



the BULLETIN

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Next Bulletin Deadline July 24 2026

Tutors wanted for 2027 Summer School and ongoing classes

Are you inclined to start a new class, sharing a particular interest with other U3A members?

Are you a member of a class that is full and has a waiting list? Why not think about starting an 'off-shoot' class of the same type?

To discuss the possibility, please contact Nina Netherway (for Summer School) or Miriam Peck (for ongoing classes).

Nina: ninan06@u3aballarat.org.au

Miriam: ClassCoordinator@u3aballarat.org.au



Forthcoming Events 2026

Thursday July 23

Celtic Band Concert BNCC Hall, 2.30 - 3.30

Thursday July 30

Trivia Afternoon BNCC Hall 4.00- 6.00pm

Thursday August 20

U3A Ballarat AGM 2.00pm

Monday July 13

Painting Exhibition-

Open Days 22 July & 19 August 4.00pm - 6.00pm

Saturday October 24

Combined Music Groups Concert

BPAC (Neil St)



PRESIDENT'S REPORT



The maxim that "it takes a village to raise a child is well known. What this maxim misses is that the village plays a similar crucial role for those with considerable years of lived experience. A sense of connection, of family, of support, of purpose, direction and friendship is not just for the young, and no less important for the older generation.

The village was in full swing on Thursday June 25, 2026 at BNCC Hall where a packed house had the pleasure of the combined concert performed by the U3A Ballarat music groups: the Chorale, the Recorder Ensemble and the Quinta (smaller group of recorder players). Here was a demonstration of the village working together to allow a wonderful cross group collaboration to be enjoyed by audience and performers alike.

The concert structure allowed the talents of many to be highlighted. Beyond ensemble members, there were: two recorder conductors (June Johnstone and Viv Webb), two Chorale conductors (Jill Francis and Adele Byrne) and two Chorale accompanists (Lynn Grantham and Anne Dwyer). Further to this, June Johnstone and Corrie Olsen (Celtic Band leader), along with George Walpole (flute) and Claire O'Brien (flugelhorn) showed the depth and collaborative nature of the event.

The commitment to excellence through long hours of practice and the willingness to explore such cross collaboration is valued. The opportunity for members of our village to shine helps breathe life into the creative sphere. This is a good thing.

As is always the case, the catering crew were well prepared and offered a fabulous afternoon tea after the concert.

Whilst Discussing Ensembles...

From time to time, music ensembles may be approached to perform at non-U3A events.

We ask that any communication relating to involvement in non-U3A Ballarat events be co-ordinated through the relevant Class Tutor, who is best positioned to explore the feasibility of requests. This will ensure that people are consulted and notified in a timely and appropriate manner.

We have now reached 1400 members, which is a terrific outcome. The depth and quality of what we offer is commented upon regularly in the broader Ballarat community, and indeed within the wider U3A Victoria community. Our Class Tutors are best able to look at any external requests and determine whether groups are in a position to perform as a U3A Ballarat ensemble, at an appropriate quality, or whether it is better to allow individuals to determine if they wish to participate in the proposed event.

Save the Date: U3A Ballarat Annual General Meeting

Our 39th Annual General Meeting (AGM) will take place at BNCC (702 Walker St Ballarat North) on Thursday August 20 2026, commencing at 2.00pm. Please place the event in your diary/calendar and come along.

Don

TUESDAY MORNING FRENCH CLASS



Le Mot Juste or should we say 'the right word' is what our Tuesday morning French class is all about. Our lively and involved group covers everything from grammar basics, to reading, talking and presenting in French, all under the guidance of our 'profs', Heather Tellis and Bernard Catrice.

And we 'parlons beaucoup' !

We have some fantastic presentations, in French, by members – of a trip to India; how Paris was modernised in 1853-1870 by Baron Haussmann; Christmas in Amsterdam, visits to major European cities, and a poem '*Le Temps*' written by a class member in 1979.

Not only that, but we have read '*Les Trois Messes Basses*' an old Christmas tale, learned of our *prof's* time in the French military, the life and menu at *Maxim's* in the early 1900s, the philosophy of the *Marquis de Sade*. Now we are reading '*Les Lettres de mon Moulin*' by *Provençal* author, Alphonse Daudet.

And if that isn't enough, we also discuss current topics ranging from news to ideas and commentary, while also brushing up on our grammar and pronunciation.

Our room becomes a little piece of France and we all benefit.

Not only that, but seeking even more French conversation, a group of us meet at The Boatshed every Friday morning and are joined by others wanting to practise and improve their French, including French teachers from Ballarat institutions! A bientôt

POSITIVE PRACTICES, POSITIVE PEOPLE 1

"Our current positive practice is 'humility' - what it means, what it doesn't mean, how we might practice it, and its relationship to 'gratitude' and 'acceptance'. We viewed a number of TED talks for in-depth discussion, and referred to "The Book of Joy" with this particular passage: "When we have humility, we can laugh at ourselves. It was surprising to hear the Archbishop and the Dalai Lama describe the importance of a proper sense of humour, and especially the ability to laugh at our own foibles, as essential to the cultivation of joy."

The TED talks on humility are available via our Facebook page <https://www.facebook.com/positivepracticespositivepeople/> One especially dramatic example of the power of practicing humility involves listening to one's adversaries - please watch this https://www.ted.com/talks/daryl_davis_why_i_as_a_black_man_attend_kkk_rallies

We will be considering what it might mean to be humble to Nature in our next session - a perfect segue to Plastic-Free July - a global movement which originated in Australia <https://www.plasticfreejuly.org/resources/> The theme for 2026 is "Plastic Free Future." Now there's a positive practice we can all begin!

Madonna Quixley

CYCLE TOURING GROUP

In February of this year, ten members of the group travelled to Porepunkah for a week long base camp at the Porepunkah Pines caravan park. Each day people nominated rides that they would lead so people could choose a ride according to their ability.

Excellent sealed bike trails to Myrtleford and Harrietville encouraged the riders who wanted milder rides whilst others felt the need to climb Mt. Buffalo, Tawonga Gap and even Mt. Hotham. Excellent weather encouraged others to rest and dangle their feet in the nearby river.

In March, Brian and Helen Harrison lead a three day tour of twelve riders to Queenscliff. Some riders chose the option of taking their bikes on the train to Southern Cross, the Port Phillip Ferry to Port Arlington then riding to Queenscliff via Drysdale and then the rail trail. Next day we took the ferry to Sorrento then rode first to the old Quarantine Station. Excellent displays meant we spent an hour there.

Then onwards towards Point Nepean where an army base operated for over a century. Besides the excellent views over the rip, much has been made of the existing tunnels and lookouts. Next day we rode back to South Geelong to catch the train to Deer Park then onwards to Ballarat.

Our Friday rides continue under the tutelage of Tim Bosher. A short ride, a longer road ride plus the ever popular touring rides persist with breaks over the school holidays. Future tours include Marvborough and the Grampians.



Two of the remaining canon at Point

COLDER DAYS

As bending bough and frosted roof
show through the slow receding dark
the body turns to take more ease,
legs are stretched and pillows
squeezed.

A broken dream leads into day,
it's yawn and rise and put on gear
to ride the bike a 'k' or two,

Then walk to buy the morning news.

When breakfast things are put away,
times are checked for rest of day.

Some might be pleased to stay at
home,

and scan their bookshelves for a tome,
pick a volume from the many
unfold the thoughts of someone canny.

Davy Johnstone

SILVERSMITHING & JEWELLRY WORKSHOP - PM

When U3A silversmithing classes commenced over a decade ago students mostly worked in Sterling Silver (925) costing around A\$20 an ounce. Other materials included recycling old and broken jewellery, silver cutlery or occasionally copper.

Unlike other creative materials, for example wood and fabric, silver can be melted down, formed, cast, and rolled so students can effectively start again by reusing offcuts, waste and old unwanted items with little loss.

With the extraordinary rise in the cost of silver to around A\$90 to A\$126 an ounce in recent times, many of the class have now 'pivoted' to working in copper.

These record highs are due to industrial demand (especially from solar panels and EVs) outstripping supply. This is compounded by expected interest rate cuts, a weaker US dollar, and ongoing global economic uncertainty resulting in investors moving to precious metals as safe-haven assets. All of which puts the amateur silversmith under enormous financial pressure.

Copper has many similar qualities to silver and can be worked in the same way enabling members to develop their metalsmithing skills. It is far less expensive to work with, and scrap can be obtained here in Ballarat so it's logical that many have moved to using it as a preferred material.

Some class members have become very skilled at working with copper, using traditional silversmithing techniques as well as new ones like enamelling and fold forming.

Our class members are supported and encouraged to explore other materials and techniques including microwave glass fusing to make colourful and interesting 'stones' that can set into jewellery using the same techniques that are used for gemstones.

An additional benefit of jewellery our jewellery classes is developing transferrable skills that become very useful in everyday life.



Spotlight on Alice Mills

Alice was born in the North of England. Her father accepted a job in Adelaide, and there the family moved. Alice's first job was in Armadale NSW. She then gained a position teaching literature to University students in Ballarat. She still has family in Australia, and at home she has one extremely demanding cat, which is, "Good to come home to."



As a University lecturer Alice has taught a wide range of Humanities classes including literature, mythology, psychology, languages and studies of the human mind. Interests she has maintained. Now with U3A, Alice is offering a study of Karl Jung with a group who have continued from previous years. In 2026 Alice is running a class titled *Subversive Children's Literature*, taking a deeper look into some of the classics of children's literature and fairy tales and myths. This includes exploration of the first Harry Potter novels. Alice has many interests and ideas for future classes. "There are other things that I would love to do but getting hold of the books can be a challenge." Alice prefers active engagement from class members rather than a lecture and audience style of teaching.

There is a great deal of work in preparing for three different classes, but rather than a lecture format, Alice encourages class members to contribute their own views and responses to the material. As well as teaching classes, Alice is enrolled in Classic Cinema "which is a joy", and Cryptic Crosswords where she says, "I'm finally, finally learning how to do them as they have always been a mystery to me!"

Alice has a passion for travel and has just come back from a trip to Greece. "I went to see the Antiquities." For this trip she took an academic tour, "because it was travelling to the places I really wanted to see, and it was effortless." On this trip the highlight was Meteora in Northwestern Greece, the site of a complex of Eastern Orthodox Monasteries. Dating back to the 14th Century, a few of the original 24 monasteries are still in use, the monks who live there allowing visitors to explore these ancient sites.

Asked about other travel, Alice pointed out her beautiful yellow jacket, which was a requirement for a trip to Antarctica. It was designed to be an eye-catching safety precaution in case the wearer falls into a crevasse or the sea! Alice selected a tour which did not require sea travel across Drake's Passage. "I was grateful that I wasn't on a ship but was able to look out of the aircraft window and see how terribly rough it was.

Looking back on her life and experiences Alice says, "I'm so grateful for what I've been able to do, it's lovely." U3A has been important to Alice in many ways. "It keeps people alive and provides mental stimulation. There is the challenge, the mental stimulation, the acceptance of other people and by other people, and the joy of learning new things." Asked about her philosophy, Alice focused on forgiveness including self-forgiveness, though she specified that she has not always succeeded at achieving that self-forgiveness. In conclusion, Alice offered her heartfelt thanks to U3A for existing.

WALKING HISTORY TOURS

As part of the U3A Walking Tours tutored by Wendy Jacob we visited the National Trust Graves of John Hepburn. On a stunning winters Friday morning we travelled to just outside Smeaton to the Cemetery of John Hepburn and his family. We were met by Gerald Jensen, from the National Trust, our tour guide. After walking about 15 minutes from the car park, we were on the top of a hill overlooking the countryside and the original homestead. The following is taken from National Trust web site.

"Captain John Stuart Hepburn was in the first party of overlanders from Sydney to the Port Phillip district in 1836. Born in Scotland in 1803, he became a mariner and after having landed in Hobart, entered a plan to overland stock from New South Wales to Central Victoria.

In April 1838 he settled at the Smeaton Hill Run (named after a small hamlet near his birthplace) and in 1849 proceeded to build 'Smeaton House' on the northern side of the valley of the so-called Captain's Creek. Thus the Hepburn family became the original settlers in the Smeaton area; and today their name is reflected in the popular town of 'Hepburn Springs' and local government Shire of Hepburn.

The property included a small private cemetery located to the west of the homestead, that is today known as 'Hepburn Graves.' It contains the graves of Captain Hepburn and his wife Elizabeth, two of his sons and other relatives.

Rick Holt



VALE - Eliza Wilkes

Members of both U3A Ballarat choirs were saddened recently at the sudden death of Eliza Wilkes. Eliza was a staunch member of both the Chorale and the Choristers as well as other choirs in Ballarat. She was also very active in animal advocacy and in particular the animal shelter at Mitchel Park. Vale Eliza.

ART 4 WELLBEING (A4W)

The small news from A4W is that a few members have submitted art works to the INCOGNITO art exhibition which holds mainly online sales to raise funds for disabled artists groups.

This exhibition is a great way for people to see their work displayed online to the world at no cost to themselves. Artists remain anonymous and receive no payment. Artworks are not signed and buyers only find out the name of the artist of their chosen piece when they take possession. It might be an Archibald Prize artist or it could be by a U3A art class member!

Either way, it's a treasure. If you aren't familiar with the fabulous array of art take a look at <https://www.incognitoartshow.com/pages/2026-collections>

Tunde Miekle



THURSDAY MORNING PAINTING AND DRAWING GROUP

The Thursday morning drawing and painting class is an enthusiastic group of talented artists with a wide variety of interests. We use a wide variety of mediums including watercolour, acrylic, gouache, pastel, charcoal and pencil.

Subjects include landscape, still life, portrait, fantasy, animals, botanical, architecture, abstract and printing.

We cater for all abilities. We do not have a tutor but help is readily given. We are happy to take new names on our waiting list.

We are currently working hard preparing for our upcoming gallery exhibition. We will fill the gallery space with a variety of stunning work. The exhibition will run from July 13 until September 18 at BNCC. Please come and have a look.

Congratulations to the printmaking group on an excellent exhibition on display in Term 2

Hugh Lees

QUIZ - Ballarat Street Names. Ballarat Central streets were laid out in 1852 and given names of prominent people at that time.

1. Who is Lydiard St named after and what was he?
2. What was Henry Edward Pulteney Dana's role in the police force of the 1850's?
3. What did Mr Urquhart do to have a street named after him?
4. What street is named after a police magistrate of the 1850's?
5. Who was David Armstrong?



And while we're re cycling...

Collect some shredded paper available at the BNCC. Put it in the compost or under your mulch.



AUSTRALIAN HUMAN RIGHTS COMMISSION AN INVITATION ~

Everyone from across Australia is invited to attend one of 9 seminars looking at why human rights are the answer to many of our social problems and ways we can work together to strengthen our country's commitment to – and accountability for – protecting human rights.

The seminars are being presented by the Commission in partnership with peak human rights and anti-discrimination agencies in each state and territory. Each seminar will have a focus on national solutions to revitalising Australia's commitment to human rights – such as an Australian Human Rights Act and reform of Australia's anti-discrimination laws – as well as a focus on relevant local issues in each state and territory.

Melbourne's seminar is scheduled for 28 July.

Check the Commission website to ascertain when registrations are open.

<https://humanrights.gov.au/about-us/40-years-of-the-commission>

Dale Dumpleton

Quiz answers

1. Charles John Pitfield Lydiard, Assistant Superintendent of Police
2. Commandant of Native Police, attempted to collect the first licence fees at Ballarat in 1851
3. Government surveyor, who made the first official survey of Ballarat.
4. Mair St - William Mair
5. David Armstrong, Assistant Crown Land Bailiff 1851, Assistant Gold Commissioner 1852, Inspector of Police 1853

What's On

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

Annual General Meeting

**THURSDAY
20 AUGUST
2:00 PM**



Bellarat North Community Centre
702 Walker Street

We need 140+ attendees for a quorum so please join us

**Performance by the
U3A Choristers**

Followed by
delicious afternoon tea and chat

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

trivia arvo

Prepare for a battle of wits and an afternoon of fun at our thrilling trivia afternoon!
Get your classes and friends together, and reserve a table.
Individuals are, of course, welcome too.

Thursday, 30 July 2026 | 4-6 PM

Wine, punch, tea and coffee will be provided
Bring a dish to share with your table.

Bellarat North Community Centre
702 Walker Street

Sign up on line or through the link in the email.

CELTIC BAND CONCERT



**Thursday, 23 July 2026
2:30 PM**

Bellarat North Community Centre
702 Walker Street

Followed by Afternoon Tea

U3A Office Hours Term 2 2026

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

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

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If so, please let Barbara Burnett know.
Ph: 0477 035 507

SPICY SWEET POTATO AND LENTIL SOUP JUDY TURNOR

A very nutritious and hearty winter meal.

Following a recent walk, Judy was tucking into her soup when her co walkers, taking in the aroma and visual feast, demanded the recipe. This is a long time favourite of Judy's and she recited the ingredients and method on the spot. Here it is in written form, hopefully reasonably accurate, although ingredients and measurements are flexible, and should be adjusted to your taste.

This soup makes a large amount and freezes well.

INGREDIENTS AND METHOD.

1. Prepare and combine these and set aside:

Finely chop: 1 large garlic clove, half a red chilli de seeded,

4 kaffir lime leaves (very fine chop)

Grate a knob of fresh ginger,

Add 1 dessert spoon of turmeric (less or more-to your taste)

A bunch of coriander, separate leaves from stems/roots. Finely chop roots & stems. Set leaves aside for serving.

2. Finely chop 1 large brown onion and 1 medium capsicum.

Heat 2Tbsns olive oil in a large pan. Add onion, cook over medium heat till translucent. Add capsicum.

Add spices from step 1. Stir till combined and aroma is released.

Add a finely chopped sweet potato, about 500 grams. You may need to add some water at this point.

Add stripped cobs from 2 corn cobs.

Add 3 cups of water and a stock cube.

Add a cup of red lentils.

3. Stir well. Bring to the boil. Cook for 5 minutes

Put lid on pan.

Turn off heat.

At this point you could go and enjoy your U3A classes!

4. Upon your return: Blend with a stick blender. This soup doesn't need to be fully blended.

Re Heat and serve with coriander leaves, S & P, yoghurt.



**AGEING WELL
BALLARAT**



Did you know Ballarat Ageing Well has a number of program, services and activities to meet the needs of residents aged 55 years and over. To access a monthly newsletter : <https://www.ballarat.vic.gov.au/community/ageing-well-ballarat>

NOTICE OF ANNUAL GENERAL MEETING

**Members are invited to attend the 39th Annual General Meeting of the
Association**

Thursday, August 20th 2026 at 2pm

Ballarat North Community Centre, 702 Walker Street, Ballarat North.

If undeliverable return to:

**U3A Ballarat
PO Box 2058
Bakery Hill, Vic 3354**

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