

Bayside U3A

UNIVERSITY OF THE THIRD AGE

Offices: Beaumaris Senior Centre
84 Reserve Road, Beaumaris (behind the library)
9:30am to 2:00pm Monday to Friday during term
(excluding Public Holidays)

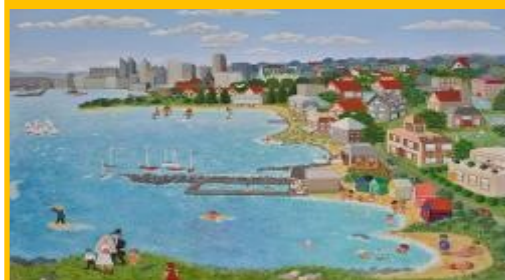
Old Brighton Court House
63 Carpenter Street, Brighton (behind the Town Hall)
9:30am to 12:00pm Monday to Friday during term
(excluding Public Holidays)

Telephone: 9589 3798 Mail: P.O. Box 7269 BEAUMARIS 3193

Email: baysideu3a@gmail.com

Web: www.baysideu3a.org

NEWSLETTER TERM 1 2020



2020 Dates:

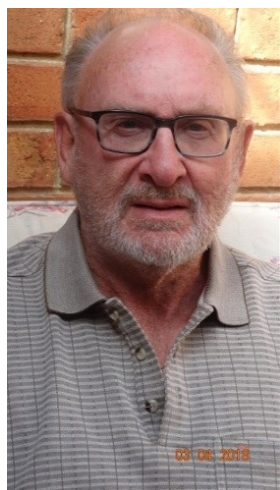
Term 1: 3 February - 27 March 20

Term 2: 14 April - 26 June 20

Term 3: 13 July - 18 September 20

Term 4: 5 October - 11 December 20

FROM THE PRESIDENT:



Dear Members

A heartfelt welcome to the BU3A 2020 year! The 2020 year has started very well with a record number of classes and a record number of members for the start of a year (over **1500** vs 1300 same time last year). We don't exalt in the numbers – we're just very happy to see how many have continued with us or have joined over the holidays.

Our 2020 Opening was held at the Beaumaris Senior Citizens on Friday 31st January – thanks to everyone who came and made it a special event (over 170 attended) on a very hot day! Our Membership and Marketing Subcommittee and other volunteers did a wonderful job in organising and running this event – many thanks to Deb Stephenson. Special thanks to all the volunteers and especially those cooking the sausage sizzle in very trying conditions.

Southern FM 88.3 conducted an 'outside broadcast' (from the billiard room) and Presenter Graeme Johnstone interviewed Deb Stephenson, Sue Steele, David Peake, Cheryl Threadgold, myself, and the Mayor Councillor Clarke Martin. Graeme's program is called Friday Magazine and is on Fridays from 9.00 am to 11.00 am each Friday.

Proceedings started at 11am and I introduced our Mayor Councillor Clarke Martin who 'opened the year' and updated us on goings on impacting us in Bayside – accompanied by the Council Director of Community and Customer Experience, Bryce Craggs, and Councillor Laurie Evans. Our supporters and sponsors James Newbury (State MP for Brighton), Brad Rowswell (State MP for Sandringham), Mandy Englehardt (Belle Properties/Hocking Stuart) and Irene Peoples (Bendigo Bank), showed their support by attending. I spoke about our need for volunteers (more below) and our Vice President Stephen Le Page gave us some insights on our plans and progress – including the annual hours put in by volunteers (including office and tutors) – 26,850 and 'student hours' - 171,250! Our Course Convenor Sue Steele gave us an update on enrolments, courses and classes – a very special thanks to Sue for the massive job in organising the courses, tutors, venues and class lists – almost all new member enrolments over the holidays were made online – which meant no break for Sue! and many thanks to Chris Logan and our office volunteers for processing all the renewals and new members – and of course to our tutors, those who have 'continued', and a warm welcome to new tutors – I'm sure you will get great satisfaction from your efforts.

2020 classes are now well under way and somehow a place and time was found for all classes – but we are now 'up against it' for classroom space.

Continued on the next page

FROM THE PRESIDENT (CONTINUED)

With a new year and record enrolments comes an ever increasing need for more volunteers to help run our U3A – a flyer was available at the Opening day but with not too many ‘results’. In particular this year we will have a larger turnover on our committee and subcommittees – we need more doers and leaders – please consider offering your time and talents!

Tony Aplin, President



BAYSIDE U3A ANNUAL GENERAL MEETING

THURSDAY 12th MARCH 2020

BEAUMARIS COMMUNITY HALL

12 noon followed by light lunch

You are invited to attend the Annual General Meeting which will be held in the Beaumaris Community Hall (behind Beaumaris Library) on Thursday 12th March at 12noon. The meeting will be followed by a light lunch served in the Beaumaris Senior Centre.

Bayside U3A now has over 1,500 members and 10% of the members entitled to vote are required to attend the meeting or nominate a proxy. Proxy forms are available from the office or on the website at www.baysideu3a.org

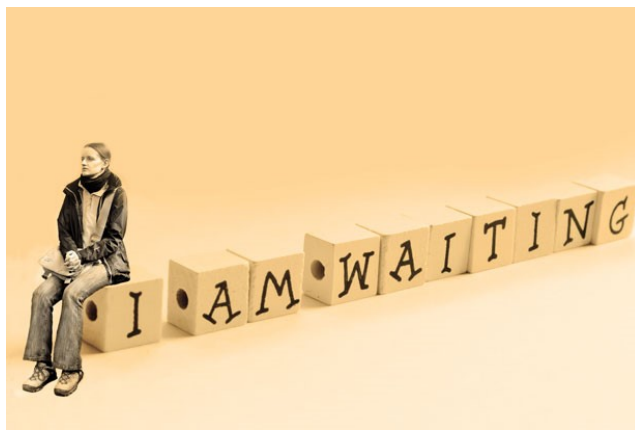
Please register your attendance by contacting the office by email on baysideu3a@gmail.com or ringing 9589 3798.

If you are unable to attend could you please let the office know to whom you would like to give your proxy. This can be another member or the secretary of Bayside U3A, Judy Sinclair.

Waiting Lists

Many classes have waiting lists. We work hard to keep class lists up to date, quickly removing people who withdraw, or who miss 3 classes without apologising. This lets us invite people from the top of the waiting list. It's not possible to invite everyone, sadly.

So, if your name is on a waiting list, don't attend class on the 'off chance' you can get in. This is not how it works and you will be disappointed to be turned away.



Happy Hour

Our Friday night Happy Hour starts again on Friday 20st March 5pm - 6pm at Sebastian's Food and Wine, 303 Hampton St, Hampton. Come along and meet the new committee for 2020.

COURSE AND ENROLMENT NEWS

Some great activities are coming up over the next couple of months so get your name in early if you want to attend one. We are working on some new beginners' language classes, so look out for them soon.



Introduction to Astrology 12pm to 2pm Mondays, 16th March to 18th May at Brighton Courthouse

Discover the essence and benefits of astrology, its philosophy and place in the modern world. *Course 20100*

Basics of Western Numerology 10am to 12pm Mondays, 16th March to 24th August at Brighton Courthouse
Numerology is easy to understand and needs only the birth date and name to interpret and describe the personality, its strengths and weaknesses. *Course 20099*

Car Treasure Hunt One day event. Sunday 22nd March

The second annual Bayside U3A Car Treasure Hunt is fast approaching. Members should book in teams of 2 to 4 people in a car, not as individuals, and indicate the members of their team and team captain. The event commences at a start point to receive instructions to follow a driving route. While driving the route, each team will seek answers to somewhat cryptic questions. It will take 3 to 4 hours of driving in an area near to Melbourne. There will be a BYO lunch at the end with the group, answer sheets will be scored, and a winning car determined.



Bookings close on Monday 16th March, after which instructions will be emailed to car captains. Please call Ian Lacey on 0414 930 164 for bookings/enquiries.

Course 200996

Retirement Issues for Couples full day Saturday 18th March from 10am at Brighton Courthouse

This one-day workshop provides a safe environment for couples to talk over the effect that retirement may have on their relationship. It's a strengths-based conversational program for 4-7 couples. *Course 20132*

This program will be repeated on Saturday 17th October

Fulfilment in Retirement - Half day workshop 1.30pm to 3.30pm Tuesday 31st March at Brighton Courthouse

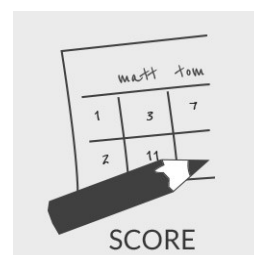
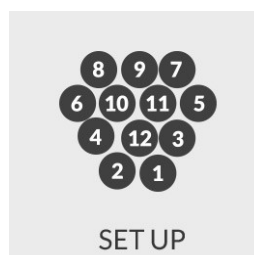
This will be an interactive afternoon. It will help you create focus for the years ahead and set a number of goals. Come along and share your thoughts. Bring pen, paper and a travel brochure. *Course 20035*

An Exploration of Modern Music - 1.30pm to 3.30pm Tuesdays 14th April to 23rd June at the tutor's home

Based around Greg's extensive collection, the course aims to achieve a deeper appreciation of modern music by exploring lyrics, instrumental arrangements, musical genres, and some of the network links and patterns that run between songwriters, artists and session musicians. *Course 20030*

KLOP: A fun variation on skittles *NEW* - 10am to 11.30am Thursdays from 16th April at Brighton Courthouse.

Created by a few burly woodsmen in the Finnish town of Karelia, it is said that they called the game 'Klop' due to the sound the wooden chuck made when it collided with the pegs. You line up 12 wooden pegs, have a short meet and greet with "Chuck", and then start hurling him towards the pegs. *Course 19077*



COURSE AND ENROLMENT NEWS (CONTINUED)

Our Adult Role in Helping Children Thrive - 12pm to 1.30pm Wednesdays 15th April to 24th June at Brighton Senior Centre.

This course aims to provide interactive learning and discussion, encouraging awareness and skills to support the emotional health and well-being of children.

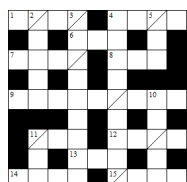
Course 20158.

Exploring Meaning in the Beatles' Lyrics - 1.30pm to 2.30pm Fridays 17th April to 26th June at Beaumaris Senior Centre

We will discover that the Beatles' songs are a private conversation in a public domain. We will explore how they started writing in this manner, the main topics covered and how the conversation reflected their personalities. *Course 20143*



Let's Solve Cryptic Crosswords *NEW* - 10.30am Fridays 17th April to 4th December at Brighton Courthouse



A small group solves cryptic crosswords together. Some knowledge of cryptic clues is preferred, this is a collaboration. It's fun and stimulates the brain. Bring along your lunch and join in the fun.

Course 20154

Creative Thinking *NEW* - 10.15am to 11.45am Mondays from 20th April at a Church Street cafe

Have you ever wondered what it would be like to re-capture that magic world of childhood? Well, we can all change our ways of thinking and remain young at heart. *Course 20157*

Creative



Thinking

Introduction to Croquet - 1pm to 3pm Thursdays 21st April to 12th May at Sandringham Croquet Club

Learn the basics of croquet. Coaching is for beginners who will be shown how to hit the ball and the strategy involved in hitting your ball through the hoops. \$5 per session for green fees *Course 20059*





Bayside U3A is a totally volunteer organisation.

Could you offer to assist with the running of Bayside U3A?

Are you willing to share your wisdom and working experience for the benefit of the organisation?

There are many areas in which you can help including:

- Committee of Management
- Office support
- Organising social functions
- Promoting and marketing the organisation
- Assisting with the Speaker's Programme
- Tutoring in your area of special interest
- Supporting tutors in classes and activities
- Maintaining the equipment
- Training tutors in the use of the equipment

To register your interest or for further details please contact the office by:

Email: baysideU3A@gmail.com

Phone: 9589 3798



We are very pleased to advise that the U3A Network is again a supporting partner to the Young at Heart Seniors Film Festival. Please see <https://youngatheart.net.au/> for details of the movies and cinemas.

At each of the 235 screenings a 30 second U3A advertisement will be shown. This is a great opportunity to get U3A right in front of our target demographic.

We want to make this festival a big success so please check out the program and support this festival. Network will be issuing a press release and conducting a competition on Facebook targeting the seniors' demographic.



The Sounds of The Bayside

TUNE INTO YOUR U3A

Southern FM 88.3 on the dial

Monthly on the fourth Tuesday, 3.00pm –4.00pm

Keep up-to date with all the happenings at Bayside U3A. Tune into interesting conversations with a selection of tutors, looking in-depth at what goes on behind the scenes and also exploring new subjects.

On Tuesday 25th February 3pm -4.00pm we have a selection under the theme

“LET’S GET PHYSICAL”

Margaret Clausen (Introduction to Golf Croquet)

Rob Coulson (Lawn Bowls)

Denis Young (Petanque for Everyone)

Join us each month for a different insight on your U3A!!

MAMMA MIA! 20th October 2019

What a performance! The CLOC Theatre's production of the musical MAMMA MIA! at the National Theatre in St Kilda was top class. Brilliant choreography and dancing, great acting and singing, and wonderful sets and costumes.

The theatre was packed and some people even came dressed in ABBA costumes. The audience was delighted to join in at the end, some standing and singing a few favorites finishing with 'Waterloo'. The 18 members of Bayside U3A were grateful to Deb Stephenson for organising the outing and a lunch beforehand at the Hemp Cafe in Barkly Street.

This year the CLOC Theatre will present PRISCILLA Queen of the Desert - The Musical. A booking has been made for Sunday 17th May at 2pm and a limited number of tickets are still available. Please let the office know if you would like to attend.



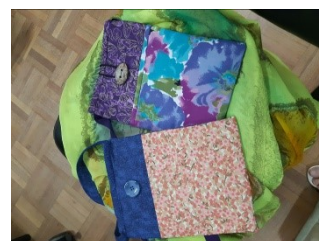
Creative Conversations

Our group met during the summer break and with tutor Jennie O'Reilly's guidance made these very handy shoulder bags.



These examples were completed by Susan McCarthy.

A small sample of the input from Creative Conversations to bushfire impacted animals. Bat wraps, koala mittens and Joey pouches resulted from the efforts of some of the group during term break



Bayside U3A Speaker Program - Australian Wildlife Conservancy (AWC)

On 18th February 40 people attended Highett Neighbourhood Community House to hear Bianca Friend, AWC Development Executive, describe the work of the Conservancy at multiple sites around Australia. The AWC gathers and reports the evidence which demonstrates the effectiveness of their work in saving some Australian natives from extinction and increasing the numbers of others under threat. The AWC website has further information <https://www.australianwildlife.org/>

Guests had many questions for Bianca, and then stayed on to enjoy the delicious supper.

The speaker program is supported by Bayside City Council.

ARE YOU A SUDOKU WHIZ?

A number of our members have expressed an interest in having a few sessions on how to complete a sudoku.

If you are interested in running a short course on this please contact Sue Steele through the Bayside U3A office - baysideu3a@gmail.com

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



Let's Do Dinner

Highett RSL on Saturday 1st February

Thanks to all the new faces who booked into our first dinner for the year! Even though the kitchen service let us down badly, we hope to see everyone back again next month.

Despite the glacial speed of food service, the quality was reportedly up to the usual high standard. The restaurant staff have sincerely apologised for the muddle in the kitchen on the night.

We have another RSL planned soon when major renovations at the Hampton RSL are complete!

In the meantime, please join us at the Bentleigh Club on Saturday 7th March. Further details will be emailed to those enrolled.

Convenor, Karen Hall 0402 891 183



YOU ARE INVITED TO ATTEND THE OPEN DAY OF




The Sounds of The Bayside

Local Community Radio Station 88.3 Southern FM are having an Open Day on Saturday 29th February from 11.00am to 3.00pm with a sausage sizzle.

The address is 2 Parliament Street Brighton. All are welcome to drop in and see how 88.3 Southern FM broadcasts and you too can be on radio.

COMING UP:

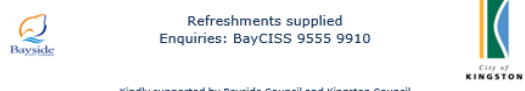
We would like to inform you of two upcoming events this March which open up the conversations on Elder Abuse and Living with Adult Children. Bookings are recommended for both events.



Bayside Community Information & Support Service Inc.
in conjunction with
Southern Melbourne Primary Care Partnership
invites
Community members and interested professionals
to join us in a conversation about the

Prevention of Elder Abuse
Thursday 19th March 1.30-3.30pm
Castlefield Community Centre
515 Bluff Road
Hampton

Bookings: <https://www.trybooking.com/BHCWE>
Refreshments supplied
Enquiries: BayCISS 9555 9910



Kindly supported by Bayside Council and Kingston Council



LIVING WITH ADULT CHILDREN

HAS YOUR ADULT CHILD RETURNED TO LIVE IN YOUR HOME?

It is becoming more common for adult children to return home to live with their parents.

Living as an extended family can be a joyful experience, however there is potential for new living arrangements to become difficult for the older person.

This forum will provide practical tips on:

- how to communicate your expectations to your adult child
- how to draw healthy boundaries
- protecting your independence, including powers of attorney
- help when things don't turn out as planned

EVENT DETAILS

Date Tuesday 24 March 2020
Time 1:00pm - 3:00pm
RSVP By Tuesday 17 March 2020
 Tracey - 8587 0142
tbolitho@smcp.org.au
<https://living-with-adult-children.eventbrite.com.au>

Cost Free - afternoon tea provided
Venue Kingston City Hall - Function Room B
 979-985 Nepean Hwy, Moorabbin VIC 3189



The Elder Abuse Prevention Networks are supported by the Victorian Government.

Prevention of Elder Abuse - Thursday 19th March

A trained representative will facilitate the conversation at Castlefield Community Centre, 1.30pm-3.30pm. Light refreshments will be provided.

*Bookings are recommended on line via Eventbrite at <https://www.trybooking.com/BHCWE> or call BayCISS on 9555 9910 for further details.

Living with Adult Children - Tuesday 24th March

Bayside and Kingston Councils welcome your attendance to the forum 'Living with Adult Children' at Kingston City Hall, Moorabbin, 1pm – 3pm. There will be tips and advice on sharing your expectations with your adult child and protecting your own independence. Light refreshments will be provided.

*Bookings are recommended by emailing Tracey on tbolitho@smcp.org.au or book on Eventbrite at <https://living-with-adult-children.eventbrite.com.au>

ADVANCE NOTICES AND DATES FOR YOUR DIARY

Wednesday 19th February to Wednesday 4th March - Young at Heart Seniors Film Festival

Thursday 12th March - Annual General Meeting

Beaumaris Community Hall 12noon followed by a light lunch. RSVP

Friday 20st March - Happy Hour

5pm - 6pm at Sebastian's Food and Wine, 303 Hampton St, Hampton

Sunday 22nd March - Car Treasure Hunt

See page 3 of this newsletter for details. Enrol and get together a car load for a fun picnic day

Sunday 17th May - CLOC Theatre - Priscilla Queen of the Desert

There are a few tickets still available. Let the office know if you are interested in joining the group that is going. \$50 a ticket.

If you have a suggestion for a social activity that you would like to see offered at Bayside U3A, please email to the Membership and Marketing Subcommittee using the Bayside U3A email address.



THANK YOU

Thank you to the Membership and Marketing Sub-Committee members and the volunteers who supported them with the very successful Christmas Morning Tea and the Opening Day.

The teams were so busy at both these events that they forgot to take photos. If anyone has photos from these events please email them to baysideu3a@gmail.com.

Thank
You!

First Aid Training

59 members participated in the First Aid for Seniors session conducted by Sean Ornellas of 1SDO Training. Sean covered the topics of resuscitation, CPR, use of the defibrillator, diabetes, stroke, asthma, allergies, anaphylaxis, bites, falls and fractures, choking, dementia, applying a tourniquet, panic attacks, heat exhaustion and self care.

Following the very positive feedback from the attendees, we are planning another session to run late June. The charge will be \$10 per attendee.

Watch for information.



NEWSLETTER

Thank you to all our members who have helped to create our great newsletters through the year. It is always a delight to receive your articles and photos. Any contributions, feedback or ideas for future newsletters will be gratefully received. The next newsletter will be published in Term 2 2020.

Please email to baysideu3a@gmail.com - attention Newsletter Editor.