



the BULLETIN

PRESIDENT

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VICE PRESIDENT

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TREASURER

Jeff Langdon 0411552862

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CLASS COORDINATOR

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MEMBERSHIP/MY U3A

Nina Netherway 0417371873

WEBSITE MANAGER

Nina Netherway 0417371873

EVENTS MANAGER

Elena Tommasi 0421520414

OFFICE MANAGER

Rebecca Black 0488661317

BULLETIN

Anne Dwyer 0477701742

GALLERY MANAGER

Barbara Burnett 0477035507

PUBLIC OFFICER

Coral Hiscock 0448178714

BGMAW MANAGER

Steve Walsh 0407332569

Ros McArthur 0409241115

U3A OFFICE

BNCC, 702 Walker Street, Ballarat Nth
Ph: 0415407163

U3A POSTAL ADDRESS

PO Box 2058, Bakery Hill, Vic 3350

Reg. No A 13304 K

ABN 3371 3445 856

Email: info@u3aballarat.org.au

Web: www.u3aballarat.org.au

Facebook: U3A Ballarat

Bulletin: bulletin@u3aballarat.org.au

Next Bulletin Deadline

October 27 2025

CLASS INFORMATION

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

Page three also contains information on two additional classes for Term Four, and a 'thank you' from a Thai Language and Culture class participant.



Forthcoming Events October and November 2025

Saturday October 4

Swap Tables, BNCC 10-11am

Monday October 6

First day of Term Four classes

Thursday October 9

Seniors Week Gallery and display of work
BNCC Hall, 10am -3pm

Thursday October 16

Doug Bradby Talk BNCC Hall, 3-4.30pm

Thursday October 30

Volunteers Thank You Lunch 12.15-2.15pm (by invitation only)

Saturday November 3

Swap Tables, BNCC 10-11am

Tuesday November 25

Come Carolling with the Choristers BNCC 2.30-4.00pm

Friday November 28

Recorder Christmas Concert, St John's Church 606 Armstrong St Sth
Soldiers Hill, 11am-12.pm

Sunday November 30

U3A Ballarat Presents a Celebration of Sound: Joyful Connections
Through Harmony, BPAC 501/503 Neill St Soldiers Hill, 2.00-4.00pm
with afternoon tea provided (Gold coin donation appreciated)

As we come out of the other side of winter, U3A starts to heat up before the Christmas break. Swap tables are back (first Saturday of the month from 10.00am), concerts and events are aplenty, and classes are fired up for the last term of the year.

We provide an extraordinary number of classes for our members, all due to the generosity of those amongst us. As a volunteer organisation, we live and breathe on our capacity to share our wisdom, knowledge and skills.

Appreciation Lunch for Tutors, Class Convenors & Volunteers

On October 30 the Committee will host the annual appreciation lunch for Tutors, Class Convenors and Volunteers. This is one of the ways we offer up thanks to these U3A Ballarat members, who give of their time and expertise to others. Committee members set up, serve and wash up to allow others (such as the Catering Crew volunteers) to enjoy the 'thank you' lunch.

This year, the lunch is a ticketed event by invitation. Member Wizard has a function that will be used to issue a "ticket". (You have received instructions with your invitation on how to do this.) Last year, an additional 12 people turned up who were not on the RSVP list. This created issues with seating and with catering. So, please note that this year, if you do not respond to the invitation and subsequently register via Member Wizard: no ticket, no seat at a table.

Combined Concert

On November 30 2025, the former Neill St Church will ring with songs of joy and happiness as we gather together to celebrate the love of music and song from a range of U3A music groups. A long held idea of Nina Netherway, the combined concert in a very special venue with an audience seating capacity of over 250, will be a performance highlight of the year. The Ballarat Performing Arts Centre (BPAC) now operates out of the multiple buildings on the Neill St site, and we are grateful for their support for this combined venture. Some U3A Ballarat classes will soon commence classes at BPAC, with more following in the coming year when Eastwood Leisure Complex becomes unavailable. Speaking of performances, our thanks go to the U3A Ballarat Chorale for a superb concert on the afternoon of September 18 2025. The 100 strong audience enjoyed a jam packed hour of song and high quality musicianship with guest artists Linden Kriss on guitar, James Clark on flugelhorn, June Johnson on recorder, George Walpole on flute and Corrie Olsen on the Irish frame drum, the Bodhrán. (As a trivia FYI, the plural of Bodhrán is Bodhrain.)

Focus Group Opportunity

The Committee is keen to run some focus groups with groups that operate outside the bricks and mortar venues that U3A Ballarat use. So, bushwalkers, gardeners, walkers and bicycle groups, please answer the call when the time comes in Term Four to join a 45 minute focus group. This might be face to face or via Zoom (one or the other, not both).

Don



Don Collins



Chorale Tenors in Song



Soloist: Naomi Wangeman



Chorale Sopranos Hit the High Notes

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	Italian - Amiamo l'Italiano 2 - Verde
Book Club 1	Italian - Amiamo l'Italiano 3 - Rosso
Book Club 3	Latin Beginners
Book Club 4	Line Dancing Group 1
Book Club 5	Mosaics
Bridge Play Sessions	Music, Movement and Mayhem
Bush Walkers	Old Hands - History of Ballarat*
Celebration of French Song	Painting and Drawing - AM
Chorale	Painting and Drawing - PM
Choristers	Quilting Companions
Classic Reading Group	Roman Life from Julius Caesar to Hadrian
Clogging	Science
Community of Declutterers	Scrabble
Drawing for Wellbeing	Shakespeare
Exploring Jung	Silk Road Revisited
Film Musicals	Snippets - Introduction to Writing Plays*
French - A Little Bit French	Spanish - Intermediate
French - Reading in French	Sparta and the 300
Genealogy and Family History	Tai Chi
German	Travel Companions Extraordinaire
History of the English Language	Wine Appreciation
Italian - Amiamo l'Italiano 1 - Bianco	

New Term Four Offerings:

Old Hands - History of Ballarat

Old Hands will examine one theme from Ballarat's history every week for ten (10) weeks. The topics will be chosen by the members of the group from the Ten Delightful Tales series of booklets. It would be desirable, but not essential, if participants had completed the New Chums local history class. Contact the Tutor, Doug Bradby (dougbradby503@gmail.com)

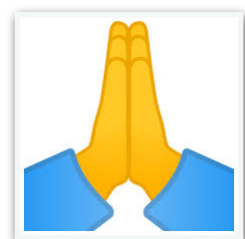
Snippets - Introduction to Writing Plays

Four workshops based on creative writing techniques for experimenting and producing your own scripts. We start with simple exercises but get to the heart of expressing oneself without compromise. Then it is up to you how you would like to devise your work, which can be valuable in self-discovery or healing as well. You do not need perfect grammar or spelling to find out how to develop writing skills, but it could be handy to play with the rules knowingly. Of course, you can use it for non-fiction ... but that's another story. Contact the tutor, Devi Das (bratdevi@yahoo.com)

Thai Language and Culture

Khop khun kha ขอขอบคุณค่ะ. Thank you to Sopha Cole for her informative classes. All were very well prepared and interestingly presented. Even for anyone who is not very interested in learning to speak Thai, the class activities and interaction were very informative and much enjoyed.

Fran Hanrahan (class member)



Source: EmojiTerra

Roslyn McArthur *"I taught English but I taught children first"*

Ros was born in Sydney and raised in a war service home in Pymble. Her father served in New Guinea but never spoke about it. When he came back, he told her mother that if she wanted a normal happy husband that his time in the service would be put in a box and never referred to. She has one younger sister who still lives in Sydney and with whom she still talks every week. *"I have had a very ordinary life, not affluent like some of the people around me, but you only need enough money to be able to live your life the way you want to - and I can do that. I have had a season's membership to the MTC with my eldest daughter for 32 years. I also go to the movies almost every week which I thoroughly enjoy."*



Ros went to a State School and had, *"A classical education - Maths 1 & 2, Physics, Chemistry and Latin - all subjects that I had no interest in!"* She did her Latin homework because she was terrified of the teacher, *"For which I am very grateful because it taught me more about the English language than I ever learnt in English classes. It is also a great source of knowledge for so many other subjects as Latin terms pop up everywhere."*

Ros left school at 14 and did not resume her formal education until her own children started school. *"I was on committees for all sorts of things but didn't know what to do with myself."* She went to university because, *"I had three children, and I needed to do something with myself and to make some money"*. The Arts degree led straight to a Dip Ed, which she found very easy. In that course, Ros worked with indigenous students, providing help to write essays. *"It made me aware that I was onto the right thing, teaching was possible, though I am not a patient person. I taught English but I taught children first."*

Ros taught at Ballarat East High all her career through its various iterations. As a team leader she looked at providing experiences for the children that happen automatically for children in wealthier schools. Ros designed courses to ensure that country kids could spend time in Melbourne visiting places that they would not have experienced. She worked on building positive relationships with kids, *"they have to know you like them!"* as the foundation on which learning could occur.

Ros travelled to Europe multiple times over 35 years with a long-term group of friends. She loves opera and has a good friend in Budapest who makes sure to acquire tickets to the best performances, not the poor quality "Oom pah pah" shows that tour groups were taken to. *"Anything Eastern European I loved"*. Occasionally when she came back from a trip, she would put together what she found fascinating about the country with pictures to present to the Current Affairs group.

Ros also travelled to China where her daughter was working at the University of Nanjing teaching English language and culture to students who wished to travel to the West for their post-doctoral studies. There she undertook a 28-day river boat tour on the Yangtze, where she learnt Mah Jong. The Chinese on the boat would make bets on who would win the games and would offer lots of advice even though their English was not great and Ros's Chinese was non-existent!

Ros joined U3A just after retirement at 68. She started in Literature, then Canasta. Ros also played Mah Jong for a time, but her Current Affairs class has been her major focus for many years. Ros will be offering a new class next year on Indigenous History up to the Uluru Statement of the Heart. The class will focus on, *"What they didn't teach us at school,"* as so much depends on who is telling the story.

Administratively, Ros became the Secretary of U3A Ballarat in her second year after joining and has been in that role up until recently. She sees U3A as a marvellous social contact and she thoroughly enjoys the work. *"What goes on behind the scenes is invisible but crucial. There are many members of U3A for whom it is a vital and reliable contact with others who are going through similar challenges as they age."*

Interviewed by Wendy Abraham

Anne and Ian McKee

Anne and Ian, married for 62 years, have three children, ten grandchildren and three great grandchildren. They were students at brother/sister schools - Anne was at North Sydney Girls School and Ian at North Sydney Boys. Both attended the same dancing classes but, as Anne said, she was “too busy eyeing off the other talent” to notice Ian. It was, however, a subsequent school dance that allowed them to meet ‘and the rest is history’.

Ian gained a metallurgy degree at the University of NSW and went on to obtain a PhD. (Anne typed Ian’s thesis.) Ian joined BHP Newcastle as a researcher, but realised his passion lay elsewhere. Ian lectured at the School of Mines (now called Federation University), the third oldest university in Australia.

Anne commenced her working life as a public servant in the CSIRO Library, obtaining a librarianship certificate, before undertaking a Junior Secondary course at Sydney Teachers College - ostensibly to teach students in Forms 1, 2 and 3, but she ended up teaching ‘up and down the scale’. A degree was later undertaken via correspondence with the University of New England. After having children and relocating to Ballarat in 1974, Anne resumed her teaching career, initially teaching at Sebastopol Technical School and then as a Latin teacher at Ballarat Grammar.

Anne and Ian, in the year after their honeymoon, first heard about U3A from UK relatives who retired to Australia. It was, however, many years before they joined U3A Ballarat. (Anne’s family had a connection with Ballarat: The Old Curiosity Shop on Queens Street South, Ballarat’s first tourist attraction, was at one point run by family members.)

Both Anne and Ian continued to learn, informally and formally, throughout their lives. Ian completed a BA after retirement. He was aware of a person who took the line that “Anyone who was only interested in science was illiterate.” Ian added, The person in question was quite surprised to see Science staff turning up at theatres.”

Both Anne and Ian share a love for Latin and have tutored U3A classes. Anne’s love began with Mrs Best, her “Wonderful Form I teacher. She was brilliant!” Ian’s mother was a classics scholar (Greek was her preferred language) obtaining an MA from London. Mutual interests extend beyond academic pursuits: both Anne and Ian enjoyed sailing catamarans on Lake Wendouree, Lake Learmonth and at Port Arlington. Anne’s love of history is well known to those who have been in her classes, and she has been a long-standing member of ‘Rapt in Singing’. Ian was Class Representative for Barbara Preston’s Painting Group, studied French, attended Bridge classes and has studied and offered various history classes over the years.

Anne commented that U3A Ballarat is lucky to “have a vast group of members with so many interests who are happy to be tutors.” Ian added that there is also the advantage for someone who wants to offer a class as they can also learn something. “U3A keeps your mind going.” Regarding U3A Ballarat, Anne said “The U3A community is wonderful in how it encourages socialising. It offers a chance to pursue something of interest. U3A is very important, especially for those who live alone. I think the Committee has a wonderful way of including lots of social things that you can do. U3A also offers the chance to pursue things you might have liked at school. We must be doing something good, else we wouldn’t have so many members.”

Interviewed by Anne Dwyer



Meet Our Office and Catering Volunteers

Over the coming months, we will commence profiling our Office and Catering volunteers.

Brian Harrison

My name is Brian Harrison and my wife is Helen Harrison. We have two sons. I was a secondary teacher at Ballarat North Technical School and then Mount Clear Secondary College teaching Science and Maths for 30 years. I currently volunteer with the Y (previously called the YMCA) in a bicycle recycling program called Recranked and during summer take clients at Nazareth House as passengers on a specially converted ebike. My main interests have included all aspects of geology, travel both overseas and within Australia, sport of all kinds, attending live performances of music, musicals, ballet, opera and theatre. I used to be obsessed with running but injuries and old age have turned me into an obsessive bike rider. I was the tutor of the Cycle Touring Group for two years and am still an active member. I am sure that I have become more active as I get older. I want to fit in as much as I can before I get old. (My wife claims I am delusional- "sorry to tell you this but at 75 you are old" she is want to say.) My philosophy is you can rest when you are dead. I only joined the catering crew earlier this year. I attended a function that was catered for by the group. Not one male in the kitchen. So I volunteered. I enjoy working with the others, several of whom I know from other activities including teaching. Plus, we provide a great atmosphere for members to mingle and chat. They are extremely well organised and never seem to get flustered. I get to meet new people too.



Coral Hiscock



I retired in 2019, joined U3A 2020 and have enjoyed the courses, the members and friendships I have made along the way. Being a part of our small course groups is valuable as this opportunity can be lost after retirement. I'm a wife, mother and grandmother, and our family is heavily involved in football and netball which we are all a part of. We head off each year in our van to warmer weather and another adventure. A favourite pastime while touring is cooking and I love making cream scones, an old recipe from a good friend. You can't beat that!! I became an Office Volunteer in 2021 and this has allowed me to gain friendship, learnings, and social time filled with fun and laughter.

Are you interested in finding out more about what is involved in being an Office or Catering volunteer? If so, please contact:

Anne Ottrey 0422 963 985 amottrey@gmail.com for the Catering Crew

Bec Black 0488 661 317 bec.u3a@gmail.com for the Office Staff

Literary Talents at U3A Ballarat

In the September Bulletin, we featured books, written by two of our members, that had recently been published. The feedback from members has been positive, and it has been suggested that we provide a list of our members who have published books in recent times.

If you have published a book, or know of a U3A Ballarat member who has, you are invited to share details via the following address: bulletin@u3aballarat.org.au

COMMUNITY NOTICES

DISABILITY ACCESS AND INCLUSION NEWSLETTER

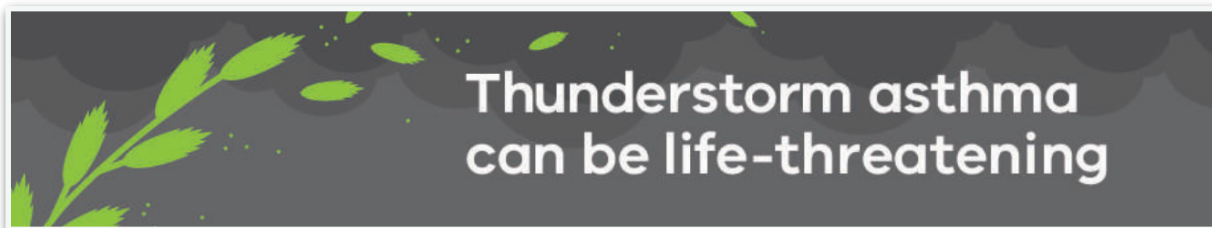


To receive this new newsletter, feel free to sign up here: <https://forms.office.com/r/4Q1gnaqjXX>

If you wish to share anything coming up in the newsletter, feel free to reply to this notice. 😊

Thank you, Meg Lawton Community Inclusion Officer M: [+61429437552](tel:+61429437552)

W: ballarat.vic.gov.au



September 2025

WHAT IS THUNDERSTORM ASTHMA?

During grass pollen season (1 October - 31 December) people may experience an increase in asthma and/or hay fever symptoms. Grass pollen season also brings the chance of epidemic [thunderstorm asthma](#).

Epidemic thunderstorm asthma is thought to be triggered by a unique combination of high amounts of grass pollen in the air and a certain type of thunderstorm.

For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

The **epidemic thunderstorm asthma risk forecast** will be issued throughout the grass pollen season from 1 October to 31 December.

To access the epidemic thunderstorm asthma risk forecast and receive up-to-date epidemic thunderstorm asthma advice and warnings during the season, visit the:

- [VicEmergency website](#) or download the app and consider setting up a 'watch zone' for your area
- [Health.vic website](#)
- [Melbourne Pollen website](#) or app

SAVE THE DATE

DOUG BRADBY
BALLARAT'S TOP 40
CONTRIBUTORS

THURSDAY 16 OCTOBER
3:00 - 4:00 PM
BALLARAT NORTH
COMMUNITY CENTRE

Afternoon Tea to Follow

Doug Bradby is a U3A Tutor and local historian. In 1858, Doug Bradby's paternal grandfather walked to Ballarat as a 10-year-old boy with his widowed mother. His maternal grandfather worked as a contractor erecting poppet heads on the Ballarat mines. Doug is a retired history teacher and taught for 30 years in Ballarat schools. He is currently Sovereign Hill's ambassador to local schools and a guide at the gold museum.

U3A **BALLARAT**
UNIVERSITY OF THE THIRD AGE

Ballarat Specialist School Farm Fest Market

800 Norman St Invermay Park
Monday November 3
10am-2pm

Students will be selling a range of ware, including items produced under U3A Ballarat guidance.

Fancy a tour of the U3A workshop whilst you are there? Steve Walsh and Warren Coutts will be there - come over and say hello.

SAVE THE DATE



Swap Tables

Saturday October 4
BNCC Blue Room

10-11am

VICTORIA WELSH CHOIR
PRESENTS
ECHOES OF HARMONY

SONGS YOU KNOW
SONGS YOU'LL DISCOVER
HARMONIES YOU'LL LOVE

DIRECTED BY RUSHAN HEWAWASAM

FEATURING GUEST CHOIR
BALLARAT U3A CHORISTERS

25 OCT 25
AT 2:30 PM

\$25
PER HEAD
TICKET ENQUIRIES

BALLARAT PERFORMING ART CENTRE
501/503 Neill St,
Soldiers Hill VIC 3350

John White
thewhites25@bigpond.com
0402 808 299

Paul Stephens
apaulstephens@outlook.com
0419 114 960

The Victoria Welsh Choir presents 'Echoes of Harmony' at the Ballarat Performing Arts Centre on Saturday 25 October, 2.30pm. This male Welsh Choir is based in Ballarat, Bendigo and Blackburn and the members from the three chapters come together for about 15 performances annually, in Melbourne and throughout Victoria. Most recently, in July 2025, the choir toured to Sri Lanka. Their forthcoming concert in Ballarat promises to be a wonderful afternoon of beautiful choral singing, with a wide range of repertoire being performed, from much-loved Welsh songs through to contemporary ballads and pop songs. The U3A Choristers will be guest performers at this event. This concert is not to be missed! Booking details are included in this Bulletin.

Citrus Yoghurt Cake

Lynn Grantham has continued the citrus recipe theme this month. Chorale 'Blackbird' groups members meet at Lynn's home and enjoy a cuppa and a slice of this lovely cake after a rehearsal.

Ingredients

- 6 tablespoons vegetable oil
- 1 egg
- 1 tablespoon finely grated citrus rind
- 2 tablespoons citrus juice
- 1/2 cup thick natural yoghurt
- 1 cup caster sugar
- 1 cup self-raising flour
- 1 tablespoon icing sugar for dusting (optional)

Method

1. Preheat oven to 180C (350F).
2. Line a loaf tin with baking paper.
3. Place the oil, eggs, finely grated rind, juice, yoghurt and sugar in a bowl and whisk to combine.
4. Sift the flour over the mixture, then stir in until mixture is smooth (about 2 minutes).
5. Pour the mixture into the loaf tin.
6. Bake in the oven for 40 minutes or until cooked when tested with a skewer.
7. Cool in tin for 5 minutes.
8. Remove cake from tin and turn onto a plate

Optional - use a sieve to dust the cake with the icing sugar.
Enjoy with friends over a cuppa



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 Office Hours Term 4 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)

GARDENING TIP: CARING FOR CITRUS TREES

Citrus trees in our region often attract mould, dirt and spiders on the fruit and leaves over winter. Here's a remedy.

Citrus Tree Wash

1. Wash your trees when you have a few days of dry weather.
2. Fill a used 2 litre container with hose adaption with water to 3/4 full, then add any good detergent for the last 1/4. Give a good shake.
3. Attach the hose, turn water on and wash your citrus tree thoroughly. Top, sides, under foliage, completely all over. The tree will have tiny white bubbles all over from the detergent mix. Leave 3 days, wash the whole tree off with water, or if it rains, that will save you the trouble.
4. Washing your citrus 2 - 3 times a year will keep mould away, fruit and leaves shiny and spider and insect free.

Coral Hiscock, Gardening Interest Group



QUIZ CORNER

Many thanks to Anne and Ian McKee for their help with the following quiz:

LATIN

1. Which of the following languages does not have Latin as a root language: a) Spanish, b) Italian, c) German
2. Yes or No. Is Latin regarded as a 'dead language'?
3. Where might you see Latin written and spoken?
4. Which letters, used in the English alphabet, are not part of the Latin alphabet?
5. True or false. Graffiti, in Latin and dating from the early ADs, can be found in Italy.



Source: Busted Halo

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. b) German
2. Yes, Latin is regarded as a 'dead language' as there are no longer native speakers of Latin.
3. The Latin language remains vital in some religious settings (especially the Catholic Church), and is used in legal, scientific, medicine and academic fields.
4. J and W. Julius Ceasar, for example, was 'Iulius' Ceasar.
5. True. Latin graffiti has been found in the Pompeii ruins and elsewhere in Italy.

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U3A Ballarat
PO Box 2058
Bakery Hill, Vic 3354

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