



the BULLETIN

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Next Bulletin Deadline

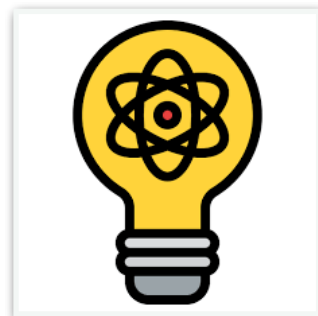
February 24 2025

CLASS INFORMATION

In this Bulletin, a list of class vacancies can be found on page three.

We are delighted to offer some new classes, including classes that came from our Summer School program. Details are provided on page four.

A map showing the new travel route to Hut 48 is on page five.



YOGA TUTOR 2025

We are wondering if there is a yoga teacher in the U3A membership who might be interested in taking an additional yoga class in 2025. If you are interested, please contact Lori Hutton, Yoga Tutor kalima.39@gmail.com

If you wish to contact our Class Coordinator, Miriam Peck, regarding a class, please use the following email: ClassCoordinator@u3aballarat.org.au

Forthcoming Events February and March 2025

Monday February 3 - Friday March 14

Creative Quilts Exhibition, BNCC Hall

Thursday February 13

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

Wednesday February 19

New Member Morning Tea BNCC Kitchen 10-11am

Saturday March 1

Swap Tables BNCC 10-11am

Wednesday March 20

New Member Morning Tea BNCC Kitchen 10-11am

Blake Gordon Manual Arts Workshop



President Don Collins

After many years of meetings, planning sessions, writing grant applications, working bees, consultation with members and liaison with the Ballarat Special School, the Blake Gordon Manual Arts Workshop has finally held classes. Through the commitment of Blake Gordon, Steve Walsh, the Merry Men, the members of the U3A Ballarat Committee and many others, the vision has become a reality. Many members will know nothing of the trials and tribulations that surrounded the process of getting first a

building permit, and then an occupancy permit. Nor would many be aware of the total number of volunteer hours invested in constructing and fitting out the facility. What most people will see is a magnificent facility that provides U3A Ballarat members with a purpose built workshop where different classes can work alongside one another, sharing the space, equipment, the ambiance and each other's creative talents. There are still minor aspects to tidy up, and we continue to negotiate about the parking options. We must respect the needs of the school and their students and ensure their safety with regard to vehicle movement on campus. We will continue to do our level best to achieve the best outcome for our members.



Swap Tables

Everyone is so friendly", "It seems I am finding my people here", "I love this idea of giving when you can and taking when you need or finding something just right sitting on the table". Last Saturday morning saw the first of the Swap Tables for 2025. The tables were overflowing with all sorts of surplus produce and items that members were happy to share and swap. Chatting with those in attendance from the newest members through to what I might describe as ... ahem ... U3A Ballarat veterans, the consistent message received was how marvellous it is to have such an opportunity to chat and connect with other people whilst also snapping up something useful from a garden, from a pantry or from the creative talents from another member of U3A Ballarat. A roster has been developed to help with the set up and pack up logistics. Some gaps in the roster were immediately filled on Saturday morning. But should you have the ability and the desire to volunteer for one of the Swap Tables Saturday mornings (10-11.00am) please let the Office know. If you are yet to find time and space to come along to a Swap Table, (first Saturday of the month Feb-April and Sept-Nov) do try to pop by for a chat, a cuppa and maybe even pick up some goodies.



Class Vacancies

Vice-President and Class Co-ordinator Miriam Peck has been busy examining class offerings. There is currently a list of over 50 classes which have vacancies covering all manner of topics and activities. If you are waitlisted for a class, consider the abundance of other options. It might lead you down an unexpected rabbit hole of discovery and fun.

Email Gremlins Begone!

Hopefully we have now sorted out the technical issues with sending out the U3A Ballarat Bulletin. I once again thank those who took the time to let me know that the attachment did not accompany the email message ~ it was attached but didn't make it through the email gateway. We have a process to validate the landing of the attachment, so if the system doesn't send the attachment, I will know ... and try again.

Don

Class Vacancies (January 31 2025) Please communicate with class tutor before enrolling.

Art - Exploring Contemporary Art	Knitting and Sewing
Back on the Bike	Latin 4
Basic Pilates	Line Dancing Group 1
Book Club 1	Linguistics - an Introduction
Bridge Play Sessions	Mindfulness with a Twist
Celebration of French Song*	Music Appreciation
Chorale	Music Theory - Just In Time
Choristers	Music, Movement and Mayhem
Classics Reading Group	Native Terrestrial Orchids - an Introduction
Clogging	Native Terrestrial Orchids and Allies
Cryptic Crosswords	Painting and Drawing - Afternoon
Current Affairs	Painting Group - Morning
Cycling Group	Petanque (or French Boules)
Design Your Wellbeing Environment (Term 2)	Positive Practices, Positive People
DNA for Genealogy	Printmaking - Advanced
Drawing for Wellbeing	Quilting Companions
Fibre Fun: Felting, Spinning and Weaving	Recorder Ensemble
Film Musicals	Roman Life from Julius Caesar to Hadrian
Fitness - Light Aerobic	Science
French - Reading in French	Shakespeare
French F	Silk Road Revisited
Genealogy and Family History	Sit and Stitch
German	Sparta and the 300
Hiking Group	Thoughtful Travel
History of Buninyong	Travel Companions Extraordinaire
History of the English Language	Ukulele Ensemble
Italian - Amiamo l'Italiano 1 - Bianco	Ukulele Two Little Ducks
Italian - Amiamo l'Italiano 2 - Verde	Understanding Music Notation
Italian - Amiamo ;'Italian 3 - Rosso	Write Your Own Song

***Bulletin Correction:** Please note, 'A Celebration of French Song' is held in Room 3 at Selkirk (not Room 2 as was stated in the January Bulletin).

Classes - New, from the Summer School, and Coming Soon

Thanks to U3A members who are offering new classes and/or continuing classes offered in our Summer School program.

New Classes

Drawing for wellbeing

Relax, still your mind while you draw in a meditative style.

Tutor: Tunde Meikle tzt56@yahoo.com.au



Source: COS

Ukulele Ensemble

This new ukulele group provides yet more chances for experienced ukulele players to make music together. See the website for details. Please contact the tutor, Andrew Parker, before enrolling. 0418 562977



Clogging

Clogging is a dance form that doesn't involve clogs!

Look online to see what it does involve. [https://](https://www.cloggingaustralia.com/welcome.php)

www.cloggingaustralia.com/welcome.php.

Contact the tutor, Lorene Gottschalk, if you think this class might be for you. daylesfordcloggers@hotmail.com



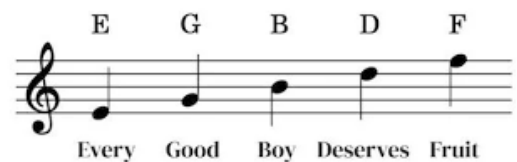
Source: spectrumlocalnews.com

From the Summer School

Understanding Basic Music Notation

This course aims to help those who cannot read music, or have a poor understanding of music notes and terms.

Tutor: Deborah Gilchrist debandron2000@gmail.com



Source: Creators in Music

Basic Pilates

This standing and floor exercise routine focuses on A (alignment - or posture), B (breathing and balance) and C (core and coordination). This class is a full body workout to improve muscle flexibility and strength.

Tutor: Monica McCormack monicamccormack54@gmail.com



Source: Freepik

And ... Coming Soon

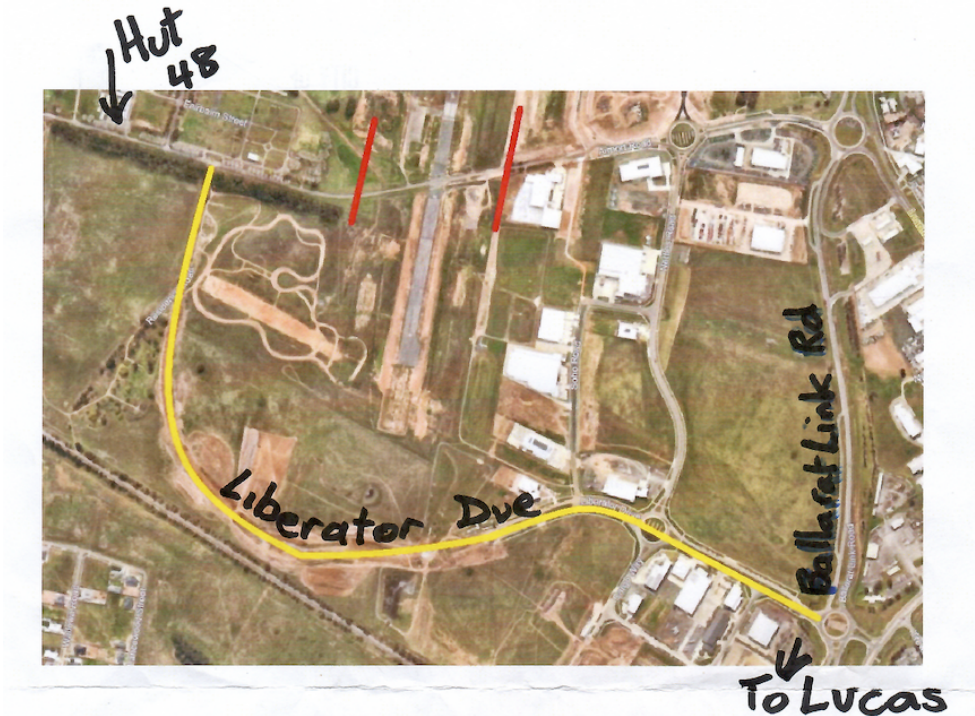
Travel Video Production (details to be shared in the near future)

Learn Chess Moves (details to be shared in the near future)

Learn to Knit Socks (details to be shared in the near future)



Hut 48: Changed Travel Route



U3A Ballarat Gallery Manager, Barbara Burnett



When U3A Ballarat committed to having a Gallery space in 2024, I was asked whether I would become the Gallery Manager. I was fairly new to the U3A Ballarat Committee, and I thought “Well, I’ve never done anything like this before, but I suppose I will give it a go. It was as simple as that.”

Barbara said she felt that having a Gallery space had changed the feel of the hall. “We receive lots of positive feedback. People always comment when there is nothing on the wall, saying the hall looks “so bare”. Exhibitions add extra interest to the space: when people have a class in the hall, they do a bit of ‘rubber necking’ to see what is on display. I think having the Gallery has been very beneficial.”

“The Gallery adds another dimension to U3A Ballarat: it makes people aware of the scope of classes on offer. Having exhibitions can also encourage people to think that they might like to try something that is being offered in a different class. For example, Islamic Geometric Patterns will exhibit this year, and this will be new to a lot of people.”

This year will see four exhibitions in the Gallery space, and most of the exhibitions will run for around six weeks. A quilting exhibition is now hung and available for members to view.

When asked about responses to both viewing and exhibiting in the Gallery In 2024, Barbara said that the overall feedback from people was very positive. “People are amazed at the variety and the talent of U3A members. Exhibiting groups have been both surprised and pleased that we have wanted to show their work to others, and having their work on display has given people a lot of pleasure. “

The ‘Creative Quilts’ Exhibition can be viewed in the BNCC Hall from Monday February 3 - Friday March 14.

Blake Gordon, Ballarat U3A Life Member

“I hope I never grow too old to sing, I hope I never grow too old to dance.”

Blake's contribution to U3A Ballarat is recognised in the naming of our newest facility - the Blake Gordon Manual Arts Workshop. Blake served as a Committee Member, taking responsibility for Equipment before taking on the Vice President, President, Past President roles. He then had oversight of Facilities (existing and new).

Volunteering has always been part of Blake's life. In America, he taught students who had struggled in their previous schools and found that connecting through activity was rewarding for himself and for the students. Blake was told that if you volunteer, students will come along.

Over the years, Blake has continued to volunteer, and this included coaching students in orienteering, track and field, skiing and working with them to develop nature trails.

Blake, along with his wife Dale, came to teach in Australia in the early 1970s during a teacher shortage: he thought he would “take the opportunity to come to Australia for a couple of years” and has been here ever since. Blake liked the practical view of life he saw in his Australian students, where university was seen as one of the options that were available. After school and weekend programs allowed him to explore other options with students.

Upon retirement, Blake joined the U3A Choristers, which was then led by Ken Taylor, and was immediately taken by the camaraderie of the group. At times, the Choristers needed to move equipment, and so began Blake's involvement with ‘bumping in and bumping out’ U3A performances. He remembers with fondness moving the risers (built by Graham Hawley) on his trailer to various venues.

Blake believes U3A is about building bridges. He cited the project at the Ballarat Special School as an example of how we can work with others. From December 2020 onwards, Mat Gannon (Principal, Ballarat Special School) has been receptive to the idea of a U3A workshop on the Special School site: all of the involved parties have worked together for several years to achieve what is a truly successful outcome.

Singing with the Choristers and then the Chorale has been a highlight of Blake's time with U3A Ballarat, building on the interest he developed singing alongside his father in church choirs. Blake sat alongside Haydn in the U3A Chorale, saying “He was a great tutor. This made singing even easier for me and we became best buddies.”



Blake then explored an interest in woodwork through Terry O'Brien's class, learning how to make objects like a bowl and a jewellery box. He realised “I couldn't have done this by myself.” His joy of singing and study of French united when he met John Maguire who offered the Celebration of French Song class. Helen Reevey encouraged him to join Scottish Dancing, where he continues to learn, saying “I need to keep my brain and my feet working: I need the coordination between the two the older I get.” Other classes have also been undertaken “As you know, in U3A you never graduate.”

Blake said that he loves to be involved in learning where he can see the end results, and he spoke about the power of a concert. The synergy that comes from performing with others to produce a result that is more than the endeavours of the individual was highlighted.

Blake offered a few final words on learning opportunities. “Change is the only constant in the universe. I have learned in the BGMAW project that you also have to be compliant, flexible and persistent. At present, the energy level is high on this project as we can ‘see the horizon’. And I know this place will evolve over the next 10-15 years. And this will be because of the people who are here, using this facility. It should be fascinating.”

Interviewer: Anne Dwyer

Meet Your Committee Members

Steve Walsh (Blake Gordon Manual Arts Shed - fitting out an empty shed!)

I worked as a gold and silversmith for 15 years. During this time, I worked on the Melbourne Cup and made the Sandown Cup with another colleague. Then I spent 30 odd years teaching at Ballarat Grammar, teaching mostly metalwork, but also some woodwork to the senior students.

After I retired from teaching, our neighbours were going to Italy and wanted us to go with them. I thought, "I'm not going to go over there blind". I saw that there was an Italian course being offered by U3A Ballarat, and I decided to join to learn about the culture. Two weeks into the course, Anne Ottrey asked me "What did you do in your past life?" When I told her she said, "When do you want to start offering a class?" Three weeks later, we started the class. U3A offers 'heaps'. It provides a chance to develop friendships with class members, and this can then extend beyond class to sharing a coffee, etc.



As work on the BGMAW nears completion, I hope to spend more time in the garden. But, I really need to start making jewellery again and have a collection of work ready to show people who attend the Lost Trades Fair, which will be held in Bendigo over the March long weekend.

Nina Netherway (Immediate Past President, Membership/MYU3A and Website Manager)



My teaching career opened many doors for me as I moved from one 'career' to another - an infant/primary school teacher, to a teacher librarian and consultant, to a computer teacher and finally a computer education consultant, planning and running courses for teachers. I then had my own training business for a few years. U3A was a natural thing for me to join when I retired back to Ballarat. I believe you get more out of an organisation if you are helping it in some way, so when asked to 'do' the Bulletin it seemed to be an opportunity to maintain my computer skills for a useful purpose. That led to Membership and MyU3A - that certainly tested me!!

U3A is a most wonderful organisation which aims to cater for all kinds of interests. Classes become friendship groups and while I was President it was a joy to hear members say how much they appreciated U3A for the learning and fellowship it offered. It also gives our older age group the opportunity to do things they may have done in their youth but never thought they would be using that talent again - for example playing an instrument or singing in a choir or making jewellery, or learning a language. U3A offers the chance for members to share knowledge and skills and gives us a reason to get up each day: to look forward to attending a class and doing something we really want to do.

I love my music classes - Recorder and Chorale - it is such joy to be making music with fellow musicians and I always come away feeling refreshed. My Australian History class has introduced me to so many different aspects of Australian History - sharing knowledge between class members has given me a wider understand of what a lucky country we live in.

SAVE THE DATE

Creative Quilts

Art Exhibition
at the BNCC Art Gallery
Monday 3 February – Friday 14 March
BNCC 702 Walker Street



U3A BALLARAT
UNIVERSITY OF THE THIRD AGE



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.

U3A Network Victoria
UNIVERSITY OF THE THIRD AGE



Swap Tables

Saturday March 1

10-11am

BNCC Blue Room



COMMUNITY AND MEMBER NEWS

VICTORIA WELSH MALE CHOIR

Join the Victoria Welsh Male Choir in
Ballarat!

Do you love to sing and are looking for a
rewarding musical experience?

The Victoria Welsh Male Choir is inviting
new members to join its Ballarat chapter.
No need to be Welsh or read music—just
bring your enthusiasm for singing in
harmony. 🎵

Rehearsals: Mondays, 6:30 PM 📍
Location: St Peter & Paul Church Hall,
Fisken Street, Buninyong.

Experience the joy of choral singing, make
new friends, and perform in concerts
across Victoria!

For more information contact:
John White 📞 0402 808 299 |
✉️ thewhites25@bigpond.com

**U3A Victoria Tutor Recognition
Awards**

Nominations are now open for the
U3A Victoria Tutor Recognition
awards.

Please note, each U3A can only put
forward one nomination, and any U3A
Ballarat nomination needs to be
approved by our Committee. If you
wish to find out more about
nominating someone, more
information can be found at the link
below.

To learn more and to access the
Nomination Pack and Form click on
[https://u3avictoria.org.au/tutor-
recognition-awards/](https://u3avictoria.org.au/tutor-recognition-awards/)



Click on the link below to find out more about what is being offered by OPAN, including
February webinars.

<https://mailchi.mp/opan.org.au/national-advocate-january25-17440656?e=1dab9fb307>

ANNELIES' DELIGHTS

"How we would flock to the Kitchen when Annelies's biscuits were ready to come out of the oven! What delight!!" (Recipe provided by Elweyn Streulens)

Ingredients

275g butter
2 teaspoons vanilla
125g sugar
180g condensed milk
390g self raising flour
250g Smarties

Method

1. Preheat oven to 165 degrees.
2. Cream butter, vanilla and sugar. Gradually add the condensed milk.
3. Sift the flour and add it slowly.
4. Stir in the Smarties.
5. Place a heaped teaspoon of mixture on a lined baking tray
6. Bake for 20 minutes or until golden brown on the bottom.



The U3A Bridge class happily tasted and reviewed the biscuits. Linda said "A nice, traditional biscuit", Saman said these biscuits "look cool" and Don felt he was "much more intelligent after he ate one ..."

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

Pumpkin Seeds



Save your pumpkin seeds when cutting and preparing this vegetable. Wash the seeds, remove all pieces of pumpkin, allow to dry on a paper towel. Save in a clean envelope ready to plant late spring, seeds on their sides in seed raising soil. Plant in your garden when growth is around 15 cms.

Coral Hiscock, Gardening Interest Group

QUIZ CORNER

Don Collins, Petanque Tutor, has provided this month's quiz questions.

1. True or False. Petanque means 'anchored feet'.
2. In a team game, how many boules (balls) does each team play with? A:3 B:5 C:6
3. True or False. On the European circuit, the winning player or team can receive 30,000 euro.
4. What are the conditions that can lead to a petanque game being cancelled - a) lightning, b) excessive heat, c) the coche (jack) floats on the piste (playing surface), d) all of the above
5. How points are required to win an untimed Petanque game? a) 13 b) 12 c) 11



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

U3A Office Hours Term 1 2025

Tuesday 10am-12pm
Wednesday 10am-2pm
Thursday 10am-2pm

Ballarat North Community Centre
702 Walker St Ballarat North

Chairs in the BNCC Hall

Please remember to place chairs against the walls when your class is over.

Please, do not stack chairs.

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

Quiz Answers

1. True
2. C:6
3. True
4. d) all of the above
5. a) 13

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