two attendees provided feedback on the presentation.

It was an excellent session. I was very encouraged to hear about Community Connector in our region.
Helen

I thought it was excellent. It was very comprehensive. Hopefully, what is on offer will be taken up. It is good to know some controls [regarding providers] are in place. Jenny

(And didn't Barbara Preston's artwork brighten up the Hall!)



ZOFIA'S DHAL SOUP

This filling, nourishing and delicious soup recipe is supplied by Elwyn Streulens.

Ingredients

2 tbs butter
2 garlic cloves, crushed
1 onion, chopped
1 tsp tumeric
1 tsp garam masala
1 tsp chilli powder
1 tsp ground cumin
1 kg chopped tomatoes, drained (tin)
1 cup red lentils
2 tsp lemon juice
2 cups vegetable stock
300ml coconut milk
salt and pepper
coriander and lemon to garnish



Directions

1. Melt the butter in a large saucepan. Saute garlic and onion, stirring for 2-3 minutes.
2. Add the spices and cook for 30 seconds.
3. Stir in tomatoes, lentils, lemon juice, stock and coconut milk. Bring to the boil.
4. Reduce heat to low and simmer the soup, uncovered, for 25-30 minutes until lentils are soft.
5. Season with salt and pepper, garnish and serve.

Serve with naan bread (or not).

Anne made a batch of the soup as soon as Elwyn shared the recipe. Anne loved it, saying "This will become a family favourite. Easy, nutritious, filling and using ingredients that are usually found in our pantry. Thanks so much for sharing, Elwyn!"

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: Pest Deterrent

A mixture (1:1) of baking soda and flour can deter pests like cabbage worms and aphids when dusted on plants.



Coral Hiscock, Gardening Interest Group

QUIZ CORNER

By Bryan Dwyer, Jane Austen and Shakespeare fan*

(*Part two of Bryan's Shakespeare quiz questions.)

4. True or False

- a) Shakespeare was born in the year Michelangelo died
- b) Shakespeare died aged 52
- c) Shakespeare had no male descendants
- d) Shakespeare is buried in Westminster Abbey
- e) Shakespeare invented the sonnet

5. When?

- a) The sonnets are first published
- b) The Globe Theatre opens with a performance of Julius Caesar
- c) The Globe Theatre burns down
- d) Shakespeare dies
- e) Shakespeare and Anne Hathaway are married

1599, 1609, 1582, 1616, 1613

6. Who?

- a) Who described Shakespeare as, "Not of an age, but for all time":
Richard Burbage, Ben Jonson, Christopher Marlowe, or Charles Dickens?

- b) Who published 36 of Shakespeare's play in 1818, editing out all the naughty bits:
Walter Scott, Thomas Bowdler, Stamford Raffles or William Grenville?

- c) Who referred to Shakespeare in 1592 as an "upstart crow":
Richard Burbage, Ben Jonson, Robert Greene or Christopher Marlowe?

- d) Who succeeded Shakespeare as the house playwright of the King's Men, and probably collaborated with "The Bard" in writing several plays:
Thomas Nashe, Ben Jonson, John Fletcher or Will Kempe?

- e) Whose music is most associated with Shakespeare's *A Midsummer Night's Dream*:
Mozart, Mendelssohn, Verdi or Beethoven?



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

SWAP TABLES

Return on September 7
10-11AM

702 Walker St Ballarat North

Would you be interested in volunteering to support our Swap Tables? If so, please contact Anne Dwyer
bulletin@u3aballarat.org.au

Quiz Answers

4. a) True b) True c) True d) False e) False
5. a) 1609 b) 1599 c) 1613 d) 1616 e) 1582
6. a) Ben Jonson b) Thomas Bowdler c) Robert Greene d) John Fletcher e) Mendelssohn

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