

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)

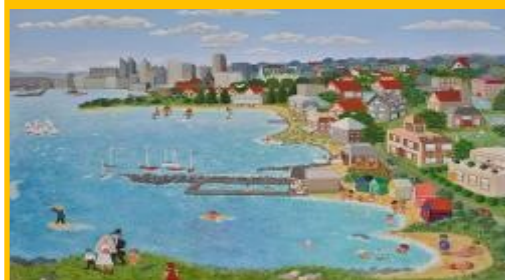
Old Brighton Court House
63 Carpenter Street, Brighton (behind the Town Hall)
9:30am to 12:00pm Monday to Friday during term
(excluding Public Holidays)

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

Email: baysideu3a@gmail.com

Web: www.baysideu3a.org

NEWSLETTER TERM 4 2019



2019 Dates:

Term 4: 7 October—13 December 19

2020 Dates:

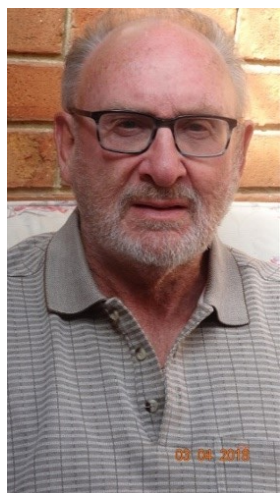
Term 1: 3 February - 27 March 20

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

It was great to be away on holiday – and great to be back – even though the colder weather hadn't passed!

Happenings this last term have included: new locks on the office at Brighton Courthouse so we can secure the office and allow for access to the office without going through classrooms when the office is closed. Our Wine Appreciation groups had a most enjoyable joint dinner at Cilantro (the hospitality training restaurant at Holmesglen TAFE).

I attended the quarterly U3A Network Victoria meeting in the city which was also a Special General Meeting to adopt a new Constitution for U3A Network. One of the themes for U3A Victoria (and funding) will be 'community inclusiveness' (includes working with other similar organisations in our area for mutual advantage).

I also attended a Regional U3A meeting (which includes U3As Stonnington, Kingston, Moorleigh, Melbourne City, Glen Eira and Port Phillip) where our Course Convenor Sue Steele gave an excellent presentation on 'Effective Writing for the Digital World' (Wendy Egan our new webmaster also attended). I chaired a discussion called Regional Roundup where we exchange issues and ideas (everyone has accommodation issues of some kind).

I also attended (as did several other BU3A members) Bayside City Council's launch of their 2019 Seniors Festival MC'd by 'Coxy', opened by the Mayor Michael Heffernan and entertained by a 13yo singer and a local choir (Vocally Wild) - both very good. As part of that Festival we recently held our Art and Craft exhibition, opened by Councillor Laurie Evans and hosted, managed and conducted by our M&M team (thankyou – excellent job!) The event showcased works from all our art and craft groups; we have also had 'open days' at Brighton and Beaumaris.

We participated in a significant way in the city Seniors Festival Celebration Day at Federation Square – again many thanks to the M&M team and all our members who contributed or performed. The day was warm and windy and the music very loud, but we met a few prospective members and enjoyed the event. Our posters certainly made a great show.

Finally – another year end and membership renewal approaches – please look out for 'how to do it online' training and assistance – and it's not too early to think about your contribution to BU3A next year (think about putting in!) as a volunteer, tutor and/or committee or subcommittee member! Many, many thanks to our current volunteers and your significant contributions.

Tony Aplin

COURSE AND ENROLMENT NEWS

We've had another fabulous year. The breadth and depth of our program constantly amazes me. A huge 'Thank You!' must be given to our tutors who give so much of their time to ensure we have a successful program. Without them there would be no Bayside U3A.



When re-enrolling look out for new courses including Poetry Jotting, Armchair Archaeology, Rummikub and How to Survive Travel Hazards in France as well as most of your old favourites.

Renewal notices will be posted in the week commencing 4th November. 2020 courses will appear on our website in early November and printed course guides can be collected from the office from 6th November.

2020 enrolment opens on Tuesday 12th November, online and in person. Please join and enrol online if you can. This saves our volunteers a great deal of work. Volunteers will demonstrate the online enrolment system during some October and November classes at Beaumaris and Brighton.

The initial enrolment period is Tuesday 12th November to Friday 6th December. Members who join/enrol during this period will have the best chance of getting into classes. We try to accommodate everyone's enrolment requests as best we can.

There are some enrolment restrictions:

Two exercise class enrolments total - eg one yoga, one balance and bones.

Three language class enrolments total - across at least two languages

Sue Steele

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.

It would be a significant workload reduction for our volunteers if members utilised this new functionality.

Note that member couples who share an email address cannot use online 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 in a course - see a list of courses available at the moment and enrol as required
- Change Password
- Logout

Let the office know if you need assistance and we will arrange for someone to help you.

Marketing Activities

Our Membership and Marketing Sub-Committee has had a busy time with promotional activities over the last couple of months all aimed at spreading the word about the U3A movement and the benefits of being involved.

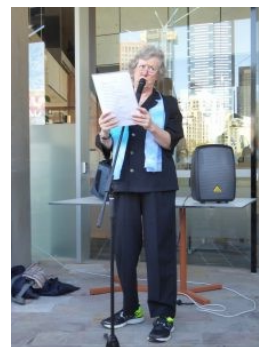
Thanks to the many members who volunteered to hand out information and talk to the public about Bayside U3A at the Beaumaris Concourse Car and Bike Show, RUOK Day Bayside Community Expo in the Brighton Town Hall, street stand in Church Street Brighton and especially at the Seniors Festival Celebration Day in Federation Square.

The next events are the Sandringham Village Festival and the Beaumaris Farmers Market. A special thank you to Judy Barlow who made most of the colourful posters highlighting many of our courses for the Federation Square marquee and to the other members who also contributed to the marquee decorating.

Please let the office know if you are interested in joining our team. Volunteering to support our activities is a great way to show your appreciation of our dynamic organisation.



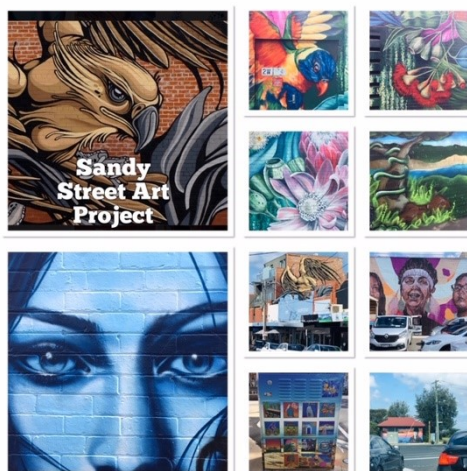
Well done to our Ukulele group and Writers group for their performances at Celebration Day.



Bayside U3A Speaker Program

On 9th October a small group of interested people attended Brighton Courthouse to hear Les Rausz, Vice-President, Sandy Street Art Project, describe the development and progress of the project. The slides Les presented showed the work completed so far, which is stunning, and can be seen around the Sandringham Village area. Bayside City Council has contributed funds for the project and the talented artists are local, from interstate and overseas.

The SSAP is a group of like-minded locals who have a vision to improve their community and have further street art installations to be completed. They can be found on Facebook and Instagram.



WE NEED YOU

A number of the Bayside U3A Committee members will complete their term of office at the AGM in March 2020. We are seeking expressions of interest from members for vacant general committee member positions. Most of the committee members sit on at least one sub-committee to spread the work around.

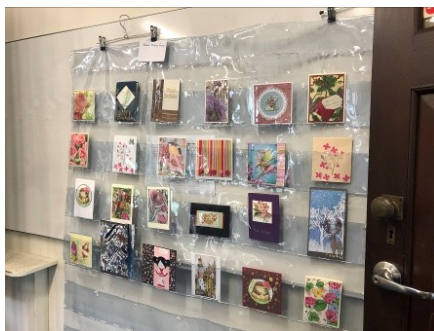
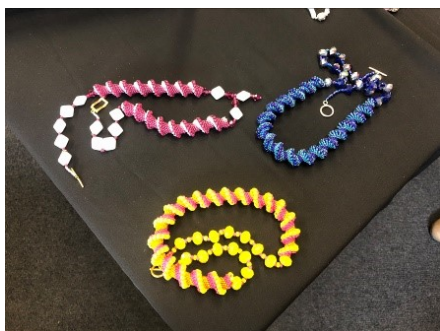
Committee work is a great way to give back to our wonderful organisation. Come and meet the current committee to find out more about what is involved.

Please contact our Secretary, Judy Sinclair, through baysideu3a@gmail.com if you are interested in joining our vibrant committee.



Bayside U3A Art and Craft Exhibition

Congratulations to all involved in making the exhibition such a great success. We hope you had the chance to see the amazing works of art: painting, sculpture, photography, beading, jewelry, cartooning, textile and yarn creations on display.



More photos of the exhibition are available on the Bayside U3A website.

Bayside City Council's Grant Celebration

Trish Smyth, as a member of the Committee of Management Grants Team recently attended Bayside Council's Grant Celebration evening. The Mayor Cr. Heffernan, pictured with Trish, spoke very positively in his speech about Bayside U3A.



Successful Ageing

Growing old is said to be one of the most difficult chapters in the art of living. As we are living longer today than previous generations, we may be thinking about the manner and rate at which we age, and the limitations ageing imposes. Oriental medicine emphasises the importance of lifestyle habits to support and enhance treatment outcomes as well as addressing the inconvenient impacts of ageing.

In session 1, we started to explore the Chinese life-nourishing tradition which offers some useful strategies on ageing successfully, including the managing emotions and stress, sleep, exercise and diet / eating habits.

We continue this exploration in session 2. As well as exploring the emerging science about the relationship between gut health and the immune system, sessions 3, 4 and 5 will explore the oriental perspective on the immune system, particularly in relationship to chronic and auto-immune disease, common digestive complaints and arthritis, as well as some lifestyle tweaks that can assist with living with these conditions.

Dates: 11th and 25th October, 8th and 22nd November, 6th December

Introduction to Croquet

Courses held at Sandringham twice a year.

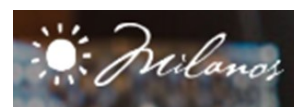
Sandringham Croquet Club is tucked away in an idyllic location amongst the tea tree on the cliff top above the beach at the end of Abbott Street. The warm and welcoming members of Sandringham Croquet Club are looking forward to teaching Bayside U3A members the skills of this gentle, but fascinating and intriguing game. All equipment is provided, it is easy to learn and a game takes only about fifty minutes to complete.

Lynne Fox



September

The September 'Let's do Dinner' was held at the familiar Milano's in Brighton on Saturday 7th September. Attendance was low in numbers this time around, but lively in conversation and interaction. Everyone enjoyed their meal selections.



October

The October 'Let's do Dinner' went to the Bentleigh RSL. After numerous last minute cancellations, we had plenty of space to spread out in the special breakout area. The staff were particularly friendly and helpful. We envied those who enjoyed the seniors coffee and dessert special which looked amazing.



Final dinners for 2019:

2nd November - The Glasshouse Caulfield, Station St Caulfield East
7th December - Cheltenham RSL, Centre Dandenong Rd Cheltenham

Everyone is welcome, come alone or bring a friend/partner! Don't be shy if you don't know everyone - none of us do.

Convenor, Karen Hall 0402 891 183

Tuesday Walking Group

We decided it was time to check out the Melbourne Graffiti Scene.

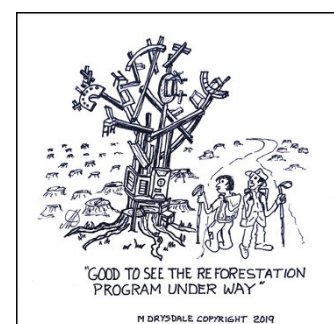
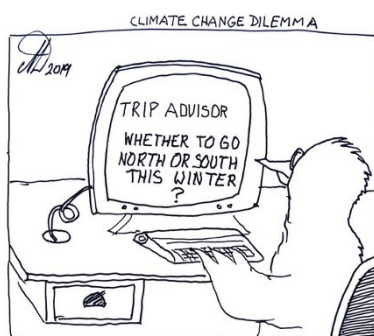
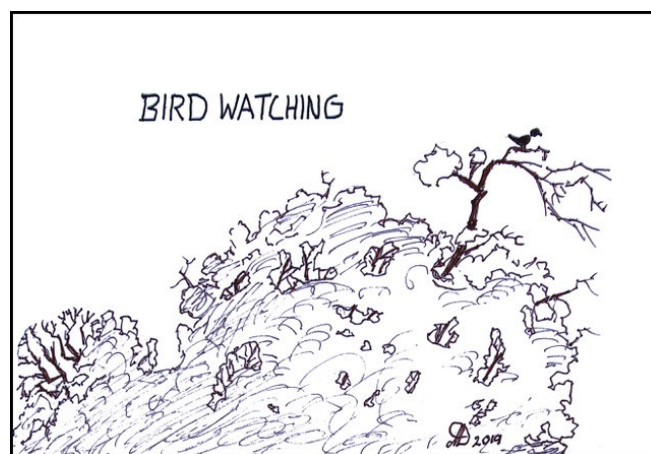
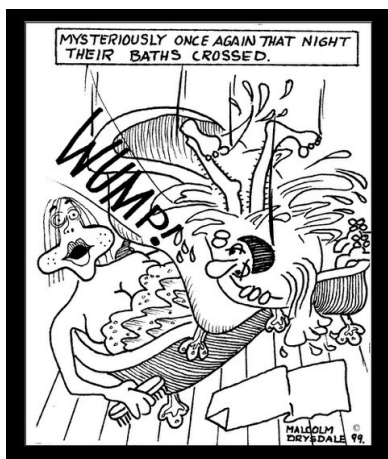
Great fun - got lost several times! Saw some interesting paintwork and enjoyed great coffee at the Duke of Wellington in Flinders Street. Also dropped in for a photo shoot with Gog and Magog (see attached).



Cartooning

The Cartooning group have met together for the first time this year for two terms of cartooning in Brighton. We were a lively bunch, led by Malcolm Drysdale, covering a wide range of skills from drawing cartoony heads and bodies of people and animals to trying caricatures and coming up with good punch lines for our drawings. We also looked at loads of cartoons and comics to get a sense of what was possible.

Cartooning is on again this term.



Tai Chi in the Courthouse

We have enjoyed almost a year of Tai Chi at the Old Brighton Courthouse. During that time, Ellie, our tutor, has introduced us to a gentle form of exercise which improves balance, mobility, muscular strength, breathing and flexibility.

This mind/body exercise encourages serenity and relaxation, therefore reducing stress and anxiety. Everything improves when you are more relaxed and feeling good about yourself.

We follow Dr Paul Lam's program of essential Tai Chi principles where movements follow rhythmically one after the other, blending together the mind and the body.

Tai Chi is suitable for all ages and all levels of physical fitness.

Our class have found this experience delightful and we challenge you to consider joining Ellie's Beginners class next year, or Post-Beginners class for anyone with previous experience.

Student feedback:

"I have been impressed with the way Ellie has led us through the basic of Tai Chi. So good for body & mind" ... Eula

"It strengthens the mind and the body and enhances the spirit. Ellie is a gracious and very competent instructor" ... Pat

"Like a standing meditation. A lovely way to start the day and incorporate into your life" ... Geraldine

"I came with hesitation to try out Tai Chi as I am used to more puffing and panting type of classes/exercises. Took me a term to get used to the power of slower controlled movement. Now I look forward to my class each week. Ellie is a great teacher" ... Frances

"I sense a deepening quiet developing during the class and enjoy a calm centred feeling after it. Eleanora is disciplined, structured, calm and kind" ... Marguerite

"A great way to start a cold winters day is an hour of Tai Chi with enthusiastic, professional tutor, Eleanora. Among other things, my posture and balance has improved" ... Jennifer

"It is a miracle for anybody to teach a totally uncoordinated person Tai Chi. Ellie is a gem" ... Ruth

"Ellie has patiently taught me to slow down and focus on breathing through simple deliberate movements" ... Karen



Creative Conversations

What talent there is in this group!



Enid Marshall with her blue travel wrap. Enid used several processes to create this colourful travel wrap. Material was tie dyed in parts, then circles of various colours were applied over the tie dyed circles. A wide range of embroidery techniques were then used to embellish the applique, creating this lovely constellation of colour.

Estee Pringle used mohair yarns of various colours to create this beautiful coverlet which was finished just in time for the birth of her first grandchild.



Hand pieced and appliqued by Anne Tresise



Creative Conversations are busily creating poppies that will be for sale at the Hampton RSL, for Remembrance Day. The proceeds are going to support ex-servicemen suffering from PTSD. Paula Raeburn, Scrabble group convenor is shown here wearing one of the poppies. Paula is our key liaison with the RSL for this activity.



Gaye Moody quilt



Hand knit by Susan McCarthy



Part of a nativity scene made by Elizabeth Lovett



Sculpture Group Fourth Term

The U3A sculpture group meet Friday morning 10am to 12noon at the Brighton Senior Citizens' Centre, Durrant Street Brighton. It is a workshop with members producing a variety of sculptures.

The program for the fourth Term is

1. Sculpturing a bust from clay and producing a plaster mould and casting.
2. Finishing work started in term 3 plus.
3. An end of term visit to a Sculpture gallery .

The sculpture workshop is planned to continue in 2020.

Anybody considering joining the Sculpture workshop either this term or next year is welcome to drop into the Brighton Senior Citizens' Centre on Friday morning and see what we do.

Roy Bird 0408 058 440

Some of the Sculptures created by U3A members during term 3



BALANCE AND BONES

Balance and Bones will improve bone density, increase muscle mass and strength, improve flexibility, improve balance and help with controlling Type 11 Diabetes .

The classes work out with dumbbells and leg weights involving the major muscle groups. Some exercises are done standing, but the leaders can modify exercises when necessary and help is always available. Although we work hard there is always some laughter and conversation. Lovely friendships have been made including coffee groups after the class.

The photo shows knee extension



U3A Big Ideas presents**FUTURE SOLUTIONS. #1: HEALTH POLICY**

Introduction: U3A members participating in the Big Ideas groups in Beaumaris and Frankston, have considered several broad areas under the overall heading of Health Policy. They have developed the following recommendations.

1. The 'Medical Model'? Health should be focused holistically, rather than on fragmented fee-for-service. Prevention should have more focus. A more humanistic perspective, rather than current bottom-line funding-driven decision-making is needed, but also greater screening, DNA testing etc. This would require much greater funding*, plus a greater supervisory role for the GP.
 - * Funding: the following could boost Health's coffers: an individual provident fund similar to superannuation established for each wage-earner; extra taxes/ enforcement on tax-avoidant multinationals; an extra 1% to the GST if needed.
2. Health is hugely subsidised by government, so government should run it, although transparency is vital. (Government closely supervises the Law & Education, so it should oversee Health to a greater degree than currently). Government should actively control fees and costs through standing parliamentary committees and public service watchdogs.
3. The NDIS: abandon out-sourcing to cut the rorts; better define 'disability' as distinct from illness.
4. Complementary/Alternative Treatments: We need to undertake testing of these for efficacy, not just for safety. Fully independent government-funded PhD students could do this. Remedies which 'pass' could be given PBS or practice-level funding, such as 10 supported treatments per year, means tested.
5. Ways to incentivise healthier lifestyles: raise taxes on sugar and other unhealthy products; all advertising for alcohol and gambling to cease; alcohol outlets to be 'plain packaged' and even alcoholic drink containers. Schools and community groups to promote resilience and coping skills through meditation and positive psychological courses. Avoid banning things needlessly, such as snuff, vaping and cannabis.
6. Hospitals: Parking – serious finance needed for this, much more capacity and not run as a cash-cow. More Nurse-Practitioners with extensive powers to be trained. Foreign professionals to be given better English skills. (Our doctors to be chosen not just by high ATAR, and more doctors and specialists allowed to qualify – less of a 'closed shop'). Private hospitals to remain independent, supported by private health funds, as at present.
7. Obstetrics: home births allowed but not promoted. Longer hospital stay options for new mothers to be offered. More relaxed attitude to breast-feeding but also more mothers' rooms and encouragement of fathers involved in baby care.
8. Mental Health: Resilience training made universal. More places for treatment and refuge needed – get mentally ill off the streets and out of gaol. Greater promotion of community groups to give isolated people a chance to connect.
9. PBS: any differences between generic and brand-name drugs to be specified; origins of drugs stated on pack, plus full ingredients; drug production taken over by government – abrogate trade treaties if necessary; advertising of drugs to be strictly limited; \$40 co-payment is too high – cut it to \$20. Be wary of approving hugely expensive drugs which only briefly extend a lifetime – conflicts of interest possible in this practice. (Health Ministers and senior officials banned from drug company employment for 3 years after leaving public office).
10. Conclusion: Our health system is a good one, but it is in danger of being weakened by funding constraints and competing interests both within and outside the system.

This is the work of the Big Ideas classes and not necessarily the opinion or policy of the Bayside U3A.

Bayside U3A Silo Art Trail Tour

For many years I have wanted to drive the Silo Tour and so the Bayside U3A tour presented the perfect opportunity. We had blue skies, no wind, lush green countryside, a professional driver, very friendly people, and were privileged to have a well organised, well prepared guide Helen Graham, who had so much interesting information to impart making it an educational experience leading to much follow up reading.

The stories of the six artists ranged from a Melbourne based street artist Kaff-eine who assisted Rone who painted Marilyn and Geoff Horman, fourth generation farmers at Lascelles to her project in Rosebery representing a young male and female farmer. The Rupanyup silos are the only silos on the trail still in use where a Russian artist, Julia Volchkova, painted two young members of sporting teams. My favourite was at Patchewollock where a rugged, lanky, handsome sheep and grain farmer, Nick 'Noodle' Hulland, exemplifies hard work in a harsh environment. Many of the first silos were completed in extremely hot weather with limited resources but now some government funding is available.

The Stick Shed at Murtoa was such an unexpected highlight, as very few on the tour had known about it. This Shed, which is part of our WW11 and wheat industry history in this Wimmera Region, gained heritage listing in 2014. It was built during 1941-42, during a wheat glut to store wheat that couldn't be exported during the war. The shed is 265 metres long and 60 metres wide and supported by 560 unmilled Mountain Ash poles, mainly sourced from the Black Spur in the Yarra Ranges.

Helen also pointed out the last remaining few metres of the Rabbit Proof Fence; more memories of this film were revisited.

At Happy Hour, on our last night in Horsham, Helen had invited Horsham U3A members to share activities that we enjoy and discuss ideas. They were very keen to receive Newsletters from the different clubs on this tour and the hour was enjoyed by all.

On our journey home, with the cold snap venturing closer, we drove to Boroka Lookout at Halls Gap. We were rewarded with misty views, which made for great photography.

We heard on our last morning that the Murtoa Garage closed down on 31st July, a blow for the community and heard a rumour the Mobile Library is in need of funds. Recently the Beulah General Store burnt down causing great hardship to this community.

Tourism is helping these towns survive, so if you want a few days away, you'll have an enjoyable trip and help keep this revival alive!!

Thank you U3A Bayside,

Helen Lockett





Footy Tipping Results for Season 2019



The 2019 AFL season was very challenging for tipsters with quite a few unexpected results and many very close matches. The tipping competition finished at the conclusion of the final 'home and away' round (Round 23) which involves all teams and prior to the finals.

Congratulations to our winner **Denis** (alias 'Maggiemae') who scored 132 points. Denis was 7 points clear of our second placegetter – a convincing win! Let's hope next year we have many more participants. These were the results for our top four. Geoff Rolls

	ROUNDS PLAYED	TIPS LAST RD	BONUS LAST RD	TOTAL LAST RD	MARGIN LAST RD	CML MARGIN	TOTAL TIPS	TOTAL BONUS	TOTAL
Maggiemae 1 Denis	23	7	0	7	27	670	130	2	132
Geoff Rolls 2 Geoffrey	23	8	0	8	19	625	125	0	125
Bluebaggers 3 Meg	23	6	0	6	5	616	123	0	123
JudyB 4 Judy	23	8	0	8	22	732	121	2	123



Thank you to all our members who collected tops over the last few months. The company has advised that for the time being they will not be collecting due to product limitations. Please hold on to them if you can and we will let you know when the collection will start up again.

WALKING FOOTBALL COMES TO BAYSIDE

The fun and exciting phenomenon that is Walking Football (soccer) is coming to Bayside including U3A.

In association with Football Victoria and Active Ageing Australia, Bayside Walking Football is inviting members to "Come and Try" at the Insportz indoor activity centre in Bay Road, Sandringham on Thursdays starting at 5pm.

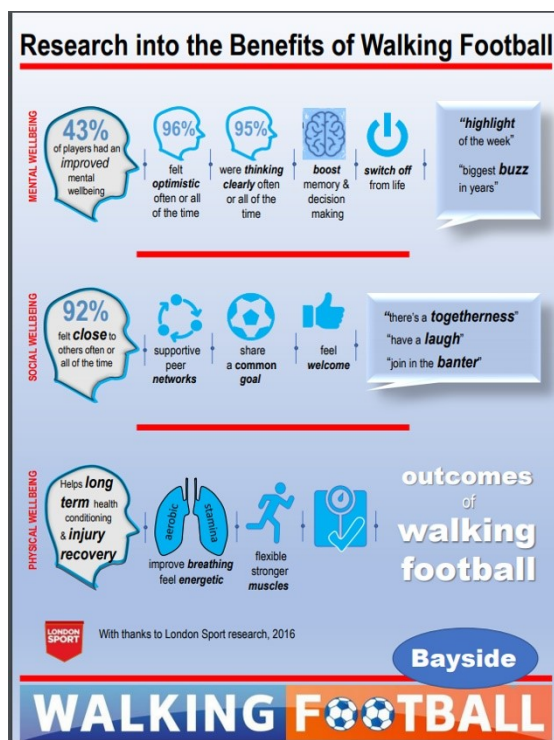
The very real physical, mental and social benefits of this form of the World Game are well documented through scientific research. The sport offers older people, of all abilities and experience, a great way to stay active - to put more years on their lives and more life in their years.

A variation of the game loved around the globe, Walking Football is a small-sided game for four to seven players per side with modified rules to suit a slower pace. These include no running, no physical contact and typically, shorter activity periods. But all the fun, exercise and social activity you'd expect.

To encourage a healthier, happier Australia!

You can register your interest at Insportz 247 Bay Rd, Sandringham **9532 2226**.

Further information: John Pearce 0418 554 364. Jeffrey Fisher 0481 059 174.



ADVANCE NOTICES AND DATES FOR YOUR DIARY

Sunday 27th October - Sandringham Village Festival - 10am to 4pm

If you are available to assist on the day with promoting Bayside U3A please let the office know.



Tuesday 5th November— Melbourne Cup Day at Bayside U3A

BYO Picnic lunch and have a great time. Bookings essential as numbers are limited. Contact Robin Lacey 0421 343 476



Saturday 9th November - Beaumaris Farmers Market

If you are available to assist on the day with promoting Bayside U3A please let the office know.

Thursday 5th December—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. It will be important to book before **21st November** as we will need to hire crockery for this venue. Put your name down in the office.



We are again seeking donations for our Christmas raffle. Please leave items at one of the offices.



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 are always 2 members of Bayside U3A rostered to be there, so no need to worry that you will be on your own. If you would like to join this roster please let the office know.

Beaumaris Concourse Car and Bike Show

Bayside U3A again had our marquee erected and handed out promotional information at the show this year.

The Car and Bike Show has been running for 8 years. Our Member Win Van Den Bossche has entered her car in the show every year. She won the first year. Win has had her MGB 1969 for 50 years and still loves and cherishes it.



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 1 2020.

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



You're invited to the

Bayside U3A 2019 Christmas Morning Tea

on Thursday 5th December
From 10:30am – 12 noon

At *The historic and majestic Brighton Town Hall
Cnr Carpenter and Wilson Streets, Brighton*

Come along and join in the Christmas celebrations for our end of year party.

The Baytone Singers will greet us with Christmas Carols.

Our special guests this year will be the Brighton Primary School Choir.

We will also enjoy performances by the Ukulele group and
a surprise Christmas Radio Play.

Exciting Raffles :: 3 tickets for \$5 / 10 tickets for \$10

Please book by : 21st November (for catering purposes) to :
Tel: 9589 3798 email : baysideu3a@gmail.com

Merry Christmas

