



the BULLETIN

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Next Bulletin Deadline

September 29 2025

CLASS INFORMATION

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

Page three also contains important information relating to 2026 classes, including Summer School. Tutors and Class Convenors, please read and respond by the Sunday October 5 deadline.



Forthcoming Events September and October 2025

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

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

The Annual General Meeting for U3A Ballarat seemed to me to be a lively affair that celebrated the hard work and dedication of our members in different ways. The awarding of life memberships to Fran Hanrahan, Carolie Kerry and Elena Tommasi recognises and celebrates their on-going contribution: for work done quietly and time given freely for the benefit of the general membership. These recipients have given many years of service in the spirit of servant leadership, asking for nothing in return but the pleasure of giving to others.



Don Collins

The U3A Ballarat Chorale, under the direction of Jill Francis, gave a polished and smooth performance that comes from time spent honing the skills that are needed to sing so beautifully. Special guest artists featured in the performance and these players also showed what dedication to the craft of music can create. Our thanks to Claire O'Brien (Flugelhorn), George Walpole (flute), and Linden Kris (guitar) for helping give the classic song Blue Skies some additional sparkle. Corrie Olsen (Bodhran or Celtic drum) and June Johnstone (Recorder) added rhythm and melodic layers to the mesmerising Celtic Prayer. This final highly evocative song caused tears to rise for more than one person in the audience.

Many thanks to the Ukulele Minstrels who have, once again, offered a most enjoyable and fun-filled event for our members. The Tea Dance was attended by over 80 people who were able to tap their toes and dance the afternoon away.

My thanks to John Olsen for his Master of Ceremonies duties and for conducting the elections for the Executive and the general committee members. The U3A Ballarat Committee spend many hours ensuring that the organisation runs smoothly, and I am grateful for their leadership and commitment to the multiple tasks that need attention throughout the year. It is a pleasure to welcome onto Committee Leonie Benson, Adele Byrne and Robert Weiser. Each has a skillset that will add to an already high functioning Committee. I wish to acknowledge the work of Ros McArthur who is stepping down from her role as Secretary of U3A Ballarat. Ros has held that position for many years and I thank her for her outstanding work and dedication to the role. She hands over to Coral Hiscock, who will no doubt handle the demands of the position with ease. In September the Committee will dedicate the meeting time to review, reflecting upon the past year and then setting priorities for the coming year.

A word of thanks to Miriam Peck who, as Vice President, has stepped in for me whilst I am away for two weeks scuba diving in Raja Ampat (West Papua).

Plans are well in place for an end of year combined concert on Sunday November 30 2025. Leaders of groups that regularly provide concerts at BNCC have been meeting to create something that will be truly special. This idea, long held by Nina Netherway, will be brought into reality at the home of the Ballarat Performing Arts Centre ~ the former Neill St Church. As a venue, it is visually remarkable. With the raked pews and wonderful acoustics, we believe that the combination of venue and performers will bring a new dimension to the audience experience. There will be some community singing items at the concert, so please join in song when these moments appear in the program. Remember to mark down the date in your diary or calendar ~ Sunday November 30 2025 2-4pm. Following the concert, afternoon tea will be provided by BPAC and will be served in the hall adjacent to the Church, where a gold coin donation is required.

Don



New Life Members - Fran, Carolie and Elena

Attention Tutors and Class Convenors!!

You will soon receive by email a link that you will use to inform us of your intentions for 2026. Once clicked on (or pasted into Google), the link will bring up a **2026 Class Information form** for you to complete. When finished, all you have to do is to click 'SUBMIT' and your form will come straight to our enrolments team.

There will be two links for you to choose from: 1) Full-year/part-year class 2) Summer School class.

Each of the links will also be on our website and a limited number of physical forms will be available at the office. The deadline for all submissions is Sunday October 5.

Miriam Peck
Class Coordinator

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, 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

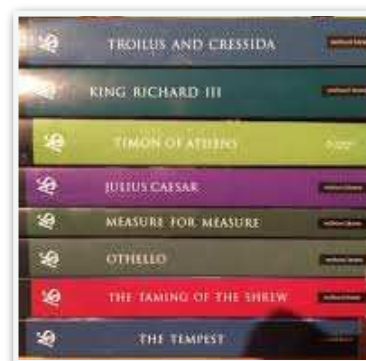
French - A Little Bit French
French - Reading in French
Genealogy and Family History
Gentle Exercise 2
German
History of the English Language

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

Greta Christie - "Everyone is welcome"

Greta was born in Adelaide but when she was six her family moved into a house designed by Walter Burley Griffin in the bush suburb of Castlecrag, Sydney. As a child she would be sent off with a hat and sandals which she would abandon to run wild in the beautiful bushland. Greta had a sister and a brother but, *"I was the eldest and very bossy."* She attended North Sydney Girls High, then completed her Arts degree at Sydney University. She explained that the Universities of Sydney and Melbourne were established on the lines of Oxford and Cambridge, so the classes were very demanding. Her studies were wide ranging including History, Philosophy, Psychology, Economics, History and Government - which was a favourite as, *"It teaches you to think."* At Uni, she met a group of five girls with whom she has maintained a lifelong friendship.



Greta has had a long and rewarding career as a teacher, offering History, Politics, Local Studies, whatever was needed. When Ballarat and Clarendon Colleges combined, the principals asked Greta and a few other teachers to establish a Health Education course, one of the first schools to do so. There was significant controversy across the State about whether sex education should be included in Health. She participated in a conference at Parliament House to debate this question but despite the government representative being in favour, more conservative voices prevailed. Eventually, the AIDS threat changed attitudes, though it would take some time for the curriculum to include those topics.

Greta joined U3A Ballarat in 1988 and has been fortunate enough to attend two national and one international U3A conferences. At the conference in Darwin, which she attended along with Janet Dale and Ilona Takacs, Greta was able to locate her great grandmother's grave, perfectly preserved in the Pioneer cemetery. The international conference Greta attended was in Christchurch in NZ where she and Barbara Morison thoroughly enjoyed exploring that lovely city. Her travels showed her that even within Australia each U3A is set up and functions differently. *"U3A began with the rather humble idea of getting older people together and keeping them stimulated. I couldn't wait to join when I retired. It created a lot of friendship and bonds in a time when there wasn't much in Ballarat to meet that need. To keep people intellectually stimulated is most important."* Greta emphasised that a key feature of U3A is that everyone is welcome. *"Ilona Takacs, who was the treasurer for ten years, was adamant that U3A fees must not change because classes had to be accessible for everybody."* She remembers, *"When U3A Ballarat reached 400 members we thought that was unbelievable - now we have over a thousand!"*

When Greta first enrolled in Literature, Pat Morris had been handling it all on her own. When Pat stepped back, Greta and John Poliness took over presenting, drawing on their teaching background. She reminisced about the wide range of books she has presented, including some Shakespeare. *"'Taming of the Shrew' was particularly controversial, and the group were still engaged in lively discussion even as they were leaving!"* She also tackled some of the great Russian authors including Dostoevsky's *"Crime and Punishment"* which she said, *"pushed the limit of what literature could do."*

Greta is still an active participant in Philosophy and Science, as well as offering some Summer School classes. She remembers Malcolm Fraser's presentation to the Philosophy class, and many other impressive speakers. The Science class, wonderfully delivered by Brenda Beck for many years, did some great excursions including overnight trips to the Grampians and to Naracoorte to study rock formations. The class is now transitioning to a new presenter and has continued to be among Greta's areas of interest. *"The success of U3A depends on the Tutors and on the input of the class."* Greta was enrolled in Current Affairs for a long time as well, but eventually felt that with such a stable class, she knew everybody's point of view on each subject! She sees herself as *"a politics nut"* and becomes frustrated when people say you can't do anything about an issue or problem. *"Walk into Catherine King's office and have your say! It's a democracy, thank God."*

Interviewed by Wendy Abraham

Meet Your New Committee Members

Adele Byrne

Retirement brings many opportunities, and for me time spent at U3A Chorale brings much pleasure. What a wonderful way to meet others and share a learning experience. I have had an interesting legal career which commenced in a family legal practice in Ballarat, then legal research/advisory positions in Perth and Canberra. For the last 20 years I undertook the daily train commute to Melbourne and worked as Registrar of a newly created federal court. My career gave me a fascinating insight into the law, government and the public sector and I found it very fulfilling. I expect to continue the learning experience as a committee member and hope that I may be able to give back to U3A Ballarat.



Leonie Benson



After qualifying as a Home Economist, I worked for 10 years in industry before deciding to train as a secondary school teacher. This enabled me to work for the next 30 years across a variety of TAFEs and Universities, in both Ballarat and Melbourne. I spent most of my career in education as a senior manager of teaching and learning, specialising in educational policy and quality. I retired from work four years ago and I am keen to be more involved in education and to share my expertise. I am drawn to the philosophy of U3A with its focus on continuous learning within a social environment. The wide variety of courses on offer at U3A challenge me both mentally and physically. Being part of a volunteer organisation that is so engaged in the community is also very appealing. Upon retirement I have been able to focus more on my personal interests of travel, art, gardening and good food.

Robert Weiser

After graduating from William Angliss Institute in Melbourne, I spent forty years working in the hospitality industry, including roles at the Arts Centre Melbourne, and in the health care system in the Wimmera. I also realised a personal dream by opening my own restaurant. When I retired, I began a new career as a driving instructor, a natural choice given my love of cars and driving. Last year I was involved in fitting out BGMAW. It was a privilege to work alongside a talented team of volunteers and create such a wonderful space. I enjoy the U3A classes and am involved in Jewellery, Ceramics, and Printing. The quality of the courses is outstanding, and I greatly appreciate the dedication and generosity of the tutors and committee members, who give so freely of their time for the benefit of all members. Since joining U3A I participated in a come and try with the Ballarat Petanque Club and have since become a player member. Being part of U3A has given me not only new skills and hobbies, but also a strong sense of connection and community. It is a place where learning, creativity, and friendship come together, and I feel grateful to be part of it.



Devika Das (Devi) submitted an article on Gelli Printing lessons. Classes were under the guidance of Faye Heninger, who stepped in while the regular tutor was away.

Bubbling play ... *seriously creative*

Using a slab of solid gelatine (1cm) as a base, we squeeze paint drops and use a hand-sized roller on A4 paper, resulting in unexpected designs. It reminds me of wall decorations with a roller paintbrush . . . straightforward unless you engage with the numerous possible choices. *Gelli printing* is offered at the Blake Gordon Manual Arts Workshop. What a wonderful way to not only lift winter with a playful activity, but to also engage in a practice that reaps so much creative mileage.

The actions required for Gelli Printing do not require much physical strength, but I could sense how this learning would benefit visual creative work. Bottomline - I do not fancy studying drawing or sketching in depth, but to be able to construct designs which look startling was a boon. I was repeatedly surprised at my own outcomes. Gelli-printing feels a bit like a cheat-way of delving but not delving; images I could not have drawn or painted myself take shape aesthetically and repeatedly stun me, the maker. Yay! I could now illustrate via almost accidental gestures on A4 paper using simple techniques.

Of course, the simplicity belies the extent of where this play can take me as a creative person. Memories of my own ethnic background and how decorations were applied are returning to my consciousness. The solid jelly holds the paint and shadows are flicked in with different colours. Absences are created by blocking out some parts of the image - bringing something from my inside to the outer world. Strokes appear almost too easy to undertake. The short duration associated with taking a print into the final piece can be frustrating, but there is also the relief of doing something under the tutelage of an expert who so loves the medium. Lightness and depth are incorporated in the activity, with multiple uses of the print slowly charged with segmented designs. The seemingly paradoxical or counter-intuitive approach to learning brings an unusual way of expanding the self in creative endeavours. The dregs of the last copies of the one image are treasured and called the 'ghost print', as precious as aces in a card game.

The fortnightly class provides time to reflect upon and absorb what is learnt and come back fresh to the next stage of this mono-print activity. All in all, the term is a total of four sessions, with each session lasting three hours, with a coffee break before the last hour. There is a formal demonstration at the start of the class, but I am free to experiment - in some ways, it doesn't matter what I do or don't do.

This class is about experiential learning with take-home pages of layered impressions using a range of household items, including cutlery, cabbage leaves and whatever-you-have. Experimental activities like this change my understanding of possible choices. The outcomes, which evoked such a childlike-joy at times, had my head exploding with ideas that are also too fast to catch.

U3A Ballarat has many fine, inspiring tutors and Faye Heninger is certainly one of them. And to realise that she (a previous workshop participant) had just stepped in to facilitate because the regular tutor was away for a term is part of the wonders that U3A Ballarat has harnessed into our community!



Ghost print, residue after the main pages are completed

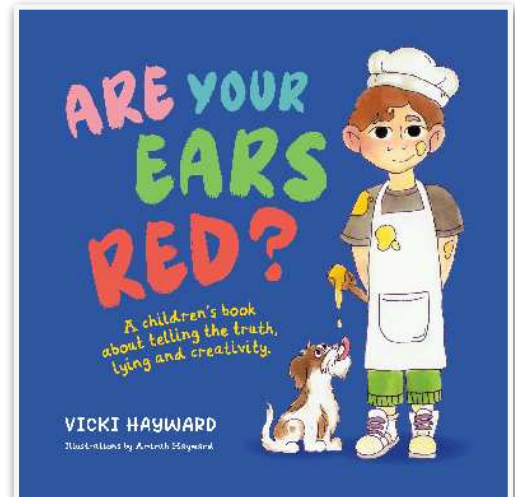


Cabbage leaf press with acrylic paint

Congratulations Vicki Hayward, U3A Ballarat Member

Local author Vicki Hayward has launched her first children's picture book titled "*Are Your Ears Red?*"

Delightfully amusing, the story is about everyday life: telling the truth, lying, problem solving, kindness, cooperation and working together to find solutions to the challenges we encounter. It is also about encouraging children to explore, be curious and revel in the excitement that lives within every small body. A collaboration with emerging artist, niece Amirah, the story draws the reader in with a winning combination of exquisite watercolour illustrations and colourful, amusing, rolling text. Adults and children alike will laugh at Billy and Ted's antics, admiring Mum, who keeps her cool, while asking Billy if his ears are red!



Working with self publishing consultant Julie Postance from Inspire Media, Vicki admits she was on a steep learning curve! "The process of creating and publishing a book is both challenging and rewarding. Julie is inspirational, encouraging and well versed in the joy and mechanics of writing and publishing. "Picture books have always been a favourite, particularly during my time as a primary teacher. When I'm writing I strive to create a story that will both interest and challenge. Writing for children is about making magic! Hopefully my stories will encourage laughter, learning and engage the child, and the reader, in a shared and rewarding experience. I have always loved writing. My first story was published in the Year 7 school magazine, a long time ago!" As a member of the U3A Writing for Pleasure group for eight years, Vicki has published both stories and poetry in the annual anthology. "Reading is an experiential activity. A story touches most, if not all, our senses. In the world of technology it is so important to encourage children and adults to pick up a book.

I write picture story books *that make a difference in the world:*

- Are fun for children to read
- Create a connection between the child and the parent/carer
- Offer perspective on an issue relevant to children growing up in today's world.

I am so excited to launch my new adventure as a children's book author. After all ... [Any time is reading time!](#)

(Vicki's second book in the Billy and Ted series "Billy and Ted Run Away" will be released prior to Christmas

Are Your Ears Red? is available from:

bigballoonbooks.com.au Local pickup point in Ballarat: The Imaginarium, Sturt St Ballarat (next to the Mechanics Institute)

Collins Booksellers Lydiard Street Ballarat

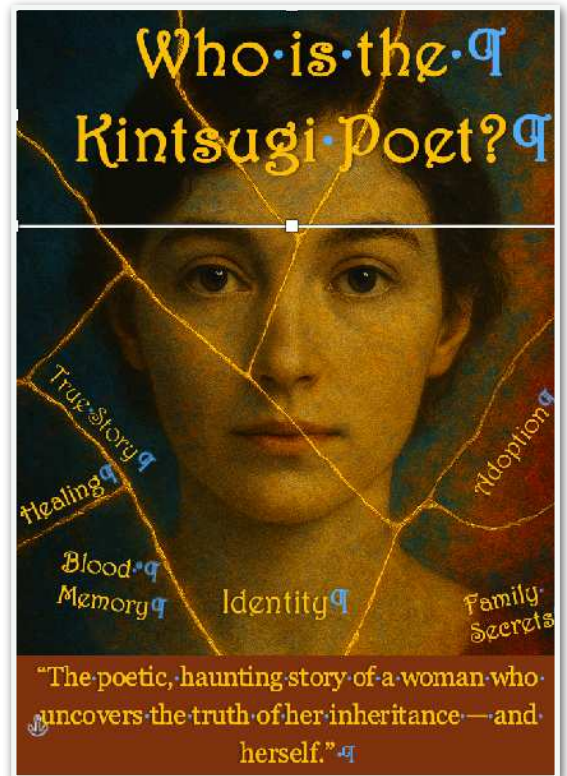
Amazon.com.au

Congratulations to Mirella Di Benedetto, U3A Ballarat Member

Mirella, a member of the Ukulele Minstrels and former lecturer at Federation University, recently published her memoir, 'The Kintsugi Poet: A Memoir - Blood Memory, Family Secrets, and Identity', which reached #81 in the Kindle eBook rankings on Amazon.

In this searing and formally ambitious memoir, Mirella Di Benedetto - writing under the name Anna Verduci - unveils a life fractured by institutional silence, family secrets, and the weight of cultural shame. *The Kintsugi Poet* is a profoundly introspective exploration of adoption, identity, trauma, and the relentless, often painful search for truth in a world shaped by systemic erasure and silence. Born into concealment and raised under a false name in 1970s Australia, the author's journey begins as a deeply personal quest to reclaim her origins and selfhood. What unfolds is a decades-long process of reconstruction-legal, genetic, emotional-that moves beyond mere discovery.

Mirella is happy to provide signed paperback copies to members for \$20. If you are interested, please email bulletin@u3aballarat.org.au and your name and email address will be provided to the author.



Ukulele Minstrels setting up for the Tea Dance. What a crew!



SAVE THE DATE

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



Swap Tables
Saturday September 6
BNCC Blue Room
10-11am



What's on at Ballarat Mechanics Institute (BMI)
Pre-loved Vintage Clothing Fashion Parade at the BMI
on Sunday 14 September from 2 to 4pm in the Minerva Space
Details on the BMI website. <https://ballaratmi.org.au>

September Twilight Talks - members \$10, others \$13 - Humffray Room
(a) Wed 3 Sept 5.30 to 6.30pm - Ballarat's Henry Lawson.
Guest speaker Hedley Thomson - a fascinating tale about Lawson's involvement with Ballarat
(b) Wed 17 Sept 5.30 - 6.30pm - Chinese Community in Bendigo
Guest speaker author Di Dempsey
(c) Wed 24 Sept 5.30 - 6.30pm - Gold! Gold! Bendigo v Ballarat
Guest speakers Dr Charles Fahey, Dr Phil Roberts

Citrus Marmalade

I am lucky enough to receive citrus throughout the winter months from other U3A members - limes, grapefruit, tangelos and lemons. I tend to work with the fruit in smaller quantities, but you are most welcome to double or triple the quantities if you have a large preserving pan. (Anne Dwyer)

Ingredients

500g citrus fruit, washed, sliced thinly, seeds removed
 1 lemon, washed, sliced thinly, seeds removed
 6 cups water
 8 cups sugar



Method

1. Slice citrus fruit and lemon, place in non-reactive bowl with 6 cups water.
2. Cover with cling wrap and leave overnight (or for 24 hours).
3. Place citrus/lemon/water in a large pot and bring to the boil.
4. Once boiling, add sugar. Stir regularly and keep boiling over a moderately high heat. (You can boil it at a higher heat if you like, but make sure it doesn't stick and burn.)
5. Place jars and lids in the oven and heat to 100C. (This process sterilises the jars and lids.)
6. Once 1/2 tsp marmalade, placed on a saucer in the fridge, is no longer runny (it can slide gently when the teaspoon is tilted), the marmalade is ready. Keep on stove top for longer if you want a firmer mixture.
7. Ladle marmalade into prepared jars, then screw on lids.

We are keen to include economical, nutritious, seasonal recipes in the Bulletin. Do you have recipe 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 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)

MILK

We provide UHT milk for our members. If you like an alternative milk in your tea or coffee (e.g. soy, oat, almond), please bring your own milk replacement to catered events and classes that include a cuppa.

GARDENING TIP

It is camelia time, and the beautiful blooms spoil so quickly.

Try a bowl, filled with water, and cut your camelia bloom stems short, allowing them to float. As a bloom spoils, remove and replace with a fresh one.

Coral Hiscock, Gardening Interest Group



QUIZ CORNER**FLOWERS**

1. What is the difference between a jonquil and a daffodil?
2. What is the rarest colour flower - a) blue, b) black, c) green, d) maroon
3. What is the worst smelling flower?
4. Petals: a) attract pollinators, b) protect the plant from mosquitoes, c) are part of a plant's reproductive system.
5. Which of the following flowers can bloom all year: a) geraniums, b) hibiscus, c) alyssum d) all
6. True or false. Rose bushes have prickles, not thorns.



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. Both belong to the Narcissus genus, but jonquils have multiple, smaller and more fragrant flowers.
 2. a) black
 3. The corpse flower. The flower attracts pollinators, such as flies and beetles, that are drawn to the smell of decay. The flower can reach up to 1 metre in diameter and weigh up to 6.8 kgs.
 4. a) attract pollinators
 5. d) all
 6. True
-

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