



the BULLETIN

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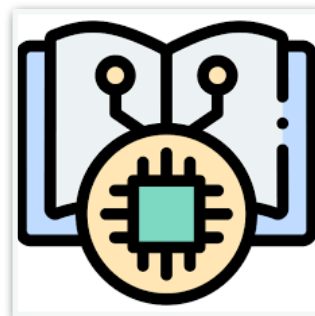
Next Bulletin Deadline

May 26 2025

CLASS INFORMATION

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

Miriam Peck is currently on holiday. If you have an urgent matter relating to classes, please use the following email: ClassCoordinator@u3aballarat.org.au. (Nina Netherway will access the emails and respond to urgent matters during Miriam's absence.)



Forthcoming Events May and June 2025

Tuesday April 22 - Thursday May 29

Islamic Geometric Patterns Exhibition

Wednesday May 14

Islamic Geometric Patterns Exhibition Viewing BNCC 4-6pm

Thursday May 15

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

Saturday May 17

Blake Gordon Manual Arts Workshop Open Day, 800 Norman Street (Ballarat Specialist School) 10am-2pm

Thursday June 5

'For the Love of Music' Chorale and Recorder Ensemble Concert and afternoon tea, BNCC 2-4pm

Thursday June 12

'Cinema and Me' presentation by Bryan Putt and afternoon tea, BNCC 2-4pm

Tuesday June 24

Choristers Soiree and afternoon tea BNCC 2-4pm

The Easter break offered all at U3A Ballarat a chance to take a breather. Some members miss the social contact and the learning that classes provide each week, whilst others are happy to take up the chance to sit and reflect on life with the additional time available in the week. However you spent the Easter holidays, I hope it was a happy time, and not just from the endorphin high that eating more chocolate than usual can bring.

With a new level of chaos in the world of global politics and the associated financial upheavals of the markets as it bounces up and down and around, it is good to know that U3A Ballarat continues to forge ahead providing a known constant and all at a bargain cost of \$60 per year.



President Don Collins

With over 140 classes on offer this semester, all provided by volunteers, it is a remarkable achievement which speaks volumes about our members. Please remember to be kind in thought and deed with regard to your classes, your Class Reps and your Tutors. We are all doing our best to maintain our high level of excellence within our organisational culture. Speaking of Class Reps, they do a power of work, often quietly in the background; perhaps this month we should all make sure we find the opportunity to offer up a word of thanks to those who take on this vital supporting role. A quiet word on the side, a public statement in class, an email directly to them... whichever seems most appropriate to you.

The new term offers new possibilities ~ especially for the new members who have joined in the last month. We welcome you to our community of learners. There are new classes on offer and some people on waiting lists have been allocated into classes of their choice as demands in life mean some of our members have other priorities that demand their attention and, as a consequence, vacancies arise.

You will see in this Bulletin that there is an opportunity to visit our newest facility, the Blake Gordon Manual Arts Workshop (BGMAW) on Saturday May 17 2025. The Workshop will be open from 10am-2.00pm, so feel welcome to pop over to the Ballarat Specialist School Farm Campus at 800 Norman St Invermay Park (North Ballarat) to see what many 1,000s of hours of volunteer labour can create. The BGMAW is located to the right of the Farm Café. There are no parking restrictions on a Saturday, so you can use the Café car parks as well as the designated U3A Ballarat car parking spaces adjacent to the roadway. Classes that use the workshop will have their wares on display. Come on over for a look-see, a chat and a cuppa. Tutors and class representatives will be there to talk with you about their creations.

The months of May and June will see a range of U3A Ballarat Events that include guest speakers, an exhibition and a range of musical performances. Keep your eye out for flyers and email updates.

Don

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

Class Vacancies

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

Art - Exploring Contemporary Art
Back on the Bike
Basic Music Notation
Book Club 3

Book Club 4
Bridge Play Sessions
Bush Walkers
Celebration of French Song

Chess Play Sessions
Classic Reading Group
Clogging
Cryptic Crosswords

Current Affairs
Cycling Group
Design for Wellbeing Environment Term 2
Drawing for Wellbeing Term 2

Exploring Jung
Fibre Fun: Felting, Spinning and Weaving
Film Musicals
Fitness - Light Aerobics

French - Reading in French
French F
Genealogy and Family History
German

Hiking Group
History of Buninyong
History of the English Language
How To Tell Your Life Story Term 2

Italian - Amiamo l'Italiano 1 - Bianco
Italian - Amiamo l'Italiano 2 - Verde
Italian - Amiamo l'Italiano 3 - Rosso
Knitting and Sewing

Line Dancing Group 1
Linguistics - An Introduction

Music, Movement and Mayhem
Native Terrestrial Orchids - An Introduction
Native Terrestrial Orchids and Allies
Painting and Drawing - Morning

Painting and Drawing - PM
Positive Practices, Positive People
Psychology
Quilting Companions

Roman Life from Julius Caesar to Hadrian
Science
Scottish Dancing
Shakespeare

Silk Road Revisited
Sit and Stitch
Spanish - Intermediate
Sparta and the 300

Travel Companions Extraordinaire
Ukulele Two Little Ducks
Understanding Basic Music Notation
Write Your Own Song

U3A Office Hours Term 2 2025

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

Ballarat North Community Centre
702 Walker St Ballarat North

Janice Cook, U3A Ballarat Life Member

Janice was born in Geelong 89 years ago. During the Depression, limited work opportunities required her family to move to Mount Gambier. She remembers the strong bond her mother formed with other women whilst their husbands were away, serving in World War II. Janice completed her Year 6 - 11 schooling in Mount Gambier, then completed her final year of secondary education at Korowa in Melbourne: "a very interesting year". Janice returned to Mount Gambier where she worked as a receptionist in the Radiology Department of the Mount Gambier Hospital. One day, the trained nursing sister who operated the x-ray machine did not appear - she had been dismissed as "she had been caught helping herself to the drugs cabinet". At the age of seventeen, and as the only person who was familiar with the x-ray machine, Janice found herself taking x-rays. Janice added, "I hope I didn't do anything bad." She was offered the chance to undertake formal training in the field in Adelaide, but declined as she "didn't know anyone in Adelaide and didn't want to leave the Mount." Work as a doctor's receptionist followed, where one of her jobs was "to buy the doctor's cigarettes".

In 1958, Janice married Bob, a trainee minister of religion. They lived in a number of towns throughout Bob's years as a Presbyterian then Uniting Church minister. Three children were born during their years in Swifts Creek, "a good place to have little children", and a fourth child was born in Indiana during their eight-and-a-half-year stint in America. The family lived in Indiana and Massachusetts during the Nixon era, and Janice remembers spending quite a bit of time following American politics on the television. Janice and family returned to Mount Gambier Australia in 1975 - "We were hardly back and poor old Gough Whitlam got sacked." Janice was fascinated to find that their children formed friendships with the children of her friends. In 1986, Janice and Bob moved to Dunkeld before he retired in 1990. A two-year house-sitting stint for friends in Adelaide followed, where Janice was able to enjoy what Adelaide had to offer.

Bob's retirement allowed the couple to continue to travel, including an extended trip travelling up the east coast of Australia, before settling in Ballarat in December 1993. Janice met Pat Hart in 1994 at Ballarat's Croquet Club: a sport that was much loved by her husband. Sadly, Bob's health declined and he died in 1995. A much-anticipated six-month house exchange in Tunbridge Wells UK, was delayed with Bob's ill health and passing, but eventually Janice travelled solo to England, then on to Boston to spend four months with her daughter, Wendy.

Eventually, Janice joined U3A Ballarat after her return. "It was Graham Douglas' Medieval Class that got me in". U3A Ballarat was less than 200 members at this time. She has acted as Class Facilitator for the Music Appreciation class for decades, and in 1998, she served as the Class Coordinator for three years. "And I am glad to say that some of the classes we got going are still going now." Janice says her "one claim to fame" was distributing the Bulletin for 14 years. She received Life Membership in 2018. A passion for history, which was not offered during her secondary schooling in Mount Gambier, is evident in the broad and extensive list of classes - 30+ - that Janice has attended over time. Janice remembers the streams that were offered to her during her secondary schooling at Mount Gambier, "You either did shorthand, book-keeping, typing and art, or maths, physics and chem. That was it. You have to spend the rest of your life teaching yourself history."



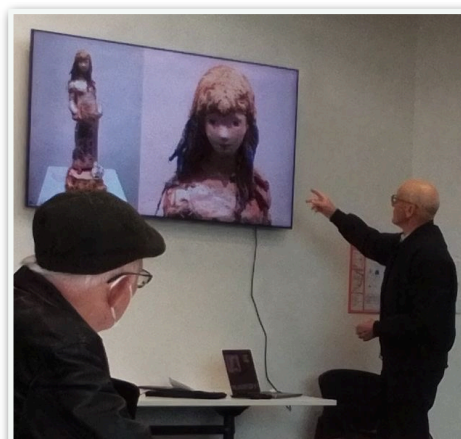
Janice believes the good leadership offered by U3A Ballarat Committee and Tutors has contributed to its growth over the years. On what U3A has provided to her: "I knew nobody in Ballarat when we moved." Janice said, "I don't mind my own company", but U3A allowed Janice to form enduring friendships. Janice can often be seen attending U3A concerts, where she happily takes on the important role of audience member. She remains an active member of Sit and Stitch and facilitates the Music Appreciation class.

Interviewed by Anne Dwyer

Art - Exploring Contemporary Art (Tutor Geoff Wallis) | A New Member Perspective

What is the best way to spend a Friday morning every fortnight - looking at artworks on lecture slides and have someone explain their basic conceptual ideas in plain language. As a new member, this is what I did in Term One at the Selkirk Stadium for 90 minutes: I attended talks by Geoff Wallis.

There is a natural authenticity to Geoff's approach as he shares and distils knowledge gained over a lifespan of working creatively. Geoff has been a research fellow at Fed Uni and a part of the acquisitions team at the Art Gallery of Ballarat. Art was central to his career and certainly a love for teaching others comes through during these sessions. In addition, he has not left the field and relays current information about the goings-on around.



I enjoyed witnessing how he builds up the listener's understanding in small doses: he is neither patronising nor didactic. The art theory, delivered with an anecdotal flavour, allowed knowledge to be delivered without getting bogged down in one aspect: this meant that at every stage we could draw parameters to hold the messages together without boring summaries.

As someone delving into visual arts recently, this series of lectures offered potted gems for me to develop basic frameworks without doing formal study. Thankfully, Geoff provided handouts for us to follow: these included minimal 'iconic' paragraphs to illustrate the work of mostly local (Ballarat and Melbourne) artists who had gained international prominence... some of whom he had taught in Ballarat! This closeness he provides on subject matter is invaluable to a mixed audience of newbies and artists. This included sharing his own arts practice which he interweaves and embeds into the different strands of topics he covers. For example, in the first section on Abstract Art, Geoff mentioned a 'by-the-way' remark which intrigued me. He stated how the canvas is right side-up in an abstract picture is not just guessing but there is a true way that emerges as the work reaches completion. The handouts are pithy and coalesce with the narrative and anecdotes. He also trusts us to make the connections as he wades through a fair depth of varied art movements spanning decades, mainly from the Western perspective. Asking questions as a way of imparting new understanding clarifies new learning: "Is there a hat?" Geoff also refines a person's assumptions with gentle guidance, opening ways to better the accuracy of the subject. The respect he brings, as well as his resource of knowing these well-known artists, is so much more refreshing than high art discussions.

Geoff's professional skills in using IT without over-using the images from his photos of exhibitions illustrates *how to show* respect in handling other people's works when using them in public discussion. Thus, we get his gathered impressions: a cogent glue that keeps the audience in tow. I felt lucky to be a part of U3A and get to know about some wonderful local artists in such an easy-to-understand yet complex coverage of the contemporary art world. And the coffees gets delivered by the cafe staff somewhere midway during the lecture. Topics in Term 2 cover The Human Face, Hyper-realism 1 and 2 and Self 1 and 2. Art - Exploring Contemporary Art is offered on Fridays (Weeks 1, 3 and 5 at Selkirk Stadium Room 2, from 9.30-11.00am.

Devika (Davey) Das



U3A Ballarat Members in the Community

Celtic Band at CresFest

The Celtic Band was very happy to be able to participate in CresFest over the weekend 5/6 April this year, with two outdoor performances and one indoor performance. Luckily, the weather was kind to us for the outdoor events. We now look forward to playing for our U3A audience on Thursday, May 15, at BNCC, starting 2.00pm. Please come along and bring your best singing voice.

Corrie Olsen (Celtic Band Tutor)



Australian Petanque Nationals

U3A Ballarat Committee members, Don Collins and Jeff Langdon, travelled to Adelaide over Easter and showed their prowess at the Australian Petanque Nationals. They competed in the aged 60+ doubles and triples, and came first in the complementaire (second) triples division, playing with Bruce Lucas (Adelaide). For interested members, U3A Ballarat offers a Petanque class in Term One.



U3A Gallery Exhibitions

The Islamic Geometric Patterns exhibition opening allowed members to watch Lucy Brisbane demonstrate some of the skills needed to produce the wonderful work that was on display. The exhibition, BNCC Hall, closes on Thursday May 29.

VALE GRAHAM HAWLEY

Graham served on the U3A Ballarat Committee in 2018 and 2019 and became a life member in 2023. He was also the Regional Representative to U3A Network Victoria. Graham was a graphic designer who lectured at Ballarat College of Advanced Education (now Federation University) prior to joining U3A Ballarat in 1999. He instigated effective use of technology for both U3A Victoria Network and U3A Ballarat, working on the Network's first website and at Ballarat, Graham set up our first website, email, secured our domain and incorporated use of technology in the delivery of classes. He was, at one stage, joint editor of the U3A Bulletin, and was responsible to the Committee for publicity. Over the years, Graham designed logos, publications, tote bags, signage, the monthly Bulletin heading/logo and photograph promotions for U3A Ballarat. The pamphlets he designed were distributed by the local state member to new Ballarat residents. Despite ill health he continued to support design work for our Bulletin and posters for the Choristers. He happily contributed to the successful running of classes. Graham was always the first to lend a hand: often you didn't even need to ask, he would see something needed doing and just do it. He was a member of the Choristers, Dining Out Group, and Back on your Bike. Choristers member, Elizabeth Bren, wrote: "I will always remember him with a twinkle in his eye, hamming it up singing 'Just in Love' - the duet from Call Me Madam - complete with the hand on heart and dramatic swooning. We do miss him, but that's how I'll remember him." Graham's wife Ruth was President of U3A Ballarat from 2005 to 2007 and an active member of the U3A Victoria Network. At all times, Graham was a strong supporter of Ruth's involvement, was committed to U3A and often worked unobtrusively behind the scenes to ensure success in the U3A movement.



Contributions from Ruth Hawley, John Olsen, Nina Netherway and Elizabeth Bren

COMMUNITY ANNOUNCEMENT

Ballarat East Neighbourhood House are offering the following workshops:

**Workshop #4 - Ballarat Community Directory and MySay**

REGISTER NOW: Monday 12 May 6.30pm - 7.30pm BENH Community Room #102, Barkly Square, [25-39 Barkly Street, Ballarat East](#)

REGISTER NOW: Thursday 15 May 10.00am - 11.00am Training Room #101, Barkly Square, [25-39 Barkly Street, Ballarat East](#)

Workshop #5 - Law Week - Legal Issues for Community Groups

REGISTER NOW: Tuesday 20 May 10.00 - 12.00 Wendouree Neighbourhood Centre, [12 Holly Grove, Wendouree](#)

Workshop #6 - Conflict Resolution

REGISTER NOW: Session 1 - Friday 30 May, 2.00 - 5.00 pm, Ballarat East Neighbourhood House Community Room, Room #103, Barkly Square, [25-39 Barkly Street, Ballarat East](#) (Venue TBC)

REGISTER NOW: Session 2 (a repeat of session 1) - Saturday 31 May, 10.00 am - 1.00 pm, Ballarat East Neighbourhood House Community Room, Room #103, Barkly Square, [25-39 Barkly Street, Ballarat East](#)

Workshop #7 - Volunteers - Inducting, managing and retaining

REGISTER NOW: Session 1 - Thursday 5 June 10.00am - 11.30am Training room #101, Barkly Square, [25-39 Barkly Street, Ballarat East](#)

REGISTER NOW: Session 2 (a repeat of session 1) - Wednesday 18 June 6.00pm - 7.30pm Online via Zoom/Face to Face TBC

Workshop #8 - Marketing and promotion for community groups

REGISTER NOW: Session 1 - Wednesday 11 June 10.00am - 11.30am Training room 101, Barkly Square, [25-39 Barkly Street, Ballarat East](#)

REGISTER NOW: Session 2 (a repeat of session 1) - Thursday 12 June 6.00pm - 7.30pm, Online via Zoom

SAVE THE DATE



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



CELTIC BAND
CONCERT

Thursday, 15 May
2:00 - 3:00 PM
Followed by Afternoon Tea

Ballarat North Community Centre
702 Walker Street

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE




Saturday, May 17 2025
10 AM - 2 PM

The Blake Gordon Manual Arts Workshop*
will be open for viewing to all U3A Members

Come see our amazing workshop and view some of
the work done by our classes.



daughters

Coffee, Tea and Biscuits will be available
*Ballarat Specialist School
800 Norman Street

CAN YOU HELP?

We are seeking volunteers to help set out
and put away chairs before and after U3A
events.

If you are interested in helping us set up,
arrive 30 minutes before at the nominated
venue.

CAN YOU HELP?

Volunteers needed to work with the
Catering Committee. Must be available on
Thursday afternoons. If you like to bake
and cook you may sometimes be asked to
provide a sweet or savoury treat but it is
entirely optional. If you are interested
please call Anne Ottrey at 0422 963 985 or
email her at amottrey@gmail.com.

SAVE THE DATE

SUNDAY May 18 2025
2.30pm

Cathedral Church of
Christ the King
49 Lydiard Street South

Ballarat Choral Society
FAITH HOPE AND LOVE

Dvorak Mass in D major
Mozart Te Deum in C major

- Helen Duggan - conductor
- VOX (Ballarat) - vocal soloists
- Beverley Phillips - organ



Adults \$35, Concession \$30
Students \$15, Family \$75 (2 Adults & 2 children)
<https://www.trybooking.com/DAPYE>
At the door - Cash or Card welcome



U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

For the Love of Music
Soiree

From traditional
marches and
songs to exquisite
spiritual pieces



FEATURING:
RECORDER ENSEMBLE
U3A CHORALE

Thursday
2:00 PM

JUNE 5, 2025
Ballarat North
Community Centre
702 WALKER ST

Afternoon Tea Provided

Book Launch
Champagne at Three

Saturday 21 June 2025
2:30 - 4:00pm
Ballarat Trades Hall
24 Camp St Ballarat



When Rebecca Norton returned to Ballarat after more than half a century working as a mining engineer all over Australia and beyond, she was delighted to find that U3A had a Latin class she could join. Until her health failed, she enjoyed the weekly classes which John Poliness conducted. Some of her fellow students may still remember her. Written by her sister Jill Blee, *Champagne at Three* is the story of her extraordinary life.

BOILED FRUIT CAKE

My childhood culinary memories include my mother's boiled fruit cake. This recipe comes from a Geoff Slattery cookbook, and is attributed to Michelle Day. It is a favourite amongst family and friends and keeps well. Anne Dwyer

Ingredients

2 cups raisins
2 cups sultanas
1 cup currants
300g unsalted butter
2 short cups raw sugar
2 teaspoons bicarbonate soda
2 cups water
2 teaspoons ground nutmeg
2 teaspoons ground cinnamon
dash ground cloves
4 well beaten eggs
2 cups wholemeal plain flour



Method

1. Place dried fruit, butter, sugar, bicarb of soda and water in a large saucepan. Boil for around 5 minutes, stirring until the sugar has dissolved. Watch to make sure the mixture doesn't spill over the saucepan as the bicarb of soda reacts to the other ingredients. Set aside to cool - around 1 hour.
2. Preheat oven to 170C (I set fan forced oven at 165C).
3. Grease and line a 23cm (9") cake tin (square or round) .
4. Add spices and eggs through the cooled fruit mix.
5. Gradually, fold in the flour until well blended. (The mixture will be quite fluid.)
6. Pour into prepared cake tin and bake until a skewer comes out clean. (The original recipe says 90 minutes, but I bake for close to 2 hours and cover with foil after 1 hour to stop the top burning.)
7. Cool in tin.

And the verdict from U3A Ballarat members? "Wonderfully moist" and "It tastes like Christmas".

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.

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

AUTUMN GARDENING TIPS

- * Add mulch to your garden beds
- * Lawn maintenance time. Any hardware store will have advice.
- * Plant your favourite bulbs
- * Plant small and large shrubs, trees

Coral Hiscock, Gardening Interest Group



Mulch

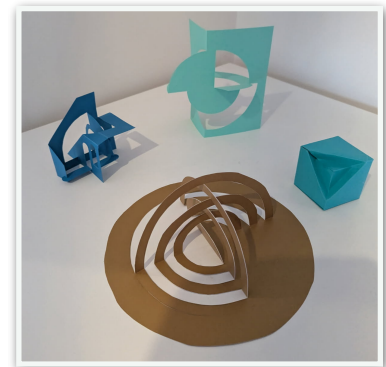


New evergreens

QUIZ CORNER

This month's quiz has been provided by the Book and Paper Crafts class.

1. The ancient Egyptians developed a paper-like material for writing on. What was it made from?
2. Where was the first documented paper-making process invented?
3. How many sheets of paper in a ream?
4. How many sheets of paper in a quire?
5. What is the collective noun for a set of printed or written pages, bound together.
6. GSM is a measure of the weight or thickness of paper. What does the acronym "GSM" stand for?
7. Two common folds used in paper crafts are named after natural features. What are they?
8. Solve this anagram to find a material that might be used in papercrafts. CRACKDOTS
9. If "origami" means paper folding, what is "kirigami"?
10. Solve this easy cryptic clue "Fold a sheet, it is a craft".



Quiz Answers

1. Papyrus - made from the pithy stems of a water plant
2. In China during the Eastern Han dynasty, around 105 CE
3. 500
4. 25
5. A book
6. The term "GSM" stands for "grams per square meter." The weight of various types of paper is measured from a sample sheet cut to one square meter in size.
7. Mountain fold and valley fold
8. Cardstock
9. Kirigami involves both folding and cutting paper. Try googling it and be amazed!
10. Papercraft

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