



the BULLETIN

PRESIDENT

Don Collins 0488010467

VICE PRESIDENT

Miriam Peck 0435296636

TREASURER

Jeff Langdon 0411552862

SECRETARY

Ros McArthur 0409241115

CLASS COORDINATOR

Miriam Peck 0435296636

MEMBERSHIP/MY U3A

Nina Netherway 0417371873

WEBSITE MANAGER

Nina Netherway 0417371873

EVENTS MANAGER

Elena Tommasi 0421520414

OFFICE MANAGER

Rebecca Black 0488661317

BULLETIN

Anne Dwyer 0477701742

GALLERY MANAGER

Barbara Burnett 0477035507

PUBLIC OFFICER

Ros McArthur 0409241115

Steve Walsh BGMA Workshop

U3A PHONE OFFICE NUMBER

0431859315

U3A POSTAL ADDRESS

PO Box 2058, Bakery Hill,
Ballarat, VIC 3350

Reg. No A 13304 K
ABN 3371 3445 856

Email: info@u3aballarat.org.au
Web: www.u3aballarat.org.au
Facebook: U3A Ballarat
Bulletin: bulletin@u3aballarat.org.au

Next Bulletin Deadline

January 27 2025

CLASS UPDATE

Thanks to our 2024 Tutors and Class Coordinators. We really appreciate what you do.

The Summer School Program looks exciting! Program details have been emailed to members.

Looking forward to our 2025 classes? Class details have been emailed to you, and enrolment details can be found on page three of this Bulletin.



Forthcoming Events November 2024 and January 2025

Thursday November 21

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

Friday November 29

Term Four ends

Monday January 6 - Friday January 11 2025

Summer School Week 1

Monday January 13 - Friday January 18 2025

Summer School Week 2

Monday February 3 2025

Term One commences



The Festive Season is nigh upon us. I wish everyone a safe and joyous time over the coming months. Much of the work has been done for setting up our 2025 U3A Ballarat year: the number of classes we offer amazes me. I offer my sincere thanks to the many tutors who make this happen and a heartfelt thank you to the tutors who are retiring at the end of 2024 - where we would be without you. Finally, an additional shout out goes to our Class Coordinator, Miriam Peck, for her work co-ordinating tutors, classes and venues.

Appreciation Luncheon for Tutors, Class Representatives and Volunteers

The Tutors, Class Representatives and Volunteers Lunch is a celebration and recognition of the 11,000+ hours that our members willingly give to ensure that shared learning creates important social connections and a strong sense of community. This is the lifeblood of U3A Ballarat. All members of the U3A Ballarat Committee provided the people power behind the setup, food service and the significant dish-washing effort that followed the meal. Much thanks to each and every member of the Committee but a special vote of thanks goes to Elena Tommasi who co-ordinated all aspects of the event. Thanks very much to the Ceilidh group for providing music before the lunch, and a shout out to Coral Hiscock and Anne Dwyer who took the floral arrangements to a new level - the beauty of the arrangements was noted by many members.



President Don Collins

U3A Ballarat Core Business

A recent talk on the four years Anne and I spent living in China followed the wonderful afternoon entertainment provided by The Choristers. During the talk, I made the connection between the culture we were working to expand in our workplaces in China, and the core business of U3A Ballarat. The slide, included in this message, led me to recognise it as a distillation of the U3A Ballarat Vision and Mission statements:

U3A Ballarat Vision

To develop a sense of belonging and enjoyment of life, through sustained and supportive connections within the U3A community and as part of the broader Ballarat community.

U3A Ballarat Mission

Through the provision of low-cost learning opportunities, our members learn, teach, and share ideas and wisdom, in a friendly, respectful, inclusive and supportive environment.



Summer School 2024

With around 28 classes on offer during the two weeks of the U3A Ballarat Summer School 2025, the recognition that our members are keen to engage in learning and sharing during the month of January is well and truly affirmed. I thank those who have offered classes during what is our normal 'period of rest'. Elaine Maberly and Nina Netherway took on the task of co-ordinating SS25, and my appreciation and thanks go to both of them for their volunteer labour in recent weeks and in December and January.

City of Ballarat Ageing Well Awards

Congratulations to Bec Black and Nina Netherway for the recognition bestowed upon them by the City of Ballarat as finalists in Senior Citizen Awards 2025 in two separate categories respectively - active participation and community service. Held at the Mercure in Main Rd Golden Point, a large crowd of supporters gathered to support and applaud the nominees across five categories.

Cup Day Frivolities

The gang gathered for some shared food, some games and punt on Cup Day at Hut 48. Some very interesting moving media has appeared of a game involving a tissue box filled with ping pong balls strapped to the back of a person with the object of emptying the tissue box first. Talk about shake your tail feathers. Clearly much fun was had. Thanks to Elena and Nina for organising the event.



Nina Netherway and Bec Black

In conclusion, this is our final Bulletin for 2025. A very brief Bulletin will be issued in January, with the Bulletin returning to its normal format from February 2025.

Don



BALLARAT
UNIVERSITY OF THE THIRD AGE

ENROLMENT INFORMATION

**Enrolments will take place at
Ballarat North Community Centre
702 Walker Street**



Enrolment Dates for 2025 Classes

- Monday 2 Dec
9:30 am – 3:30 pm
- Tuesday 3 Dec
9:30 am – 3:30 pm
- Wednesday 4 Dec
9:30 am – 12:30 pm



Returning and New
Members may also
enrol online from 9:30
Monday 2 December
at
u3aBallarat.org.au*



In January the office
will be open during
Summer School
mornings (weekdays
Jan 6 –17) from 10:00
–12 Noon

Regular Term Office Hours at BNCC

Tuesday 10.00 am – 12.00 pm

Wednesday 10.00 am – 2.00 pm

Thursday 10.00 am – 2:00 pm

702 Walker Street

Website: u3aBallarat.org.au

Email:

info@u3aBallarat.org.au

+ Phone: 0431859315

*If a new member enrolls online they will need to come into the office at BNCC to collect a name tag and New Member Information Sheets before the start of classes on the 1st of Feb.

Summer School enrolments (for current members) are now open online. Or, if you prefer to enrol in person, come to BNCC on the dates and times shown above.

Conversation with John Olsen, U3A Ballarat Life Member and Past President

Life in rural Victoria

John lived in Queenscliff for the first 18 years of his life, before moving to Melbourne for university. He married Corrie and stayed in Melbourne before moving to Mildura in the 1970s. John said, “we wanted our kids to grow up in a country environment” and added that he “loved it up there”. When their sons chose to study in Melbourne, John, Corrie and their daughter decided to move ‘south’ to Ballarat, and have lived here for 34 years.

Retired Life

“Retired life is the real life: how life is meant to be. You have so many things you can be doing. You put them in the diary and when you wake up in the morning you can choose which ones you want to do. You are not tied down by a specific task at a specific time. I have loved every minute of it.”

Trust, Change and U3A Ballarat

“I think we have got to trust ourselves and the people around us. And we have to listen to what the people around us have to say. We need to trust our own judgement, our own skills and recognise the skills in the group you are dealing with. We need to trust in the fact that there are people around us who have the skills and interests to join us in a learning community. We have to trust that our membership find our organisation to be flexible and diverse enough to suit their purposes and, if it doesn’t suit the memberships’ purposes, we modify what we do.”

John mentioned the growth in U3A Ballarat, which had under 500 members when he joined 20 years ago, saying, “The most effective committee, that I can think of, is where members listen to one another, and respect the skills that each person brings to the table.” He elaborated, saying that whilst people did not always feel they had the necessary skills to take on leadership positions on the Committee, they were encouraged to ‘give it a go’, knowing another Committee member will be there to support them. In such an environment, people can respond positively and bring about new opportunities.

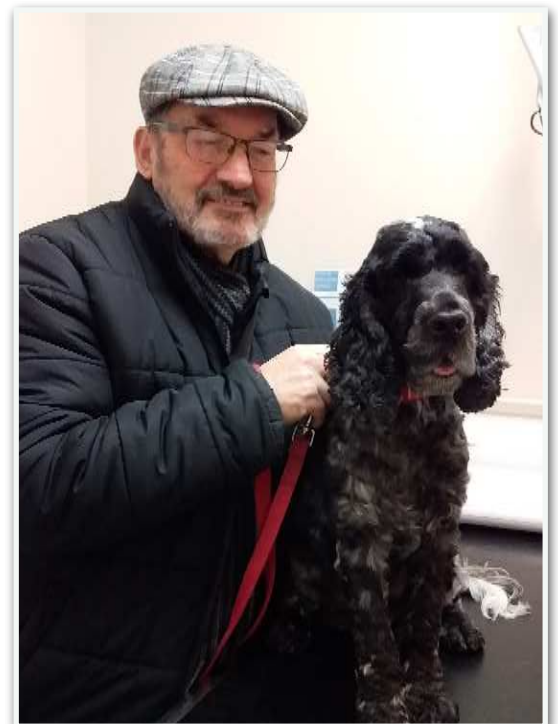
Successful Learning Environment

Anne asked John what he believes helps create successful learning environments. He felt that people will be confident if they know something of the organisation, believe that the organisation listens, recognises diversity and consults. “You have got to encourage confidence amongst people, irrespective of the age group.” And, for U3A Ballarat, the opportunity for people to connect and socialise cannot be underestimated.

What Brings You Joy?

“I loved my job, when I was doing it. I love being active.” This love of work (and helping others) has seen John help build houses in Timor-Leste and cyclone-proof houses in Fiji. Many of the homes and facilities were for displaced persons and John said, “to see the smiles on their faces ... was fantastic.”

John emphasised the importance of family to him. The pleasure and happiness provided by his immediate family was evident, with each member viewed an individual ‘in their own right’. John and Corrie now have their three children living in Ballarat, and the grandchildren total seven. “The grandkids are fantastic. We wouldn’t swap our children for anything.”



Dance 4 Fun (and Fitness) Classes

This popular class is offered by Tutor, Rebecca (Bec) Black.

What, do you believe, are the benefits of dancing?

I see the dance class as an alternative to attending a gym session. I try and fit some balancing in because I think this is so important as we get older. I want dance/exercise to be fun so that people continue to do it. I love to dance and I am happy to take the class so that I can dance! "So, there are good things for class members and there are good things for me."

I also see that U3A is about socialising. So not only is my class about dancing, it also about socialising. It is lovely to see how new class members are brought in to become part of the group. It is just lovely to watch. When we break, no one is sitting around on their own. I know that during COVID, the Zoom classes were really important. I have also created a video of dances that I felt people could do at home, and I share this every year so people have something they can work at home during the holidays.



The title of your class references fun as well as fitness. Can you explain how you decided on the name of your class. What do you think keeps people 'coming back for more'?

Bec sees fitness as secondary to fun. "People are here to enjoy themselves. If they are not having fun, I am not doing my job." Bec took over two dance class in 2017 - one at the beginning of the year, and the other midway through the year. Class members tend to re-enrol in her classes, and Bec said that she sees the class members as being 'her family'.

What is your dancing background?

I don't have one! I was involved in callisthenics when I was young for 2 or 3 years, but was "spectacularly bad at it". Bec commented that she always wanted to learn ballet, but circumstances didn't allow this to happen when she was growing up. Having a daughter who attended ballet lessons allowed Bec to join the adult class that was offered at the dance school. She attended classes for around 3 years but felt she was, again, "spectacularly bad at it", as most of the mothers in the ballet classes had studied ballet when they were growing up.



When Bec moved to Ballarat, she joined U3A to attend a yoga class, and then found out about Jenny's Dancercise class, which she thought "looked interesting ... and then within 6 months, I was taking both of Jenny's classes and not doing yoga anymore!"

Several of Bec's class members were asked to provide a comment on Dance 4 Fun (and Fitness).

"The Dance for Fun class is so beneficial. It not only provides exercise that's fun to do but does it in a friendly and social manner. I love the way Bec includes stretches at the end of the sessions and coaches the class in the new routines. More importantly, it gets me moving and stimulates the brain at the same time." Grant Pinkus

"Bec sparkles and radiates so much enthusiasm in her dance classes, it's impossible not to go along with her. She makes the dances so enjoyable, even when we're all failing to remember the steps correctly. Not for nothing are her classes called *Dancing for Fun and Fitness* - they *are* fun, and along the way (and without noticing!) we all get much fitter. Win-win!" Gabi Brown

"Bec ignited my passion for dance. I first joined her class several years ago, instantly felt welcome, and just loved it. I still do. I now attend 3 dance classes a week with U3A, with dance contributing massively to my wellbeing. Thanks must go to Bec for adding something wonderful to my life!" Jennifer Laing

Meet Your Committee Members

Elena Tommasi, Committee Member, Events and Catering Coordinator

I worked in advertising and marketing, first with advertising agencies, then in the technical field where I learned to use publishing programs and finally as the Marketing Director for Real Estate companies. After retiring I did seasonal work as a tax preparer. I have always loved to do craft projects and U3A provides so many opportunities to learn and grow. I came to Australia (from the U.S.) nine years ago and U3A provided the opening for me to meet people and form new friendships. I enjoy sharing my knowledge and being a tutor lets me do that. As a past president, U3A helped me to grow as a person and a leader. Although I miss my family, I love living in Australia. I don't mind cooking, but I love to bake and am always trying new recipes. I'm lucky that my partner, Peter, likes to eat!



Coral Hiscock, Committee Member

I am an avid and eclectic reader and gardener, and a proud Mum of three and grandmother of ten. All of our grandies are involved in sport and we spend a lot of our time trying to make it to everyone's match over the weekends. We all look forward to our family holidays where fishing, swimming and boating are very much part of our norm. My Dad shared his love of gardening with me, and I became hooked at a young age, and now spend a part of every day, if I can, getting my hands dirty in my hot house, potting and planting up, separating, germinating and loving the wonders of nature as those little green shoots pop through the soil. We have an open plan garden where our plants grow fighting off our constant parrots, galahs, rabbits, water birds and kangaroos. I retired five years ago from my role as a Project Manager with the State Government. I enjoy continual education and undertook a Master's in Business at a mature age, moving into managing the resourcing of emergencies and training of staff across the State. My love of learning continues to brighten my day, and I joined U3A to capture further learnings and knowledge and to share some of my ideas, gaining new colleagues and friends. However, what I have found is U3A has brought me far more than my initial thoughts, giving me an opportunity to acquire further knowledge and understanding, share skills, be part of people and conversations, tutor others, and enjoy a constant stream of happy faces comprehending, understanding, and always ending up with a cuppa and a laugh.



U3A NETWORK VICTORIA TUTOR RECOGNITION AWARDS

Congratulations to Sue McLachlan, Ukulele Minstrels Tutor, and June Johnstone, Recorder Ensemble Tutor. Both were nominated for the U3A Network Victoria Tutor Recognition Awards by their classes, and it was a pleasure to see the surprise and delight on their faces when they recently received their certificates. And, as most befitting for people leading music ensembles, songs were composed and performed to honour their service to others!



Sue McLachlan and Nina Netherway



Nina Netherway and June Johnstone

U3A Members in the Community - Wendy Abraham

Anne Dwyer met up with U3A Ballarat member, Wendy Abraham, to discuss her work as a HELP volunteer. The Hospital Elder Life Program (HELP) is a Delirium treatment and prevention program that operates from the Ballarat Base Hospital and, recently, from the Queen Elizabeth (QE) centre.

Delirium, according to the HELP training manual, is “a sudden confusion or change in thinking. Thinking may be ‘cloudy’ or confused and the person may talk or act differently than usual. Wendy commented that if you are frightened, in pain, or anxious about the future, then you can develop delirium. Ballarat’s Federation University have run a research project with the HELP program, and have found a threefold improvement in people’s satisfaction with their hospital stay. The HELP program has helped shorten the length of stay in hospital and significantly and markedly helps reduce the number of people who develop delirium. This research says that the program works: it genuinely helps people.

Wendy spoke about a hospital patient, a woman, who didn’t have her glasses or her phone with her when she was brought into hospital via ambulance. She had no idea of where she was or what was going on and she was quite agitated. Wendy outlined ways to help minimise the chance of developing delirium. “Are you wearing your glasses, have you got your hearing aids in? If people don’t, the world can become a confusing place. Are you getting enough to drink - hydration is really important. Are you getting out of bed as much as you are allowed, as always lying flat does not help.”

Wendy had initially thought it might be difficult to engage strangers in conversation, but quickly realised that this wasn’t the case. “If you find out where they live, who they live with and if they have pets, this provides you with enough material to work with. You take your cues from the person. If they don’t appear to want to talk about that, you move on to something else.” She introduces herself, saying “I am Wendy, I’m with the HELP program, do you remember what that is about? I’m absolutely not medical: I’m not going to stick any pins in you! I’m just here for a chat.” Wendy feels that the HELP volunteer role can help to lower patient anxiety levels.

The HELP Volunteer role involves a full day of training for the HELP program, and an additional half day onboarding process that meets hospital and state legislative requirements. When you start, you shadow someone who is already working in the program: you can undertake as many shadowing sessions as you like to ensure you are comfortable in the role and know how it operates. Wendy volunteers once a week for 3-4 hours, but you can volunteer once a fortnight. Wendy chooses to participate on a Sunday and a Wednesday morning, which means she might see the same person twice. Her standard farewell to each patient is “Well, I might see you on Wednesday, but I hope I don’t”, knowing that many patients will have been able to return home before her second visit.

All of the wards in the hospital are visited as part of the HELP program. Wendy talked about visits to ICU, recognising that the patients in this area can really benefit from a visit. She recalled spending time with an elderly male patient who was struggling to answer questions, but welcomed her company. The patient reached out, Wendy took his hand, he held on tightly as she stayed by his side.

Wendy indicates that additional HELP volunteers would be appreciated. HELP volunteers visit patients each day of the week, in both the morning and in the afternoon, and there are now more wards to cover. Robbin Moulds, HELP Program Manager was asked to add to this article. She wrote, “HELP Volunteers are a valuable part of our program and we would love to have you come onboard. We ask for a commitment of 4 hours either once a week or fortnightly (either in the morning or the afternoon) and training is provided. We also do activities with patients such as music, craft and games if you would like to do that - bring yourself and/or your skills to make a difference in the patients’ lives while in hospital. To chat more, please call us on 0459 982 480.”



Wendy in her HELP uniform

Wendy concluded the interview, saying: “I’ve met some lovely, lovely people and heard some fascinating stories.”

U3A Members in the Community - Sit and Stitch

The nimble fingers of our Sit and Stitch class members have created 38 sensory mats for dementia patients at the Queen Elizabeth (QE) Centre. Class member, Tania, completed the Primary Dementia Course with the University of Tasmania, as her husband had dementia: she knew the importance of providing people with something they can call their own. Pockets, zippers, buttons and different textures feature on the bespoke mats. Tania said, "I've tried to keep the background simple and calmer for people with visual issues." QE staff will assign sensory mats to suit the characteristics of individual patients. Many thanks to Margaret Copping (tutor) and the crew who dedicate their time and skills to serving others.



U3A Members in the Community - Ageing Well in Ballarat



U3A Dance Group members showing their moves

U3A Ballarat members have continued to support 'Ageing Well in Ballarat' events, hosted by the City of Ballarat. October 24 saw dancers interacting with students from Invermay Primary School on a day that featured lots of laughs and smiles. The U3A Dance Group and our Scottish Dancers showed their flexibility, stamina and light footed steps in an event that promoted community connectivity.

(Please note, photos have been cropped to avoid including student images.)



Elwyn's smile says it all

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

Ageing Well @ BNCC 'Innovations and Creations'

"We were very pleased with the great response to our 'Innovations and Creations, U3A on Display' event to promote Ageing Well. Members and the public loved seeing what we are doing." Elena Tommasi



SAVE THE DATE



CHORALE CONCERT



Join us for an enchanting afternoon filled with uplifting music

Thursday 28 November 2024
2:30 - 3:00 pm
Ballarat North Community Centre
 702 Walker Street

Afternoon Tea Will be Served



Recorder Christmas Concert

Friday, 29 November
11:00 - 12 PM
St John's Soldiers Hill
 606 Armstrong St,
 North Ballarat



MATCH MUSIC APP

Trialling a mobile app that helps carers of people with dementia living at home and during transition to residential aged care



OVERVIEW

Do you care for a person living with dementia?
 Do you have access to the internet and a device?

We are currently seeking participants to trial MATCH – a music therapy informed training program and mobile app designed to guide carers in the strategic use of music to support care for people living with dementia.

WHO CAN TAKE PART?

- Carers and people with dementia living at home in Australia.
- Access to the internet and a device.

WHAT DOES IT INVOLVE?

- Using the MATCH music app on your personal device over a 12-week period
- Answering questions about yourself and the person you care for (before, during and after the trial)

Spring 2024
12 WEEK TRIAL



CONTACT US

For more information and to register, please email:
MATCH-studies@unimelb.edu.au
www.musicattunedcare.com



This study has ethical approval from the University of Melbourne: 2024-29201-52999-3



THE AGEING VOICE AND CHORAL CONDUCTING WORKSHOP

THURSDAY FEBRUARY 13 2025
 2:00 - 4:30PM
 BALLARAT NORTH COMMUNITY CENTRE
 702 WALKER ST BALLARAT NORTH AND ONLINE

Presenter, Dr Faye Dumont, has studied voice, choral music and conducting across many years and has conducted choirs from children to seniors. She taught in high schools and tertiary institutions, has run workshops on voice and conducting and has written conference and journal articles. She has presented sessions on the voices of seniors at national and international conferences.

In this workshop Faye will give information on the ageing voice, advise on particular voice and singing issues and discuss singing and conducting as a means of addressing best practices in choirs.

To help us prepare for this event, please RSVP by February 6 Anne Dwyer annemd60@icloud.com.

This event has been developed by the Conducting at U3A Community of Practice (COP), U3A Network Victoria. U3A members and interested community members are welcome to attend.



SALMON MOUSSE

Jenny Poliness shared her salmon mousse recipe, saying “This is a very tasty recipe which can be made just a few hours before serving. It is a lovely summer dish to serve with pre dinner drinks or you can dress it up and serve it as an entree. You need some sort of mould to make it in. If it is tin, it will need a light spray of oil.”

INGREDIENTS

1 x 210 grams of pink or red salmon
 125 mill (1/2 cup) mayonnaise
 125 mill (1/2 cup) cream or sour cream
 1 tablespoon sliced spring onions
 Juice of a lemon
 2 tablespoons of parsley
 15 grams (5 level teaspoons) gelatine powder (**soften gelatine first so it will cool). If you want the mousse to be not too solid and more spreadable, put a little less gelatine in.
 3 tablespoons of cold water
 Salt and pepper

METHOD

Drain and flake salmon
 Place in bowl
 Add mayonnaise, cream and juice of lemon and mix
 ** Soften gelatine in water in a cup and then dissolve over warm water, cool, then quickly stir into salmon mix.
 Add parsley, onions, salt and pepper
 Pour into sprayed mould, (a lovely fish mould or a plastic jelly mould)



Jenny added:

It does not take long to set.
 Chill until set and garnish with sliced egg, dill cucumber etc.
 Serve with sliced French loaf or dry biscuits.
 Enjoy on a warm evening with a glass of your fancy. 🍷
 “I think a lot of the ‘old U3A folk’ will have this recipe as it was my usual break up dish.”

U3A Bridge members were given the chance to taste Jenny’s Salmon Mousse:

“Beautiful. Delicious and refreshing.” Lyn

“Totally satisfying. It has everything you want. It is a well-balanced recipe.” Joe

**Editor’s note: This was the first time I had used gelatine, so I looked online to find out how to ‘bloom’ the gelatine. It was easy once I saw what to do.

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**Recycled Milk Containers**

Keep any empty milk bottles, wash them out and cut in half. The base is ideal as a small pot, and with the lid in place, the top of the bottle forms a shovel.

When piercing the small pot, pierce from the inside out, in case the piercing instrument slips!



Coral Hiscock, Gardening Interest Group

QUIZ CORNER

Lori Hutton, Yoga Tutor, has provided this month's quiz questions.

1. What does yoga mean?
a) stretch b) flex c) relax d) union
2. The origins of yoga can be traced back:
a) 50 years b) 500 years c) 5,000 years
3. True or False: Yoga first came to Australia in the 1960s
4. How many people in India practice yoga?
a) 35% b) 45% c) 55% d) 65%
5. The word 'namaste' is often said at the end of a yoga class. What does namaste mean?



Image source: www.freepik

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 MARTIN RUSSELL

Martin Russell was a member of various U3A classes, including History, Hiking, Bushwalking, and the Chorale. Always friendly, Martin was happy to help out whenever he could. He had a thirst for knowledge and, in recent years, singing became his passion. His 2021 New Years Resolution saw him learning to sing opera: he wanted to do something that took him way out of his comfort zone. We remember him with much fondness.



Quiz Answers

1. d) Union. A practice that connects the body, breath and mind.
2. c) 5,000 years
3. False. Yoga came to Australia in the early 1950s, with the first Melbourne based yoga school opening in 1954.
4. a) 35%, and not on a regular basis.
5. "I bow to the divine in you". As a greeting, it is a way of showing respect, gratitude and love towards oneself and others.

U3A Office Dates

Ballarat North Community Centre
702 Walker St Ballarat North

The U3A Office will close from Thursday December 5

The office will open Monday to Friday (10am-2pm) during the Summer School program

The U3A Office will reopen on Tuesday - Thursday from Tuesday January 21 2025

If undeliverable return to:

U3A Ballarat
PO Box 2058
Bakery Hill, Vic 3354

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