



the BULLETIN

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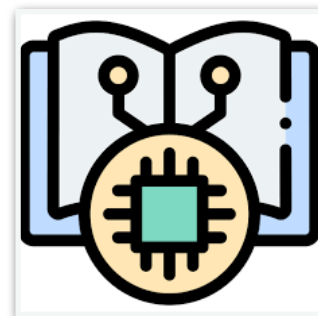
Next Bulletin Deadline

August 25 2025

CLASS INFORMATION

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

Preparatory work is about to commence for our Summer School and 2026 Class Information Booklet. Stay tuned!



Forthcoming Events August and September 2025

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

Saturday September 6

Swap Tables, BNCC 10-11am

Thursday September 18

Chorale Soiree followed by afternoon tea, BNCC 2.30-4pm

Friday September 19

Last day of Term Three classes

It's Term III Already

The BNCC and the rooms in all our other venues come alive once more when the term begins. If you have returned from holidays, I hope your time away was just beaut, and that the journey home was smooth. We, who stayed put in Ballarat over the term break, continued to bear the brunt of winter. Possibly more than one of us wondered about class mates who were living "high on the weather hog" further north.

The Office ~ U3A Ballarat Style

As we continue to grow in number, the U3A Ballarat Office personnel are kept busy assisting members, both new and existing. Please remember that U3A Ballarat is a volunteer organisation and those on the office roster give their time willingly to assist in the smooth running of the organisation. They deserve to be treated with respect and consideration. Some members in recent times seem to have not 'read the memo' about kindness and fairness in previous reports from me. A little kindness and understanding goes a long way. Our volunteers do their level best to provide assistance, resolving problems if they can, and referring a dilemma on if they cannot help.

Facebook Vignettes

Madonna Quixley and Robert Hammond, who look after our Facebook page, will be reaching out to classes to do a mini story that highlights the fun and learning that takes place in U3A Ballarat classes. This was done very successfully with the Summer Schools. If you are asked to participate in a conversation that results in a Facebook post, please step up and share your thoughts. !

U3A Ballarat Chorale Burst into Song at St Patrick's Cathedral

Another zinger of a choral festival happened at St Pat's recently, with our Chorale singers performing beautifully as is befitting a cathedral setting. Thanks to Jill Francis and Judy D'Ombra for their conducting skills and leadership of the choir. Anne Dwyer accompanied the Chorale and accompanied one of the Melbourne choirs, sight reading the new music without a rehearsal. "Amazing Anne" she was dubbed by emcee Margaret Lenan Ellis. You can view an interview about the Ballarat Chorale Festival, now in its 27th year, with Margaret on our Youtube channel <https://youtu.be/qrVXL3l1Tcs>

Trivia Arvo

Many thanks to all who attended and a special shout out the Catering Crew, for ensuring no-one went thirsty. Thanks to: Elena Tommasi for the many logistics, and most importantly, the creation of most of the questions; Anne Ottrey who produced some hum-dinger questions on the water ways of Ballarat; Carolie Kerry and Anne Dwyer for tasty marmalades and pickles for the winning team; Ros for door duty and Bec for organising distribution of lucky draw tickets and scoring; Janene Bawden who helped by ensuring every table had score sheets; the Scottish Dancing class for helping set out the tables and chairs; John Sullivan and others for helping return the hall to its normal state. !

A Stitch in Time Exhibition Continues...

Many have now had the chance to view the super work adorning the walls of our Gallery in the Hall. Congratulations to all who contributed to the exhibition. Thanks to Barb Burnett, Gallery Manager, and her helpers for hanging the pieces so well.

New Members Morning Tea Wednesday August 13 2025 10.30am at BNCC.

Such is the rate of enrolment we are holding a morning tea for members on August 13. At this meeting, a presentation on the breadth and depth of U3A Ballarat will happen and face to face interactions between new members will occur.

Swap Tables Re-commence in September!

We are now heading towards Spring at what seems a break neck speed, and so the monthly swap tables come into season once again. First Saturday of the month is when you can come along and share excess produce, plants and household items with other members. Come with something to share, or come empty handed. At some point you will have something to contribute. What is important is that you leave with a treasure or two. Thanks to Ros McArthur and Carolie Kerry for seeing this concept elsewhere and reimagining it for U3A Ballarat.

AGM on August 21 at 2.00pm

Finally, a reminder that the AGM will take place at BNCC hall on August 21st. Our performers this year are the U3A Ballarat Chorale and the guest speaker is Michaela Settle. We need at least 130 members to attend, so see you there!



Don Collins

Don

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
Basic Music Notation
Book Club 1
Book Club 3
Book Club 4
Book Club 5

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

Bush Walkers
Celebration of French Song
Chorale
Choristers
Classic Reading Group

Latin 4
Linguistics - An Introduction
Mindfulness With a Twist
Music Appreciation
Music, Movement and Mayhem

Clogging
Community of Declutterers
Current Affairs
Drawing for Wellbeing
Exploring Jung
Film Musicals

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

French - A Little Bit French
French - Reading in French
Genealogy and Family History
Gentle Exercise 2
German
History of the English Language

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

Spanish - Intermediate
Sparta and the 300
Tai Chi
Travel Companions Extraordinaire
Understanding Basic Music Notation
Walkers and Talkers
Wine Appreciation

Doug Bradby *“Fascinated by the human story”*

As many U3A members can attest, Doug has an amazing depth of knowledge and endless fascinating stories about the history of Ballarat. History has been the focus of his life's work, yet as a competitive little boy who liked to win, to get the right answer, his original focus was on Maths and Science. As a teenager however he realised that, *“At this rate I'd end up an Accountant like my father,”* which wasn't the direction he wanted to follow. Nevertheless, his father had a profound influence on his values and outlook on life. His father's role as Pay Master for the Meat Authority utilised his mathematical speed and skill, but it was due to his integrity and ability to communicate with clarity that he was called on to mediate between management and the men. He was trusted by both sides to be fair and reasonable, skills that have clearly carried over to his son.



The family did not acquire their first car or a TV till Doug was in Secondary School which he sees now as a good thing. He was focused on his immediate surroundings, the local area, even the back yard. His father, *“Drew my attention to stuff.”* By the time he was a teenager, his father expected Doug, referred to as *“the boy”*, to plan day trips for the school holidays, so Doug would work out times and distances, places to visit and things to see. While they travelled, he would be expected to make notes in his travel book. *“Dad made Stawell more exciting for me than London was years later for my kids!”* His father had an instinct for encouraging his son to look, explore, observe, *“Where did that name come from? What do you think they did for a living?”*

Doug won a Commonwealth Scholarship, but knew that if he wanted to go to Uni he would have to get a studentship, which he did. He rejected an offer to study Accounting at Melbourne University and choose instead to study History having already realised that he was, *“fascinated by the human story.”* Some of his secondary school teachers had made a real impact. There was Mrs. Schroeder who gave the students, *“A list of the 50 books you should read to be civilised.”* He kept the list and over the years worked his way through many of the titles including works by George Orwell and HG Wells. Doug also remembered being stunned to see one of his teachers, Mrs. Barbara, shake with emotion as she recounted a story from history. He was in the front row and was struck by the realisation that, *“This was real! She's actually talking about flesh and blood and she feels it!”* The penny dropped.

Teaching became Doug's life's work. *“What I did on the last day of teaching was what I did on the first day. I went into a class of twenty kids and tried to get them to think about someone else.”* Teaching is not just a task for him but a fulfilling life's work. *“It is the privilege and joy of having a child in front of you who likes learning, of the pleasure in knowing and understanding yourself, but also the pleasure in being challenged, watching the growth and seeing the learning,”* The word 'joy' comes up often as Doug describes his work.

Doug's involvement in U3A has been rewarding in different ways. *“This is the reflective stage of life. You can't dish up junk (to the U3A classes), they sieve it! There are knowledgeable people there who challenge you, it's great! I learn something from every group I teach. I find the feedback clarifies my views of things all the time. It's not the preparation beforehand, it's the reflection when they leave, when I shoot back to jot down a few things, 'I'll need to have another think about that', it clarifies your understanding.”*

Doug and Julie live in a wonderful eclectic home which incorporates an abandoned Methodist church from the 1860's, a schoolhouse, a railway carriage and a tram shelter, all repurposed to be part of this warm and fascinating home, set in gorgeous gardens. We spoke of his vast collection of artefacts, *“I think of it as cultural triage. Here comes the baton, the ideas, values etc. handed down from one generation to the next, along with the responsibility to make the most of what we are given. Our job is to look each item over, that one is precious and useful, this clearly isn't.”*

As many members have already discovered, Doug's classes are a great way to learn about our region and the characters who have contributed to its story.!

Singing and Wellbeing

Anne Dwyer met up with Jill Francis (Chorale) and Mary O'Driscoll (Choristers) to discuss the benefits of singing.

What can you tell us about the relationship between singing and wellbeing?

Mary When you sing you feel happy. It is something everyone can do and it is something that has been with us since we were born. I think, particularly for people as they become older, singing can provide a sense of joy and happiness and a sense of achievement. All of these things contribute to wellbeing.

Jill In a past life, I was a researcher. Lots of studies have asked people about the benefits of singing, especially in choirs. You won't be surprised to know that people report feelings of enjoyment, social connection, good effects on mood and even benefits from the physical demands of singing. There are also objective measures that indicate that singing can help reduce stress and strengthen the immune system. Singing helps improve lung capacity and provide cognitive stimulation. All of which relate to wellbeing.

Are there specific benefits associated with singing as we age?

Mary Singing in a choir involves social connection, memory and brain stimulation, and physical activity. You have to feel good and capable in your body for a relaxed sound to come when you sing. Singing in a choir also involves ownership. I think the Choristers are proud of what they do, and they own it. I also think that as people get older, having led busy working lives, it is good for people to have something to work towards, to feel responsible for. It can give them purpose.

Jill Most evidence shows singing provides benefit throughout the lifespan - very young children benefit too. I think the point about older people is valid though, because as we age there can be a trend towards lower social connection (or loneliness), less physical activity and shallow breathing, and lower levels of enjoyment in general (linked of course to depression). Singing in a choir tackles all these things. You could say that people who sing in choirs are most likely to be happier and healthier as a result of their involvement.

U3A music performances are well attended: why do you believe people are drawn to listening to music?

Mary I think everyone has music in them. Music is familiar, and coming to a lovely space that is beautifully warm in winter will be a happy and joyous experience. As an audience member, you will share something with others who also attend. People know they will be entertained. There are benefits associated with leaving your home, watching others perform and then sharing a cup of tea/coffee and a biscuit.

Jill I think that U3Aers might go to our concerts because U3A has a wonderful culture of friendship and mutual support. But I hope they're also drawn to the music itself. I love the joy that we feel when performing as a choir, but I also love that people feel that joy and become part of an experience together. But also, music is just an amazing gift in itself - it's uplifting, it gives us delight. It is a wonderful shared experience.

What have you gained from working with U3A choral groups?

Mary It was like a sliding door moment for me. I was really happy accompanying the Choristers - my happy place is playing the piano - and I wasn't anticipating taking on the conductor role. I really look forward to coming to the rehearsals: the Choristers are such a happy group and there is a buzz when you walk into the room. People are very happy in rehearsals: they do want to do well and they work hard. I'm enjoying it.

Jill I've met a lot of amazing people and I'm making some wonderful friends. I'm blown away with the level of support shown within the Chorale. There is that feeling of 'we're doing this together'. As a relative newcomer to Ballarat, it's been a fabulous way to meet local people. I was a music teacher for 20 years and then moved on to other things. Although I've always sung with choirs and conducted choirs, working with the Chorale has brought me back to my earlier career in music in a lovely way.

If you have had to give advice to a person considering joining a choir, what would you say?

Mary Come along and have a listen and give it a go. Don't put unrealistic expectations on yourself in the early stages. Don't be hard on yourself.

Jill Don't hesitate! There are many choirs in Ballarat - not just at U3A - so it's worth considering what style of music you would enjoy singing and thinking about the level of challenge you would like to embrace - from mastering quite difficult pieces to having a jolly good sing. Ask around to find a good fit for your goals.



Mary O'Driscoll and the Choristers



Jill Francis conducting the Chorale

Experiencing Swap Tables

A member enters the room, balancing a flat block like a big pizza on one hand facing upwards. The tray is filled with a variety of little pots of newly-planted seedlings. Another arrives with big zucchinis and a butternut pumpkin, placing it alongside garlic cloves on the trestle tables at BNCC. And yet one more member arrives with different-sized bottles of pickles and jams.

Happy U3A members then walk past the tables and, slowly, incidental chats develop. The kettle is switched to boil. Someone brings cupcakes, freshly made for morning tea. More members come in with articles including unused plastic items and little bags sewn from new fabric remnants. People consider what to take, and what to leave on the tables for those who will come later. No money changes hands and there is certainly no cards or four-square payment devices - just thanks and exchanges. What do we call this? Is SWAP another form of exchange or just about community?

Our monthly swap is dotted with moments of quiet introspection and conversations in corners of the room. Across the tables, enquiries about the wares and, of course, there are smiling faces. This is almost the exact opposite of what we see in shopping centres, on billboard advertisements and other kinds of promotion that aim to secure financial gain.

Compared with shopping in a supermarket, my swap experience is very much a breath of fresh air. Swap tables are not a garage sale or op shop find, but gifts one has to offer from home: gifts that have been carefully saved to share. There is such a welcoming feeling and it all ends in an hour. We pack up, say our goodbyes, lock the BNCC and drive away .. until another month when it all happens again.

But these tokens of trust and goodies remain when we get home. We taste those pickles, plant that sprouted garlic and delight in the simple treasures from the human heart. In other words, we can rejoice that *the best things in life are free not just for the birds and bees*. With these humble offerings we glow from the inside - without having to decipher if you are being 'had' or to weigh up what the offer truly is. "Yes, Horatio, there are more things in heaven and Earth than are dreamt of in your imagination", to quote Shakespeare.

Get down to the BNCC and bring along what you can spare/share or gathered to join this silent pilgrimage to the soul. Don't be put off by needing to leave your home on a Saturday morning: Swap Tables provide an experience that has an ongoing shelf-life.

Devika Das (Based on personal observations from the May Swap Table morning.)

Swap Tables Return!

Saturday September 6

10-11am

Ballarat North Community Centre

702 Walker St Ballarat North



Swap Tables - bring along citrus preserves, leafy garden greens or anything else you might like to share.

U3A Ballarat in the Community

The U3A Ballarat Chorale performed in the 27th Ballarat Choral Festival on Sunday July 27. The festival is organised by the Church of Jesus of Latter-day Saints in partnership with St. Patrick's Cathedral, Ballarat. The choral event is open to both secular and sacred choirs, and this year audience members were able to enjoy singing from children's choirs, young adult choirs, church choirs, and a range of Ballarat community choirs. The Chorale looked splendid in their brightly coloured tops and made the most of the wonderful acoustics associated with the cathedral.

Margaret Lenan Ellis, member of the Ballarat LDS Ward, organises the event and takes on the role of emcee. Margaret is also a member of our Chorale, and she kindly provided an interview post event. To view Margaret's interview, click on the following link: <https://youtu.be/qrVXL3l1Tcs>



A STITCH IN TIME

The New Exhibition at the
U3A GALLERY
Ballarat North Community Centre
702 Walker Street
21 July - 4 September
Open Days on
30 July and 13 August
4 - 6 PM

Come and enjoy the beautiful work
created by the Sit and Stitch class

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

Stitch in Time Exhibition Comments

"People are just blown away by it all. There is such a variety of stitching. People are loving it." (Margaret Cupping, Tutor)

"I admire the patience of the people who have created the works, and am very impressed with the tactile nature of the dementia mats." (Alice, U3A member)

"It is interesting that people of our age group can still produce such intricate works." (Irene, Ballarat community member)

"I love to see the skill involved. I've been up and down a few times and every time I look, I see something different. And, I am so impressed with the way the exhibition is hung." (Ballarat community member)



LITERATURE CLASS

Anne Dwyer caught up with Literature Class presenters and the Class Convenor to find out more about the class.

When Robyn Knight, Class Convenor, joined the Literature Class nearly 30 years ago, there were around ten members and the 'wonderful' Pat Morris tutored for the entire year. Over time, the number of tutors presenting books increased and we now have a model where a different class member presents on a book each month. The class meets twice a month, 90 minutes each class, allowing for a three hour discussion on the selected work. The membership of the class has changed over the years: it currently includes long standing members who always contribute and new members who help invigorate, adding new perspectives.



How is the Literature Class different to a Book Club?

Book Clubs can, at times, move away from a focused discussion on a book. The Literature class is very directed, with a tutor who has set questions and with class members who want to come along and stick to the questions being raised by the tutor. There is a level of analysis in the Literature class that you won't necessarily get in a book club. In the Literature class, it is not just what the book is about, but how this is achieved.

Is tutoring the Literature Class different to teaching?

Yes! You can be guaranteed that class members will have all read the book, some will have read other books by the same author or on the same topic. Some have been to the place where the work is set. They will have read reviews. They know their stuff. They have a really good ability to feed into a discussion: they can take the discussion into directions that the tutor may not have thought of. "They provide an analysis that makes leading the class an absolute joy." Not all tutors were teachers, but from observing other tutors, they learn how to lead a discussion and the work to put in prior to a class. It is recognised that the class won't get to talk about everything that the tutor has prepared, but the preparation is needed to be able to follow where the conversation might go.

What works generate the best discussion?

The presenters are not personally invested in the work they have selected, and therefore do not require class members to say nice things about a book. Some of the best discussions have come when class members felt there were problems with the work, but the discussions are always respectful and separate the presenter from the work. Even if you don't like the book when you read it for the first time, quite often the discussion from other members of the group shows you what is worthwhile in a book.

How do you select a novel/work?

This can be a challenge. Several tutors develop a short list over the course of the year, read again, discard, have another idea! All tutors, undertake multiple readings of the selected work, annotate the book, read reviews, research and collect material. Then, notes are taken relating to themes, characters, plot, setting, background and literary features. Typically, the preparation begins months in advance. There are also practical considerations - is the work available in print, is the library likely to stock the book, and different editions having different page numbers which can be problematic when you want to explore a quote. The tutors tend to avoid weightier tomes and select a work with interesting issues - historical, political, current events, etc. The common factor is the quality of the writing. We know that the definition of literature can be quite broad, but we like to read works that are beautifully written.

What brings you joy from reading?

Everything. It takes you away from your everyday world and its problems. Reading takes you into a world that is being built by the author: it allows you to learn.

On being a Literature Class member.

This group is so valuable. Reading in isolation is different - you are in your own private little world. In the class, you get different perspectives and this adds to and enriches your reading. "We all read the same words, but we all pick up on different things." Members leave the class feel energised from what has been a very positive and intellectually stimulating experience.

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



UKULELE MINSTRELS TEA DANCE

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

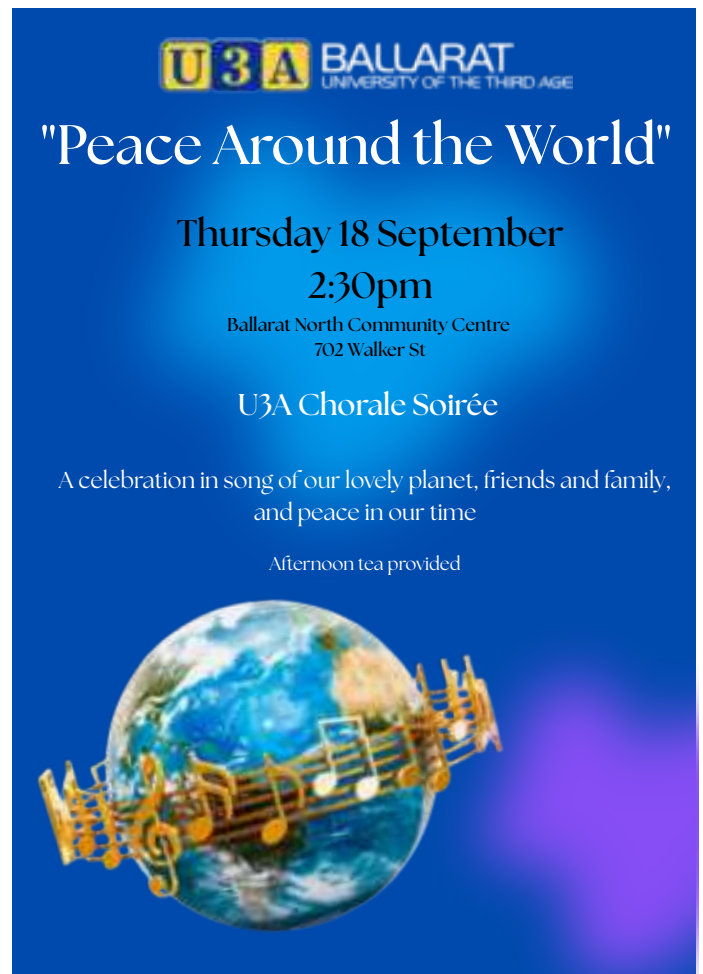
Special Performances by:
Elvis
John Lennon
Fred Astaire
Louis Armstrong

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
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U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

"Peace Around the World"

Thursday 18 September
2:30pm
Ballarat North Community Centre
702 Walker St

U3A Chorale Soirée

A celebration in song of our lovely planet, friends and family,
and peace in our time

Afternoon tea provided

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

Cheese Biscuits

Savoury biscuits are a welcome addition to our U3A Bridge afternoon teas. There are multiple recipes available, but I have found this one to be quick and easy. Look away, traditional cooks - I throw the chopped butter in with the dry ingredients in an electric mixer, rather than rubbing in the butter by hand.

Ingredients

1 cup plain flour
 2 tablespoons self raising flour
 1/4 teaspoon cayenne pepper
 1/4 teaspoon black pepper (Experiment if you want more spice. You may also like to add 1/4 tsp salt.)
 125g butter, chopped
 2 tablespoons parmesan cheese
 1 cup grated cheddar cheese
 1 tablespoon water, approximately



Method

1. Mix dry ingredients and chopped butter in an electric mixer.
2. Stir in cheese and enough of the water to make a soft dough.
3. Knead dough on floured surface until smooth. Shape dough into 2 x 40cm sausage shapes, wrap tightly in cling wrap, refrigerate for 1 hour.
4. Preheat oven to 180. Line baking trays with baking paper.
5. Cut dough into 1/4 inch thick slices, place on baking trays.
6. Bake for approximately 20 minutes or until browned slightly. Cool on trays.

Store in an airtight container for up to 1 week.

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.

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.

Respecting Others

We are a voluntary organisation. Please remember to show respect towards all members, especially those who volunteer in our Office.

GARDENING TIP



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)

Robert Hammond, Gardening Interest Group

QUIZ CORNER

This month's quiz has been provided by our Tai Chi tutor, Ann Agni.

1. What does Tai Chi mean?
2. Which of the following is correct. Tai Chi can be used for:
a) combat b) self-defence c) sport d) exercise e) all of the above
3. Which do we believe is older - Tai Chi or Yoga?
4. Do you need to be fit to join a Tai Chi class? Yes/No.
5. Is Tai Chi a good form of exercise for us as we age? Yes/No.
6. Which of the following answers are correct. Different Tai Chi moves can be named after: a) animals b) foods or c) nature.
7. How many main types of Tai Chi are there: - 3, 5 or 7



Source: illustAC

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

Quiz Answers

1. Tai means 'supreme' and Chi means 'boundary'. Tai Chi brings together the mind, body and spirit.
 2. e)
 3. Yoga. Whilst both are centuries old, the first references to tai chi occurred over 3,000 years ago, whilst references to yoga date back around 5,000 years.
 4. Not necessarily, as the class involves light exercise.
 5. Yes. Tai Chi can help to improve balance and prevent falls. It can help us manage health conditions like arthritis and diabetes and it also helps with cognitive function.
 6. Answers a) and c) are correct. Names include 'cloud hands', 'parting the horse's mane', 'repulse monkey' and 'green dragon rises from water'.
 7. 5. Chen, Yang, Sun, Wu and Has
-

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