



the BULLETIN

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Next Bulletin Deadline

July 28 2025

CLASS INFORMATION

In this Bulletin, a list of class vacancies and two new classes for Term Three can be found on page three.

Our Tutors and Class Reps work hard to deliver meaningful learning opportunities for our members. Thank you! (And, thanks to our ever diligent Class Coordinator, Miriam Peck.)



Forthcoming Events July and August 2025

Friday July 4

Final day of Term Two classes

Monday July 21

Term Three classes commence

Monday July 21

‘A Stitch in Time’ Exhibition opens, featuring articles from the Sit and Stitch class, led by Margaret Copping, BNCC

Wednesday July 30

‘A Stitch in Time’ viewing, BNCC 4-6pm

Thursday July 31

U3A Trivia Afternoon, BNCC 4-6pm

Wednesday August 13

‘A Stitch in Time’ viewing, BNCC 4-6pm

Thursday August 21

U3A Ballarat AGM and afternoon tea, BNCC 2-4pm

Thursday August 28

Ukulele Minstrels Dance and afternoon tea, BNCC 2-4pm

The Wizard is now Loose...

After many hours of quiet work in the background to effect the transition from MyU3A to the new environment of Member Wizard, we are now up and running. As with all new things in life it has been a learning curve, but the learning has been valuable. Anything that helps the mind to focus and create new synapses is okay by me. Already we have had feedback on how easy it is to use the Member Portal from members. For those yet to register, there is a two factor confirmation of identity process that will send an email to you with a code. Do remember to look in your Spam or Junk folder in your email app if you can't see it in your main inbox folder. My thanks go to Jeff Langdon, Nina Netherway, as the other two members of the Member Wizard Admin Triad. We have been meeting over many months on the Member Wizard project. Thanks also to Bec Black, Leonie Benson and others who work in the U3A Ballarat Office for their feedback and assistance with training (@Bec). It takes a village to raise a child and this project has required some firm parenting at times, but it has mostly delighted us with its behaviour.



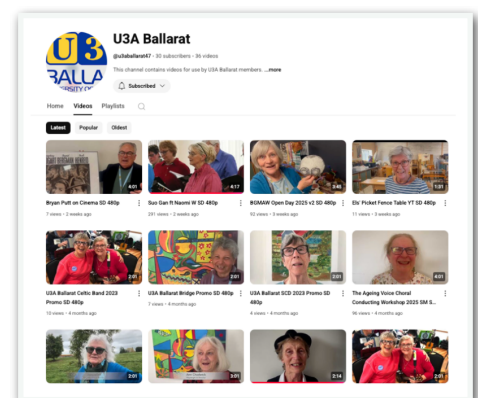
President Don Collins

The Member Portal gives you access to class information, venues, documents, and the like. It also has a password reset function so you can manage that process yourself if you can't remember or find where you wrote it down. There is now a greater expectation on members to access the portal with some regularity to retrieve any documents provided by tutors, read the U3A Ballarat Bulletin, and record any absence from class. Recording an absence via the Member Portal is very easy to do, and we ask all members to step up on actioning this courtesy. We remain confident that the Member Portal and its associated back-end functions will provide everyone with a smoother and more effective work-flow. Please be patient if something isn't immediately quite right in this initial implementation phase: we will find a solution as quickly and as best we can. There is a link on the homepage of our website where you can register for a help desk session if you need assistance. Tutor Training sessions will run at the same session times.

Social Media Shout Out

Keeping our "socials" as the younger ones say, current requires constant attention. So, a shout out of thanks to Madonna Quixley for her dedication to our Facebook page. In recent weeks, she has been ably supported by Robert Hammond. We appreciate the commitment from both of you to keeping the Facebook ecosystem informed of what is happening at U3A Ballarat. Not all our members use Facebook, but those who do, benefit from the posts.

Our U3A Ballarat Youtube Channel can be reached by clicking on the link on our homepage. There you will find moving media from recent performance events and some legacy videos from classes. Did you know you can subscribe to our U3A Ballarat Youtube Channel and be informed when new moving media is uploaded? All you need to do is click on the Subscribe button on the page.



And finally, a shoutout to the Chorale, the Recorder Ensemble and The Choristers for sharing their singing and recorder skills during June. Two beautiful concerts entertained and delighted the audiences which packed out the BNCC Hall. We might have to find a bigger venue in the future. :-). The Ukulele Minstrels also need some recognition for their constant performances out in the public arena. From performances on a hotel verandah to aged care home, the Minstrels are spreading the entertainment love ukulele style.

Don

New Classes and Class Vacancies

Tai Chi (starting Term Three)

The course will cover general Tai Chi principles to help balance and general wellbeing. The class will be held each Friday 1-2pm in the BNCC Hall. Tutor: Ann Agni aagni@tpg.com.au

Line Dance Ready (starting Term Three)

In this class we will explore and practise seven fundamental movements (and combinations of these) that will improve posture, balance, flexibility, and general body coordination. We will do these movements either sitting in a chair or standing. They are key to improving all movement including walking, dancing, and the moves we make as part of our everyday life activities. During the last 10-15 minutes of class, we will learn and practise some very easy steps used in line dancing and observe how these fundamental movements assist our dance coordination. The class will be held each Friday 12.15-2.30pm at Hut 48. Tutor: Bill Handley handleystb@gmail.com

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

Art - Exploring Contemporary Art
Basic Music Notation
Book Club 3
Book Club 4
Bridge Play Sessions

Bush Walkers
Celebration of French Song
Chorale
Choristers
Classic Reading Group

Clogging
Cryptic Crosswords
Current Affairs
Exploring Jung
Film Musicals

French - Reading in French
Genealogy and Family History
Gentle Exercise 2
German
Hiking Group
History of the English Language

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

Line Dance Ready
Line Dancing Group 1
Linguistics - An Introduction
Music, Movement and Mayhem
Mythology

Native Terrestrial Orchids and Allies
Painting and Drawing - Morning
Painting and Drawing - PM
Psychology
Quilting Companions

Recorder - Continuing Beginners
Roman Life from Julius Caesar to Hadrian
Science
Scottish Dancing
Shakespeare
Silk Road Revisited

Sit and Stitch
Spanish - Intermediate
Sparta and the 300
Tai Chi
Travel Companions Extraordinaire
Understanding Basic Music Notation

Anne Bouts, U3A Ballarat Member 'A Flourishing Life'

Anne Bouts has been a valued member of U3A Ballarat for twenty-six years and has been the presenter of the Philosophy class for twenty-four years. Anne heard about U3A after retirement and liked the idea of continuing with education. She enrolled in Literature, Current Affairs and Creative Writing then offered to teach Philosophy. Her background in teaching, her keen interest in reading and history and her fascination with the human experience have provided a strong foundation for leading this group.



Born in the Netherlands in 1932, Anne was the youngest, and now the last surviving member of a family of ten children. Her experiences throughout the tumultuous years that followed were of course shaped by the World War. Her father was a man of strong convictions who joined the Resistance movement, though her experiences of that period would take a novel to explore. In her mid-twenties, Anne travelled to England to continue her studies and improve her English. She trained as a teacher and accepted a contract to teach at a school in South Africa but described living and working there as 'horrible.' In contrast, teaching in Bangkok was lovely and she admired the Thai people and culture.

Asked what drew her to Australia Anne explained that she and Brenda were in America in the 70's, looking for work teaching but there was an oversupply of teachers there. They heard that Australia wanted teachers, would pay for the flight and had plenty of work available. Their intention was to stay for three years but they soon found that they loved it. They moved to Victoria in 1974 and bought a little farm in Miner's Rest where they had a small farm with cows and where their two children went to school. The children both still live nearby and are in close and happy contact. Anne taught French and History for ten years at Loreto College, as well as completing a year at Ballarat Grammar School and two years at Federation University providing support for overseas students. Anne spoke of the importance of interacting with and learning from others, recognising that interactions can be mutually beneficial, *"I am because you are."* Anne agreed that a teaching background was helpful in being able to organise ideas and to successfully present to a class.

Anne's purpose in exploring Philosophy is, *"To probe deeper into the what, here, how and why of all things, to share this experience with others, to learn from conversation."* Her rigorously researched classes explore key philosophical concepts and the great thinkers of the past; however diminished hearing has now limited her involvement in other classes. This year the Philosophy class has changed format to a rotation of speakers each addressing a specific topic of their choosing, and Anne is enjoying the variety of content and presentation. Discussions are lively with many different views offered and ideas explored by class members from widely varying backgrounds.

At this point in her life Anne is still very interested in exploring the experiences and perspectives of others. Freed from ambition and the imperatives of managing work, she is now able to reflect on the experience of simply being. *"I wonder how everyone copes as they age because there is a new challenge in that. Is it religion? Do you have a quote or idea that sums up your beliefs? What do you hang onto? What gives your life meaning as you age."* Asked to answer her own questions, Anne responded, *"My personal philosophy is of an existential nature. I am convinced that existence proceeds essence. The existence is what is given, the essence is what we make with what is given. I aim for that happiness referenced by the ancient Greeks as 'eudaimonia' a flourishing life achieved with the limited means at my disposal by birth, education, culture, family, community etc."*

Anne is concerned about the dehumanising potential of technology, which has outpaced our understanding of its impact and costs, especially AI which she finds creepy in its 'almost human' mimicry. However, she remains optimistic about the future because, *"History shows that we do learn and grow and overcome."* Asked how she would like to be remembered, Anne laughed, *"The universe is too big to feel so self-important. At 92 I feel grateful for that flourishing life not least thanks to so many happy years spent with my U3A friends and fellow travellers."*

Interviewed by Wendy Abraham

U3A Ballarat Members in the Community | Ukulele Minstrels

The Ukulele Minstrels remain active in the Ballarat Community. Many thanks to Sue McLachlan and Carolyn Waddington for their leadership, and the fabulous minstrel members for their unstinting support of local events and community groups.

Ballarat Marathon, April 27th. Lake Wendouree

We braved the elements on Wendouree parade to entertain the passing runners competing in the many marathon challenges. They showed their appreciation by clapping and dancing as they passed us and said they were spurred on by hearing our singing and playing!



Heritage Festival, May 18th, George Hotel balcony

This was our first experience of entertaining on the George Hotel Balcony. Our performance reflected the music popular in Australia between the wars, as did our attire! Lydiard Street was closed to traffic and the many pedestrians wandering between the classic cars display really appreciated our music by clapping and dancing.



PROBUS, Creswick, June 3rd

We used our Heritage program to expand on the significance of these songs in society in the 1920s and 30s. The audience enjoyed the information and the invitation to sing along.



Care Home Visits (Term Two): BUPA, Nazareth House, Mt Clear and Jeffrey Cutter.

We particularly enjoy singing and playing for a variety of care homes in Ballarat. We play well known songs from the 1940s to the 1970s and provide songbooks to help everyone join in. The performance is always enjoyed by the residents and carers! There is always someone to clap along and dance!

Thank You

A heartfelt 'thank you' to Madonna Quixley who manages our U3A Facebook site, and to Robert Hammond who steps in to manage the site when Madonna is unavailable. Your constant 'behind the scenes' work to keep our site current and informative is very much appreciated.

U3A Ballarat Member in the Community | Naomi Wangeman

Naomi Wangeman has been a volunteer at Vinnie's (Howitt Street) for seven years. Naomi's mother-in-law, Amy Sullivan, volunteered at the Horsham Vinnie's store for 60 years. "Amy would take things home: she would wash them, clean them and mend them. She was a very valuable member of the Horsham community." The death of Naomi's own father, Phillip White, followed by the death of her mother-in-law prompted Naomi to volunteer at Vinnie's: to give back to the community in a way that honoured her mother-in-law.

Naomi undertakes many different roles of Howitt Street Vinnie's, "depending on what's necessary." She works on the register, dresses the store models, helps people make purchases, and offers advice to people if they ask for it. Vinnie's utilises Naomi's interest and knowledge of jewellery: she sorts, repairs, cleans and displays jewellery when it arrives.



People visit Vinnie's to purchase items, but it is also a social outing for some. "Some people are lonely, as they are on their own. Others have a spouse or partner in a nursing home or aged care facility, and they often bring the spouse/partner into Vinnie's, sometimes in a wheelchair, for an outing. They are always welcome."

Naomi spoke about the camaraderie that comes from working at Vinnie's. Naomi said, "The people who work at Vinnie's are fantastic. Most are volunteers who work hard and look after each other." Naomi noted that Vinnie's are always looking for more staff. "Usually a shift is four hours and you can work as many or few shifts as you like on days of your choosing." If you are interested, visit: <https://www.vinnies.org.au/vic/get-involved/join-us/volunteers>

U3A Ballarat Members in the Community | Sit and Stitch

Over the years, the Sit and Stitch class have supported various charities. This has included: providing knitted clothing items, food and toiletries for community members via the Ballarat Soup Bus; knitted clothing for babies in Timor-Leste; breast cushions for cancer patients, and sensory dementia mats for Grampians Health; and a fund-raising morning tea for the Fiona Elsey Research Institute. (Why not find time to come and visit the A Stitch In Time exhibition in the BNCC Gallery? The exhibition is on from Monday July 21._

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

**AGM 2025 of U3A Ballarat Inc.****Date: Thursday 21st August 2025****Time: 2.00pm****Venue: Ballarat North Community Centre, 702 Walker St Ballarat North (corner of Walker St and Armstrong St)**

Musical items will be provided by the Chorale throughout the AGM and a scrumptious afternoon tea will follow.

Come along and hear what has been happening: there are a lot of improvements to celebrate. The Committee, under Don's leadership, has been keen to expand and improve our classes and streamline the Administration of our growing community.

We are seeking at least 130 MEMBERS to attend to achieve a quorum, so please put the date in your diary.

SAVE THE DATE

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

TRIVIA ARVO



Get your classes and friends together, and reserve a table. Individuals are, of course, welcome too

RSVP to:
elena.u3a@gmail.com

THURSDAY
31 JULY
4-6 PM

A few changes this year
We will provide drinks (wine, punch, coffee and tea) but please bring your own nibbles for your table.
Gold Coin Donation Appreciated

BALLARAT NORTH COMMUNITY CENTRE

UKULELE MINSTRELS TEA DANCE

Supported by the U3A Dance Classes
THURSDAY, 28 AUGUST
2:30 PM
Ballarat North Community Centre

Special Performances by:
Elvis
John Lennon
Fred Astaire
Louis Armstrong

Dances Include:
The Nutbush
The Limbo
The Twist
The Charleston
Waltzes
The Charmaine
The Mambo
Rock and Roll
The Hokey Pokey

Audience is welcome to come sit, watch, and sing if they don't want to dance.

Afternoon Tea served halfway through.



U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

Chocolate and Amaretto Fruitcake

This recipe, published in The Age Good Weekend, has been shared by Anne McLeod. (When Anne makes the recipe, she doesn't include the top layer of fruit/nuts.) Serves 10-12. Anne Dwyer's note: you need to start making the cake at least 3 days in advance.

Ingredients

300g mix raisins, sultanas and currants
 300g dried fruits (choose from apricots, pears, figs, prunes, dates and glace pineapple), chopped the same size as the raisins
 200g soft brown sugar
 150g unsalted butter, room temperature
 zest of 1 orange and 1 lemon
 120g dark chocolate (70% cocoa) finely chopped
 120ml amaretto liqueur (or Grand Marnier, brandy, whisky or rum)
 150g plain flour
 1tbs cocoa powder
 2 tsp mixed spice
 1/4tsp baking powder
 1/4tsp bicarb soda
 1/4tsp salt
 3 large eggs, beaten
 50g walnuts, toasted then roughly chopped
 60ml additional alcohol (amaretto liqueur or Grand Marnier, brandy, whisky or rum)



To Glaze and Decorate

2tbsp apricot jam
 1tbs alcohol (amaretto liqueur or Grand Marnier, brandy, whisky or rum)
 40-50 whole pecans or almonds, lightly toasted
 mixed pieces of large dried fruits such as apricots, prunes, figs

Method

1. Place dried fruits in a large saucepan and add the brown sugar, butter, citrus zest and chocolate. 2. Place saucepan on low heat and stir gently until the butter and chocolate have melted and the sugar has dissolved. Add the alcohol and mix for 30 seconds. Remove from heat and set aside to cool until tepid.
3. Meanwhile, line the base and sides of a 20cm round cake tin (or springform tin) with 2 layers of baking paper. (The two layers of baking paper help to insulate the cake during the long baking time.)
4. Sift the plain flour, cocoa powder, mixed spices, baking powder, bicarb of soda and salt into a medium bowl and set aside.
5. Preheat oven to 130 fan forced (150 conventional).
6. When the fruit mix has cooled to tepid, add the eggs and stir well to combine. Add sifted dry ingredients and fold through with a spatula, then add walnuts and mix until fully combined.
7. Spoon the batter evenly into the prepared cake tin, then place the tin on a baking tray and slide into the middle shelf of the preheated oven. Bake for 1 hour and 15 minutes, or until a skewer inserted into the middle of the cake comes out clean.
8. As soon as the cake comes out of the oven, spoon the additional alcohol over the entire surface of the cake.
9. While it is still hot, carefully wrap the cake (including the tin) tightly in a large, clean tea towel, then aluminium foil. Set aside to cool overnight on the kitchen bench.
10. When the cake has cooled completely, remove from the tin and rewrap in a layer of clean baking paper, then foil, then cling wrap. Allow to mature for a minimum of 3 days and up to 6 weeks in a cool, dry place (such as a pantry).
11. When ready to serve, decorate the cake: combine the jam and the brandy in a small saucepan and warm over a low heat (or microwave for 20 seconds) until runny. Stir until smooth, then brush about half of the glaze onto the cake. Press the toasted pecans/almonds very closely all around the edge of the top of the cake and then place some dried fruits decoratively in the centre. Dab the remaining glaze over the fruits and nuts until the top glistens.

U3A Member reviews: "It is like a festival of flavours", "looks and tastes beautiful", "surprisingly light".

GARDENING TIP

Add **peace lilies** to your bathroom or laundry room—they fight mold, absorb toxins, and naturally freshen the air without chemicals.



Robert Hammond, Gardening Interest Group

U3A Office Hours Term 3 2025

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

Ballarat North Community Centre
702 Walker St Ballarat North
Ph: 0415 407 163 (new number)

QUIZ CORNER

This month's quiz has been provided by Steve Walsh.

1. Which metal is more malleable:
a) gold b) silver
2. Which is the purest gold:
a) 24 carat b) 18 carat c) 9 carat
3. Which of the following tools are used in jewellery making:
a) files b) pliers c) E jeweller saws d) hammers e) all of the above
4. What is a mandrel?
5. What is the approximate finished weight of the Melbourne Cup?
6. Rank the following metals according to expense: platinum, silver and gold



Quiz answers can be found on page 12.

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

ANNUAL GENERAL MEETING THURSDAY 21st August 2025

The Annual General Meeting of U3A Ballarat Inc. will be held at **Ballarat North Community Centre (Corner Walker and Armstrong Streets)** at **2:00 pm** on Thursday 21st August 2025.

All U3A members are invited to attend. All current committee positions will be declared vacant at that meeting and nominations are called for Officers and Ordinary Members.

OFFICERS: PRESIDENT, VICE-PRESIDENT, SECRETARY, TREASURER

ORDINARY MEMBERS*: A minimum of 5 and a maximum of 10

*Note: The Immediate Past President is included as an Ordinary Member of the Committee, making a maximum of 15 members on the Committee. The duties of Ordinary Members vary from year to year. Members are required to serve on at least one sub-committee in an area of interest to them: Governance, Finance & Grants, Communications, Events and Catering, Office, Class Coordination, Gallery, BGMAW.

NOMINATION FORM, UNIVERSITY OF THE THIRD AGE BALLARAT INCORPORATED
Reg. No A 13304K ABN 33713445856

Nominations for the positions listed above should be forwarded **NOT LATER THAN FRIDAY 1st August 2025** to:

The Secretary U3A Ballarat Inc.
P.O. Box 2058, Bakery Hill, Vic 3354
rosmcarthur@icloud.com

I nominate for the position of
.....on the committee of U3A Ballarat Inc.

Nominated by (Member)

Signature

I hereby accept the nomination for the above position

Signed(Nominee)

Quiz Answers

1. a) gold
2. a) 24 carat. Carat refers to the number of parts off gold out of 24.
3. e) all of the above
4. A tapered piece of metal, wood or plastic used in the making of rings or bracelets.
5. The Melbourne Cup is made from 18 carat gold and its finished weight is approximately 32 1/2 ounces.
6. Gold is the most expensive metal, then platinum, then silver.

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PO Box 2058
Bakery Hill, Vic 3354

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BALLARAT
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