



the BULLETIN

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Next Bulletin Deadline

March 28 2025

CLASS INFORMATION

In this Bulletin, a list of class vacancies can be found on page three. New class details are shown on page four.

YOGA TUTOR 2025

We are wondering if there is a yoga teacher in the U3A membership who might be interested in taking a new 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 March and April 2025

Monday February 3 - Friday March 14

Creative Quilts Exhibition, BNCC Hall

Monday March 10

Labour Day Holiday

Wednesday March 19

New Member Morning Tea BNCC Kitchen 10-11am

Friday March 28

Official Opening, Blake Gordon Manual Arts Workshop, 800 Norman Street Invermay Park, 10am (by invitation only)

Thursday April 3

Changes to My Aged Care (presentation by COB Ageing Well Team), BNCC 2-4pm

Friday April 4

Last Day of Term One

Saturday April 5

Swap Tables BNCC 10-11am

The Spirit of Volunteerism

Volunteer organisations run on the spirit of volunteerism where people give of their time to make good things happen for others. The motivation to do so comes from a generosity and an understanding that to give is to receive so much more in return. For most people, this is done without the expectation of public recognition. It is done for the pleasure it brings the individual to know that, in their own way, they have made a difference to the lives of others. U3A Ballarat thrives on this approach. Let's look at some numbers generated by our members ...



President Don Collins

So far this semester, through the generosity of our tutors, we are offering up 140 classes for your learning and social connection pleasure. This represents 2,421 instances of enrolment in our database. 109 Tutors are giving of their time and expertise to U3A Ballarat to make this happen.

To illustrate this further, here are some of the numbers associated with some of the categories: 26 health and physical activity-based classes, 22 Creative Arts based classes, 16 music-based classes, 13 written English classes and 12 language classes. Phenomenal statistics.

In Victoria, there are 10 U3As with 1,000 or more members. All are city based U3As bar one. Ballarat is the only regional city based U3A in Victoria with over 1,000 members. Our current members figure currently stands at a few shy of 1200 ... and with each passing week more enrolments happen.

As I type, there are still 37 current classes with vacancies. So, if you are looking for something else to do, consider consulting the U3A Ballarat Bulletin for the list of classes with space for you to join.

Some further numbers ... for the past 15 years the Celtic band has been performing for the pleasure of our U3A Ballarat members and the wider community. You can see them in action over the weekend of April 5-6 2025 at the CresFest (see item in this Bulletin) The Ukelele Minstrels will play for a second consecutive time in the Ballarat Begonia Parade 2025 on Monday March 10. Catch them in the parade singing, playing and marching to "She'll Be Coming Round the Mountain" if life allows you to be there.

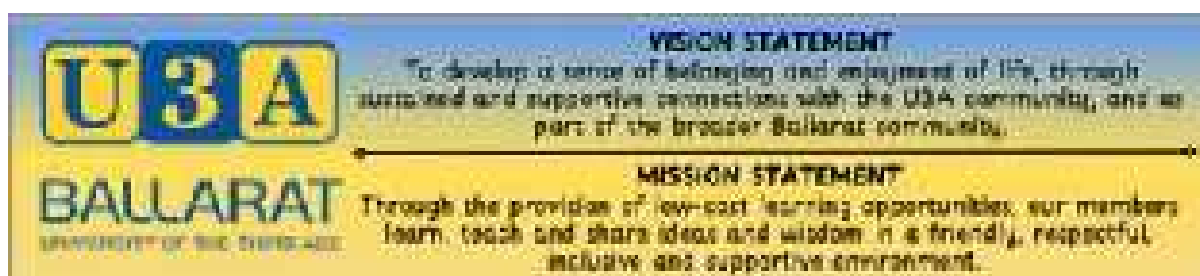
Transition from MyU3A to Member Wizard

Members of the U3A Ballarat Committee continue to explore the new database and website system to which we will move later in the semester. U3A Network Victoria is covering the costs of the transition and the hosting of the site and hold the expectation that most U3As in Victoria will move to this new environment. Our data is being loaded into a Member Wizard U3A Ballarat Test site as the next step in the transition to something more modern in both function and form for our main public facing online presence. The difficulties we have experienced in getting the mail system to reach all members in one process will disappear and members will see a simple interface when needing to log on to explore the site or complete tasks such change details, register an apology for a class or pay for the annual subs. More on this over the coming months.

Swap Tables

Saturday brought another very successful Swap Tables event people mingling and sharing the goods on offer. I would like to give a shout out to Gladys who is always sharing some of her baking and organising the tea and coffee at the Swap Tables mornings. Like all of the catering crew, Gladys is happy to quietly help in any way possible ~ which will also include sharing the recipe for the magnificent biscuits from last Saturday in a future U3A Ballarat Bulletin.

Don



Class Vacancies (March 1 2025)

According to our data base, the following classes appear to have vacancies. Please communicate with the class tutor before enrolling.

Bridge Play Sessions	Italian - Amiamo l'Italiano 1 - Bianco
Ceilidh	Italian - Amiamo l'Italiano 2 - Verde
Celebration of French Song	Italian - Amiamo l'Italiano 3 - Rosso
Chess	Knitting and Sewing
Chorale	Latin 4
Choristers	Positive Practices, Positive People
Classics Reading Group	Psychology
Clogging	Quilting Companions
Current Affairs	Recorder - Continuing Beginners
Cycling Group	Roman Life from Julius Caesar to Hadrian
DNA for Genealogy	Science
Drawing for Wellbeing	Shakespeare
Film Musicals	Silk Road Revisited
French - Reading in French	Sit and Stitch
French F	Sparta and the 300
Genealogy and Family History	Thoughtful Travel
German	Travel Companions Extraordinaire
History of Buninyong	Understanding Basic Music Notation
History of the English Language	Write Your Own Song
	Writing For Pleasure

New Classes

Travel Video Production

This short course is for people who love to travel with a phone or camera and who want to create visual memories. The class will include talking about how to get good images with phone or camera, practical demonstrations of lighting, composition, focus and camera movement, informative captions, selection of appropriate music and recording sound techniques.

Weekly on Mondays, March 3rd-May 12th,
2:15-4:15 at BNCC, 702 Walker St, North Ballarat.

Tutor: John Sullivan johnsull43@me.com



Source: y Travel Blog



Source: <https://tse3.mm.bing.net>

Chess Play Sessions

Play chess with U3A companions and maybe increase your chess skills. Experienced chess player, David Young, is willing to help those who might need some advice on winning moves.

Weekly on Tuesdays from March 18th, 1-3pm at Sebastapol Library, Meeting Room 1. Initial enquiries: Miriam Peck miriamp.u3a@gmail.com

More bookworms needed for Book Club 5

This group meets on the first Thursday of each month, 1:30-3pm at Eastwood Leisure Complex.

Enquiries: Yvette Nesire-McNeil 0434 630 456



Source: Healthline



Source: spectrumlocalnews.com

Clogging

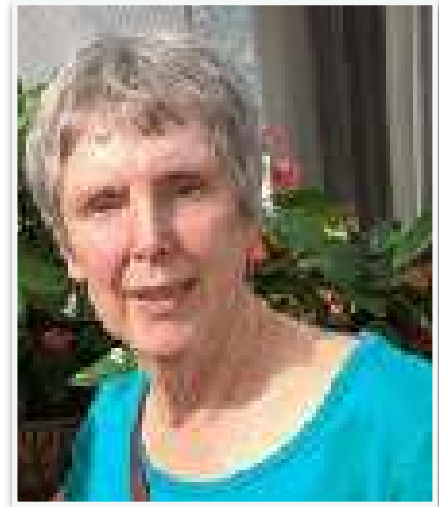
The 'clogging' class is gathering enthusiasts but there is room for plenty more.

Hut 48 on Thursdays, Weeks 1 and 3, 1:30 - 3:30 pm.

Contact Lorene
Gottschalk: daylesfordcloggers@hotmail.com

Anne Ottrey, Ballarat U3A Life Member

Anne grew up in Sydney, as one of eight children. She was teaching in Sydney when she met Ron Ottrey at an Adult Education event. After a long-distance romance (Ron worked for Telstra which helped!), they married in 1985 and Anne moved to Ballarat, where she and Ron raised their family in the town that is now regarded by Anne as 'home'. Family has always been present and very important in Anne's life. She is in regular contact with her two children and five grandchildren.



Originally a geography and economics teacher, Anne retrained as a teacher librarian. Her interest and belief in the importance of books and reading continued after retirement, with Anne serving as a volunteer with the City of Ballarat's Home Library Service, which involved delivering books to housebound people. Anne also volunteered with the SES upon retirement, which gave her a different appreciation of community organisations and the range of services provided to the citizens of Ballarat. She has seen first-hand how the Ballarat Council have worked closely with the SES, helping people to "work through their worst times."

Anne heard of U3A Ballarat through a friend. "I had a friend, who was a bit older than me, who was in the U3A Bushwalkers. Every time I would meet her, she would say *Oh, we've had this lovely bushwalk out to so and so* and I just felt really jealous." As soon as Anne retired, she joined U3A Ballarat and the Bushwalking Group, and enrolments in other classes followed. "Within 12 months of joining the Bushwalkers, I helped organise a camp. I probably organised it a bit too well, as it came to the attention of the Committee, and I was co-opted onto Committee. The following year I was elected to the Committee and, very quickly, encouraged to be Vice President. When I took it on, I thought *What have I done! I've just got away from meetings but, honestly, I've always enjoyed meetings with U3A because the people are just so nice. They are full of enthusiasm and just the most positive group I have ever worked with.*"

Anne's time on Committee saw her organising speakers, events and bus trips, and assisting to organise U3A Ballarat's 25th anniversary celebrations. (You can now find her working 'behind the scenes' at events as a member of the catering crew.) Accommodation/venues was an ongoing focus during her time on Committee. When Anne joined, U3A Ballarat had around 500 members and was growing by around 80 to 100 members a year. Around ten new tutors/classes were needed each year to cater for the growing group. Anne feels that her greatest legacy came during her time as President: she and Blake Gordon (then Vice President) approached the City of Ballarat regarding venues, and it was suggested that the Ballarat North Senior Citizens might be willing to share their premises with U3A Ballarat. An agreement was secured, which Anne believes has "given us a home".

When asked about the importance of U3A Ballarat as a social network, Anne said: "I think that is the whole basis of it. I've got my Book and Paper Crafts group, which I started after I finished my presidential term, and that was just a bit of an interest. But I've got people who have been in that group for years now, and we come more for the company than for anything we do in the group. And there are the Bushwalkers and Hikers - U3A is like my extended family really."

On U3A Ballarat's future, Anne said "Well, I think we will probably get more facilities and probably become a larger group. We will get to a size that doesn't increase that much, because I think the Baby Boomers retirement is going to peak."

"It (U3A) has given me an ongoing interest in my retirement: it makes life worth living. I've continued to learn, I've met new people and developed new interests."

Interviewer: Anne Dwyer

William (Bill) Handley, Line Dancing Tutor



By the age of 15, William (Bill) Handley was dancing commercially. In his twenties, he studied Performance at Edith Cowan University for three years, studying dance, contemporary dance and dance theatre. His focus then moved to movement.

From about age 40, Bill became involved in disability and transferred his knowledge of dance and movement to the disability field. He took a post-modernist approach to dealing with people with challenging behaviours: an approach that was not well known at the time. "I was desperate to find a way to not just manage these people, but to find a cause for the behaviour. I was really fortunate to find a book in a library on dealing with challenging behaviours with a post-modernist approach. Pre 1976, behaviours were treated from a pathology perspective, which involved the provision of medication for the behaviour. This author recommended an approach that posed the question 'If there is a need that is not being met, what is it?'"

Bill's work in disability spanned 20 years and saw him specialising in working with people who could be violent towards themselves or others, people who were heavily medicated, and people who had an intellectual disability. Most of this work took place in Perth, but Bill did work in Ballarat with a company that worked with children. In Ballarat, it was two carers to one child, 24 hours a day, seven days a week. Unsurprisingly, post-traumatic stress is a symptom and/or diagnosis associated with such work.

Retirement saw Bill settle in Ballarat, where his sister introduced him to line dancing. She said, "Come and have a look at this." So, Bill had a 'go at it' and walked out saying 'what have I just done'. "It intrigued me." Bill believes that line dancing is achievable for our (U3A member) age, and that putting dance to music, or music to dance, is enjoyable. "I've been able to put all of my movement studies into my approach to line dancing." Line Dancing is also an activity that involves fitness and cognition. "It is a bit of a brain tease. It is a bit like a 3D jigsaw puzzle as you have four wall spaces you are working with, which can be very disorientating."

In 2025, Bill offered a Summer School class that focused on posturing, centering and coordination. Members signed up for a 10-day class, but Bill said they met for nine days: they needed a one-day break as the class was quite taxing for the mind. The posturing, centering, coordination class was based on archetypal movements that originate from in-utero to three years of age. This involved "looking at reflexes from a primary sense."

Bill believes that U3A Ballarat offers a variety of activities and a variety of learning to its members. He felt that the Baby Boomers (people born from 1946 to 1964) have a sense of education that involves an expectation of continuous learning.

You can see Bill and his class in action every Tuesday from 12.45-1.45pm in the BNCC Hall.

Interviewer: Anne Dwyer

Meet Your Committee Member

Marion Littlejohn

My working life was spent in the field of education. The first twenty years teaching History, English and Art to secondary students in Darwin and Victoria. During this time, I developed a passion for History which I was fortunately able to pursue by obtaining a position as an Education Officer at Sovereign Hill in Ballarat. For a lover of History this was a perfect job which has left me with a fascination (some might say obsession) for Ballarat's Gold Rush history. Tutoring at U3A allows me to share my love of Ballarat's History as does my involvement as President of the Ballarat Historical Society. Since retiring I have also been able to focus on my other love, that of Ancient History and archaeology. This interest has led me to regularly visiting historical sites across Britain and the Mediterranean, walking the Hadrian's Wall track and volunteering on archaeological digs.



This is our final profile of current Committee members. The profiles of other Committee members can be found <https://www.u3aballarat.org.au/membership/members-area-2/> (our website in the Members area).

Warren Coutts, Woodwork Tutor

Warren was assistant to the late Henk Rem for four years, and is now a woodwork tutor 'in his own right'. "I like doing things with my hands. I'm not an expert: I enjoy it if I can help other people."

Building the Blake Gordon Manual Arts Workshop (BGMAW)

"The whole exercise was a tremendous team effort. Steve was a really good manager and leader - he was 'the whole nine yards'. His contribution is incalculable: the amount of work he did and his contacts for sourcing products - it just made the whole thing so much better. The whole exercise was really enjoyable, despite frustrations with regulations. I am more than happy with the end result: it has really been worthwhile. This is something to feel proud of." Thursdays became the weekly construction day at the workshop, starting in November/December 2023 and finishing at the end of January 2025. (Some final touches are still being worked on.) Warren missed two Thursdays during that time. (What a feat!)



Teaching in the BGMAW

When asked what it is like teaching in a space you have created, Warren said, "It's good. The people in the woodwork class are all working together really well, and they appreciate what is available here." (The new space is three times bigger than the previous woodwork premises which had limited storage space.) Warren's current class consists of both existing and new members, which Warren describes as a 'good balance', with more experienced members helping mentor others. "Everybody is getting on well. Everybody is sharing and is willing to help somebody else out."

Warren felt that being able to run a range of classes in the one venue and to acquire the gear that is needed for some of the classes makes the workshop a workable asset. Steve has been able to set up benches with specialised equipment. It is great to have things on display rather than packed away in plastic tubs. Warren now finds himself saying, "Oh, I didn't know we had that."

Life Beyond the BGMAW

Warren has belonged to a range of U3A Ballarat classes over the years, including canasta, mahjong, photography and bushwalking. He is looking forward to getting back to bushwalking now that the workshop is built.

Interviewer: Anne Dwyer

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 THIRDAGE



5 APRIL

RSL Forecourt, Albert St. 9.30-10.15

The Creswick Woollen Mills 10.45-11.30

Rosie I.G.A, Albert St 3.15-4.00

All concerts are free



Caption



Swap Tables

Saturday April 5

10-11am

BNCC Blue Room



SAVE THE DATE and OUT AND ABOUT



ESTD 1859

Twilight Talks: March to April 2025**Series One Theme | Ballarat's Changing Scene**

March 12 Ballarat's Growth: Infrastructure Pressures (Panel Chair Paula Nicholson)

March 19 Change in Ballarat's Car Industry (Panel Chair Dr Phil Roberts)

March 26 Changes to the Canadian Corridor (Speaker Jeff Rootes)

Series Two (a) Theme | Connections to War from a Ballarat perspective

April 2 Dr Hardy, St Paul's WWI Contribution (Speaker Neil Leckie)

April 9 War Grieving from a doctor's perspective (Speaker Dr Jean Douglas)

April 16 War Memorabilia (Speaker David Wright)

April 23 Stories of the Somme (Speakers Rene Degryse, Garry Snowden, Marion Snowden)

Series Two (b) Theme: Ballarat Artist

April 30 The Life of Walter Withers (Speaker David Rathgen)

Time and cost details can be found at <https://ballaratmi.org.au/news-and-newsletters/twilight-talks-2/>



Source: Eureka Newsletter. 'Fran out and about'

FLOURLESS ALMOND, COCONUT AND VANILLA CAKE

“This cake freezes well: I often slice it before I freeze it. It also keeps well in the fridge for a week or so. It’s fine to serve warm or cold. Enjoy!” Karen Moon

Ingredients

180g almond meal
 2/3 c desiccated coconut
 ¼ tsp salt
 250g castor sugar
 4 x 60g eggs
 1 1/2 tsp vanilla extract
 ¼ tsp almond essence
 200g melted butter, melted and cooled
 2 tbs almond flakes
 icing sugar (optional) for dusting



Method

1. Preheat oven to 180C
2. Grease and line 24cm spring form cake tin. Dust lightly with flour.
3. In a medium bowl whisk almond meal, desiccated coconut, salt and sugar for 1 minute.
4. In a separate bowl, whisk together the eggs, vanilla extract and almond essence until thoroughly mixed, then add melted butter and stir until butter is incorporated.
5. Add butter mixture to almond meal mixture and stir together.
6. Scrape into prepared tin, spread evenly, then scatter flaked almonds over the top.
7. Bake in oven for around 40 minutes, or until the top of the cake springs back slowly when pressed gently.
8. Cool cake in the tin on a wire rack.
9. Dust with icing sugar when serving (optional).

And the verdict from U3A Ballarat members? “Lovely and moist”, “Yummy, yummy, yummy”, “Can’t talk I’m eating!”

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

Homemade Plant Starter

Are you using your plant cuttings for propagation? eg: Hydrangea, Rose, Salvia etc.

1. Mix till diluted: 1 cup of warm water with 1 tbs white vinegar, 1 tbs sugar, 1 tbs baking soda.
2. Cover with plastic wrap and leave for 48 hours to ferment.

Use this liquid to dip cuttings in prior to planting out and to help promote a healthy root system.

Left over liquid can also be used on any plants as a fertiliser.

Coral Hiscock, Gardening Interest Group



QUIZ CORNER

Anne Dwyer, 'Just in Time' Music Theory Tutor, has provided this month's quiz questions.

1. True or False. A time signature shows the number of beats in a bar.
2. Much Western music is written in a major or minor scale. How many notes are in the scale? a) 6 b) 8 c) 10
3. What does DC stand for? a) da capo - from the beginning (from the head), b) don't count (conductor will bring you back in), c) double crescendo (get really really loud)
4. What does a double bar line indicate?
5. Which of the following music periods came first - 1) Romantic, 2) Baroque, 3) Classical



Source: Music and Memory

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

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. b) 8
3. a) Da Capo. Many musical terms come from the Italian.
4. A double bar line marks the end of musical work, or the end of a section in the music.
5. b) Baroque. The Baroque Music period is from around 1600 - 1750. Composers include JS Bach Vivaldi, Handel, Purcell and D Scarlatti.

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