



the BULLETIN

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Next Bulletin Deadline

January 27 2025

CLASS UPDATE

Welcome to our 2025 classes. It is great to have existing and new classes in our program.

Please note, travel to Hut 48 (Airport) involves a new route. Tutors have been provided with maps and information to assist members.

Information on other classes - one new, and two existing - is provided on pages 5 and 6 of this Bulletin.



Forthcoming Events February 2025

Saturday February 1

Swap Tables BNCC 10-11am

Monday February 3

Term One commences

Thursday February 13

The Ageing Voice and Choral Conducting Workshop BNCC 2-4.30pm

Thursday February 20

Coffee and Chat Selkirk Stadium Foyer 10-11am

U3A Office Hours Term 1 2025

Tuesday 10am-12pm

Wednesday 10am-2pm

Thursday 10am-2pm

Ballarat North Community Centre
702 Walker St Ballarat North

There is one aspect of U3A Ballarat that remains consistently apparent to me, and that is the need to feel connected to others.

The popularity of the Summer School program in 2024 and 2025 illustrates that the opportunity to learn doesn't take a holiday, nor does our need to share time with others in a supportive and friendly environment.

I believe the reason U3A Ballarat is such a large and vibrant organisation lies beyond our regional location and the skillsets of our members. It is found in the culture and ethos of U3A Ballarat where the sentiments expressed in our Vision and Mission statements are readily found in each and every class on offer.



President Don Collins

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.

We know there are members who select classes based on their interests and skills. We also know that the social interaction that comes from attending classes is very important. And, for some members, finding the strength and courage to leave their home and attend a class can be a challenge. Whatever your context, we are delighted to have you amongst us, and if there is one common thread that motivates members of the U3A Ballarat Committee, it is the desire to assist others through the process of gathering together to learn and, more often than not, laugh.

The sense of belonging that emerges from sustained supportive connections requires people to be kind, understanding, and at times, forgiving. Harper Lee hit it on the head many years ago when she had her character Atticus Finch utter the phrase to Scout: "you can never really understand a person until you consider things from their point of view ... until you climb inside of his (or her) skin and walk around in it."

For \$60 per annum, we offer something remarkable. Our low-cost learning opportunities are made possible through the generosity of the tutors, volunteers and Committee members who are in a position to give freely of their time and energy to U3A Ballarat. Long may our Vision and Mission statements reflect what we actually do.

We are delighted that significant federal and state funding has been allocated for the redevelopment of the Eastwood Leisure Complex, and will keep you informed if and when classes need to be relocated.

I very much look forward to the commencement of our 2025 classes. I wish to especially acknowledge the work of Nina Netherway for her Summer School coordination, the Committee members and volunteers who ran our Enrolments Days, the Office staff who have dealt with ongoing queries and enrolments, our Class Coordinator (Miriam Peck) for her unstinting work allocating classes to venues, and the band of Merry Men who have worked tirelessly to prepare the Blake Gordon Manual Arts Workshop for classes.



Robert Albert
fencing @ BGMAW



Don, Miriam, Catherine
King and Mark Valentine @ ELC



Mary Maloney
@ Hut 48



Carolyn and Anne
@ Hut 48

2025 Summer School Memories

- * Tutors checking in on their rooms laden with books, maps, music and all the paraphernalia they needed for their class.
- * Class members arriving, some apprehensively looking for the Red Room or the Blue Room, whilst others confidently knew where they had to go.
- * Lots of chatter, lots and lots of chatter and laughter - then ...
- * Silence - more or less, except for outbursts of laughter.
- * Class members coming out of their class chattering and telling me how wonderful the class was, how they had learned a lot and had such fun.



Introduction to Mahjong



Quilting

*Many saying they would like the class to continue during the year, and this inspired some tutors to add an additional class to our 2025 program.

*Conversations continuing in the BNCC passage as people vacated a room to allow the next class to begin.

*The Office was open each morning and staff were flat out enrolling, answering queries, chatting - even trimming a bonsai!

*It was such fun to be there and meet new people who are needing to join us for our friendship and, of course, our wonderful classes. We are so lucky with our dedicated tutors. No wonder we have such a large membership - 1094 and rising. I hope the rest of the year is as successful as the Summer School.

- * We held 32 classes, using BNCC, Hut 48, The Ballarat North Bowling Club, and our first session in the BGMAW (Blake Gordon Manual Arts Workshop), with a total of 552 attendances for all classes.

My thanks to Elaine Maberly who helped me organise the timetable and proved to be a good sounding board!

Nina Netherway



Design for Wellbeing



Wine and Design



Creative Poetry Writing

Meet Your Committee Members

Bec (Rebecca) Black (U3A Ballarat Office Manager)



I have had a few different jobs over my working life. I have a background in office administration but also have worked at the Commonwealth Bank (both full time and part-time) and in a gaming room. My administration career involved running an office for a small, but multi-million-dollar company for a period of 10 years. This gave me the knowledge required to run the U3A office, although doing rosters has been a learning curve for me! On moving to Ballarat, I was employed at Midlands RSL, but now keep busy with my U3A activities.

U3A is the most amazing organisation, and I love being a part of it. It gives people a reason to get up in the morning that they might not otherwise have and a multitude of different courses to choose from. The range of courses available is astonishing.

I have varied interests. The major one is trying to be creative (embroidery, quilting, dressmaking). I also love cooking, word games, gardening, reading and loving my cats. My challenge is to make time to do all of it.

Anne Dwyer (Communications, Bulletin Editor)

I taught and worked in education for nearly forty years and love sharing ideas with others. My love of music and literature are reflected in the classes I attend, and my writing skills are being called upon as I edit the Bulletin. I taught from pre-school to university students and believe that everyone has something to offer, irrespective of their age, language proficiency, or background. If we listen to others, great things can happen.

I think U3A provides people with a chance to connect and learn in a supportive and friendly environment. In retirement, I pursue a passion to work with seasonal produce. Other U3A members provide me with a never-ending supply of lemons, grapefruit and native limes, and my preserves and garden produce are shared with family, friends and my U3A family via swap tables. Life is good, and the greatest pleasure comes from giving.



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



A Celebration of French Song



This is a course that has been running at U3A Ballarat since 2018. Basically, the course involves an exploration of different styles of French Song where two or three new songs are introduced in each class and then class members have a chance to sing along with carefully chosen versions of those songs found on YouTube.

At the end of each year, we survey which of the songs covered during the year are the most popular with our class members.

Of the 37 songs introduced in 2024, the 'Top 10' (most popular) were :

1	Au coeur de novembre	by	Nana Mouskouri
2	L'Hymne à l'Amour		Edith Piaf
3	La maison où j'ai grandi		Françoise Hardy
4	Tu es mon autre		Lara Fabian and Maurane
5	Belle		Zaz
6	Je suis mon cœur		Lara Fabian
7	La vie en rose		Edith Piaf
8	Auprès de ma blonde		Olivia Chaney
9	La croix, l'étoile et le croissant		Frida Boccara
10	Je suis un homme		Zazie

Do you know any of these? It might be worth exploring YouTube to see what marvellous songs are to be found in the 'Francosphere' ... or ... come along and join us for a sing on Friday afternoons (of Weeks 2 and 4) !

By the way, we reached a milestone in 2024: the total number of French songs covered since the inception of the course passed 200.

John Maguire ('Jean-Jacques')
Tutor

A celebration of French Song is offered at Selkirk Stadium Room 2, Weeks 2 and 4, Fridays 1:45-3:15pm.

THOUGHTFUL TRAVEL (New course - places are still available!)

Anthony Bourdain once said:

"Eat at a local restaurant tonight. Get the cream sauce. Have a cold pint at 4 o'clock in a mostly empty bar. Go somewhere you've never been. Listen to someone you think may have nothing in common with you. Order the steak rare. Eat an oyster. Have a Negroni. Have two. Be open to a world where you may not understand or agree with the person next to you but have a drink with them anyways. Eat slowly. Check in on your friends. Check in on yourself. Enjoy the ride."

In this short course held in February and March, we will explore the attitude you take and the choices you make when travelling - respecting local people, their culture and environment. We'll explore useful ways you can, as an individual, enhance your own travel experiences when interacting with the communities we travel to.



The Thoughtful Travel course will be held in the Common Room, Hut 48, Airport Drive on the 3rd Tuesday in February (18 Feb) and 1st (4 Mar) and 3rd Tuesday (18 Mar) in March from 11:15-12:45. Book via the U3A website. Contact Rita Holt (0411536088 or ritaholt@hotmail.com) if you need more information.

PHILOSOPHY CLASS

At the final session for 2024, the Philosophy class celebrated the 25 years Anne Bouts has been teaching the subject at U3A. It is a remarkable effort and we are most grateful for the marvellous knowledge Anne has shared with us over these many years.

Despite many changes of venue over the years, the classes have continued with Anne being ready every two weeks to present a thoroughly researched talk on a particular philosopher or philosophical idea, followed by a tea-break and discussion. It is only recently that Anne has stepped back a little and there is more contribution from class members. Also present at the celebration was John Poliness, who was the first class-coordinator back in 1999 and remained so until only a few years ago. Philosophy is still one of U3A Ballarat's largest and most popular classes.



SAVE THE DATE and COMMUNITY NEWS

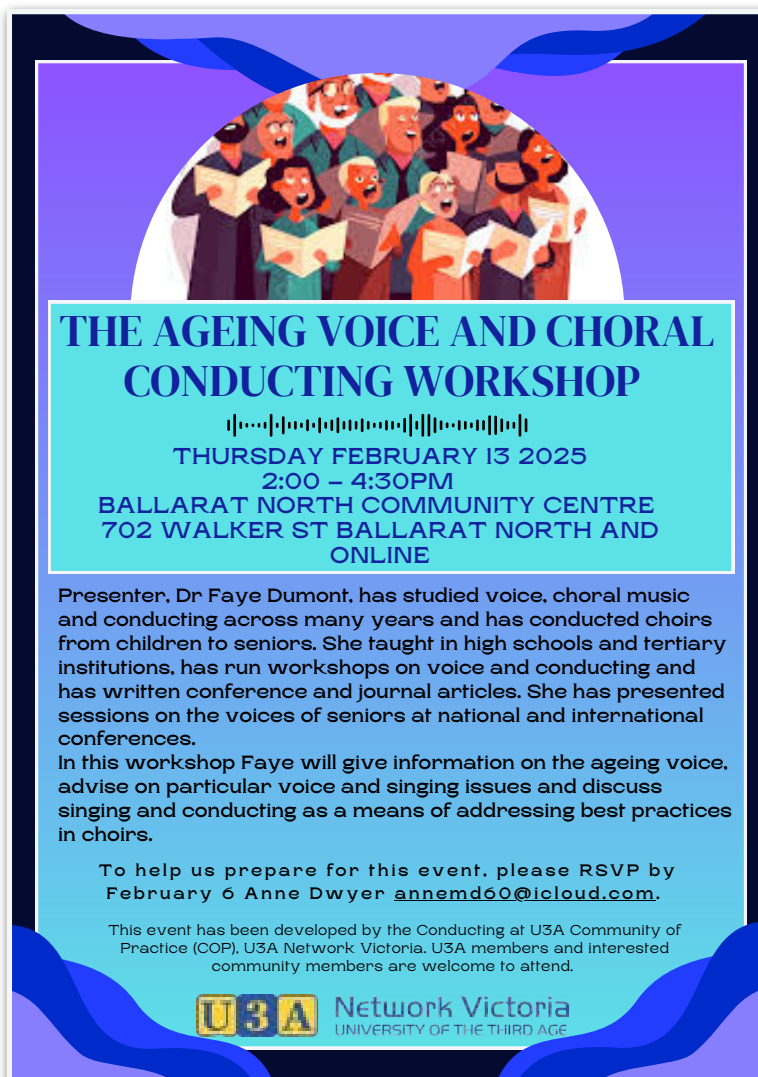


Swap Tables are Back!

Saturday February 1

10-11am

BNCC Blue Room



Would you like to participate in the Cooling Off project?

This project, conducted by the National Ageing Research Institute, aims to investigate the use and perceptions of cooling centres (air-conditioned facilities e.g. libraries, community centres, cinemas) for older Victorians, and explore how older Victorians perceive health-related effects of heatwaves.

Who are we looking for?

People aged 65 or above living in Victoria

Participation would involve:

1. A 10 minute survey about your experiences, perceptions and access to cooling centres during heatwaves in Victoria
 2. An optional 45-60 minute interview (only participants who provide their contact details in the survey will be contacted)
- Please click [HERE](#) to complete the survey

This project is funded from the Lord Mayor's Charitable Foundation and has human research ethics approval from The University of Melbourne (Project ID Number: 30014).

For more information, please click [HERE](#), or contact the project team at coolingoff@nari.edu.au.



STRAWBERRY JAM RECIPE

We have a healthy strawberry patch and I enjoy making small jars of jam to share with family and friends. The recipe uses a small quantity of fruit, so the jam sets quickly.

Ingredients

500g strawberries, washed, hulled and sliced

1 1/2 cups castor sugar

1 tablespoon lemon juice

1/4 teaspoon washed lemon rind (I use a vegetable peeler, and 'peel' three strips of rind)

Method

1. Place strawberries in a saucepan and begin to cook on medium heat.
2. Add sugar once strawberry mix softens and begins to boil.
3. Add the lemon peel and lemon juice once sugar and strawberry mix begins to boil.
5. Keep stirring the boiling ingredients. When the mixture begins to thicken, test to see if it has begun to 'set'. (Place 1/4 teaspoon of jam on a teaspoon on a small plate in the fridge. Check after a couple of minutes. You want the jam to move very slowly on the spoon when you hold the spoon up. If it 'runs', it is not ready.)
6. When the jam has set to your liking, pour jam into sterilised jars. Make sure the lid is firmly screwed on. Store in a cool, dark space.

This jam is the perfect accompaniment to Carolie's scones. You can find Carolie's scone recipe in the 2024 U3A Ballarat recipe booklet.



Anne Dwyer

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



Don't have room for a small herb garden?

Did you know, you can grow mint, strawberries, basil and lemon balm in bottles of water. Great for the windowsill. Replace the water regularly.

Coral Hiscock, Gardening Interest Group

QUIZ CORNER

Mark Moravec, from the U3A Classic Cinema class, has provided this month's quiz questions.

In 2024, the **Classic Cinema** class screened selected films from *Sight and Sound* magazine's latest poll of "The Greatest Films of All Time".

1. How many **Alfred Hitchcock** directed films are in the Top 100?
a) 1 b) 2 c) 3 d) 4 e) 5
2. Name their **titles** (the Hitchcock films).
3. Name the 3 **musicals** in the Top 100.
4. True or False? **Buster Keaton** has more films in the Top 100 than **Charlie Chaplin**.
5. Which of these Top 100 films did the **Classic Cinema** class vote to be their "Favourite Film of the Year"?
a) ***Citizen Kane*** (Director: Orson Welles)
b) ***Late Spring*** (Ozu Yasujiro)
c) ***Vertigo*** (Alfred Hitchcock)
d) ***Playtime*** (Jacques Tati)
e) ***Moonlight*** (Barry Jenkins)

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 JUNE CAMERON 17/6/1934 - 25/12/2024

June spent her working life as a physiotherapist and on retiring joined the Ballarat U3A singing group.

In the early 1990s there was a Ladies' Chorus and a Men's Ensemble, meeting in members' houses. The Choristers were formed by Jean Read in 1994, and June remained a loyal and enthusiastic member for over 25 years. Such was her love of singing that when the Chorale was formed in 2019 she sang in both choirs, as well as her church choir!

June and Neil, her husband of 67 years, passed away within hours of each other, Neil on Christmas Eve, and June on Christmas Day. June will be missed, and we remember her with great affection.



Quiz Answers

1. d) 4
2. Vertigo (1958), Rear Window (1954), Psycho (1960), North by Northwest (1959)
3. Singing in the Rain (1951), Wizard of Oz (1939), The Umbrellas of Cherbourg (1964)
4. False. They both have 2 films in the Top 100. Buster Keaton with *Sherlock Jr.* (1924) and *The General* (1926), Charlie Chaplin with *City Lights* (1931) and *Modern Times* (1936).
5. e) *Moonlight* (2016) received 9 votes. The other films came equal 2nd, with 3 votes each.

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