



the BULLETIN

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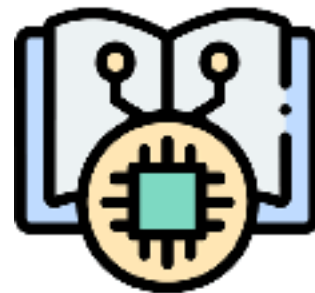
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CLASSES COMMENCING IN TERMS 3&4

Details about the following classes are available online at [U3A Ballarat Courses 2026](#) or via the Class Booklet (copies are available at the U3A office). Please contact the nominated Tutor or Convenor before enrolling in the class.



- Evolution of Life (T3 only) **new class in 2026*
- Introduction to Painting with Pastels (T3 only) **new class in 2026*
- Line Dancing for Beginners (T3&4) **new class in 2026*
- Art for Wellbeing (T3 and T4 classes) *repeat of the T1 class*
- Big Questions, Lively Minds: An Introduction to Philosophy (T1,2,3) *class extended to T3*
- Classics Reading Group (T3&4) *class returning from 2025*
- First Nations, or what we didn't learn at school (T3&4) *repeat of the T1&2 class*
- Sharing the Journey of Your Garden (T4) *class returning from 2025*
- Ukulele Minstrels' Workshop (T1-4) *class extended to T3&4*

Forthcoming Events 2026

Tuesday June 9th

Choristers Concert 2.30 - 3.30

BNCC, 702 Walker St

Thursday June 25

Combined Chorale/Recorder Concert

2.30 - 3.30, BNCC, 702 Walker St

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



Next Bulletin Deadline

June 26 2026

From the President:

June is a month where performances abound and our various choirs and musical groups really appreciate an audience. For any sound to work it requires an interval of silence to separate the notes. Performance groups need an audience to provide the appreciation of the result of the many hours spent honing their musical skills. The approach of a performance date helps provide focus on perfection and the enjoyment of a shared musical experience. The applause that an audience provides gives validation and recognition of the commitment to be the best each can be. So a shout out to the Ukulele Minstrels, The Choristers and the Chorale and the Recorder Ensemble for the sharing their skills and passion with one another and subsequent audiences.



I missed the recent Ukulele Minstrels performance as I am on Grandfather duty in Bangkok, and I will miss the two upcoming concerts. However, word reaches my ears it was another super performance from the "UkieMins". I am sure The Choristers and the Chorale with the Recorders will wow their audiences as well. So, congratulations to all involved.

Sawadee ka.

Don



We have reached a milestone - 1400 members!

Our 1400th member, Sally McCracken, recently joined U3A Ballarat: Sally knew about U3A as her husband has been a member for over three years. Sally dedicated time to bowls upon retirement, but felt she was ready to add additional interests offered by U3A. A retired art teacher, Sally is loving working in a new medium by attending mosaic classes. She recently joined Tai Chi, run by tutor Ann Agni, and is delighted with the gentle physical and mental benefits she knows will come from participating in these classes. Sally looks forward to joining additional classes when vacancies open up. Welcome, Sally!



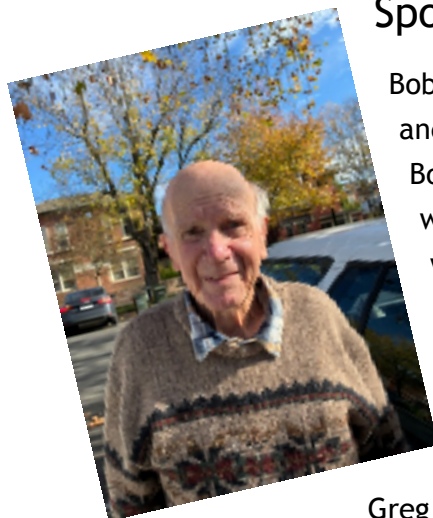
Ann Agni (Tutor) left with Sally McCracken

UKULELE

"The 2026 Beginners Ukulele Group is having a fantastic year! We currently have 17 members enrolled, with a great weekly turnout of a dozen or more. This year brought a change in leadership, with Andrew Parker and Jarrod O'Brien taking the reins for the first time, expertly supported by Anne Ottrey. Under their guidance, our beginners have made remarkable progress. Many have become highly proficient, and several are already ready to graduate to our more advanced groups."

Andrew Parker

Spotlight on Bob Whitten



Bob was born in Ballarat in 1943, the middle child of three, with an older sister and a younger brother. He attended Macarthur St PS then Ballarat North Tech. Bob gained an apprenticeship in plumbing when he was 15 and started work with FM Hassell Plumbing. Bob stayed in the plumbing field throughout his working life, retiring in 2002. He was happy to work for various firms since that meant, “I wasn’t the one who had to chase the clients for money!”

Bob has never wanted to live anywhere else but here. “People sling off about the weather in Ballarat but there are plenty of worse places to live. Just put an extra jumper on and you’ll be fine.” When working for

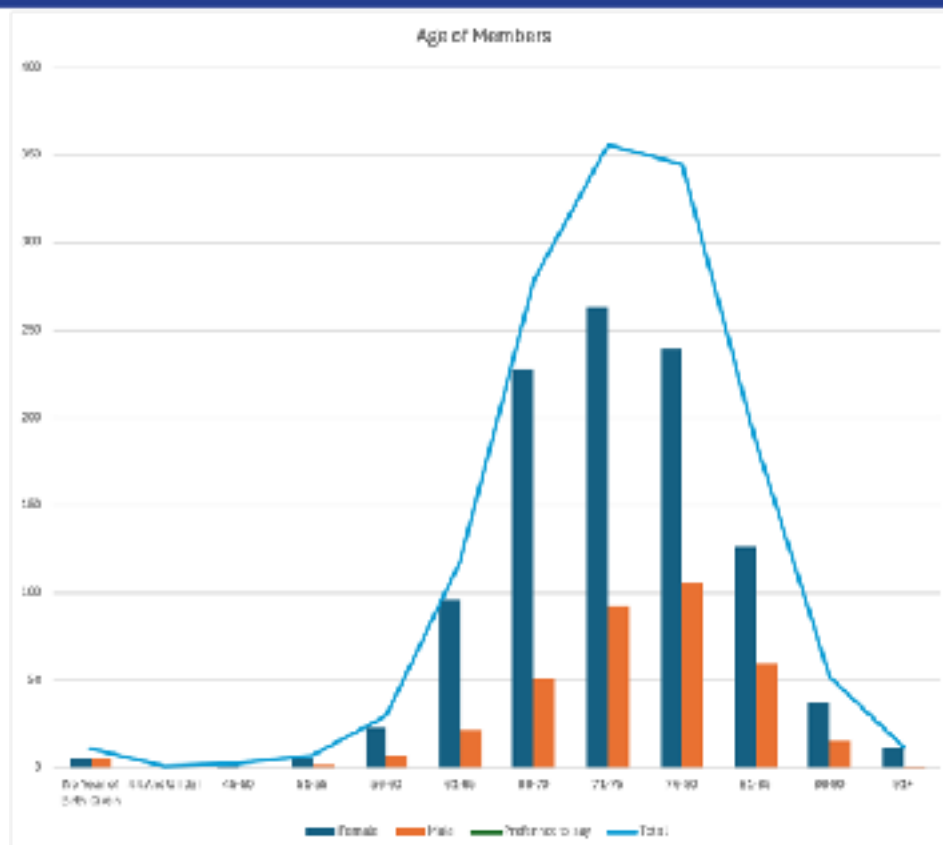
Greg Strange Aircon he travelled to Beijing on a work contract for two months,

and at his boss’s urging, took some LSL. His wife Joy joined him in Hong Kong and they travelled to England, Ireland and Wales, then undertook a whistle stop tour of Europe. They spent most of their time in Ireland which they loved. Bob thoroughly enjoyed the trip but didn’t find any place he preferred to home. He and Joy are very happy in their Buninyong home where he tends a small garden when not busy with U3A. To celebrate Bob’s 70th birthday he and Joy travelled to Canada. They had a great tour guide and felt right at home with the very friendly people they met there.

Bob has been in U3A since 1994, though Joy was already a member. He was initially attracted to the Bush Walking group which he participated in for many years, enjoying the company and the bush. Among other classes, he has been in the Chinese History and the Local History groups. He recalls a class called Top Secret which looked at the work of the intelligence agencies during the war including the mistakes that were made, a topic Bob found fascinating. He has participated in Music Around the World and various film classes. He is now a member of the Gentle Exercise class as he values its role in keeping fit and mobile.

For many years Bob has been the tutor for the Film Musical class, which he took over from the previous presenter Sarah Maidlow after she moved back to Britain though he says he doesn’t see himself as a tutor. Asked about his favourite film, Bob answered that while he used to say that *Singing in the Rain* was his favourite, he rewatched it recently and it didn’t affect him as much. Another Gene Kelly movie, *Brigadoon*, is still amongst his favourites. Bob is happy to stick with old movies and hasn’t been to the cinema since Covid. Among his favourite musicals are *Cabaret*, *La La Land* and *Umbrellas at Cherbourg*, but he also enjoys a good action movie. While the planning and preparation for his classes takes quite a bit of work, Bob takes great pleasure in sharing movies with other U3A members. His extensive collection of DVDs at home now provides plenty of options for his classes to view, discuss and enjoy. He plans to show *Camelot* this week and hopes the three-hour screen time won’t be too much for the audience!

Bob greatly values U3A Ballarat for its huge variety of classes, low costs and great opportunities for meeting people. He says the group is important in combatting loneliness and isolation which can be a real problem as people age. U3A encourages others to try new things and Bob appreciates having a balance of classes that entertain, inform and exercise both the mind and the body. Asked about his philosophy, or the advice he would give to others, Bob says, “Do what you enjoy.”



INVESTIGATING THE MEMBER WIZARD DATABASE

What is our age range?

When we looked at our demography in the April Bulletin and found that we covered a very large area - in fact I later discovered that one of our members lives in Queensland!

“It’s Joan McKaskill (ex mosaics and ukulele classes since September 2022). I have maintained my membership since moving to Brisbane so that I can keep abreast of Ballarat U3A activities and I enjoy my annual catch up with my previous classes.”

It is wonderful that we can keep previous members or those who are no longer able to attend classes, in touch with U3A Ballarat activities! Thank you Joan!

This month we are investigating our age ranges. We have a normal curve with ages starting at 44 and under, and ranging through to over 91 - a credit to U3A classes which keep us young and active mentally and physically in our old age! Our peak for women is in the 71 - 75 age group and for men in the 76 - 80 age group. It also looks like the women outlast the men in the 91+ age group in fact women make up 73% of our membership, and men 25%. This is a great discrepancy - do we need more classes suitable for men? How do we attract more men members. Much food for thought... or do we just go with the flow.

Members of the **Essays and Ideas** class wish to express a very special thank you to **Helen Nethercote**. Helen has been a member of the class in a leadership capacity for at least 15 years.

She has been responsible for ensuring all members of the class have opportunity to express their critique of the essays as well as encouraging ideas to flow from this action. Her ability to lead has encouraged differences of opinions that are always given respectfully even if contradictory. Helen has a great sense of humour which has vibrated through the class members. Regrettably Helen has resigned from the class due to health reasons. Every member in this group wishes her the very best for the future and hope she recovers well. We will miss her.

CELTIC BAND

A busy couple of months are ahead for the Celtic Band with 4 concerts to come and one just completed at Mercy Place Aged Care. The audience was great, with residents able to participate in some of the more familiar songs. Thanks to John Olsen for operating the power point and acting as MC. This allowed the rest of us to concentrate on our music. However, not all things always go to plan. One of our members lost his voice and one of our flutes (the instrument, not the person!) had a major melt-down. Regardless, they battled on, it was a great concert and the audience was none the wiser! Such is the depth and breadth of our U3A groups. We look forward to the June Probus concert in Creswick and our U3A concert at BNCC on Thursday, July 23.

On Sunday, 21 June, starting 1.30pm at Yorke St. Church of Christ, Ballarat, we are participating in a fundraising concert to support music in the lives of people affected by dementia, aphasia and their carers. This is open to the public. Admission \$20, Concession \$15
Corrie Olsen

Tutor

JAZZACISE

Jazzacise is a popular U3A class where you don't need a partner to enjoy simple dance routines including steps from salsa, cha-cha-cha, waltz, modern jazz, jive, mambo, the Charleston, line dancing and others. The key focus is to have fun and not worry if you make a mistake (because we all do).

Tutor Ann Forster, who plans and develops the dance roster, (and creates most of the routines) is ably assisted by Doris and Elaine (red & white checked skirts). They demonstrate the steps before each dance. Ann plans a list of dances for each class, keeping a dance on the list for 3 weeks before replacing it, to keep us challenged. It is such a fun class as well as great physical and brain exercise. Class convenor Mary looks after the administration such as the class roll.

There is a waitlist for this class but new people are always welcome.



500 CARD



Our game on Monday. Competition was hot, but everybody was well-behaved



WINE APPRECIATION

We have a VERY good time every week. We always feel good at the end of the class!



PHOENICIANS AND CARTHAGINIANS

This week Hannibal challenges Rome
If only he had won we might all be speaking Punic and Greek by now!
Great members in class and had good fun

*Jim Thomson,
Tutor*

SONG WRITING FOR GUITAR PLAYERS

The songwriting course for acoustic guitar is taking enrolments for term 3. Come along and get down that song you have always wanted to write and get the opportunity to record it is well.

*Peter Sheen
Tutor*

MOSAICS

Some of the amazing projects from the Mosaic Class. Our newbies have become incredibly enthusiastic, learning various methods from the group.



GUITAR FOR BEGINNERS

Wow what a fun group this is! It's a very small, cohesive group of 6 who get together every second Friday for an hour and a half of fun, frivolity and learning about our guitars and how to make music come out of them. Being a small group, our tutor John Currell, can give us individual attention when we need it.

John has a wealth of experience as a guitar player and teacher and has so many anecdotes that keep us amused and at times bemused.

Each of us came to the group with some anxiety and trepidation about being good enough and SURPRISE, SURPRISE we were and we are. We have each learned so much already and our playing has improved exponentially.

So far, we don't have any thrilling or exciting anecdotes to share - perhaps the most exciting event is a broken string and a lesson on changing strings! Having said that, every session is exciting and an adventure into the world of guitar music. We share the adventure, learn more about each other and help one another with the difficult and not so difficult bits.

All of us, tutor included, look forward to each session and imagine ourselves playing lead guitar in the band at our local pubs! As the kids say - dream on Grandma!

Anne Rose

An enthusiastic Guitar beginner!

GARDEN INTEREST GROUP

Early May the Garden Interest Group visited two beautiful gardens in Blackwood. The autumn gardens were coming into their own.

Blackwood: The Garden of St Erth

An historic garden dating back to the Gold Mining days. Lots to see here and buy in the nursery. The map supplied helped identify the significant trees and features in the garden.

Blackwood: Forest Edge.

An historic 1862 garden with tiers of various eras and plantings. A water race from the gold mining era has been unearthed to supply water for parts of the garden and the frogs. Scones with jam and cream were happily eaten for morning tea



Did you know..... That you can get 20% off you vehicle registration?

Mikaela Settle MP, has brought this to our attention. The weblink is

<https://www.service.vic.gov.au/services/registration-rebate>. It is very easy to complete. If you need help you can contact Mikaela's office at 3 Peel St Sth Bakery Hill or phone 53317722. You need your licence, bank details and car registration number. It is very easy!



Icons of the Greek Church

On the afternoon of May 21, the U3A community was treated to a wonderful presentation about the Icons of the Greek Church delivered by the retired director of the Ballarat Art Gallery Gordon Morrison.

The story of the icons of the Greek Church was one of the topics to be studied as part of the course on Byzantium which I was teaching for the first time this year but knowing Gordon's expertise on the subject I invited him to share his knowledge, not just with the Byzantium class but with the U3A community and their friends.

As a result we filled the hall for Gordon's wonderful audio - visual presentation and were treated afterwards to a delightful afternoon tea provided by the U3A catering team.

Gordon was so pleased by the enthusiastic reception he received that he has offered to come up to Ballarat later in the year to give a presentation on Constantinople. I hope we can find a date in the calendar for him.

Jill Blee

Tutor

Byzantium



SIT AND STITCH

Recently a small group of class members from Sit and Stitch travelled to Ararat, some by car and some by train to visit the TAMA Gallery. TAMA (Textile Art Museum Australia) is a public gallery specialising in textile fibre art and is open daily 10-4pm and entry is free.

TAMA a proud custodian of over a thousand artworks and objects including quilts, tapestries, basketry, embroideries, sculptures and weaving was established in 1968. We wandered through the gallery observing 3 Collections.

First Collection by Lisa Warp, after ever here.

Lisa Warp is a First Nation artist and curator of mixed cultural heritage, and her works include screen print on hessian, weaving, sculpture and body ornaments using feathers, seeds, grasses and bark.

Second Collection by Aunty Ellen Trevorrow, Weaving Through Time.

A large Collection celebrating a four-decade career of renowned Ngarrindjeri weaving including traditional fish traps, sculptures, garments and jewellery using dry rushes and grasses.

Third Collection included items from the TAMA Collection featuring articles of clothing made from merino wool.

We all enjoyed seeing the amazing and beautiful artworks and highly recommend a visit.

We had a delicious lunch together at the RSL Club before returning home, a great day out.

Margaret Copping, Tutor



Two of the Ballarat City Council publications. There are many more - look on the Ballarat City Council Website. The amount of support the City Council provide online is astounding. It's worth checking out!



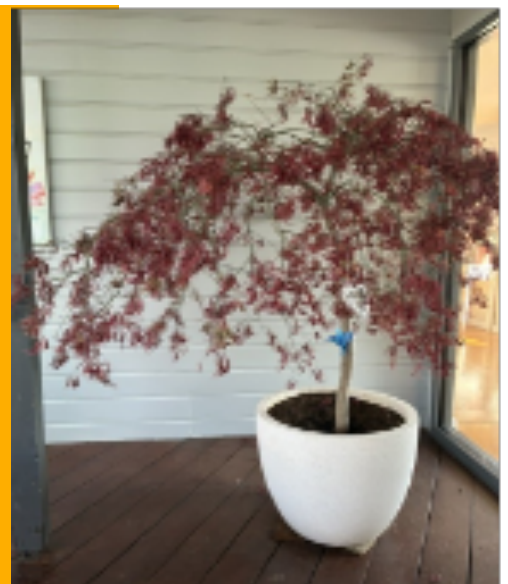
Did you know: that the Ballarat City Council have three seniors exercise parks?

Mount Pleasant Reserve
MR Power Park Reserve
Lucas central Park

Watch the video at https://youtu.be/aNgplJ8I_Kg

GARDENING TIPS - WINTER GARDEN

- Tidy up your pots, remove dead leaves, small dead limbs and feed. Some deciduous plants in pots can be stored under trees over the winter months.
- Tidy up your garden, get on top of pests, weeds, remove diseased plants, fruit from trees. Clean up garden beds.
- Feed and prepare your soil. Add some compost or manure to help soil recover from heavy feeding summer crops.
- Frost: if you are in a frosty area, healthy plants have more capacity to resist frost damage, so make sure they're well fed and watered. For a quick boost, use a liquid fertiliser every two weeks before frost hits.



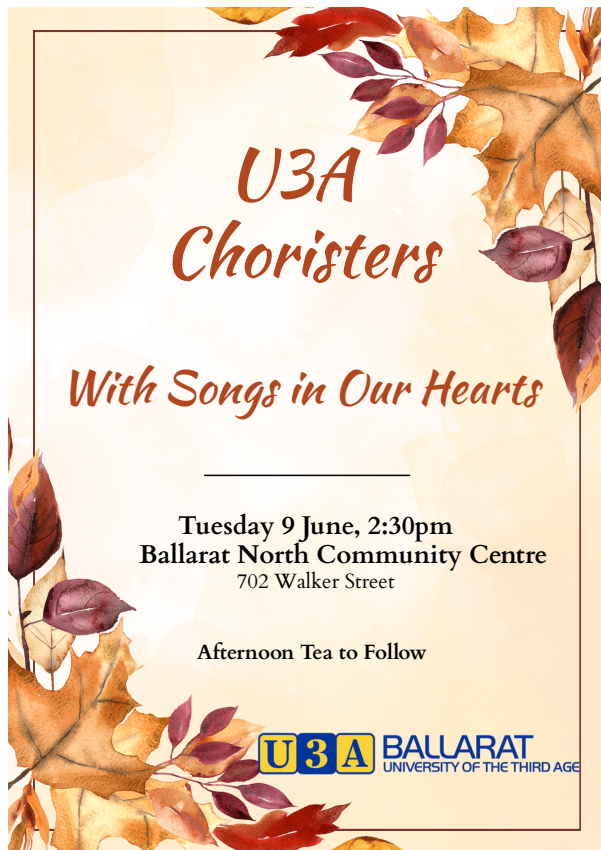
Coral Hiscock, Garden Interest Group

From the Editor

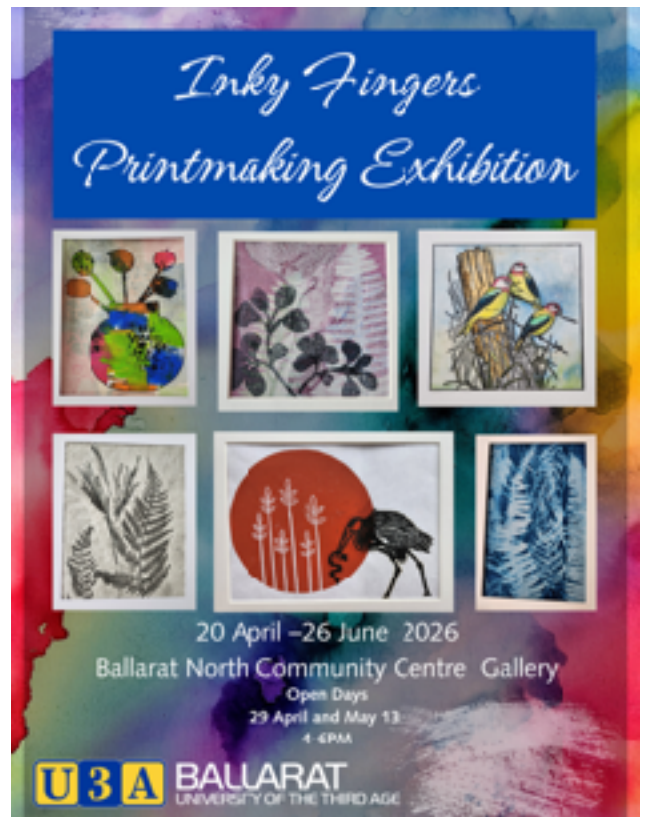
A very big 'thank you' to the Tutors and Convenors of classes who responded to my plea for help and sent in some information about what their class is doing. It would be great if each month some more class information was sent for inclusion in the Bulletin. Also some questions for our quiz section, gardening tips, and a recipe are all needed to make the Bulletin interesting and relevant. All material for the Bulletin needs to be in by Friday June 26 to Nina Netherway, ninan06@bigpond.com.

Nina

What's On



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



Make sure you come and view these stunning works which show the creativity and ability of our Print Class under Suzanne's watchful eyes. The exhibition closes on June 26!



U3A Office Hours Term 2 2026

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

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Prefer a Printed Copy of U3A Bulletins?

If so, please let Barbara Burnett know.

Ph: 0477 035 507

apollobay3377@gmail.com

Eggless Apple Cake

This is a good recipe if you have no eggs!

Cooking Utensil: greased 20cm round pan

Cooking time: 1 hour

Oven Temperature: 180

Ingredients

- 1/2 cup (125g) butter or margarine
- 1/2 cup (90g) brown sugar
- 1 teaspoon bicarbonate soda
- 1 teaspoon hot water
- 1 1/2 cups (200 g) cold cooked apple
- 2 cups (30 g) wholemeal self raising flour
- 1 cup (180 g) raisins
- 1 teaspoon cinnamon
- 2 tablespoons (30g) almond slivers



Method

- 1 Set the oven at 180 degrees
2. Cream butter and sugar
3. Mix soda and water. Stir in all other ingredients except almonds and mix well
4. Place in prepared pan. Sprinkle almond slivers on top and bake at 180 degrees for 1 hour
5. Cool on cake cooler
6. Very nice warmed with cream!

One of our new members made April's Vanilla Snap biscuits describing them as "absolutely delicious" They look it too!



During the winter months please take care as you go in and out of venues and cars. We have had several incidents of members feeling unwell or falling while on U3A activities. Please don't come to class if you feel unwell or have a cough or cold.



June Quiz

Recently the Australian History class had a talk about the history of G.J.Coles

Here are some of the things they found out!

1. Where was the first Cole's store in Victoria?
2. What was the first job George had in Australia
3. What was the first product sold in a Cole's store
4. What use did Coles market their hairpins for when fashion changed?
5. What fuel saving device did George have fitted to his Ford car during WW2



Answers to the Quiz

1. Daylesford
2. Confectionary maker
3. Lemonade
4. Anchor pins for Buffalo lawn runners
5. Gas Producer



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