



the BULLETIN

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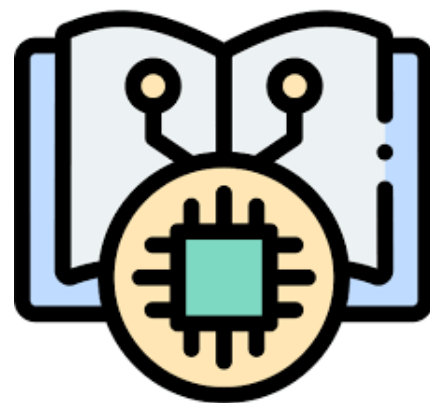
Bulletin: bulletin@u3aballarat.org.au

Next Bulletin Deadline

April 24 2026

Class Information

Our Class Coordinator, Miriam Peck, will keep you updated on class offerings via email. Keep an eye on your inbox for the latest updates.



Forthcoming Events May and June 2026

Monday April 20

First day of Term Two

Saturday 2nd May

Swap Tables - BNCC Blue Room 10.00 - 11.00

Wednesday May 20

Now Members Morning Tea 10.00 - 11.00 All welcome.

Thursday, 21 May

Gordon Morris - Speaker on Icons BNCC Hall 2:30 - 4:00

Thursday 28 May

Ukulele Sing-a-Long -BNCC - 2.30

Wednesday June 9th

Choristers Concert 2.30 - 3.30

Thursday 25th June

Combined Chorale/Recorder Concert 2.30 - 3.30





Did you wonder where our **President** was during the holidays? Wonder no longer as he was in Adelaide competing in a 2026 Australian National Pétanque Championships Competition. To prove it here is a photo as he became 2nd in the Men's 60+ singles Complémentaire (2nd division) and was awarded a silver medal.



Janice Cook recently celebrated her 90th birthday. Janice is one of our longtime members. She is a wonderful source of our U3A Ballarat history having been on the Committee for many years as Class Coordinator and numerous other roles. Janice had several celebratory functions with family and her U3A friends! Congratulations Janice!

Our **two recorder tutors**, June Johnstone and Viv Webb, have been invited to play with the Southerly Winds Recorder Orchestra in Melbourne. They will be playing in a concert on Saturday 18th. This is a huge honour as the orchestra comprises the best recorder players in the state. June has again been asked to tutor at the Victorian Recorder Spring Weekend. We are so lucky to have such talented tutors.



Susan Pierotti, who tutors the 'How to Tell Your Life Story' class, along with Brian Chapman, piano, Katherine Brockman, viola, and Rosanne Hunt, cello, gave an outstanding performance in the Ballarat Mechanics Institute on Sunday 12. They played three stunning piano Quartets - by Mozart, Beethoven and Brahms - to a packed and attentive audience. Susan is an outstanding violinist and has played professionally for many years in various orchestras.



Our **Scottish Country Dance** class have been making their skirts to wear when performing. They recently performed to the inmates of a nursing home. What a wonderful service to the community. The skirts would have looked fantastic as they whirled and twirled! Noelene and Jan look terrific in their new skirts!

Help Needed...

Can you help with accommodation?

A member of Warrnambool U3A is seeking accommodation in Ballarat once a fortnight on a Monday to visit her grandchildren. She needs only a bed and access to a bathroom and is willing to bring her own linen. She would be spending the day with her family. She would be happy to pay a nominal amount for this privilege or offer a bedroom in Warrnambool if anyone wanted to visit!

Please contact Miriam Peck (0435 296 636) if you wish to discuss this request.

Are you willing to help?

Rachel Sinanan, a PhD student at Federation University is researching digital health literacy and how adults access and engage with digital health services. She is seeking U3A Ballarat members who would be willing to complete a short survey.

Rachel's research focuses on understanding how adults aged 45+ navigate digital health resources such as health websites, telehealth, patient portals, and health apps—and what support may help build confidence and reduce barriers. It takes a broad approach by considering not only technical skills, but also confidence, accessibility, social support, and attitudes toward technology. The goal is to identify practical, inclusive ways to support people in engaging with digital health safely and independently.

Participation involves a short anonymous survey (approximately 20–30 minutes) which will be available online.

If you are willing to participate in Rachel's research, please email her at rsinanan@students.federation.edu.au.

*Did you know: that at Ballarat North Community Centre (BNCC) we have a well stocked library of fiction/non-fiction books and jigsaws!
You just rock up and take what you want, read it/complete it ,then bring it back*

HAVE YOU JOINED BALLARAT U3A ONLINE RATHER THAN IN PERSON?

If so, you need to call at our office to collect your lanyard and Welcome Pack.

Come and meet our friendly office volunteers.

Office hours:

Tuesday 10am-12pm

Wednesday 10am-2pm

Thursday 10am-2pm



UNIVERSITY OF THE THIRD AGE

Suburb	No
Ballarat	183
Alfredton	101
Lake Gardens	73
Wendouree	71
Ballarat East	67
Buninyong	61
Lake Wendouree	53
Ballarat Central	49
Sebastopol	46
Canadian	43
Soldiers Hill	41
Ballarat Nth	39
Lucas	36
Brown Hill	34
Delacombe	33
Mount Clear	33
Redan	32
Mount Helen	30
Newington	23
Black Hill	19
Creswick	18
Golden Point	17
Invermay Park	15
Miners Rest	12
Ballarat West	10
Invermay	10
Mount Pleasant	10
Nerrina	9
Bakery Hill	8
Beaufort	8
Cardigan Village	7
Clunes	6
Napoleons	6
Smythes Creek	6
Smythesdale	6
Cardigan	5
Haddon	5
Learmonth	5
Mitchell Park	5
Burrumbet	4
Linton	4
Meredith	4
Ross Creek	4
Snake Valley	4
Winter Valley	4
Yendon	4

Bullarook	3
Durham Lead	3
Scotsburn	3
Warrenheip	3
Ararat	2
Ballan	2
Corindhap	2
Daylesford	2
Enfield	2
Eureka	2
Glen Park	2
Gordon	2
Grenville	2
Hepburn Springs	2
Lal Lal	2
Magpie	2
Narrina	2
Strathfieldsaye	2
Attwood	1
Avoca	1
Bald Hills	1
Ballyrogan	1
Bannockburn	1
Bonshaw	1
Brunswick	1
Bunding	1
Bunkers Hill	1
Burnside	1
Camberwell	1
Carina Heights Qld	1
Caulfield North	1
Dean	1
Dereel	1
Derrinallum	1
Garibaldi	1
Geelong West	1
Highton	1
Hillcrest	1
Kyneton	1
Lismore	1
Mannibadar	1
Maryborough	1
Millbrook	1
Mollonghip	1
Morrison	1

Mount Buninyong	1
Mount Doran	1
Mount Glasgow	1
Navigators	1
Pitfield	1
Queenscliff	1
Smokeytown	1
Stawell	1
Vite Vite North	1
Wendouree Village	1
Westmere	1
	1246

Where we all come from!

How wide is our

demographic!

Some members travel long distances to classes –

Camberwell, Stawell, Geelong, Queenscliff and even Queensland. Naturally

the closer the venue is to Ballarat the more members

come from it. A few of the '1's could be included in the

broader area eg Buninyong could include Mt Buninyong .

But I am surprised at those who come from Melbourne

suburbs and Geelong where there are active U3A's. It must

be the draw of our tutors! And the entertainment we provide.

More from the Jewellery Class

Col Palmer has been a member of Steve Walsh's jewellery class (Tuesday AM) for about two years. He has two daughters and wanted to make something special for them. He sketched what he hoped to achieve. I told him that it was very ambitious, perhaps too ambitious.

Col went about the project methodically and skilfully. He asked Steve for advice but was determined to do it all himself. The results are outstanding and is testament to what U3A is all about. Col soldered, chased, filed, hammered and polished his way to success. Steve assisted Col with the tricky soldering of the brooch pins.

His daughters will have pieces of jewellery that will be a lasting legacy. Congratulations Col.

Terry Dixon
AM Jewellery Class Convenor.



A Word from the Editor

You will have noticed a great change in the Bulletin this month! You have a new Editor! I have taken on the job for a while. So please send any information, photos, etc to ninan06@bigpond.com.

I would love to have class information - what you are working on, why you are doing a particular class and any other things of interest. I have discovered a lot of fascinating things are going on in classes that nobody knows about - well I think these things should be advertised as it may well bring more members to your class or just to expose your class to our membership to encourage us all to realise we belong to a wonderful organisation. I await with bated breath....

Lots of things will be happening in Term 2 - music concerts, talks, a dance - do come along and support the members who are entertaining you and have spent hours practising how to do it!

Looking forward to lots of information for the next Bulletin and lots of members turning up for our concerts and other entertainment we provide.

Nina Netherway

THE CELTIC BAND AT CRESFEST Folk Festival



Creswick Woollen Mill,
Bendigo Bank Portico
John Curtin Aged Care facility

On Saturday, 11th April, the U3A Celtic Band participated in the CresFest Music Festival for the 3rd year in a row. They performed three concerts as part of the Community Bands and Choirs category. Despite the inclement weather, the audiences were warm and appreciative of our efforts. It was great to be involved in this community event with the band playing at their best and enjoying the ambience. Thanks to Rosalind Lawson for being our conduit with the festival organisers.

Corrie Olsen
Tutor, Celtic Band



SWAP TABLES

Swap tables this month was a huge success even though it was in the holidays. There were lots of plants, vegetables and fruit, jams and pickles. One amazing begonia was taken before it got in the door!!! I am looking forward to a cutting from it.

We will hold the last one for this season in May. We then have a break of a couple of months until Spring. This gives you time to make cuttings and get ready for a bumper Swap Tables



Swap Tables

Saturday May 2

BNCC
10-11am

Vanilla Snap Biscuits (Donna Hay Recipe)

Ingredients

185g unsalted butter, chopped
 1 cup castor sugar
 1 ½ teaspoons vanilla essence
 2 ½ cups plain flour
 1 egg
 1 egg yolk

Method

1. Mix butter, sugar and vanilla essence in mix master or food processor and mix until smooth
2. Add egg and egg yolk, then gradually add flour, mixing until smooth
3. Turn onto lightly floured surface and divide in half
4. Roll each piece between sheets of baking paper, then refrigerate for 10 minutes
5. Heat oven to 160c
6. Line 2 baking trays with baking paper
7. Remove top sheet of paper from one piece and use a biscuit cutter to shape biscuits, one piece at a time. Return unused dough to fridge when you work with the second piece, re-rolling as necessary.
8. Bake for 12-14 minutes, or until golden.

Recipe makes 50+ biscuits.



Ballarat U3A

If it were not there
 some days would hold less interest.
 Curriculum choices
 negate those days.
 Elements that inform
 and sustain cohere,
 from sign-on date
 to end of year
 through volunteers, whose
 time and talent guarantee
 the U3A's solidity.

Davy Johnson



The 'Special Guest' will be Faith Mutheu who is director of the Upendo Foundation Australia Children's Home in Tanzania. Faith is visiting Australia to attend an international women's conference in Melbourne and to meet generous supporters in Australia.

When: Thursday May 7 at 12 noon - 2 pm

Where: Selkirk Stadium, Norman Stadium, Wendouree

How Much: \$40 per person, booking essential

RSVP: before 9.30, Wednesday 6 May.

Let's Chat Ballarat Community Expo

Drop in and see the Ageing Well Services Team during Let's Chat Ballarat.

We would love to chat with you about our programs, events and activities, and to hear about what is most important to you as you grow older in Ballarat.

With food, children's entertainment and prizes to be won, there is plenty to explore and enjoy! To find out more, including when each of the Councillors will be there, a list of stallholders (Council teams), and parking, transport and accessibility information, click the button or picture below.

Let's Chat Ballarat Community Expo

Thursday 26 March (4-8pm)
Friday 27 March (9am-1pm)

Civic Hall
300-304 Mair Street, Ballarat

Drop in at any time. No bookings.



Let's Chat Ballarat Information

GARDENING TIP

Save those dried petals from your vase. Shaking them from the stem releases the dried petals. In a glass /china bowl add the petals and a few drops of fragrant oil. Place in a warm spot for fragrance to be released and enjoyed.

Coral Hiscock, Garden Interest Group



Thoughtfulness

In a couple of our venues the kitchen is very close to classrooms and therefore any noise in the kitchen echoes into the class room. Many classes set up for morning or afternoon tea and put out cups, have the urn on and tea and coffee out. It is very distressing to come out from class ready for a cuppa to find another class has come in, making a lot of noise in the process so it had been difficult to hear the speaker, and then found the urn had not been refilled and the set out cups were no longer there. Please be aware of other classes preparation.

Do You Have An Image to Share?

Madonna Quixley (pos.practices.pos.people@gmail.com)
and Robert Hammond (rh3439@gmail.com)
maintain our Facebook site.

If you have images to share, please email Madonna and/or Robert.
(Many thanks to Robert who attends many U3A events to take happy snaps.)



BALLARAT
UNIVERSITY OF THE THIRD AGE

VISION STATEMENT

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

MISSION STATEMENT

Through the provision of low-cost learning opportunities, our members learn, teach and share ideas and wisdom in a friendly, respectful, inclusive and supportive environment.

What's On

INKY FINGERS DISPLAY BY THE PRINT MAKERS OF U3A IN THE GALLERY IN THE HALL



Inky Fingers
Printmaking Exhibition

20 April – 26 June 2026
Ballarat North Community Centre Gallery
Open Days
29 April and May 13
4-6PM

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

These artworks will be on display until mid June.

Open nights will be held on:

Wednesday April 29 from 4.00 - 6.00pm
and on
Wednesday May 13 from 4.00 - 6.00pm

Make sure you come and view these stunning works which show the creativity and ability of our Print Class under Suzanne's watchful eyes.

Prefer a Printed Copy of U3A Bulletins?

If so, please let Barbara Burnett know.

Ph: 0477 035 507

apollobay3377@gmail.com

U3A Office Hours Term 2 2026

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

Ballarat North Community Centre
702 Walker St Ballarat North
Ph: 0415 407 163

UNIVERSITY OF THE THIRD AGE

HOW THE GOLD RUSH CHANGED VICTORIA'S ENVIRONMENT

THE 2026 SPIELVOGEL ORATION PRESENTED BY THE BALLARAT HISTORICAL SOCIETY



PRESENTATION BY
PROFESSOR SUSAN LAWRENCE

Wednesday May 13, 2026 @ 7.00 pm
Ballarat North Community Centre
702 Walker Street, Ballarat North

\$10 entry - Free for Ballarat Historical Society and National Trust members. Includes supper.



Part of the 2026
National Trust
Heritage Festival

STREET WALKS

Walking Through History; Gold Changed Everything

SUNDAYS April 19th 26th & May 3rd 10th 17th 24th

2.00 – 3.00 pm

Celebrate National Trust Heritage Month
& Ballarat Heritage Festival

Join members of Ballarat's Historical Society on a pleasant Sunday afternoon street walk to explore historic changes to Ballarat's built environment. Meet at the Yarrowee River viewing portal in Bridge Street (the redeveloped Bridge Mall) and stroll past some of Ballarat's iconic heritage locations. After discovering the architectural delights of Lydiard Street, the walk will end in front of the famous Craigs' Royal Hotel.

\$10.00 (free for National Trust & Ballarat Historical Society members)

No bookings required – pay attendant at start of walk.



Requiem by Gabriel Fauré

and other sacred favourites by Monteverdi and Mozart



Associate artists : Caitlin Wessner (soprano)
Tom Bubner (bass)
Beverley Phillips (organ)

3.30pm, SUNDAY 3rd May 2026
Ballarat Performing Arts Community
501-503 Neill Street, Soldiers Hill, Ballarat



Tickets
Adults \$35, Concession \$30
Students \$15, Family \$75 (2 Adults & 2 children)
At the door - Cash or EFTPOS
Or online at Try Booking
<https://www.trybooking.com/DKURM>

Photo courtesy Sunflower Imaging Photo Studio

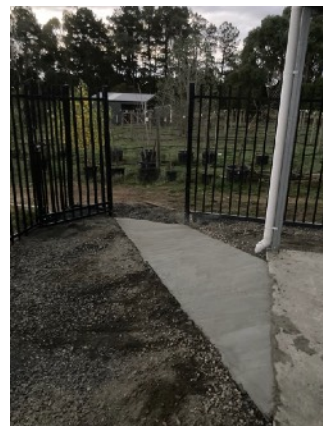
The walks are being taken by Marion Littlejohn, one of our tutors. If you have been on walks with Marion or Doug Bradby you will know how fascinating they are and how much you find out about Ballarat's history.

Prof. Susan Lawrence has written a very interesting book "Sludge" which talks about the damage sludge from the mines had caused and is still causing. She is a very good speaker.

Quite a number of our members are performing in this choir.

Did you know?

The guys at BGMAW have spent their holidays making a beautiful smooth path from our gate to the portico of the shed. This will make it easier for those with trolleys to access the shed. Thank you guys!



Did you know

We have a new photocopier in the office - it is brilliant. It even connected to my Mac computer straight away and printed A4 properly which the other would not do. So I am very pleased. It is available for tutor and convenors to print class notes during office hours. To use the copier you will need your ID number, so check before you come that you have it. Please make use of this facility.



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