



the BULLETIN

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Next Bulletin Deadline
October 28 2024

CLASS UPDATE

We are calling for Tutors for both the Summer School and 2025 classes.

Do you have something you would like to offer?

Please read the information provided on page three of this Bulletin.



Forthcoming Events for October and November

Saturday October 5

Swap Tables BNCC 10-11am

Monday October 7 - Friday December 6

Seniors Art Gallery Display

Thursday October 10

Seniors Week Exhibition Day BNCC 10am-4pm

Thursday October 17

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

Tuesday October 29

Choristers Soiree and China Talk BNCC 2.30-3.30pm

Thursday October 31

Thank You Lunch for Tutors, Reps and Volunteers BNCC 12.15-2.15pm

Saturday November 2

Swap Tables BNCC 10-11am

Tuesday November 5

Melbourne Cup Celebrations Hut 48 1.30-3.30pm

Thursday November 21

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

Ukulele Sing Along BNCC 2-4pm

Thursday November 28

Chorale Soiree BNCC 2.30-3.30pm

Friday November 29

Recorder Christmas Concert St John's
Soldiers Hill, 606 Armstrong St Nth
11am-12pm



The Spirit of Collaboration @ U3A Ballarat

U3A Ballarat is all about people coming together and exploring learning in a supportive environment. This is a central theme in our Mission and Vision statements.

There are times when instances of thoughtful collaboration occur between different groups within the U3A Ballarat ecosphere. The swap tables on a Saturday morning at certain times of the year are a fine example, and then there is the gardening group helping out with the development of the garden at the Blake Gordon Manual Arts Workshop (BGMAW). In past years, there has been a combined Christmas Concert with various singing groups, bands and ensembles performing together and the U3A Ballarat Chorale and the Recorder Ensemble have also held joint concerts over the past two years.



President Don Collins

A most recent example of collaboration saw the Ukelele Minstrels working with different dance classes to create the Ukelele Minstrels Dance Party. This event was held on Thursday September 12 2024 at the BNCC Hall. Members of the Dance 4 Fun classes, led by Bec Black, Kay Leckie's Music, Movement & Mayhem Jazzacize with Ann Forster and two Line Dancing classes, led by Bill Handley and Glenda Cairns respectively, collaborated with the Ukelele Minstrels in the weeks prior to the event, so dance class members were familiar with the songs and the combination of dance moves that would suit the music.

The twenty-two songs, all of them classics, provided ample opportunity for people to move on and off the dance floor at will - and as fitness and lung capacity allowed. The concert finished with that ol' dance favourite, the Hokey Pokey. Head to the U3A Ballarat YouTube Channel to view a short highlights reel of the fun, including the Hokey Pokey, <https://youtu.be/aYdPrstrrCM>

City of Ballarat Ageing Well Expo

Congratulations to Cathy Bushell and the team from the City of Ballarat Ageing Well Unit for putting together a magnificent event, where community groups and organisations with a focus on supporting and connecting older citizens from around Ballarat gathered together. With around 50 tables brimming with information, there is no way anyone of a certain age in Ballarat should claim there is nothing to do and nowhere to go for support if needed. It was terrific to watch U3A dancers and singers involved in performances throughout the day. Our table was very busy over the day and my thanks to Committee members Nina, Elena, Miriam and Anne for spruiking the benefits of U3A Ballarat to all and sundry.



Call for Tutors for 2025 classes and Summer School

The call has gone out for members to nominate as tutors for classes for the 2025 U3A Ballarat Class Schedule. Everyone should have received an email with information and dates for submission of classes. Being a tutor has many rewards and the rich diversity of classes we offer in Ballarat illustrates our extensive knowledge base, along with the interest of our membership who are keen to learn together. If you have never been a tutor and are feeling nervous about the prospect, the U3A Ballarat Summer School is a great opportunity to try leading a class. The Summer School format has the flexibility to accommodate a one-off class or multiple classes over the two weeks in January 2025. Nina Netherway and Elaine Maberley have kindly offered to co-ordinate the Summer School program and will be happy to discuss ideas you may have for a class.



U3A members performing at the Ageing Well Expo

Don

Summer School: Monday 6 - Friday 11, Monday 13 - Friday 18 2025

The U3A Ballarat Summer School aims to provide members with the opportunity to socialise and access a number of classes during two weeks of January. Class offerings may include a new or stand alone class, or a continuation of previously offered class/es. It is also a great time for members to 'trial' being a tutor. Do you have a talent or interest you would like to share with others? Last year, we had classes on lawn bowls, petanque, calligraphy, short talks, dog walking, craft sessions ... The world is your oyster!

Members received a Summer School email, with an attached form (Friday September 13 or Saturday September 14). If you are interested in offering a class, please complete and return the form, or you can contact Elaine Maberly egm154@me.com or Nina Netherway 0417 371 873 by **Thursday October 31**.

Jude Oliver, U3A Ballarat, is keen to find out whether people might be interested in the following: **Creative Poetry Writing class**

Poetry writing can be enjoyable and satisfying. If there are enough interested participants I will offer a fun, simple poetry writing class during Summer School. I'll provide tips on how to get started with easy forms of poetry including free verse and limericks, as well as examples of poems. If you are interested, text me on 0429 894 333. Here's an example of one of my free verse poems.

Magpie

A magpie struts
in smart attire,
white on black,
unmatched in style.

With yellow beak
and beady eye
he seeks a meal
within the mire.

He spies a worm,
eats it, entire,
sings his joy
and wings the sky. (c Jude Oliver)

2025 CLASS BOOKLET OUT SOON

As well as most of the old favourites,
we have exciting new classes!!

Thoughtful travel

Australia's convict heritage

Quilting companions

Scottish history

Geometry of art and life

Leadlighting

Sparta and the 300

Design for your wellbeing

Travel companions extraordinaire

History of the English language

Roman life from Julius Caesar to Hadrian

Silk Road revisited

and more!

Conversation with Janet Dale, life long Ballarat community member

Anne Dwyer met up with Janet at her home. Janet inherited her family's love of gardening, and flowers could be viewed from every window. "I like to have flowers around me." It is not surprising to know that Janet is a member of Friends of the Ballarat Botanical Garden.



Early Years

Janet Dale (nee Scott) was born in the family home on Inkerman St in 1933, and has lived nearby all of her life. Of her husband, Janet said: "He was born in Ballarat East but saw the light and came west." Growing up, Janet saw both parents working hard. "In those days, our mother made all of our clothes and grew all of our vegetables. There were two things she wouldn't do - chop the head off a chook or mow the lawns." Her father was also busy as a master baker and committed community member. Janet, an avid reader, remembers books in the family home. An aunt, who had no children, would bring Janet books when she was unwell. Janet loved reading into the night, sometimes under the blankets. Her sister would tell on her, calling out to their mother, "She's got the light on!"

Community Service

Janet mentioned the influence of her Methodist upbringing, where supporting the community was a core value. "We always volunteered." Her dedication to serving others, including those in need, was evident through her work with Meals on Wheels and the Blood Bank. Both of Janet's parents were Mayors of Ballarat, her mother being the first female mayor of the city. Her father was also a member of parliament. Janet was a Ballarat City Councillor from 1987 to 1994. She recalled being handed papers on a Saturday for a meeting the following Monday night, where she was required to vote on the matters covered in the papers. People expected her to 'know the ropes' when she joined council, as her parents had been involved for years. Janet remembers at a meeting being told by the Mayor: "Councillor Dale, you are voting too slowly." To this, Janet replied: "Well, I'm giving it some thought." On the matter of voting, Janet added that "Officers took bets all the time as no-one knew how I was going to vote." She always worked to put community first, at times needing to navigate potential conflict of interest.

Nursing and Health

Janet trained as a nurse at Ballarat Base Hospital, and worked at St John of God Hospital, when night duty was a 12-hour shift. This was the time when nurses wore capes and veils. She also worked as a private nurse, which could involve sitting with a patient all night. "People didn't want someone who was unwell to be on their own." Janet was also involved in home nursing: which is like community nursing now. Her support for others was also shown through her work with the Community Visitors Program to Psychiatric Services, where she was responsible to the Public Advocate.

Art and Music

Janet has always loved music. Her husband, Peter, had a magnificent speaking and singing voice and was on the stage from age 19. Their two children and grandchildren have inherited a love of and talent for music. Janet still enjoys attending musical performances. Visits to the Ballarat Fine Arts Gallery are second nature, and it is unsurprising to see a Certificate of Appreciation from the gallery on display in Janet's home.

U3A

Janet joined U3A Ballarat in 1995, where she met 'marvellous leaders'. At that time, classes were held in different facilities, including people's homes. Over the years Janet attended a range of classes, including Philosophy and French History: she joined the Literature class in 1995 and remains an active member.



Conclusion

Beyond the groups already mentioned in this article, the following organisations benefitted from Janet's service - Pleasant Street Primary School Council, Ballarat and Clarendon College Council, Ballarat Base Hospital Trained Nurses League, The School of Mines, Her Majesty's Theatre Board, Heritage Committee, Regional Library Board, Keeping Ballarat Beautiful Committee, Uniting Church committees, and the planning committee for the Robert Clark Centre.

In typical fashion, Janet spent much of our time together pointing out what others offered to the community. Janet suggested people I should catch up with: people she believed were more worthy of being profiled in the Bulletin than herself. (She was pleased to know that an article on Nina was 'set to go'.)

Yoga Classes

This month's class profile is on Yoga classes, which are offered by Tutor, Lori Hutton.

Every year, I am amazed at the number of people enrolling in U3A Ballarat yoga classes. As expected, by Term Two numbers have dropped a little, but at least that allows people on the waitlist to join a class. I am always a bit nervous as I never know how people who are new to yoga will react, but it is always interesting.

The beginners class is a little more difficult to prepare as the level of fitness varies greatly, but there are always less challenging options to accommodate those who are less agile. The intermediate class participants' fitness levels also vary, but with not such a great difference.

I was first introduced to yoga in my late twenties and I was like a duck to water. But it was in my forties that I did my first yoga teacher training at Gita International - the first yoga school in Melbourne. When I went to India and spent some time at the Satyananda Ashram, I discovered that there was so much more to yoga. I later trained with Satyananda Yoga here in Australia.

The roots of yoga lie in India, China and possibly Egypt. It goes back over 10,000 years (5,000 years in a structured form). The methods are physical postures, ethical disciplines, breath control, affirmations and visualisations, prayer and mantra, and simple to complex meditation disciplines.

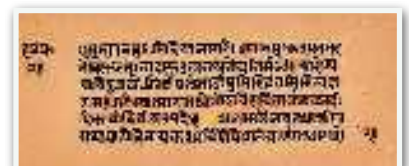
Hatha yoga (the physical form) has become very much Westernised since its introduction to the West over 100 years ago. Westerners tend to be more physically oriented. Long ago, the physical movements probably consisted of a few postures to enable comfortable long sits for meditation ... and the practices expanded from there.

Like many yoga teachers, I do introduce a little of the associated philosophy but I get the impression that most participants attend for the physical practices. Sometimes, someone will tell me after a class that they had a 'great workout'. It is then I think I must be doing something wrong!

Many ancient Indian texts, the Vedas, predate Hinduism. The Bhagavad Gita succeeds Vedanta so I'm not sure if this text was written before or as Hinduism emerged. However, to Indians the Bhagavad Gita is like the Bible to Christians. One does not have to be a Hindu to follow the teachings within this text, which gives guidelines on how to overcome life's challenges. Ghandi referred to it frequently throughout his life to deal with the many problems challenging him.

Next year, I hope to run a class focusing on the Bhagavad Gita. As ever, it will be interesting to see how it pans out.

Lori Hutton, Yoga Tutor



The following quotes were provided by members of Lori's yoga classes:

"Yoga classes provide me with companionship and the stretches are amazing. I use the claw movement exercise to help with tension when I am knitting." Cheryl

"Yoga helps me stay flexible." Peter

"I attend three yoga classes. Yoga offers whatever you can imagine: it is for the body, the mind, for relaxing, stress relief, pain relief and improving balance. And, there is Lori!"

"Yoga has made me more flexible and it has helped with my strength." Gaye

"Yoga provides loads of benefits. I like the philosophy of it all. I feel fitter and better. Lori is very good at saying what she does so it is easy to follow: she describes everything very well." (Cheryl, vision impaired class member)

Meet Your Committee Members

Roslyn McArthur, Secretary and Public Officer

I worked with the ANZ Bank for 10 years in the staff training office of Emanza. I experienced the transition to decimal currency simultaneously with computers in banking, and trained many staff in the use of telling machines. I was very fortunate to access the first year of free university places thanks to Gough Whitlam. With a BA and Grad Dip Ed I became an English/ Humanities teacher which I really enjoyed. When I retired, U3A seemed to offer some interesting programs and I was keen to follow up my interest in politics. I found the classes most enjoyable and when Anne Ottrey asked me to take on the secretary role I was delighted. Working on the Committee for the past 12 years has been a pleasure as I have made many wonderful friends and have been able to further develop many of the skills I learned as a teacher. I am now improving my listening skills focusing on what members say; rather than what you want them to say.



Jeff Langdon, Treasurer

I started out teaching but soon decided it wasn't for me. Most of my working life has been in the management of community organisations in the health, welfare, and communications sectors. I ended up working in a government bureaucracy for the first time, the Victorian Health Department - running their websites in the cowboy years of 1999 to 2005. After retirement, I ran the Ballarat Multicultural Council for a short period where I came across U3A as we shared premises (the old GPlace). I joined the U3A Committee at the invitation of Jack Engwerda, my Tutor in a Ballarat History Class. I've been Treasurer for about 4 years now. U3A offers a cohort of similarly-minded people who pursue learning and activity together. In terms of my personal interests, I like old cars, wine and cider making, gardening and petanque.



SWAP TABLES

Saturday November 2
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



EMAIL PROTOCOLS

Please remember to use the Bcc line when sending emails to class members. This ensures that personal email addresses remain private and secure. If you can't see the Bcc line, click on this icon (top left on your computer screen)



To:	
Cc:	
Bcc:	
Subject:	

U3A Members in the Community

U3A Ballarat member, Tom Wood, has created a bespoke clock for the Ballarat Petanque Club. Tom was first introduced to pétanque through U3A Ballarat and is now a member of the local pétanque club.

How did you come to construct the pétanque clock?

Don Collins (Ballarat Petanque Club President and now U3A Ballarat President) saw a similar clock in action and approached me to see whether I could print such a clock using my 3D printer. I did some research, based on what Don had suggested, and realised that I could create a bespoke model.



Tell us about your background as creating the clock involved more than printing.

The clock involved four of my hobbies. 3D printing is one and this involves the 3D modelling behind the design for printing the clock. Secondly, electronics has always been a hobby of mine. The remote control for the clock also includes radio, which covers my ham radio hobby, and the box for the clock is my woodworking hobby. It was fortuitous that I had all the hobbies and materials to be able to build it.

How long did it take to construct the clock?

It has taken a lot of hours. This involves elapsed time waiting for parts and, as is always the case, you order the parts and they arrive and then you say "Gee, I should have also ordered this!"

Tom, the clock is visible from all of the Ballarat pistes (playing lanes), allowing all players to see the remaining time in a game, which is fantastic.

Yes, the clock is visible from at least 50 metres, and the radio that is in the remote control has a range of about 1 kilometre. It was great fun building the clock. The total cost for the clock is much less than commercial versions. I am going to try and put an input from the clock into the PA system, to increase the sound component of the clock.

In conclusion, Tom said: "This was a good experiment. I'm very pleased with the clock: it has turned out well. I learned a lot doing it. It was a challenge: there were parts in the development that I needed to research and I needed to learn new modelling techniques for the remote control. It is always a good thing to challenge yourself with new projects. U3A Ballarat provides lots of opportunities for us to challenge ourselves, to challenge our brains."

Tom's clock benefits more than the Ballarat community. Saturday September 14 saw the clock in action with 48 North Western Victoria regional players on the pistes, and from October, players from across the state will travel to Ballarat for competitions. Thank you, Tom.

U3A Ballarat in the Community

**Do you have a story to share on how U3A is working with the local community?
If so, send an article and image to**

bulletin@u3aballarat.org.au



**ROYAL SOUTH STREET SOCIETY
BALLARAT ESTD 1900**

EVENTS THIS Month

**21 SEP -
05 OCT**

DANCE
KODJAK'S - Ballroom & Latin Dance Instruction
From 5.30pm - 8.00pm daily.
Fee \$15 Adult, \$10 Concessions.

**21 - 30
OCT**

CALISTHENICS
Foundry Theatre - Federation University
Free 8.30am - 10.00am daily
Full access to FTS Gym \$20 Concession

21 September - 11 October
10 years Successful Soap And! - 12 October
All age groups and divisions throughout October

Tickets are available at the door or online via our website
www.royal-southstreet.com.au

Interested in knowing more?
Visit www.royalsouthstreet.com.au

CLASSICAL & FRENCH Duo-Recital



**Susan
Pierotti**
Violin



**Brian
Chapman**
Piano

Humphray Room
Ballarat Mechanics Institute
117-119 Stuart Street
Ballarat Central VIC 3300

Sunday October 13 2008
2:58 pm

Program

MOZART: Piano Sonata in D, K385
DEBussy: Nocturne, Op. 27, No. 1
A solo, a prelude and the "Prelude" Sonata
BARTOK: 4 Bagatelles for Solo Piano
MASSINE: Violin and Piano Suite
FRANCK: Piano Sonata in D

Tickets: \$15.00 for adults, \$10.00 for school
Bookings: www.ballaratconcerts.com.au
Enquiries: 0468 178 860

Birdlife Ballarat Photographic Exhibition

Showcasing birds of the Ballarat Region



1st -22nd October 2024

Barkly Square
25-39 Barkly Street, Ballarat East
9am – 5pm Mon- Fri
10am – 2pm Sat

Entry - Free

Birdlife Ballarat are holding a photographic exhibition from 1-22nd October at Barkley Square, Ballarat.

The display will showcase birds from the Ballarat region, with all photos taken by Birdlife Ballarat members. There will be birds which people are familiar with and perhaps some which may be new to them. The locations the photographs were taken may also inspire people to get out and explore places close to home that they haven't been to before.

We aim to highlight the birds we share our region with and inspire people to take part in the [Birdlife Australia Aussie Bird Count](#) - the annual event that runs from October 14-20: [Aussie Bird Count - BirdLife Australia](#) . The Aussie Bird Count is open to everyone, and is a simple to do 20 min count you can do anywhere, any time during that week. The data gathered is vitally important to monitor bird populations, enabling conservation to be targeted to the species and habitat that need it most.

Ballarat BirdLife Ballarat is a busy and growing group, which offer a range of activities and outings. Our activities cover areas which include Ballarat, Clunes, Linton, and Newstead. The group holds regular monthly outings and meetings that are open to everyone. More information is available at [BirdLife Ballarat - BirdLife Australia](#) or on our Facebook page [Birdlife Ballarat | Facebook](#)

RECIPE ROUNDUP

Let's hope the warmer weather is 'just around the corner'. Here are some recipes to help you prepare for festivities associated with the Carnival and Festive Seasons.

SPRING CARNIVAL SANDWICHES (Recipe provided by Ian Ramsay)

Ingredients

2 full roast chicken breasts, diced
2 tablespoons of mayonnaise (generous dollops)
1 tablespoon sour cream
1/2 dozen chopped chives
sprinkling of cracked black pepper
1 loaf of white bread sliced for sandwiches (buttered)
Optional: teaspoon of dill or tarragon, finely chopped celery, or finely chopping flat leaf parsley



Method

1. Combine all filling ingredients, adjust to taste if required
2. Spread filling on buttered bread slices
3. Cut sandwiches into points or fingers, as desired.

"Happy Punting, enjoy your sandwiches." (Ian)

Ian Ramsay's chicken sandwiches are held in high regard by members of the U3A Bridge club who described them as 'delicious', 'perfection' and Anne said, "Great balance. Not too moist."

GRAPEFRUIT MOCKTAIL

Maura McCabe has a bountiful grapefruit tree. She has shared one of her favourite mocktail recipes for those who are able to enjoy grapefruit juice. (Source: [the grumpyolive.com](http://the.grumpyolive.com))

Syrup (you can make ahead of time, remove the rosemary, and store in the fridge)

$\frac{3}{4}$ cup of grapefruit juice
 Juice of $\frac{1}{2}$ lime
 3 springs of rosemary (around 1 tablespoon fresh rosemary)
 60g white sugar
 200 ml water

Mocktail

sugar for rimming glass (spread on a small plate)
 $\frac{1}{2}$ lime
 60g syrup (see recipe above)
 100ml sparkling water
 rosemary for garnish
 grapefruit for garnish
 ice cubes



(Source: The Grumpy Olive)

Syrup Steps

1. Juice grapefruit and $\frac{1}{2}$ lime
2. Place juices in a small saucepan with the water, sugar and rosemary
3. Simmer for 7-9 minutes, until ingredients are well mixed
4. Remove from heat and cool

Mocktail Steps

1. Wet the rim of your favourite mocktail glasses with the other half of lime
2. Dip the cocktail glass in the sugar
3. Add ice to mocktail glass
4. Measure 60ml of simple syrup into the cocktail glass and add 100ml of sparkling water
5. Mix drink with spoon
6. Garnish with grapefruit slice and a sprig of rosemary

"Very refreshing. Lovely on a hot day. I would recommend it." Barbara

"Refreshing. A great palate cleanser." Don

"A wonderful summer drink." Elena

GARDENING TIP

Composting Enhancer

Do you create compost for your garden? If so, you can speed up the composting process by making the environment more alkaline with baking soda. Sprinkle a thin layer of baking soda over its surface, then use a spade to mix it.

Coral Hiscock, Gardening Interest Group



QUIZ CORNER

Elena Tommasi, Mahjong Tutor, has provided this month's quiz questions.

1. Mahjong was developed in the: a) Mid 1600s, b) Early 1700s, c) Mid 1800s, d) Early 1900s
2. True or False: Prolonged playing of Mahjong may trigger epileptic seizures.
3. True or False: Mahjong is the most popular table game in Japan
4. What does the word Mahjong mean?
5. True or False Playing Mahjong can help improve cognitive function?

Interesting Mahjong facts:

Although Abercrombie and Fitch is known today as a purveyor of trendy clothing for kids and teens, the retailer also played an important role in popularising mahjong in North America. Founded in 1892 as an outdoors outfitter, it became the first company to sell sets in New York City during the 1920s. After selling out their initial stock, co-founder Ezra Fitch sent emissaries to cities and villages in China to buy every set they could find.

S.T. Dupont, a Paris-based manufacturer of luxury goods, collaborated with renowned Peruvian gemstone artist Luis Alberto Quispe Aparicio of L'Aquart studio on possibly the [most luxurious mahjong set ever](#). Each of the 144 tiles are handcrafted over eight months from solid blocks of Tanzanian ruby, framed with hand-hammered gold vermeil and feature a jaw-dropping 1,000 Burmese rubies and 300 diamonds. The price tag? A cool \$1.3 million.



Tutors and members, 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 JOHN ROSS

The philosophy class will miss that gentlest of all men, that true philosopher, that lover of wisdom. A man of few words, John taught us in his daily life that life is not worth living unless lived for and with others. His sense of relativity and mild humour made him dear to so many. The class is grateful to John for all the heart warming cups of coffee and tea he made for us over the years, acting as host for the philosophy class. May he rest In peace.

Bridget Carlson
Philosophy Class Coordinator



U3A Office
Ballarat North Community Centre
702 Walker St Ballarat North
Office Hours Term Four:
Tuesday 10am-12pm
Wednesday 10am- 2pm
Thursday 10am-2pm

Quiz Answers

1. c) Mid 1800s
2. True. To date there are 23 reported cases of Mahjong-induced seizures in the English medical literature. Some doctors speculate that this may be due to stress and complex manual movement correlated with intense brain function.
3. True. As of 2008, there were approximately 7.6 million Mahjong players in Japan and an estimated 8,900 Mahjong parlours.
4. Sparrow: One theory, the most common, is that the clacking of mahjong tiles during shuffling resembles the chattering of sparrows.
5. True, A 2020 study found that playing mahjong consistently improved the executive function (memory, planning and organization) and the ability to do daily activities in elderly patients with mild cognitive impairment. Earlier research found that playing mahjong regularly had the potential to improve memory in patients with mild to moderate dementia.

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