

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)

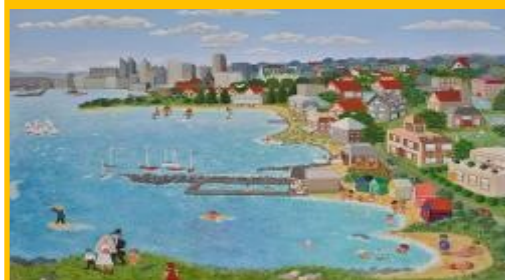
Brighton Court House
75 Carpenter Street, Brighton (behind the Town Hall)
9:30am to 12:00pm Monday to Friday during term
(excluding Public Holidays)

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NEWSLETTER TERM 2 2019



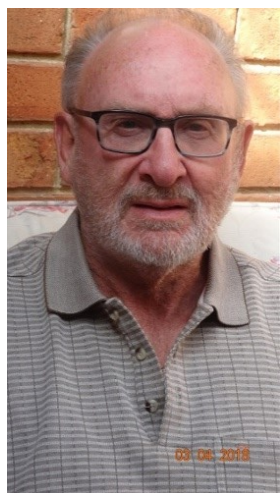
2019 Dates:

Term 2: 23 April—28 June 19

Term 3: 15 July—20 September 19

Term 4: 7 October—13 December 19

FROM THE PRESIDENT:



Dear Members

We are into Term 2 already and our widely varied activities continue apace. The notable event of this last term was our AGM held on Wednesday 14th March with a record attendance and also record proxies. We hired the Community Hall in the Beaumaris library building to allow for the expected numbers yet we still needed more chairs from the Senior Centre. We were lucky with the fine weather. A sandwich lunch was enjoyed by many under the trees between the buildings.

Our Mayor, Councillor Michael Heffernan, brought us up to date with Council items that impact us and a number of other guests attended. We thank them for their interest. The committee elections were straight forward. I have been re-elected for another year, as have our Vice President Stephen Le Page, Secretary Judy Sinclair and Treasurer Robin Douglas. Twelve members were elected as Committee Members – including Sue Steele (Course Convenor), Chris Logan (Office Team Leader) and Deb Stephenson (Chair

Membership and Marketing subcommittee). The other continuing committee members are Geoff Rolls (MMC), David Hone (immediate past President), David Peake and Trish Smyth (Grants subcommittee), Sara Lloyd (Minute Secretary), Vlad Metter (BCH officer) and Karen Hall. We welcome two new faces – Howard Brownscombe and Alina Skoutarides. It goes without saying that all our committee members work very hard on your behalf and many are also tutors and committed students in various classes.

Besides the usual business, a change to our Rules was passed that empowers the Committee to set the next year's annual subscription later in the year. The Model Rules dictate the following year's fees needed to be set/approved at the AGM which in our case is some nine months before the new year. Not wanting to move our AGM to later in the year, we have adopted a change used by other U3As that allows the Committee to set the fees no later than 1st October. This allows plenty of time to advise Members before renewals are due.

We have had one Committee meeting since the AGM and two items are worthy of mention. Deb Chaves, Principal of the new Beaumaris Secondary College, attended and we discussed how we might mutually work together, including the possible use of College facilities. I reported that I had attended a Council meeting and spoke in support of reducing single-use plastics in the community and specifically in Council owned or controlled premises. I'm sure the Council will be announcing more on this very soon.

One of our major longer term goals is to obtain good premises for Bayside U3A in Hampton. This has been referred to as our future 3rd hub. A significant redevelopment of community facilities has been under discussion for some time. As part of this process we will be attending and participating in a Key Service Provider Workshop in early May.

Tony Aplin

COURSE AND ENROLMENT NEWS

There are some really interesting activities coming up over the next few months so get your name in early if you want to attend one.



Basics of Western Numerology - Monday 3rd June to 9th September at Brighton Courthouse

Numerology is easy to understand and needs only the birth date and name to work with. It can provide the ability to understand, interpret and describe the personality, its strengths and weaknesses. Additionally, personal growth can be traced using current and future year numbers and years of maturity.

Course 19047

Card Making - from Friday 7th June at Beaumaris Senior Centre

Make birthday cards, thankyou cards and invitations personalised for friends/family. We will use special stamps, cut out images, punch interesting shapes. There is no set format. Be as creative as you like. No drawing ability required. Even if you were pretty hopeless in art at school you will really enjoy making something to be proud of.

Course 19160.

Introduction to Astrology - Monday 3rd June to 5th August at Brighton Courthouse

Discover the fundamentals and benefits of astrology, astrology history, horoscope symbolism and forecasting, examples of other techniques and astrology in the modern world.

Course 19046

Introduction to Golf Croquet - Wednesday 7th to 28th August at Brighton Croquet Club

Golf Croquet is an exciting version of croquet that is a quicker, simpler version of traditional Association Croquet. Each side plays alternate strokes and each tries to be the first to score the next hoop. When a player scores a hoop, all play moves on to the next hoop. The first player to score seven hoops wins the game.

Course 19078.

The Life and Works of Robert Law - Tuesday 2nd and 9th July at Brighton Courthouse

Robert Law was the Chief Assayer and Refiner at the Royal Mint Melbourne. He lived in Brighton from 1898 until his death in 1930. He was a keen amateur photographer and took thousands of photos of Melbourne and Victoria and other places of interest. Many of these fascinating images will be shown during the presentation.

Course 19052

Modern Music - Melody and Meaning - Tuesday 16th July to 24th September in 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, and some of the network links and patterns that run between songwriters, artists and the industry generally – through the development of music from its folk, blues and pop roots. Each session will be a mix of listening to songs and discussion – a bit like 'book club' for music.

Course 19060

Motivation to Refocus Your Life - Tuesday 9th July, 23rd July and 6th August at Brighton Courthouse

An interactive look at where you are now in terms of 10 key areas of your life and at setting a number of personal goals in each. The key areas include Self Esteem, Health and Physical Exercise, Family, Education, Downsizing, Financial, Social, Holidays and Community Service. Ian has found running this course over the last four years, that it highlights life is a journey with many ups and downs for us all.

Course 19162.

COURSE AND ENROLMENT NEWS Continued

Numerology: Discovering Your Life Purpose - Wednesday 17th July to 21st August at Brighton Courthouse

Expand your awareness and become master of your own destiny through the science of numbers, using the Pythagorean method. The birth numbers can identify the personal destiny of each and everyone of us, together with the various lessons that lie ahead at different stages of our development. Through analysis of our birth numbers, we can reach an understanding of who we are and what path we should be taking on our journey through life.

Course 19045

Write your Memoirs - Tuesday 16th July to 3rd September at Black Rock Civic Hall

During this popular 8 week program we will explore what is a memoir compared to a biography. Work out what type of memoir we would individually like to leave behind. Start to plan the form of our memoir. Think about who is our audience. Decide on the form of our memoir, how is it going to look. Work out the printing format and how to publish our memoir. Will we include photos and what sort of front page should it have. Finalise our project.

Course 19157

Can You Help Us Out?

Have you thought about volunteering to run a U3A course but don't know where to start? One way is to offer a short course, say 3 to 6 sessions. This enables you to gauge interest - yours and participants - without too much effort or commitment. Another way, that also relieves our waiting lists, is to start an additional stream of a popular activity such as a walking group. We have resources to help you get started and willing class members.

Winter is Coming

Please do not attend classes if you have a cold and are coughing or sneezing. As we get older we are all more susceptible to catching things.



Bayside U3A Radio Program

The monthly Bayside U3A segment on Southern FM 88.3, your local community radio station, was held on Tuesday 26th March and 23rd April.



Pauline O'Brien presented the programs with the March session being interviews with Stephen Le Page, Sue Steele and Alina Skoutarides. Stephen gave an excellent background to Bayside U3A and each person interviewed talked about courses on offer, the courses they tutor and also those they participate in. The interviews were interspersed with music chosen to reflect the courses that were discussed. Sue talked about our wonderful tutors, waiting lists and the management of these, upcoming events such as the Wimmera-Mallee Silo Art Trail Tour.

The April session was a focus on 'exercising the mind and body' and was co-presented by Pauline and Stephen. They interviewed Helene Redding (Balance and Bones), Danielle Andrews (Hatha Yoga) and Anna Wonneberger (Tai Chi and Qigong). These tutors shared with the listeners the background to the programs they offer and their benefits.

So tune into the The Bayside U3A Community Hour on the 4th Tuesday of the month from 3:00 to 4:00 pm. The next 3 broadcasts are on Tuesday 28th May, 25th June and 23rd July 2019.

If you are interested in learning how to work the panel and being a presenter on our monthly program please contact the office.

Write Your Memoirs

Sitting around the table was a microcosm of Australia today.

Memoirs of life or heritage in Sri Lanka, then known as Ceylon, Jamaica, Poland, Czechoslovakia, Germany, mainland China, 3rd and 4th generation Anglo Celtic Australians from South Australia, NSW and Victoria and the clincher, a proud life long Black Rock resident, led to stories of lives lived very much differently. Tales of sadness, hardship, joy and happiness were written and shared around the table. We were a group who had experienced such change and history making events and it was apparent how valuable these stories were and so important for our descendants to know.

From the responsibilities expected of young secretaries, teachers, nurses and those whose childhoods were spent working in family businesses, to being trailblazers in the union movement, aero industry and medicine, to events which had shaped us, it was obvious what interesting lives we had led. All of the myriad of our life experiences were adroitly managed by our tutor, Geri Colson, who encouraged us all to unlock those wonderful memories from our heads and record them, so others may know and learn. All was done in a spirit of comradeship and good fun. In fact, everyone enjoyed the classes so much they were unanimous in their disappointment that the course was finishing.

So, don't keep your memories in a safety deposit box in your head. Enroll in the Writing Your Memoir class and be prepared to have a stimulating and enjoyable time.

Helen Graham



Beaumaris Wine Appreciation

Our class members tasting and rating some of the wines selected for their tasting pleasure. Always a hard task to pick a favourite!



Bayside U3A Writers Group

2019 is shaping up to be another productive and enjoyable year for the Bayside U3A Writers Group.

New short stories have been added to the group's Armistice Centenary commemorative website in time for ANZAC Day, edited by Martin Playne, Jan Storey, Martin Curtis and Cheryl Day. Poetry is edited by Geoffrey Dobbs and Norah Kaplin.

One of Bayside Council's Artists in Residence, Hayley Lawson-Smith, visited the group in March to discuss an intergenerational project. In response to Hayley's visit, writers have written letters from a mature-aged person's perspective, addressed to a young person. The younger generation will reply to the letters and Hayley hopes to incorporate these older voices into a youth drama project scheduled for later this year.

In June, Bayside Council Artist in Residence, author Melissa Manning, will visit the group to workshop a radio play and poetry adapted from her short stories. This radio play and others will be recorded using local actors later this year for broadcast on 88.3 Southern FM.

On the third Tuesday of every month at 9.15am, a Bayside U3A Writers Group radio play is broadcast in Pauline O'Brien's program Community Capers on 88.3 Southern FM.

Convenor of the group Cheryl Threadgold said, *'The Bayside U3A Writers Group of 2019 features a wonderful, diverse group of talented writers who creatively inspire each other by sharing written material, knowledge and feedback on fellow writers' works'.*

The Armistice Centenary tribute website address is: www.armisticetribute.org.au

Pedal for Pleasure

Our April monthly ride was on a lovely sunny day just before Easter. 8 cyclists met in Mordialloc and cycled the Long Beach and Peninsula Link Trails to Seaford where we enjoyed coffee at The Spanish Bar. Most of us rode back to Mordialloc using the Seaford Wetlands Trail, crossing Patterson River at Carrum and then the Long Beach Trail again. It was a most enjoyable and relaxed ride.

Deb Stephenson



Bayside U3A Car Treasure Hunt

Sunday 14th April was warm and sunny, and 10 competing cars with about 30 U3A members started from Somerville at 9 o'clock on this fun event. A challenging course had been set, instructions given to each car and they set off to follow the course and pick up answers to cryptic clues, all within a limited timeframe.

The course went through Hastings, some beautiful quiet backroads near Red Hill, with great views, almost to Flinders, back via Main Ridge and finished at the beautiful Devilbend Natural Features Reserve near Tuerong. The course and clues were tricky, and the cars started to arrive at the finish point about 3 ½ hours later. One of the requirements was to walk around the café near the Hastings Jetty to seek answers; and another was to take an 'artistic' photo of letterboxes on Stumpy Gully Road.

A picnic lunch in lovely surroundings was enjoyed by all while the driving, navigation and answer-seeking experiences were shared. The answer sheets were marked and the 2019 Car Treasure Hunt winners were proudly announced. Congratulations to Wendy and John Egan and Wendy and Brian Roulstone who received the Easter Basket. They obtained 65 points from a maximum of 73 - well done!

This was the first of these events for Bayside U3A. It was such a success that organiser Ian Lacey has promised to do it again (but a different course, of course, next time!)

The inaugural winners



One of the 'artistic' photos



Marking the answer sheets



Sculpture Group plans for Second Term

The U3A Sculpture Group meet Friday morning 10am to 12noon at the Brighton Senior Centre. It is a workshop with members producing a variety of sculptures.

The program for the 2nd Term is:

- Sculpture from found objects. This is a shared activity with everybody bringing found objects and making sculptures from them.
- Sculpturing a wall plaque with clay (clay supplied) and making a casting using plaster and moulding, with the final sculpture in plaster or concrete (instruction provided).
- Sculpturing a bust from clay and producing a plaster mould and casting.
- End of term visit and lunch to a Sculpture Gallery.
- Presently we have eight members and vacancies for another six.



Limestone Sculptures by U3A members



Visit to Pt Leo Sculpture Park

Tuesday Walking Group

Our Bayside Tuesday Walking Group participates in walks all around the Bay and the Bayside area every week. Walks are normally around 5 to 6km, with a coffee stop and chat on the way.

This week we visited Williamstown to walk the Williamstown Botanical Gardens, the foreshore and to investigate the old timeball tower. We were very fortunate to arrive at the tower while it was open for maintenance and met Neil (Parks and Gardens rep) who gave us a quick run-down of the tower's history. (See photo).

The tower was built in 1852 out of basalt/bluestone, is 22m high and was used as a lighthouse. The timeball on top was originally located in the Flagstaff Gardens but was moved to the Williamstown tower in 1858, where it operated daily until it was decommissioned in 1926. In 1989 the timeball was restored and the timeball now operates daily at 1pm. Back in the good-old-days before modern technology the timeball was used to provide a visual signal to ships in port when it was 1pm each day (so that clocks on ships coming into port could be set to local time, and their navigation systems could be adjusted to match). The ball on the top of the tower would be raised at 12.55pm, then lowered at 1pm. Ingenious, eh?

Our second photo shows our intrepid walkers who braved the mad traffic to reach Williamstown. Our numbers were way down this week (school holidays as well as dreadful traffic) but we all managed to have a super time in Williamstown.

Jane Alcorn
Group Leader



French Conversation

At our Wednesday morning French Conversation class we have been informed and entertained as each of our members has delivered a presentation in French (of course!) on a topic of his or her choice. French music, food, markets and philosophers are some of the topics which were explored. Others were the creative pursuits of our members themselves or places they have visited.

We were also most fortunate to have two guest speakers who challenged us with their fascinating presentations in French.

We are all working hard to improve our oral and aural French skills, as well as our understanding of the French culture.

Sue Fitzgerald

Current Affairs Discussion



The Thursday afternoon Discussion Group recently welcomed guest David Southwick MLA the member for Caulfield.

A very lively discussion was had with particular attention to his shadow portfolio embracing police and corrections. This was very appropriate as the group meets at the Old Brighton Courthouse.

Health Benefits of Dance

Research shows that more seniors should consider dancing, not only as a fun pastime, but also as a method for keeping their minds and bodies active.

A number of studies have shown dancing is good for your health as it:

- * **Minimizes Symptoms of Depression**
- * **Improves Strength and Balance**
- * **Reduces Joint Pain and Stiffness**
- * **Protects Your Heart**
- * **Defends Against Dementia**

Dancing happens to be a universal form of exercise and recreation as well. Seniors with conditions like Parkinson's disease, dementia, cancer, arthritis, asthma and heart disease can all participate. Research into using dance as a therapy for each of these ailments has unearthed a host of advantages and very few risks. However, it's always important to clear any exercises with a doctor before beginning a new regime, especially for those with pre-existing health conditions.

We have several classes involving dance and music. The classes are well equipped with video dancing music and video clips to help us learn to dance. Unfortunately some classes have currently closed their waiting lists but we are continually revising these lists as the opportunity arises.



Let's Do Dinner



We had an 'interesting' time at Le Phan Vietnamese restaurant in Sandringham on Saturday 6th April. The menu was changed from Banquet to A la carte in the previous week due to small number of acceptances. However, in the communication process to request pre-orders, many missed the message. This resulted in a booking for 12, with 20 attending. Quite the challenge for a small restaurant on its busiest night. We were 'cosy' to say the least with an additional table set at the last moment. The restaurant did its best with limited staff but many dinner orders were delayed beyond hunger limits and patience levels.

Paula Lane surprised us with further entertainment by spraying champagne (accidentally of course) to celebrate purchase of her new home that morning. Congratulations Paula!

A particular thank you to Jenny Bayliss who determinedly calculated our preliminary bill and reconciled same with the frazzled waitress.

Our next dinner is booked for the Bentleigh Club. We anticipate no issues with food orders or delivery this time. And I will find a more reliable system of verifying RSVP's!

Thanks for your attendance and lively participation everyone.

Karen Hall



Happy Hour Every Friday **5pm—6pm** at Milanos Brighton Beach. **Note time change.**

Bring a friend and stay on for dinner. This is a great opportunity for new members to meet other members.

There is always a committee member there, so no need to worry that you will be on your own. It is great to see so many of you going on a regular basis.

Bayside U3A AGM

What a great turn out for the AGM this year! Thank you to those of you who came along and also to those who filled out proxies. With a membership of nearly 1400 and 10% of members/proxies required at an AGM, we did ourselves proud.



Fundraising Morning Tea

Bayside U3A annual fundraising morning tea will be held at Beaumaris Senior Centre on Wednesday 17th July 10:30am – 12:00 noon in support of Southern Family Life Bayside. A speaker and entertainment have been organised. Tickets will be \$10 a head. Attendance will be capped. You can register/enrol through the Bayside U3A website or put your name on the list in either office as soon as possible. Payment can be made at one of our offices by cash/cheque or by direct debit to the Bayside U3A bank account with reference being surnameFMT.

Could all members please consider prizes for a raffle – approach your allied health therapists, beauty salons, local shops, etc. These can be left at either of the offices clearly marked as being for the Fundraising Morning Tea.

Bayside U3A needs more teapots so we can continue with the tradition of using these at our morning teas. We would appreciate donations.



Ban on Single Use Plastics

Bayside City Council has committed to eliminating the use of single-use plastics within the Bayside Corporate Centre and its libraries by the end of the 2018/19 financial year and community centres by 2019/20.

Council is already supporting behavior change within the community to reduce dependency on single-use plastic through:

- installation of water bottle re-filling stations along the Bay Trail, encouraging users to bring re-fillable bottles and adopting a three-year program to install more drinking fountains
- Continuing to advocate to ban plastic bags, including information on Council's website to avoid excess packaging
- Development of a 'Reducing Plastic Waste' webpage
- Providing facilities for collection of soft flexible plastics that cannot be recycled in the kerbside recycling service at the Bayside Corporate Centre and the Beaumaris Library
- Supporting Council staff with Keep Cups and encouraging local use

DONATIONS NEEDED

Bayside U3A is in need of teaspoons so that we can remove all the plastic spoons from our drawers and ensure we have plenty of teaspoons for our morning teas. If you have any surplus teaspoons in your drawers please bring them in.



NEWSLETTER

If you have contributions or feedback for any issue of the newsletter, please email to baysideu3a@gmail.com - attention Newsletter Editor. We would appreciate articles and photos of the courses you are undertaking.



We look forward to your participation in sharing news and events with our members. The dates for the 2019 newsletters are:

Issue Period	Term starts	Copy Deadline	Sent Out
Term 3 2019	15-07-19	29-07-19	08-08-19
Term 4 2019	07-10-19	21-10-19	31-10-19

Collecting plastic bottle tops

Envision is a small community focused organization who are close to being able to start printing usable prosthetic limbs from waste that is currently going to landfill.

They need schools, business and people in the community to help them reach their first target in collecting 1,000,000 bottle tops.

Next to plastic bags, plastic bottle tops are one of the top polluters of the oceans and environment. They create micro beads which enter the food chain and pollute our beaches. With this project they aim to collect 1,000,000 bottle tops to recycle them into, Prosthetic Hands, Disability Aids, STEM training tools, and Aged Care gadgets.

Bayside U3A has collection boxes at each office. Please separate your plastic bottle tops from the bottles and bring the tops to us.

Check out their website <https://envision.org.au/envision-hands/>



Conversations for Couples about Retirement

Look out for this Saturday workshop which will be offered in October. It offers opportunities for couples to talk about some of the fears and hopes facing us as couples in retirement.

The workshop will focus on:

- What each partner is hoping for in retirement, how that will affect their partner, and how their partner's expectations may affect them
- The achievements of the couple so far, and how some lessons from the past can provide guidance for future challenges
- How the couple will deal with some of the predictable needs of family members and close friends
- How the couple could deal with a serious illness of one or both partners, how they expect the surviving partner to deal with the death of their mate
- How the couple imagines they will manage their resources into the future.

Couples who have attended previous workshops speak very highly of the facilitators and of how much they gained personally from participating.

More details will be provided in the next newsletter and in an e-bulletin.

ADVANCE NOTICES AND DATES FOR YOUR DIARY



20th May— the start of Volunteers Week

17th July— Fund Raising Morning Tea

5th — 7th August — Bayside U3A Silo Art Tour of the Wimmera-Mallee

8th September — Beaumaris Concourse Car and Bike Show

1st- 31st October—Victorian Seniors Festival

3rd—5th October—Art and Craft Exhibition

Watch for news of our Art and Craft Exhibition and start preparing your entries

6th — 13th October—Free Public Transport for Victorian Seniors Card Holders

5th November— Cup Day at Bayside U3A

Mark the date in your calendar and watch for news about our upcoming 2019 Cup Day Function

5th December—Christmas Morning Tea

Make space in your diary for our annual Christmas Morning Tea.

This year it will be held in the Brighton Town Hall

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 Committee using the Bayside U3A email address.

CLASS LOCATIONS

Beaumaris Community Centre

90 Reserve Road
Beaumaris
(in the library building)

Beaumaris Senior Centre**Bayside U3A Office**

84 Reserve Road
Beaumaris (behind the library)

Black Rock Civic Hall

Cnr Balcombe Road & College Grove
Black Rock

Black Rock House

34 Ebdon Avenue
Black Rock

Brighton Courthouse

75 Carpenter Street
Brighton (behind the town hall)

Brighton Croquet Club

6 Bleazby Avenue
Brighton

Brighton Senior Centre

Cnr Durrant & Pearson Streets
Brighton

Hampton Bowls Club

Corner Earlsfield & Fewster Roads
Hampton

Ludstone Street Hall

19 Ludstone Street
Hampton

Hampton Yoga Centre

14 Thomas Street
Hampton

Highett Neighbourhood House

2 Livingstone Street
Highett

Sandringham Croquet Club

96 Beach Rd
Sandringham

St Andrews by the Sea

Cnr Balcombe Road and Central Avenue
Black Rock