

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)

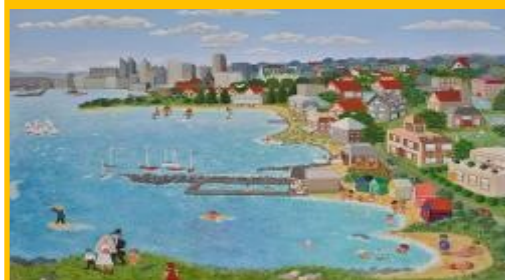
Brighton Court House
 63 Carpenter Street, Brighton (behind the Town Hall)
 9:30am to 12:00pm Monday to Friday during term
 (excluding Public Holidays)

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

Email: baysideu3a@gmail.com

Web: www.baysideu3a.org

NEWSLETTER TERM 3 2019

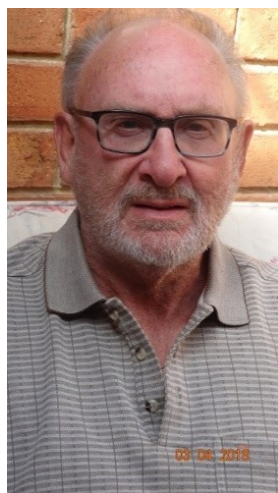


2019 Dates:

Term 3: 15 July—20 September 19

Term 4: 7 October—13 December 19

FROM THE PRESIDENT:



Dear Members

Some may say 'at last a decent winter' – hardy souls. Apparently it's no colder than average, and the rain is no more than average – but it seems like 'long, cold and wet'. We're also told we're over the peak of the flu season, which has been generally far worse than last year – so sorry for those who have had colds and flu – but it seems that Bayside U3Aers overall have weathered it quite well – I certainly haven't heard of too many classes being down on numbers. The plus of being active, healthy seniors!

The Bayside U3A Facilities subcommittee recently met with the Mayor, Michael Heffernan and the new Director of Community and Customer Experience, Bryce Craggs. We emphasised to Council our need for more accommodation (classrooms) as our membership is now virtually limited by venue constraints. Saying this, we also discussed with Council and have put in train some works and planning activities to improve our use, particularly of Brighton Courthouse but also the Beaumaris Senior Centre. The Mayor and Mr Craggs updated us on various Council activities, particularly relating to venues. The notion of a new Beaumaris 'hub' (ie: large multi-use building) is not proceeding and architects have been engaged to design two buildings – a refurbishment most likely for the arts centre and a new sports 'pavilion' – which with 'multi-use' may mean some day-time classroom space for our use. Construction is not likely to start for at least nine months (and will take about 2 years) – it's likely the sports pavilion will be built first. We emphasised our dependence on the parking at Beaumaris – and asked for at least some disabled parking at all times.

Over the last year Council has completed the 'pergola' at the 'rear' of the Seniors Centre – and given use of the small room next to our Beaumaris office – and, importantly, put a door through between them thus expanding and improving our office amenity and members' service. New speakers were also installed in the 'hall'. Many thanks to the Council for these and other works and maintenance. I'm hoping members will utilise the pergola area for casual socialising far more this summer.

At the Brighton Courthouse we will shortly have locks on the office doors and the south-side external door fitted or changed so that those (eg tutors) who need access to the office outside office hours can access the office through the south-side door and not disrupt any classes. We are also working with Council to 'soundproof' the internal windows between the hall and the other two classrooms to modify 'noise pollution' – and more whiteboards will be installed in the two smaller rooms to cover these windows. New blinds have recently been installed on the high west-side hall windows. We will be engaging with Council to look at what other improvements could be made to maximise our use and amenity of the classrooms – and try to provide space for casual socialising.

See next page

FROM THE PRESIDENT (Continued)

Whilst we are near capacity and looking to improve our venue usage at Beaumaris and Brighton, we are woefully short on accommodation in Sandringham, Hampton, Hampton East and Cheltenham – this was discussed again with Council at this recent meeting – and they will do what they can to assist. Sue Steele, and the Facilities subcommittee, put a lot of time and effort into finding ‘other venues’ – but we cannot justify, or afford, ‘commercial rates’ – our ‘room hire’ expense last year was \$5,800 and this year is looking to exceed \$7,000 (this doesn’t include BCH or Beaumaris SC).

Our Grants and Fundraising subcommittee, David Peake and Trish Smythe, are particularly chuffed that the Beaumaris **Community Bank**® Branch of Bendigo Bank. (our Bayside U3A bank) has sponsored the provision of a thousand ‘shopping’ bags with our and the bank’s logos for publicity and loyalty. These are available for members to purchase.

Our new Strategic Plan (2019-2023) has been adopted by the Committee and can be found on our website.

We held our annual charity fundraiser morning tea on 17th July for Family Life. It was a full house at Beaumaris and very successful. I had a prime seat as the MC – but many, many thanks to Deb Stephenson and the M&M team and many helpers – wonderful. We were entertained by our very own Baytone Singers (led by Martin Curtis), our Ukulele group (led by Paul Wadeson) and enjoyed very topical and insightful poems by Joy Meekings and Stephen Le Page.

Marie Stanway from Family Life gave us great talk on her organisation - what they do and new programs (don’t forget their op shops!). We asked for \$10 for the morning tea this year and so were able to donate \$762 to Family Life on behalf of all the attendees.

Mandy Engelhardt from Hocking Stuart (one of our supporters and donors) told us about a new sponsorship program whereby Hocking Stuart will donate \$750 to Bayside U3A for every house they sell when introduced by one of our members (see the brochure at Beaumaris and Brighton for details).

Mandy also donated a prize for the raffle, as did Thesaurus Books and a number of our members – thank you. Mandy helped draw six raffle prizes and spoke about Connors Run in support of the Robert Connor Dawes Foundation (last year’s charity morning tea recipient). We received many more raffle prize donations but we will hold these over to add to our Christmas raffle. Many thanks to the members who donated.

Enhanced online membership and enrolments

Our online membership and enrolment system has been substantially improved and enhanced. Bayside U3A members can login and manage their personal information and enrolments.

Our website (baysideu3a.org) has two new links in the top navigation menu: **Signup** and **Login**

Click on **Login** and you will see the login screen. The first time you login please use the email address you have given to Bayside U3A. Please don't log in with a new email address. You will need to select '**Forgot Password**'. On the 'Forgot Password' screen enter the email address we have recorded on our database and press the '**Forgot Password**' button. You will see **Please check your email for instructions on resetting your password**. Follow the link in the email you receive and you can set a password.

Then you are ready to **Login** with your email address and password. Once logged in you will see a menu of options on the screen.

- My Courses - see your enrolled classes and withdraw from one if needed
- My Details - see your contact information and change as needed. If you need to change your email address please contact the office.
- Enrol a course - see a list of courses available at the moment and enrol as required
- Change Password
- Logout

Tony Aplin

COURSE AND ENROLMENT NEWS

Course News

Some great activities are coming up over the next few months so get your name in early if you want to attend one.

Building iPad skills



Interested in upgrading your iPad knowledge and skills? Then look no further.

There are still a few places in our upcoming iPad classes at Beaumaris Seniors Centre:

Intermediate iPad: Beyond the Basics 2pm to 4pm Thursdays, 29th August to 3rd October

For students who are confident users of their iPad devices but are keen to learn more and take their skills to the next level. This course is not suitable for beginners. *Course 19138*

Advanced iPad : Skills and Projects 2pm to 4pm Thursdays, 31st October to 5th December

For confident and experienced users who are keen to revise and further develop their iPad skills, learn new ones and / or to work on a specific personal project. *Course 19140*

Couples and Retirement Brighton Courthouse, full day Saturday 19th October from 10am

Retirement of one or both partners can require significant change for couples. This all-day workshop for 5-6 couples creates a safe non-defensive setting for conversations about this transition. Includes a light lunch. This session is open to couples where at least one partner is a Bayside U3A member. *Course 19164*

Croquet - something for everyone

We have several croquet classes coming up with a range of days, times and locations.

Introduction to Golf Croquet - 1pm Wednesdays 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 tries to be the first to score the next hoop. When a player scores a hoop, all play moves onto the next hoop. The first player to score seven hoops wins the game, which usually takes 45-60 minutes. *Course 19078*

Introduction to Croquet - 1.30pm Tuesdays 8th to 29th October at Sandringham Croquet Club

Learn the basic skills needed to play both golf and association 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. *Course 19085*

Introduction to Association Croquet - 4.30pm Thursdays 24th October to 21st November at Brighton Croquet Club.

Croquet is an excellent game for exercising both mind and body. It can be played as a singles or doubles game, with players using a mallet and ball to negotiate a series of 6 hoops in a set sequence around the lawn. A 5 week course that provides a stimulating introduction to the game. *Course 19077*

Eastern Mahjong for Beginners - 10am to 12pm Mondays 7th October to 4th November at Highett Neighbourhood House

Mahjong has been played since time immemorial, all over the East. Instruction books translated from Japan, Korea, China, Singapore and Hong Kong have slightly differing rules. This course is to be a generic introduction to the world of 'twittering the tiles', 'building the wall' and playing with strategy so that participants will gain the basics of the game and be able to go on to develop further skills. *Course 19063*

IChing - Introduction to The Book of Changes - 2pm to 4pm Thursdays 10th - 24th October at Beaumaris Senior Centre

The IChing is an ancient book of wisdom which has been used as a tool for 100s of years by people seeking guidance. It may be consulted about moral dilemmas or simply provide advice about daily living.

The course will include brief history and theory of the book, followed by the method used to access the knowledge. *Course 19043*

COURSE AND ENROLMENT NEWS Continued

Photography for Nerds (NEW) - 10am to 12pm Thursdays from 10th October at Beaumaris Senior Centre

We will look briefly at the history and development of cameras; different sensor sizes and crop factors; different focal lengths of lenses and their relative perspectives; exposure: covering ISO, Aperture, and Shutter Speeds. Then it's on to composition (framing, leading lines, the rule of thirds etc.) *Course 19166*

Pre-school Mathematics for Grandparents - 1pm to 3pm Wednesdays 9th October to 4th December at Brighton Courthouse

This course aims to answer two questions: 'What is pre-school mathematics?' and 'How can I nurture my grandchild's mathematics?' This is a hands-on adventure for any Grandparent willing to make, and try, several educational activities that may not be otherwise available to their grandchildren. Results from your adventures with young children and mathematics will be shared with others during the course. *Course 19163*

Tao Calligraphy Movement Meditation (NEW) - 11am Wednesdays from 14th August at Brighton Courthouse

Tao Calligraphy Meditative Movement is a gentle form of exercise that engages your entire body and musculoskeletal system. It uses slow, graceful, flowing movements while focusing your intention on balancing and energising from within the core of the body (lower abdomen). The movements are based on the artistic flow of Tao Calligraphy, relaxing muscles so the body moves freely. *Course 19167*



How do we get new U3A courses?

We always need new courses or additional groups for popular activities. U3As are entirely volunteer organisations. All of our tutors, office staff and committee are volunteers. Courses are created when someone volunteers to take a new activity with us. We are eternally grateful to all the enthusiastic and hard-working tutors and conveners who volunteer with us. They are the reason we have such a vibrant and interesting range of classes and activities.

Of course, we could always do with more. We'll work with any member or potential member to deliver a program at a day, time and location that's convenient. If you are thinking of helping out with an activity we already run, such as a walking group or exercise class, we can help out with possible programs and some assistance from our current tutors. If you'd like to try something new, so would we, so come and talk to us. We'd love to hear from you.

SPANISH CONTINUOUS

After almost four years 'Spanish Continuous' is no longer continuous, as most of the students under the scholarship of Joyce Young on Tuesdays have reached an intermediate level. They are now competent in grammar and pronunciation as well as some communication with Spanish speakers and reading with comprehension as well as writing. They are no longer beginners.

Therefore, if any members of Bayside U3A or friends who are available and willing to teach Spanish from the beginning, please contact Sue Steele, coordinator of courses at Bayside U3A. Gracias. Joyce Young.

LET'S DO DINNER

The first Xmas in July dinner at Cheltenham Golf Club on 6th July was enjoyed by 36 diners. Thanks to everyone who joined in the festive spirit – red was visible everywhere! A table of Rock n Rollers from Highett Bowls Club helped to make up the numbers – thanks for your attendance and participation everyone. Santa's helper (Karen's daughter Jessica) braved the icy night to welcome all at the entrance with chocolates. Thanks to our treasurer on the night, Janet Baker who ably managed the finances.

Next month's dinner will be Highett RSL on Saturday 3rd August. Members are welcome to attend even if you have not previously enrolled for the first Saturday of the month dinner - *Course code: 19136.*

BOOKINGS ESSENTIAL. Enquiries and RSVP's to Karen Hall – sidonyhall@gmail.com

If you have booked and are unable to attend, please email/phone Karen so she is able to notify the venue.



RRRADIO RRREEEPORT

The Bayside U3A community hour program on Southern FM 88.3 continues to go very well. In June we had three guests all talking about their special interests at U3A.



David Hone, who is our immediate past president, spoke cogently about his history courses and especially the progressive coverage of American Presidents from Eisenhower through to the present. And his assessment of Donald Trump was interesting –especially his view that Trump will be re-elected next election. Of course, 18 months is a long, long time in politics.

Ian Lacey spoke about the behind-the-scenes organisation involved in running a car Treasure Hunt, which he did for U3A in February this year. It was a very interesting event and enjoyed by about 40 members. Ian was saying that the flawless operation on the day required a considerable amount of prior research and planning, and three field trips over the course just to make sure none of the clues had changed. He is going to run another Car Treasure Hunt later this year or early next so watch for details.

Our last guest was our president Tony Aplin but in his role of tutor of Crime Night and the Wine Appreciation Courses. Support for these classes is already very strong because they are unusual and offer great scope for socialising about our special interests. Tony also mentioned the growing need for new classroom accommodation in Hampton /Sandringham to handle increasing numbers of members living in the region and wanting local courses. We are pursuing various options and hope to have new venues for next year.

Don't forget that we're looking for volunteers who'd like to learn to be a radio announcer/interviewer. We will soon be conducting a training course so if you're interested please contact the office or call me, Stephen Le Page, on 0412 088 328.

For July we have a very musical program lined up with David Peake (who runs the very popular courses on jazz and classical music) and Paul Wadeson who conducts Ukulele courses. Should be a cracker. Listen in on 88.3 as hosts Alina and Pauline delve into what makes them tick.

The Bayside U3A Community Hour is on the 4th Tuesday of the month from 3:00 to 4:00 pm.

Stephen Le Page

PEDAL FOR PLEASURE

Seven hardy souls braved the cold for our July ride into the city, riding along the Bay Trail to Port Melbourne, the Sandridge Rail Trail through to South Wharf and then along the Yarra to Flinders St. Some of the group enjoyed lunch at Southgate and then rode on to South Yarra to catch a train home. One intrepid rider braved the south westerly winds and rode back to Brighton.



DUTCH FOR POST BEGINNERS has been running for three years. The participants have made great progress in this time. We have enjoyable lessons where we practice our Dutch and often share some Dutch 'goodies' with our afternoon tea.



TUESDAY WALKING GROUP

What fun this group has visiting different and interesting places.



The group walked along Frankston Beach and up Kananook Creek. We found a SUPER beach for the doggies to have a run, then doubled back for coffee (which was EXCELLENT) at **One Pear Tree**.

Another walk was from Church Street Middle Brighton up to Gardenvale Road. On the way we inspected the new pedestrian crossing being installed at the Church/Carpenter Street intersection. It looks very close to being finished. A lovely stop for coffee in *Sons Of Mary Café*. **Best coffee and chai latte EVER!** Even though the weather was a bit threatening only half the group decided to catch the train home while the rest of us re-traced our steps back to Church Street.

BAYSIDE U3A CALICO SHOPPING BAGS

Be quick, there are only a limited number. Yes, I can hear you say, you have more than enough bags. But wait.....

Are they large enough to carry what you need?

Are they environmentally sensitive?

Do they have a long strap which enables you to pop them over your shoulder?

Are they washable?

Do they have a gusset to expand when you need them?

Are they a conversation starter?

Would you like to show your support of your U3A?

The manufacture of these bags was made possible through a sponsorship from the Beaumaris **Community Bank**[®] Branch of Bendigo Bank. This has been our bank since the very beginning, and they have supported us on many occasions over the years.

The bags are available at both the Beaumaris and Brighton offices for just \$4. We have limited means of raising funds and this is a worthwhile opportunity to do so. Buying a bag, will show your support of your U3A, publicise it AND help get rid of plastic bags - it's win/win all round!

Remember, when they are gone, they are gone!



NAME BADGES AND WINTER COLDS

Please make sure you wear your name badge to all classes and activities/events so that we know who you are and also have ready access to your emergency contact person should the need arise.

Also please do not come to classes if you are coughing and sneezing to ensure that you do not pass on cold germs to other class members.



THANK YOU hockingstuart

Hockingstuart have supported Bayside U3A since the end of 2017 with raffle prizes, promotional signs and attendance at many of our events.

As a proud sponsor of Bayside U3A, hockingstuart will make a \$750 donation for every property sold through them by a Bayside U3A member or someone referred to them by a Bayside U3A member. Make sure to let Mandy Engelhardt know of the referral.

It would be great if our members could support hockingstuart and, at the same time, give back to Bayside U3A.

If you, a family member or friend are thinking of a move, chat with Mandy Engelhardt on 0439 483 024.

hockingstuart



Looking to move?

You sell, hockingstuart gives back

As proud sponsor of the Bayside U3A, hockingstuart will make a \$750 donation for every property sold.

Hockingstuart is proud to support local groups that play a vital role in keeping our community bonds strong.

If you are thinking of a move or would like to chat with our local agent, please call Mandy Engelhardt on 0439 483 024.



Mandy Engelhardt
0439 483 024
mengelhardt@hockingstuart.com.au

Sandringham Office
62- 64 Station Street, Sandringham

hockingstuart.com.au

Bayside U3A
UNIVERSITY OF THE THIRD AGE

JOIN US FOR SOME FUN ACTIVITIES

MELBOURNE CUP LUNCH

Are you interested in attending a BYO lunch at Beaumaris Senior Centre on Melbourne Cup Day?

Before too much planning is put into this we would like to know how many of our members are interested in coming along.

Please let the office know by 14th August if you would like to join other Bayside U3A members for this fun filled event.

CLOC THEATRE PRODUCTION OF MAMA MIA

Sunday 20th October matinee at 2pm at The National Theatre Melbourne, 20 Carlisle St, St Kilda. Ticket price \$48.

The standard of production is amazing for this company. Superb direction, innovative sets and lighting, and fabulous musicians back up casts that delight with great singing and dancing. And all this at seriously discounted seat prices compared to similar productions in the city.

To ensure we have enough interested members to make the bookings could you please let the office know by 9th August if you are likely to join us for this activity.

FREE FASHION EVENT

We would also like to gauge interest for a free fashion event at Creswick in Hawthorn. We are thinking that we could organise this for their Winter 2020 collection.

Please let the office know if this is of interest to you and we will be in touch closer to the time.



SENIORS FESTIVAL CELEBRATION DAY Sunday 6th October Federation Square

At Celebration Day U3A Network wants to highlight U3A across the state. There will be information on every U3A in Victoria, 40 metres of adjoining U3A marquees full of life and activity and performances at Deakin Edge and Riverside Terrace.



Bayside U3A has booked a 3x6 metre marquee where we will hand out our brochures and hope to have some of our art students working on easels and scrabble players offering scrabble games to passers by. We have also booked a performance time slot from 10:30 - 11:00 am where we hope to show off Bayside U3A musical performances. If there is the interest we will try for another half hour time slot later in the day for Tai Chi.

Our plans are still being worked on. We need volunteers to assist so please let the office know if you can help.

DONATIONS OF CRAFT POPPIES—knitted, crochet, sewn, embroidered, felted

As a fundraiser for RSL Veterans we are seeking donations of craft poppies to be used for Remembrance Day 11th November and Anzac Day 25th April.

These are required by 31st October and can be left at either of the Bayside U3A offices.

Enquiries to Paula @ Hampton RSL via email to dypavic@gmail.com

There is a pattern for knitting or crocheting poppies available in the office.



Happy Hour Every Friday 5pm—6pm at Milanos Brighton Beach.

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.

FUNDRAISING MORNING TEA

What a great morning we had with entertainment provided by our very own members and a delicious morning tea organised by the Membership and Marketing Subcommittee. A big thank you to all who assisted to make the morning so successful. Our colourful teapots really brighten up the tables.

Thank you to Marie from Family Life who gave a very informative talk, to your entertainers and to the volunteers who assisted to make this such a successful morning.

The photos from the day are available in the photo library on the Bayside U3A website.



ADVANCE NOTICES AND DATES FOR YOUR DIARY

Sunday 8th September 10:00am to 1pm — Beaumaris Concourse Car and Bike Show

- promoting Bayside U3A

Thursday 12th September—RUOK—Bayside Community Expo

- promoting Bayside U3A



1st - 31st October—Victorian Seniors Festival

3rd—5th October—Art and Craft Exhibition

Anyone can enter something they have made - you don't have to be a member of a class. Your item can be for sale or just display. More details will be available in August. Keep an eye out for the Bayside U3A e-bulletins

Sunday 6th October—Seniors Festival Federation Square 10:00am -4:00pm - promoting Bayside U3A. Come along and enjoy the fun. We will have Bayside U3A members performing during the day

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

Saturday 12th October—Beaumaris Farmers Market - promoting Bayside U3A

Sunday 20th October - Mama Mia National Theatre St Kilda

See separate information in this newsletter page 9

Tuesday 5th November— Cup Day at Bayside U3A

Mark the date in your calendar and let the office know if you are interested in coming along. See page 9

Thursday 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 so we will be able to cater for more of our members. Put your name down early.

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.

If you can assist at the various stands we will be manning over the next few months, please let the office know.

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 final newsletter dates for 2019 are:

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

We would like your feedback

The Bayside U3A Committee of Management would love to hear from you. We would appreciate your feedback on areas such as:

- The courses we offer
- Suggestions for new courses and/or activities
- Suggestions for possible new venues
- Ways to improve the way we operate
- Ideas for improving the broader Bayside communities understanding of Bayside U3A
- Anything else you would like to share with us to assist with the running of Bayside U3A



Please email to baysideu3a@gmail.com or leave a note in the Committee File in the Beaumaris Office.

We were delighted to receive the below feedback from a member who has moved back to South Australia:

'Although I have been in Bayside just a short while, during that time as a long-term Member of U3A in the Adelaide Hills, South Australia and in Mallacoota, Victoria, I have been most impressed with the range of courses and activities which Bayside U3A provides.'



Network Victoria

UNIVERSITY OF THE THIRD AGE

There are now 105 U3As in Victoria. Of these 2 have memberships greater than 1,500 and 9 have memberships between 1,000 and 1,500.

Bayside U3A membership is currently at 1,435.

Across all the state U3As the gender balance is 73% females, 27% males. Our U3A has 77% females and 23% males.

Let us know if you have any ideas for courses that will appeal to more of the Bayside area men.

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

63 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