



the BULLETIN

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Next Bulletin Deadline Sept.25, 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@bigpond.com

Miriam: ClassCoordinator@u3aballarat.org.au



Forthcoming Events 2026

Tuesday August 18

Movie & Lunch *Holy Days*

DTC, \$24, Book by August 13.

Wednesday August 19

New Members Morning Tea

10.00 - 11.00, BNCC Blue Room

Thursday August 20

U3A Ballarat AGM 2.00pm

Painting on Thursday Exhibition Gallery in the Hall

Open Day 19 August 4.00pm - 6.00pm

Saturday September 5 - Swap Tables are back!

10.00 - 11.00 at BNCC

Thursday September 10

Minstrels Tea Dance BNCC 2.30pm (see p.6)

Saturday October 24

Combined Music Groups Concert

BPAC (Neil St)



PRESIDENT'S REPORT



Concerts provide the performers with a focus on excellence that only a public performance can draw out. Brain research very clearly has shown that when performing music in a group setting the synapses fire like a personal firework show hidden inside the head. This is what draws forth the dopamine that creates the 'performance high'. It's a delightful sense of euphoria that sallies forth for performers (and even some audience members.)

On Sunday July 25, the U3A Ballarat Choristers and the U3A Ballarat Chorale performed at the St Pats Cathedral in the long running Ballarat Choral Festival. Two of the twelve choirs on the day, the U3A Ballarat choirs shone brightly illuminating the cathedral with song and joy. Both choirs produced high quality sound that set new benchmarks of expectation.

These performances follow a recent concert by the U3A Ballarat Choristers at BNCC. The U3A Ballarat Chorale and the U3A Ballarat Recorder Group along with 'Quintet' shared a dazzling program of entertainment recently. Last month the Celtic Band brought the BNCC Hall to life with a joyous afternoon of Celtic standards with some more modern tunes thrown in. The U3A Ballarat Ukelele Minstrels 'rocked the house' in their usual fashion. As they do the 'UkeMins' have been performing regularly at Aged Care homes across Ballarat throughout the year.

It was a super late afternoon event at BNCC when the Trivia buffs lit up the house at the annual U3A Ballarat Trivia Extravaganza. Elena did a great job leading the team of supporters who worked hard to make it a fun time for all. Some dastardly hard (read obscure) questions were encountered for many of us. Others with vast local historical knowledge probably thought some questions were easy. (It is a trivia event after all.) For some reason, the opening lines from the poem *Jabberwocky* by Lewis Carroll, summed up the night of hotly contested questions and answers:

*'Twas brillig, and the slithy toves
Did gyre and gimble in the wabe;
All mimsy were the borogoves,
And the mome raths outgrabe.*

Happy as I was to 'gyre and gimble in the wabe' with my Bridge companions all the way to the top of the podium, I felt everyone left feeling vindicated over at least one correct answer for which they fought.

This is my last Bulletin as President of U3A Ballarat. Whilst I have said so in my AGM Report, (Available on the U3A Ballarat website) I shall repeat it here: the members of U3A Ballarat. Each of you re-affirm the need for an entity such as ours. We connect, learn and laugh together in convivial companionship bringing joy and light into the hearts and homes of so many. Thank you for sharing your wisdom, skills, available time and friendship with others.

We are a high functioning organisation that is run completely by volunteers. Remarkable. My thanks to the Committee for their support. It has been an honour to serve as President of U3A Ballarat

Don

BERNARD CATRICE

Bernard was born in France in 1935 and even as a child he has memories that relate to Australia, the land that would eventually become his home. Bernard witnessed the ending of the war as a ten-year-old. "In 1945 we lived in a little town in the north of France, 5km from the Belgium border and saw many Germans fleeing after the Battle of the Somme." The Australian army had a significant role in that region and a lasting impact on the local population. "It took decades to repatriate many of the soldiers who were billeted with French families. Many eventually married and bought their French wives home to Australia, while others stayed and built their lives there."



Before WW2 the area was a significant wool growing and processing region, and when Bernard left school, he started work as secretary to the manager of a local wool company. He stayed for three years before being called on for his National Service where he served for three years in the Algerian War. He considers National Service to be worthwhile, teaching young people self-discipline, to accept authority and to be answerable for their own behaviour. On returning to civilian life as a wool buyer, Bernard's employers wanted to build their connections overseas. They offered him a choice of relocating to either Melbourne or Buenos Aires and he chose Melbourne as the more settled option.

At first, it was a challenge to learn Australian English and to adapt to wool auctions with pounds, shilling and pence. The Sydney manager assessed Bernard's skills by sending him on a buying trip to Brisbane. The hostess on the plane sat in the spare seat next to him and they got talking. This led to an exchange of numbers, they kept in touch, and eventually they married. Bernard's wife is a Queenslander, when he first asked her where she was from, she said Roma (in Queensland) so he thought she was Italian! Bernard's company provided trips back to France every three years, so his family were able to visit the Continent. Their three children still live in Melbourne and keep in regular contact, assisting with the garden or helping Bernard deal with modern technology.

Bernard continues to live a culturally rich life and is a valued member of the Ballarat community. In 2000 Bernard and his wife became members of the Ballarat Art Gallery and after studying Australian art, became guides for visitors. They continued with this role for eighteen years, showing visitors through the permanent collection and the special exhibitions. He continues to attend presentations and exhibitions where possible. In addition to his love of the visual arts, Bernard has a passion for classical music. Each January for ten days, visitors flock to Ballarat to hear classical music performed by the *Organs of the Ballarat Goldfields*. Between 2007 and 2014 Bernard was the President of the Festival committee, which he had been instrumental in forming.

The year 2000 was also when Bernard volunteered to teach French with U3A, a role which he has continued to undertake to the present day. In recent years he has been grateful to have Heather Tellis, "a wonderful teacher" work with him to teach their French class. "The interest and enthusiasm of the students, some of whom have been coming for years, is very rewarding." Bernard shares his interest not only in the language but in the history and literature of France. "I like preparing the lessons, the interaction with and the appreciation of the students. For my brain it is good, as my garden is good for my body." He seeks to teach French which is a balance between the Academie Francaise rules and the evolving modern expression. "Something in between, what I suppose is the prefect language and that is what I make sure the students learn."

Asked what brings him joy, Bernard said, "Everything! Don't worry about the little things, it will sort out, take joy in what you have. I have not had an easy life, but I have no regrets."

FRENCH CLASSES CELEBRATE BASTILLE DAY



French célébrations for Bastille Day at the Wendouree Community hub. The wonderful French food was provided by the staff at the Centre. Le Mot Juste and Pardon My French classes shared the festivities.

CO-OPERATION AND COLLABORATION AT THE SPECIAL SCHOOL FARM CAMPUS AND U3A

The teachers of the Special School Farm Campus were recently invited to visit our Workshop. Blake Gordon, Steve Walsh and Miriam Peck welcomed them and showed them some examples of the creative arts that are produced there. The teachers were impressed by Jo Koenan's large mosaic dragon wall plaque. They expressed gratitude for the woodwork and metal work that Steve is doing with some of the schools' students and asked if the program might in time be extended to more crafts.



Teachers from the Special School Farm Campus admire the work of Jo Koenan, Mosaic Tutor,

U3A BALLARAT FIBRE ARTS CLASS

co-tutored by BJ Johnson and Pauline Sleigh

The Fibre Arts class has well and truly settled in to the BGMAW (the Shed!) this year, and we've been having a lot of fun.

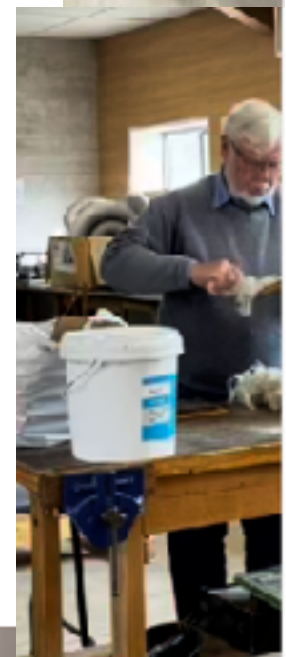
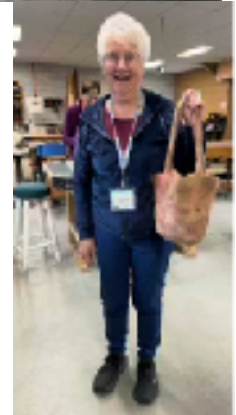
We began this year by studying wool, of course! We started with a fleece, examining its characteristics, and what works (or doesn't work) for our purposes. This included extensive discussions recognising that felting, spinning and weaving all can demand different things from the wool before we even begin to look at what we might be making and what that might require.

This introduction was followed by selecting parts of the fleece, washing, cleaning, combing and carding, and a bit of dyeing to add some colour.

The class runs with a reasonable degree of flexibility, and members have followed their particular interests in terms of fibre preparation, felting (wet, dry, and nuno), spinning, weaving, decorating, repairing and reconditioning some 2nd hand items. For the first part of the year, we have been running in two 'streams,' one being felting and the other, spinning and weaving, enabled by the great facility we have in the Shed. We've even had a 'field trip' to the GOR Woollen Mill in Burrumbeet to see the operations and talk a little 'alpaca.'

We are very fortunate in having an interested and interesting group, who are always bringing in and sharing their own interests and ideas. 'Show and tell' features frequently at the beginning of the class day as well as when various pieces are completed. The felting side of the group are showing here just a few examples from the various felted handbags and carry bags, vessels, and nuno felted scarves.

When we're in full swing, it's a busy place.





But we do have time to be a bit silly with half finished pieces!

We are having a lot of fun as well as learning a lot about fibre, and there are many new projects in the plans including various hats, maybe a lamp or two, and some pictures.

The spinning and weaving side of the class is just getting going, and will be able to show off some of their pieces later in the year.

Watch this space!

TUTOR APPRECIATION



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.

Regrettable 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.

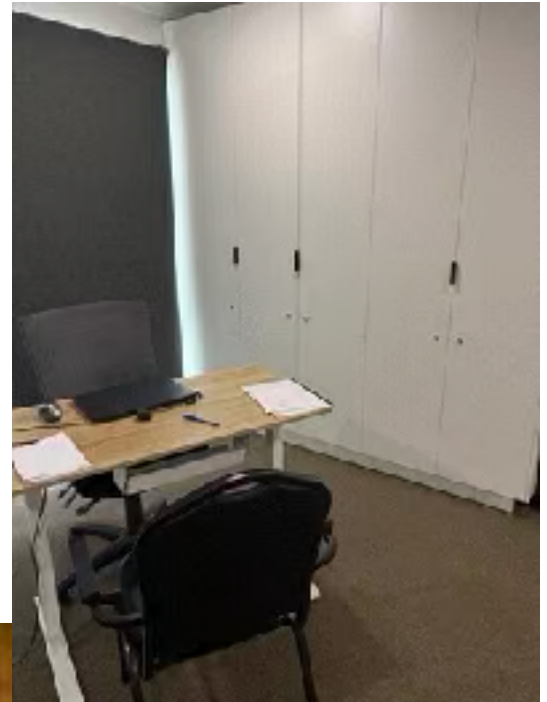
GARDENING TIP FOR AUGUST



HAVE YOU VISITED THE OFFICE THIS TERM?

Anyone who has visited the office since the holiday while have seen a big change. Bec, our Office Manager has been working extremely hard, in firstly planning the change, then organising the carpenter to do it over the holidays.

She now has the challenge of organising the cupboards so the office volunteers can find things!



DON'T FORGET THE AGM ON THURSDAY 20TH AUGUST AT 2.00PM AT BNCC.

SPEAKER - MATT GANNON FROM THE SPECIAL SCHOOL FARM CAMPUS WHERE WE HAVE OUR BGMAW

CHORISTERS WILL ENTERTAIN ALSO.

AFTERNOON TEA WILL FOLLOW



TO Our two choirs
- The **Chorale**
and the **Choristers** who
performed at the Choral Festival
held at St Patrick's Cathedral on

Sunday 26 July. They both presented beautiful items. It is great that the Chorale also included June Johnstone on recorder and Corrie Olsen on drum. These musical partnerships give further extension to the choirs repertoire.

The Choral Festival showcases many of the choirs that are in Ballarat and beyond. It is organised by the Church of the Latter Day Saints and our member Margaret Lenan Ellis. It was interesting hearing so many different choirs with different repertoires.

TO the **members of U3A** in some of the other choirs. It was a busy afternoon! But lovely music.

TO the **Celtic Band** for putting on a toe tapping/singing concert. The audience was a good choir and entered into the spirit of the program!



TO Class Coordinators **Miriam Peck** and **Leonie Benson** for holding a very worth while meeting of Tutors and Convenors. It was an excellent turn up and lots of questions were asked. Miriam talked about next year and the need for tutors and convenors for Summer School as well as normal classes. Health and Safety Policies were also on the agenda. It was pleasing to see so many tutors and convenors at the meeting.

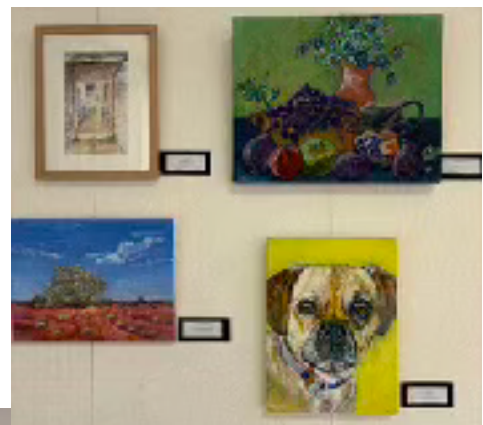




TO **Elena Tommasi** for the excellent **Trivia** afternoon last Thursday. It was terrific to see about 130 members all getting very keyed up about obtaining the correct answer to the questions Elena posed. Unfortunately the photographers were so busy collecting sheets or trying to work out answers that no photos were taken - but the hall at BNCC was crowded. Everyone brought their own nibbles and U3A provided wine and a punch. A happy afternoon was had by all - the winners being the Bridge Class with Wine Appreciation and Scrabble coming a tied 2nd place.

TO The **Ballarat City Council** - they appear to be finally moving on the rebuilding of Eastwood Leisure Centre! Security fencing has been placed around it.

TO the **Thursday Painting Class** for the wonderful exhibition of their paintings now on show at the Gallery in the Hall at BNCC. We have some very talented artists among us! Some paintings are for sale - some have already been sold. So don't miss out - come along on Wednesday 19 August between 4.00pm and 6.00pm when the gallery will be open for viewing. (See the flyer on Page 10 of this Bulletin.)



What's On

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

Annual General Meeting

**THURSDAY
20 AUGUST
2:00 PM**



Ballarat 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

Afternoon Tea to Follow

U3CA Chorale

Nostalgia Ain't What it Used to Be

**17 September 2026
2:30 PM**

A variety of beautiful songs and familiar favourites that will have you humming the melodies, singing along and tapping your feet.

Ballarat North Community Centre
702 Walker Street

U3A BALLARAT
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movie and lunch HOLY DAYS



When young Brian discovers plans to close a convent of delightfully eccentric nuns, he sets off with them on a wild road trip across New Zealand to save their home. Get Elijah, Gemelli, Judy Davis, Milani Marquise.

18 AUGUST - 11:00 AM

Showbiz Delacombe Town Centre

\$24 movie and lunch included

Sandwiches, slice, fruit, water and chocolate

Click on the link in the email to register no later than 13 August. Payment must be made at time of registration.

Art On Thursdays

13th July to 18th September



Open days 22nd July and 19th August 4-6pm
Ballarat North Community Centre

U3A BALLARAT
UNIVERSITY OF THE THIRD AGE

CHARLOTTE PINKSTONE'S CHEESY PUMPKIN & CARMELISED ONION SCROLLS

Makes 16, Prep 15 mins, Cooking 30 mins.

You need:

- 1 x 150 g tubs roast pumpkin, caramelised onion and cashews dip
- 4 sheets puff pastry, just thawed
- 11/2 cups(180gr) grated tasy cheddar
- 1 free range egg, lightly whisked

1. Preheat oven to 200C. Line a baking tray with baking paper. Spread the dip evenly over 2 pastry sheets, Sprinkle with the cheddar. Season.
2. Place the remaining pastry over the cheese layers and pinch around the edges to seal. Use a pizza cutter or sharp knife to cut each pastry sheet into 8 strings. Roll each strip into a spiral and arrange, cut-side up on the lined tray allowing room for spreading.
3. Use a pastry brush to gently brush each scroll with a little egg. Bake for 25 - 30 mins or until the scrolls are golden brown and cooked through. Transfer to serving platter. Serve warm or at room temperature



Thank you Barbara Burnett

U3A Office Hours Term 3 2026

Tuesday 10am-12pm

Wednesday 10am-2pm

Thursday 10am-2pm

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

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Bulletins?**

If so, please let Barbara Burnett



QUIZ - Group names of Animals - inspired by the Trivia Afternoon questions! Some have multiple words - one of which has been chosen

1. What do you call a group of apes?
2. What do you call a group of baboons?
3. What do you call a group of giraffes?
4. What do you call a group of hippos?
5. What do you call a group of zebras?

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.

QUIZ answers

1. Shrewdness of apes

2. Congress of baboons

3. Tower of giraffes

4. A bloat of hippos

5. Dazzle of zebras

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U3A BULLETIN

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