



the BULLETIN

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Next Bulletin Deadline

April 28 2025

CLASS INFORMATION

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

New and potentially new class details are shown on page four.

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



Forthcoming Events April and May 2025

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

Tuesday April 22

First Day of Term Two

Tuesday April 22 - Thursday May 29

Islamic Geometric Patterns Exhibition

Wednesday April 30

Islamic Geometric Patterns Exhibition Viewing BNCC 4-6pm

Thursday May 8

Speaker Series: Robbie Neal (Ballarat Author) BNCC 2-3pm, then afternoon tea

Wednesday May 14

Islamic Geometric Patterns Exhibition Viewing BNCC 4-6pm

Thursday May 15

Celtic Band Soiree BNCC 2-3pm, then afternoon tea

It's Officially Open... The Blake Gordon Manual Arts Shed

On Friday March 28, the Hon. Catherine King, Federal Member for Ballarat and Minister for Infrastructure, Transport, Regional Development and Local Government, officially opened our new facility. Unveiling the plaque covered by a beautiful piece of patchwork created by Dale Gordon, Catherine spoke with great confidence about the positive impact U3A has on the community and she praised U3A Ballarat for its ability to create such a magnificent creative arts workshop in partnership with the Ballarat Specialist School. Cr Samantha McIntosh and Cr Damon Saunders were also present, with Samantha McIntosh speaking on behalf of the Mayor who was unable to attend.



President Don Collins



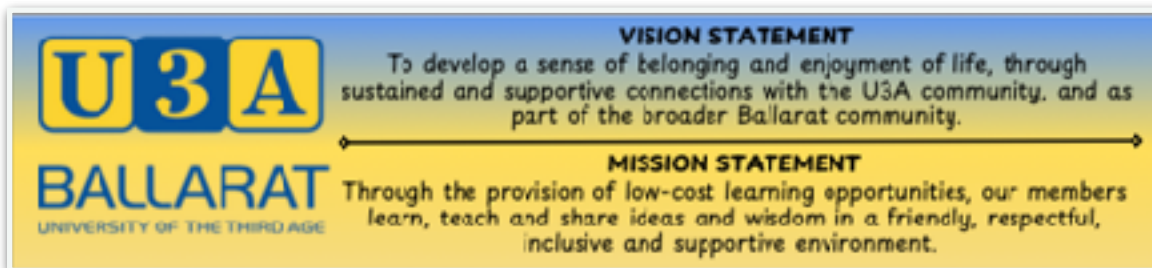
A photo taken by U3A Ballarat member Lee Albert was also unveiled. Lee's photo captures the members who worked tirelessly on the fit out that transformed the shed structure into the elevated status of a workshop. The photo sits above Blake Gordon's comments on the important collaborative partnerships that allowed the workshop to be built on the Ballarat Specialist School Farm Campus.

My thanks to those who attended, and to the tutors who ensured the display captured the diverse talent and products from the classes. Thanks also to all the members of the Committee who helped to ensure the event ran smoothly. We all enjoyed the morning tea provided by Committee members and the Farm Café.

Due to the limited available space in the Workshop, and parking and car movement requirements, the opening was a restricted affair, but U3A Ballarat members will be invited to attend an "open house" on a Saturday in May. Further details will be shared with you in the near future.

Vision and Mission Statements Appear

You will notice that the U3A Ballarat Vision and Mission statements are being installed in our three main venues. As I have previously noted, these statements provide a clear encapsulation on what motivates us to continue to develop our organisation, responding to emerging needs and maintaining a positive culture that supports our members.



New Members Feedback Loop

Late last year, the Committee decided to develop a feedback loop with new U3A Ballarat members. Committee members have been making calls to our newest members and have been overwhelmed with the positive feedback. People were delighted to receive a call, commented on the welcoming class environment and friendly interactions from class members, tutors, and those who staff the U3A Office. Many were amazed at the breadth of offerings available to them, and those who are new to Ballarat commented on how U3A Ballarat adds such a special dimension to the experience of moving to the region.

Enjoy the coming holidays and I look forward to seeing you at one of the many events that will be offered in Term Two.

Don

Class Vacancies (March 31 2025)

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

Art - Exploring Contemporary Art	Italian - Amiamo l'Italiano 1 - Bianco
Back on the Bike	Italian - Amiamo l'Italiano 2 - Verde
Basic Music Notation	Italian - Amiamo l'Italiano 3 - Rosso
Book Club 3	Knitting and Sewing
Book Club 4	Line Dancing Group 1
Bridge Play Sessions	Linguistics - An Introduction
Bush Walkers	Mosaics
Celebration of French Song	Music Appreciation
Chess Play Sessions	Music, Movement and Mayhem
Classic Reading Group	Native Terrestrial Orchids - An Introduction
Clogging	Native Terrestrial Orchids and Allies
Cryptic Crosswords	Painting and Drawing - Morning
Current Affairs	Painting and Drawing - PM
Cycling Group	Positive Practices, Positive People
Design for Wellbeing Environment Term 2	Psychology
Drawing for Wellbeing Term 2	Quilting Companions
Exploring Jung	Roman Life from Julius Caesar to Hadrian
Fibre Fun: Felting, Spinning and Weaving	Science
Film Musicals	Scottish Dancing
Fitness - Light Aerobics	Shakespeare
French - Reading in French	Silk Road Revisited
French F	Sit and Stitch
Genealogy and Family History	Spanish - Intermediate
German	Sparta and the 300
Hiking Group	Travel Companions Extraordinaire
History of Buninyong	Ukulele Two Little Ducks
History of the English Language	Understanding Basic Music Notation
How To Tell Your Life Story Term 2	Write Your Own Song

U3A Office Hours Term 2 2025

From Tuesday April 22

Tuesday 10am-12pm

Wednesday 10am-2pm

Thursday 10am-2pm

New Class Starting in Term Two

Ballroom Dancing:

For those who enjoy treading the boards gracefully. Come along and enjoy an afternoon dancing your favourites and maybe learning some new dances. Partners not essential.

Wednesday afternoon, fortnightly, 1-3:30pm at Sebastapol RSL Hall, Birdwood Ave, Sebastapol. Contact Tutor, Lance Jewell 0491 737 338



Source: Martin Applegate dreamtime.com



Please note: The newly-formed **Chess group** will not continue in Term Two unless it has more members. It currently meets on Tuesdays, 1-3pm at Sebastapol Library. Interim contact for those who are interested: Miriam Peck 0435 296 636

Image: <https://wallpaperaccess.com/full/3289413.jpg>

We have Tutors who are keen to offer the following classes if there is sufficient interest:

Knit Socks with Els Woesthuis - time and venue to be decided. Please contact Els if you are interested. Ph: 0422 846 179

Lord of the Rings: Journey into Middle Earth with David Carter. Day, time and venue to be decided. Please contact David if you are interested. Email: drcarter@internode.on.net

Latin 1 with Gordon Talbett - Tuesdays 10:30-12:15, Ballarat Nth Community Centre. Please contact Gordon if you are interested. Ph: 0429 949 067



Dog Training with Gill Thompson. Day, time and venue to be decided. Please contact Gill if you are interested. Ph: 0400 775 050

Cribbage with Graham Tongs. Day, time and venue to be decided. Please contact Graham if you are interested. Email: gtongs@gmail.com

Source: Around the World in 80 Games

Community of Declutterers with Tunde Meikle - 2-3:30 Fridays fortnightly during Term Two, Ballarat Nth Community Centre. Please contact Tunde if you are interested. Ph: 0419 285 650

U3A Ballarat Logo

Members are kindly reminded that they are not to use the U3A Ballarat Logo without prior Committee approval.

Risk Management at U3A Ballarat

At a recent U3A Ballarat Tutors meeting, Risk Management policies, procedures and medical emergency wall charts were shared. Outdoor classes, and classes in the Blake Gordon Manual Arts Workshop have bespoke policies and procedures that reflect the nature of the activities being undertaken.

The question of insurance cover was raised during the meeting. Please note, U3A Ballarat does not have an insurance policy that covers member injury.

If any member injures themselves whilst attending a U3A Ballarat class, they are required to complete the Incident report form. The form is located on the U3A Ballarat web site under the Members Section.

If you attend an indoor class in a venue that U3A Ballarat has hired/leased, and you are injured due to a problem with the venue - for example, water leaking from an overhead air conditioning unit in the BNCC Hall - then you can seek compensation.

If, however, you suffer an injury, and it does not relate to a problem with the venue, you are responsible for associated costs.

Some of our members will have personal ambulance cover. Under the Victorian State Concession Scheme, the following people are entitled to clinically necessary ambulance coverage: eligible Victorians holding a current Victorian Pensioner Concession Card (not spouse), or current Health Care Card holder and dependants listed on the card.

Please note, if you are injured at U3A, it may be deemed that an ambulance should be called. If this is the case, and you don't have ambulance coverage, then you will need to cover the cost of the ambulance. More information on ambulance cover can be found at [ambulance.vic.gov.au](https://www.ambulance.vic.gov.au), or phone Ambulance Victoria General enquiries: 1300 366141.

Blake Gordon Manual Arts Workshop Official Opening



Image sources: Catherine King Facebook site, Coral Hiscock and Anne Dwyer

Beverly (Bev) Bartsch, Tutor



Bev's home is adorned with pictures of her family, craft work and certificates that reflect her years of service to the Scouts. Joy comes from knowing her children and grandchildren are "doing fine". Bev was born in Ballarat and has lived most of her life here. She remembers playing various sports and joining guides during her childhood. During our conversation, Bev spoke of learning the piano as a child and performing at a Youth Talent competition at the 3BA studios on a piano that had once belonged to Dame Nellie Melba. Bev won the 10-year-old section of the competition.

Bev had hoped to train as a Domestic Science (Home Economics) teacher. She passed the necessary exams and was 'ready to go', but a week before she was set to commence her studies, her father received a letter stating that offers for country students were withdrawn. A six-week sewing course allowed her to work as a seamstress at the Lucas factory for several years, where she enjoyed sewing dresses and 'exquisite' women's underwear.

Years later, her sewing skills were put to good use, sewing historical crinoline dresses for Sovereign Hill.

Bev married in 1959 and was widowed in 1968. Her children, Jill and David, were aged 6 and 4 when their father died in a road accident. Bev's father played a key role in the raising of her children. His dedication to family was valued, and Bev happily 'gave back', caring for him (and other family members) in their final years. Bev's husband served in the Australian Army, which meant relocating to different locations in Victoria, New South Wales and South Australia. Upon returning to Ballarat as a widow, Bev worked in various jobs, including Pippins Restaurant (Stocklands) which served up to 120 people for morning tea, lunch and afternoon tea.

Over the years, Bev involved herself in various organisations. She held multiple roles in her 35 years of service with the Scouting Association - from Assistant Cub Leader to District Commissioner. "Lots of children, lots of problems, lots of blood sweat and tears." Bev spoke about obtaining Wood Beads (two wooden beads displayed on a leather lanyard) after successfully completing a leadership training course. The beads signify attainment of leadership skills and commitment to the Scouting organisation.



Bev was President of the Urquhart St Mother's Club and is a Life Member. Here, fundraising efforts provided essential resources for the school. Her commitment to schooling continued at Sebastopol Technical School (Phoenix College). Bev was a member of the Sebastopol Technical School Mothers' Club, and served on School Council for four years: she was, once again, awarded Life Membership. Her service to others included time as Secretary for the Ballarat and District State Schools Mothers' Club. Bev, the only non-teacher, served on the Intern Committee for the Ballarat Education Centre for three years. Here, teachers from all Ballarat schools came together to discuss ways to increase student involvement in social and sporting activities, along with maintenance requirements for schools. Bev was also a CWA Webbcona member for 33 years, with members initially meeting in each other's houses until the group grew too big.

Bev joined U3A Ballarat thirteen years ago after visiting Stocklands and seeing a U3A exhibition. She has attended a range of history related classes and has enjoyed "finding out things that you didn't learn at school". Bev has been Class Representative for Nina's Australian History class since 2018.

Bev, like others, has endured hardship at various stages in her life. She lives by the maxim "If you fall down the hole, just get up again."

In recent years, Bev's doctor provided her with a recipe for success. "There are three things you have to do. You have to exercise, you have to have two hours of rest every day, and you must go to U3A."

Interviewed by Anne Dwyer

Ukulele Minstrels @ The Begonia Festival Parade

Around 20 ukulele players and 7 dancers 'flew the U3A Ballarat flag' in this year's Begonia Festival Parade. 'She'll Be Coming Round the Mountains' was performed six times, with the crowd singing along as the group marched past. Sue McLachlan, Ukulele Minstrels Tutor, shared the music with dancers from Bec Black's Dance 4 Fun (and Fitness) and Kay Leckie (Music, Movement and Mayhem) before the parade, allowing them to "make up a little dance".

Sue spoke about how lovely it was to be included in what was described as a big multicultural parade, saying "It was a beautiful atmosphere".

Carolyn Waddington spoke about the lead up to the parade. "It was such a colourful and vibrant thing to see and to hear all the different groups practising. All were out for a great time."

A big thank you to Jim Thompson for supplying and setting up the marquee, then providing drinks and nibbles (and sunscreen) for our U3A participants.



U3A Ballarat Cycling Group



The Ballarat U3A Cycling Group has started the year with a full program. Just over 50 keen cyclists are enrolled in the class. We have welcomed several new cyclists to the group: some of our new members are not only new to the group, but also new to U3A and Ballarat.

We have a weekly rides program on Friday mornings (some rides stretch into the afternoon.) Three groups offer varying distances, speed and road surfaces and riders are able to 'take their pick' each week.

Added to the weekly rides, we offer extended rides throughout the year. In February, a group ventured on an overnight jaunt to the Bellarine Peninsula, utilising trains, a ferry crossing and of course bicycles. Another adventure is coming up in the school term break, leaving from Strathfieldsaye and heading to Heathcote for another overnigher. Further trips are planned for the year ahead.

We were lucky to enjoy a Valentine's Day morning tea at the home of our members, Rae and Howard. Thirty riders finished their morning rides and were able to enjoy all sorts of deliciousness, which of course is quite okay when you have just done a bit of pedalling.

The backbone of the group are our ride leaders. Each week three members of the group plan out a route and lead a ride. Without these people it would be impossible for the group to keep going. Our cycling group offers physical exercise at different levels depending upon your experience, fitness levels and interest. We also offer excellent opportunities to socialise - every ride has a coffee stop included and the chance to meet really, really interesting people.

Sandra Lawrie, U3A Ballarat Cycling Group

Music Appreciation

U3A Ballarat has offered a Music Appreciation class since the 1990s, with Janice Cook taking on the Tutor role each year. A two hour class is held each month, with different class members presenting on a composer or music genre of their choosing. Valerie Newman, a long time member of the class, recently organised a viewing of Mozart's Sister, a film that depicted the life of Maria Anna Mozart at Cinema Eureka. Valerie commented that Maria Anna, a female musical prodigy, may well have received more critical acclaim if she were born in a different era. The Music Appreciation class meets on the first Friday of the month at Selkirk Stadium Room 2, from 2-4pm. New members are most welcome.



SAVE THE DATE



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

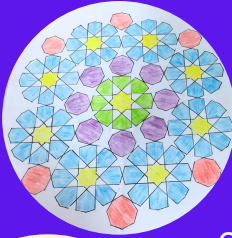




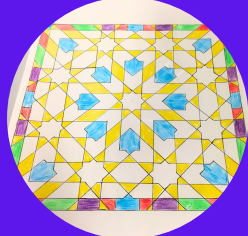
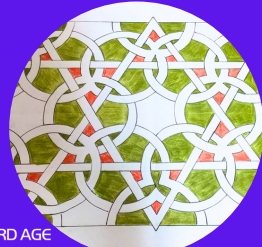
**ISLAMIC GEOMETRIC PATTERNS
IN THE BNCC GALLERY**

**TUESDAY 22 APRIL -
THURSDAY 29 MAY**

Ballarat North Community Centre
(702 Walker Street)




Open Days on Wednesday
30 April and 14 May 4-6 PM

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE



City of Ballarat

Ageing Well Italy Holiday Film

Iris

Over 55s

Sebastopol Library

181 Albert St, Sebastopol

10am - 1pm | Tuesday, April 29 (Liberation Day)

Need assistance?
Please scan the QR code for bookings or contact the Social Activities Team if you'd like assistance with booking or further details call 5320 5637 or email socialconnections@ballarat.vic.gov.au

CITY OF BALLARAT



**Thursday
8 May 2025
2-4 PM**

**Ballarat North Community Centre
(702 Walker Street)**

Our Guest Speaker



Robbie Neal

Robbie is an Australian award winning artist and writer from Ballarat. She began to write her first book Sunday Best when she was diagnosed with aggressive cancer and she was told she had a 20% chance of surviving the next three months of her life. Knowing her youngest children who were three and five wouldn't remember her if she died, she began to write.

She is now the author of 5 books.

Robbie will be talking about her books, especially "The Secret World of Connie Starr."

Followed by Afternoon Tea



U3A BALLARAT
UNIVERSITY OF THE THIRD AGE



Swap Table

Saturday May 3

BNCC Blue Room

10-11am

(If you don't have garden produce to share, why not bring along a baked item to swap?)

QUIZ CORNER

Miriam Peck, 'DNA for Genealogy' Tutor, has provided this month's quiz.

1. True or False? It is impossible for two people to have exactly the same genetic code.
2. Multiple choice: When I first had my DNA tested, the results said that I was more Scottish than English (54%/43%). Now the results show I am only 47% Scottish and 56% English. This is because:
 - a. Some of my Scottish genes have degenerated now that I am older.
 - b. More people from my ancestral lands have tested so the results are now more accurate.
 - c. More of my English genetic matches have tested than those from my Scottish side.
3. Each one of our genes contains how many chromosomes?
4. True or False? Each of our chromosomes is responsible for multiple aspects of our physical and mental makeup.
5. Multiple choice: If one of my 16 gt-gt-gt grandfathers was Matthew Flinders, how certain is it that I will have inherited some of his genes?
 - a. Absolutely certain
 - b. Somewhat certain
 - c. A possibility
 - d. No chance



Source: easydrawingguides.com

STEVE'S IRISH CAKE

Steve Waddington shared this cake (and recipe) with members at the Blake Gordon Manual Arts Workshop.

Ingredients

- 2 cups dried mixed fruit
- 1 cup brown sugar
- 1 3/4 cup cold tea
- 2 1/2 cup self raising flour
- 1 egg

Method

1. Place mixed fruit, sugar and tea in a bowl. Set aside for 24 hours.
2. Preheat oven to 170C.
3. Grease bunt tin.
4. Add the flour and egg to the fruit/sugar/tea mix.
5. Bake in moderate oven for 45 minutes.
6. Cool in tin.
7. Place butter on cake slice and serve (optional).



And the verdict from U3A Ballarat members? "A light, tasty cake" "A great recipe for those wishing to minimise fat in their diets"

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

Pest Control

Having problems with slugs, grubs eating your seedlings? Try cutting the base out of a pot. Plant your seedling, then push the bottomless pot over the seedling to stop them being eaten away. You can also cover with netting and a large rubber band to secure around the top of the pot.

Coral Hiscock, Gardening Interest Group



Quiz Answers

1. False: identical twins have the same genetic code
2. b Ethnicity results become more accurate as more people submit their DNA for testing.
3. 23-22 autosomal chromosomes and 1 sex chromosome
4. True. Each chromosome carries a large variety of traits. Additionally, each of our traits comes from multiple chromosomes.
5. c A possibility. The more distant each of our ancestors is from us, the less chance there is of inheriting their genetic material.

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