

Bayside U3A

UNIVERSITY OF THE THIRD AGE

Offices: Beaumaris Senior Centre
84 Reserve Road, Beaumaris (behind the library)

Old Brighton Court House
63 Carpenter Street, Brighton (behind the Town Hall)

Telephone: 9589 3798 Mobile: 0404 524 028
Mail: P.O. Box 7269 BEAUMARIS 3193

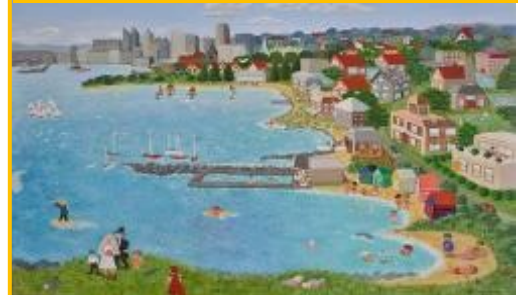
Email: baysideu3a@gmail.com Web: baysideu3a.org

2022 TERM DATES

Term 2 26th April—24th June
Term 3 11th July—16th September
Term 4 3rd October—20th December

NEWSLETTER

May 2022



Beaumaris Office:

Monday to Friday 9:30am - 2:00pm

Brighton Office

Monday and Wednesday 9:30am - 12noon

FROM THE PRESIDENT

DAVID HONE

This will be a very short message as I have been away in Tasmania.

I want to report how much I enjoyed giving my first hybrid class on Monday and those who came in person all said how much better it was to be back face-to-face. With very week we seem to be getting back some of the life we enjoyed before COVID.



You may not be aware that on 1st October we celebrate our 10th Anniversary as the Bayside U3A and the Committee of Management is planning a luncheon in the Brighton Town Hall on this day so we can celebrate properly.

You will all be invited but we will have to sell tickets as there is a limit to the number of people we can accommodate. Put the date in your calendar and keep an eye out for the announcement of the ticket sales to what will be great day.

I would like to thank Jenny Reece for all the preliminary work she has done to create this event.

We will be calling for volunteers to help on the day and I hope to hear from some you about how you could help with the running of Bayside U3A.

Please remember that we are a purely voluntary organisation which only survives with your input and willingness to help.

David Hone

VOLUNTEERS NEEDED!



The BAYSIDE U3A HAPPY HOUR is on the last Friday of the month!

Please join us 5pm Friday 27th May at the Hampton RSL



25 Holyrood St Hampton VIC 3188

- * Everyone is welcome, just turn up!
- * Drinks: Special \$6 sparkling or house wine, discount beer and some spirits.
- * Please wear your U3A name badge and bring along your RSL membership card if you have one!
- * Dinner is available for those wishing to stay on. ***Dinner bookings need to be made directly with the RSL on 9598 0460.***

Happy Hour on Friday 29th April....

Welcome to the new members who attended!

It was an unusually busy night at the Hampton RSL this month. Rock'n'Rollers were lining up to attend the Elvis tribute, whilst others were enjoying a drink before dinner. We had a record attendance of more than 50 members!

Unfortunately, this meant that there was no room at the RSL restaurant for any of us to stay on for dinner. Bookings are now essential for dinner to ensure that sufficient staff are available – a familiar cry at most venues these days. If you wish to stay for dinner, please book directly with the RSL on 9598 0460.

Please join us next month on the 27th May, the last Friday in May. Everyone is welcome! However, if you enrol in **Happy Hour Course #22056** you will get a reminder email closer to the day.



Congratulations to Olive for having the winning ticket in the meat raffle. Hope the lamb was very tasty!



BRISK TUESDAY WALKS**Tutor: Philippa Hoskin**

A new walking group is starting to cater for those who want to explore the Bayside area and beyond.

Philippa Hoskin moved from the Mornington Peninsula last July, where she had been a part of U3A Southern Peninsula 'Happy Wanderers' walking group for over sixteen years. During that time, she had a reputation for leading 'interesting' walks that included bush tracks, footpaths, beach, some hills and stairs. Philippa is really looking forward to getting to know a new group of walking companions.

The plan will be to walk 6-8km in the two hours from when the walk starts, so you will need to allow for travel time in addition to this. You will need to be of medium fitness. Unless otherwise notified, the walks will commence at 9.30am on Tuesdays. Coffee is optional during or at the completion of walks.

Philippa will plan a program for the first two months of walks and after that she'll be open to suggestions and, if anyone would like to lead a walk in an area familiar to them, they are most welcome.



Things Philippa learnt over the years as a part of a walking group:

- * Don't try and bush walk and birdwatch (my other passion) at the same time – it's dangerous and painful!
- * Follow the leader, don't race ahead.

Enrol online at [Brisk Tuesday Walks, Course 22151](#) or via email.

HYBRID CLASSES IN TERM 2

This term a few of our classes are running in Hybrid mode - some class participants on Zoom and some in the hall, at the Beaumaris Senior Centre or the Brighton Courthouse. It's a good compromise.

The following classes are hybrids:

LUNCHTIME MASTERPIECES**Tutor: Sue Steele**

We meet Tuesdays at 12.30pm at the Brighton Courthouse (or on Zoom) to view and discuss Art History videos. This term the topic is 'Leonardo da Vinci and the Italian High Renaissance'. [Course 22066](#)

ARMCHAIR ARCHAEOLOGY**Tutor: Sue Steele**

We are almost slap bang in the middle of 24 weeks about Ancient Egypt, so far covering up to the end of the XV111th Dynasty. At 12 noon on Wednesday 18th May, at the Beaumaris Senior Centre (or on Zoom) we will learn about mummification. [Course 22067](#)

MODERN HISTORY**Tutor: David Hone**

This Thursday 19th May from 10am at the Beaumaris Senior Centre (and on Zoom) we will resume our journey through Australian History, ably and enthusiastically presented by David Hone. [Course 22052](#)

BIRTH OF A NEW REPUBLIC**Tutor: David Hone**

Monday, 10.15am at the Beaumaris Senior Centre (and on Zoom) we will explore the 'US as a Major Power 1900-2022' presented by David Hone. [Course 22053](#)

LAWN BOWLS - INDOORS**Tutor: Bert Verlaan**

A new Lawn Bowls - Indoor group starts Thursday 26th May at Brighton Bowling Club - Breen Drive, Dendy Park

This is in addition to our popular Wednesday morning outdoor group in Hampton.

The course is suitable for beginners or those who've tried before. Learn the basics of the game as well as the rules, in a friendly and relaxed atmosphere. Don't worry about the weather as Brighton Bowling Club houses air-conditioned indoor stadiums. You can bowl in comfort all year round: rain, hail or shine.

Finish your morning with a coffee or a snack from the onsite café and there's heaps of parking on site.

Please wear flat soled shoes or bare feet. (Socks OK)

All equipment provided. \$20 per term. Located at Dendy Park (end of Breen Drive)

[Course Number 22149](#), 10am Thursdays commencing 26th May

VALE**Pauline O'Brien****14/02/1938 - 24/04/2022**

Pauline was the eldest of 4 daughters in the O'Connor family living in East Coburg and was educated at Sacred Heart College Heidelberg.

Working as a secretary she met her husband Bob O'Brien and they spent their early married life moving to South Australia and Tasmania before settling in Bonbeach. They had 5 children and Pauline's organisational skills were much appreciated by school committees and the local church groups.

During two lengthy placements in the Philippines. Pauline became involved in charity work in Manilla. They returned to Melbourne and settled in Mentone, Albert Park and finally Beaumaris. Pauline's hospitality skills, her love of politics and her involvement with Bayside U3A demonstrated her interest in developing community spirit.

She was actively involved in the initial meetings with other like-minded residents of Bayside and served on the foundation committee of Bayside U3A in 2013.



Her abilities were a great asset in helping set up the office in the Beaumaris Senior Citizens Centre and with the running of social events during the initial years of the organisation. Her enthusiasm and willingness to help out when needed were greatly appreciated by all involved.

Pauline was a familiar sight around the streets of Beaumaris walking her Corgi, Dolly.

We remember Pauline as a very caring person interested in the welfare of others.



Pauline is survived by her husband Bob, children Susan, Jenny, Rob, Phil and Gerry, and 9 grandchildren.

**LET'S DO DINNER****Convenor: Karen Hall**

Due to the Easter holidays and Anzac Day, only one dinner was held during the month of April.



32 of us enjoyed our dinner at Onyx café/restaurant in Reserve Road, Cheltenham. It was nice to have so much convenient parking in the industrial business estate. We were well-spaced in the restaurant even though we shared the premises with a few other diners. Everyone liked their dinner – especially the desserts!

Due to election excitement, only one dinner will be held in May. It was on Saturday 14th May at the Hampton RSL.



If you wish to be included on the email distribution list for future dinners, please enrol in **Course: 21002**.

SCULPTURE GROUP**Tutor: Roy Bird**

More sunflower sculptures in support of Ukraine.



Print from a Linocut
by Anna



Aluminium, Copper and Acrylic
by Roy



Welded Steel and Acrylic
by Davan

French Conversation for Fluent Speakers**Tutor: Jennie Butler**

Our group had to evolve during the pandemic, due to the inadequacy of Zoom in providing for conversation in a natural way. The solution was to set themes and topics and we learnt to wait quietly for our turn to talk. As time progressed, we learnt to use Breakout Rooms on Zoom for conversations in smaller groups. Not only did we conquer Zoom, but also many of our group have improved their computing skills in creating PowerPoint or Keynote presentations.

As we transition this year back to the room at Beaumaris, we are evolving yet again to integrate our new skills with face-to-face discussion. Conversation has arisen from presentations on many towns and regions in France, in the Pacific Ocean and even The Suez Canal.

We have also discussed Romanesque architecture, musicians, social inequality, topics arising from the International Women's Day, avoiding conflict in our world, surrogacy, the role of the media in elections, films and books.

Dividing the group into smaller groups at times is a feature which we will keep in future. This group functions well because everyone contributes. It is a great opportunity to maintain and even improve our skills in speaking French.

**COMMUNITY RADIO 88.3 SOUTHERN FM****Convenor: Alina Skoutarides**

Bayside Community Hour broadcasts on the fourth Tuesday of every month, from 3pm to 4pm.

Our 26th April program focused on fine arts and Sue Steele outlined the ways she introduces some of the world's most famous paintings to her group of students.

Nance Silverman, on the other hand, talked about her 'Painting for Pleasure' classes in which she encourages students to produce their own masterpieces. The program was lively and full of interest.

The interviews on Tuesday 24th May will focus on some of the foreign language courses offered by Bayside U3A, with Jane Olsen and Femke Meyer introducing their French and Dutch language programs respectively.

WINE APPRECIATION

Tutor (and experienced wine drinker): Sally Mort

WARNING

CONTINUED CONSUMPTION OF WINE MAY LEAD TO SOPHISTICATION, CULTURAL AWARENESS, WORLDLY CONCERN, YOUTHFUL AMBIANCE, AND POSSIBLY SEVERE HAPPINESS.

Great news!

If you are after a fun night once a month, come along and share some wine with us! We have two spots available on the second Thursday of each month at Beaumaris—first in, best dressed!

We are not serious experts, but enjoy learning about different wines, styles, varieties and regions from anywhere in the world. No particular knowledge of wine is necessary; all that is required is that you enjoy good wine in friendly company. Book [online](#) or contact baysideu3a@gmail.com to confirm your place.



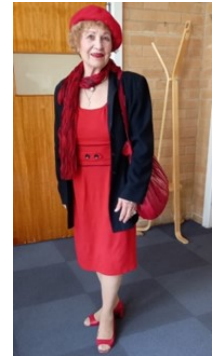
Meet Mavis, our fashionista and best dressed lady in town!

Mavis has the most wonderful wardrobe all matched up with shoes, hat, handbag and jewellery.

Each week Mavis comes to classes dressed to the nines!

I couldn't resist taking these photos and I can hardly wait to see what exquisite outfit she will turn up in next!

(Photos taken by Sally Mort)



FINSKA/KLOP

Tutor: Will Merritt

Do you know how to accurately throw a chunk of wood a bit like a rolling pin to knock over numbered pegs several metres away?

Would you enjoy seeing your rivals successfully miss every peg and score a strike?

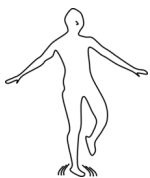
Would you like a good laugh every Thursday morning?

If yes - then come along and join our small but enthusiastic group for the Scandinavian game of Finska/Klop. Outside the Brighton Courthouse, 10am - 11:30am followed by coffee round the corner at Timbuktu.



BALANCE and BONES

Tutor Janneke Casson



Zoom class... Thursdays at 9am.

Some lovely new faces this term.

The Autumn beauty is all around.

I hope to keep you supple, strong and standing tall for the winter.

I love what you all achieve.

The CHATTY CAFÉ SCHEME



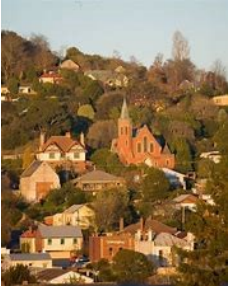
Bayside City Council and the State Government's Inner SE Metro Partnerships sponsors 'Chat Around Bayside'.



There are 14 different venues hosting 'Have a Chat' events between 3rd May and 9th June. The events are at a diverse range of cafes, restaurants, delicatessens, beauty shops, art galleries and a Gin bar. It is aimed to help the Bayside community re-connect after COVID.

Bayside U3A members might want to attend one or some of them?

More information re details and addresses can be found at <https://chattycafeaustralia.org.au/2022/04/08/bayside/>

HISTORY AND CULTURE**Tutor: Joan Gibbs****VISIT TO DAYLESFORD, THURSDAY 28TH APRIL**

The Bayside U3A History and Culture class ventured to Daylesford to see first hand the history of the area. Daylesford is a spa town located in the foot hills of the Great Dividing Range. It is 90 kilometres north of Melbourne between Castlemaine and Ballarat.

The group visited the infamous Convent Gallery perched high on Wombat Hill and enjoyed lunch at the Bad Habit's Cafe.



The Convent was built during the gold rush era of the 1860's as a private residence for the gold warden, James Daly. In 1891 Archbishop Carr opened the Holy Cross Convent and boarding school. It was the home of the Presentation Sisters for ninety years.

The group was privileged to meet the owner in the Convent Chapel, Tina Banitska and listened to the story of this amazing woman who, against all odds, brought a derelict old convent back to life.

Tina talked about her childhood living with her Greek family in inner Melbourne and believes these early experiences equipped her to have the vision to have one of the best galleries in Australia. This has certainly been achieved.

Tina has always had a love of the arts and completed an Associate Diploma in Fine Arts at RMIT. In 1981 Tina opened her first business, a pottery and gallery in Springmount, near Creswick to exhibit her work, as well as the works of other local artists.

In 1988, Tina secured her dream, winning the tender for the Convent. However the excitement was short lived as the Convent remained idle for eighteen months while she worked against all odds to secure a one and a half million dollar loan with the State Bank locked in at a whopping 18.5% interest rate. For two years the Convent was skilfully transformed, opening on Easter Saturday 31st March 1991. We were shown photos of the derelict building and were able to compare these with the majestic building that stands proudly today and see how hard work and dedicated passion can lead to the creation of something special.

Success for Tina is not about money or what you achieve it is about how you follow a dream pursuing things your heart tells you are important. Her vision is to maintain the integrity of the historic building, making it more than just a place for paintings. Tina feels it is a privilege to have people come to the Convent. She says, "They are like guests in my home and I want them to have the very best."

Tina's journey has become legendary - she is truly inspirational and it was a privilege for the group to meet her, hear her journey and share in her success.

Vincent Street, the main street in Daylesford showed us the well kept historical buildings - the Royal Mail Hotel, the Post Office built in the 1850s and the 19th Century Town Hall.

A visit to Daylesford must include a visit to the village of Hepburn Springs which was created in 1865 as a Mineral Springs Reserve inspired by the Italian, German and English residents. The Bath House was created in 1890 and has been remodelled several times and still operates.

Visiting Daylesford in April provides an opportunity to see the wonderful autumn leaves. The trip back to Melbourne was interesting and enjoyable travelling through villages via Woodend.

The following additional tours are open to Bayside U3A members.

Thursday 19th May to Mt Macedon and Thursday 9th June to Daylesford Convent

Contact Joan Gibbs 0417 768 433 or email joanlgibbs37@gmail.com.

BAYSIDE U3A WRITERS GROUP

Tutor: Dr Cheryl Threadgold

Word of the Month: WHITE

THE DRESS

by Joy Meekings ©2022

I'm looking at old photos of my mother's Wedding Day
 She'd longed for white gossamer lace, but didn't get her way
 For the war had started, her fiancé would soon depart
 To fight for King and country, had almost broken her heart
 But love is much stronger than white gossamer lace
 A wedding quickly organised, reception at her place
 He's looking so handsome in his uniform - just right
 The two-piece suit she'd borrowed sure looks a little tight!
 They're standing arm in arm, smiling at each other's face
 No longer does she need a dress of white gossamer lace

WHITE

by Margaret Boyes-Pringle ©2022

(Early October 1989)

Near the old Reichstag building
 small white crosses
 hang on a black chain-mail fence
 bearing the names of those who died
 trying to cross ...
and the date of their murder

Across the ditch
 past frozen waves of metal fencing
 topped with foam of barbed wire,
 thug soldiers, buttoned up in dark heavy uniform,
 peer at us from white watchtowers ...
Kalashnikovs glinting in the sun

Before us stands The Wall
 still writhing from its fierce delivery,
 by clumsy hands from a canal of hate.
 Its testimonies are swirling, furious outrage
 scrawled or sprayed in technicolour ...
a glistening tattoo inked and cross-hatched in blood

In a few weeks, when The Wall falls,
 the watching West will cheer as re-united families and friends
 sitting atop and astride are interviewed and vision-captured
 hugging, laughing, crying, drinking, singing ...
liberated stained-glass figures, bathing in an aurora of red, black and gold

But today,
 escorting students through Checkpoint Charlie,
 we look back and see a towering barrier. A frozen undulation of menace.
 Its scales are pristine, its basilisk eyes closed, ears deaf to human cries.
 We're in the GDR, where Stasi surveil and neighbours betray.
 Where they torture thought crime ...
and here The Wall is white

BREAKFAST IN CAIRO**by Sandra Stirling ©2022**

Sitting on our balcony that overlooked the aqua-blue pool, I waited for John to change for breakfast. An unexpected breeze stirred the fronds of the tall palms outside our room. "Right, love, let's have breakfast. I'm famished!" he said. We made our way along the curving pathway, past bushes with bright pink flowers, towards the largest restaurant-cum-function Hall on the hotel premises.

Here we were greeted at the door by a waiter in a white jacket with red lapels, and white trousers, and shown to a small round table. Huge chandeliers spiralled from the ceiling, the daylight refracting in their crystals, and enormous murals of stylized palm trees and ancient palaces adorned the walls in soft colours of green and gold. It was breathtaking.

In the centre of this huge room were silver platters placed on high counters, holding cooked meats, whole eggs, baked tomatoes, olives and a variety of cheeses. There was a myriad of pastries that glistened on serving plates - small, glazed donuts with a touch of spice, cakes dusted with a sweet powder, and tiny pikelets, over which was poured your choice of chocolate- or honey-flavoured syrup.

There was also a chef standing behind a small stove on which sat a crooked frying pan, waiting to prepare eggs in any manner requested. And while John sampled eggs and tomatoes, I could not resist the pikelets that were dropped into the frying pan for only seconds, before being expertly flipped back into the pan, golden, puffed and ready for my plate.

"That looks rather good," laughed John. "How about sharing?"

Slowly, I poured the honey over the pikelets, looked at my husband, and smiled.

BRIDE**by Vivienne Player ©2022**

You take my trusting hand in yours,
 my eyes speak sincerity;
 my murmured words
 are sweet as my soft lips.
 Here is my commitment,
 my worshipful body,
 bedecked for you
 (and all those here today)
 in the colour of innocence
 for your admiring eyes,
 for your desiring gaze.
 How prettily my finger
 wears its ring.

I wanted a man of means;
 you wanted a girl
 with breasts like mine
 and a you-deserve-it complexion,
 but in the end
 it was all about love,
 wasn't it?
 This is my day of days -
 I look up at you
 through lengthened lashes
 and with winsome smile
 to study my own image
 in your eyes.

SELF ESTEEM can be the trigger for action?**By: Ian Marchmant**

Having run my 'Motivation To Refocus Your Life' course through U3A for the last 8 years, I've found it is not uncommon for some participants to have low self-esteem. Some students regrettably carry baggage from the recent and distant past, which tends to fester unless dealt with. I encourage people to write letters to the perpetrator expressing their feelings with two courses of action. Posting or burning, letting the feelings vaporise is one of the best options.

If we wish to improve your self-esteem, it is important to identify, write down and reaffirm our strengths, so as to build a more balanced perspective. Many people underestimate how many strengths they have, so some ask their family and friends and write it down - and are pleasantly surprised.

While we are self-developing at U3A, we should not forget the many opportunities to GROW through volunteering our services and experience. Consider running a course at U3A, maybe a hobby we enjoy; or by passing on the many skills we've acquired through our life and work experience.

In addition to the many opportunities within U3A for volunteering, we might join Toastmasters, Rotary or Lions or another specialist organisation, or simply utilise the many volunteer positions publicised by the Bayside City Council. Community service is not a one-sided activity and nurtures our souls and the real self and improved self-esteem is a natural by-product.

I recently joined Rotary to find it offers so much: Public Speaking skills, Leadership, Personal and Professional Development plus many broad ways in which an individual can serve. One current programme I'm involved in is 'Family Violence Against Women', but there are many others such as 'COVID Related Mental Health Training for Teenagers and Carers'. Is there room for you on the bench; and do you have something to offer?

I'm a great believer in having a plan, a focus for ourselves so we can reach our full potential. As we get older some of us just exist from day to day - a sub-optimal path to an early demise. I challenge you to look forward, work out a plan, accept a new challenge, challenge yourself.

Nelson Mandela once said:

"There is no passion to be found playing small - settling for a life that is less than the one you are capable of living. Are YOU playing SMALL?" What CHANGES do you need to make?

Bayside U3A Committee of Management 2022-2023

President: David Hone

Vice-President: Peter Roberts

Treasurer: Robin Douglas

Secretary: Carol Sieker

Course Convenor: Sue Steele

Volunteer Convenor: Mary Downie

Welfare Officer: Karen Hall

Chair of Marketing and Events Subcommittee: Jenny Reece

Other Committee Members:

Tony Aplin

Stephen Le Page

Judy Sinclair

Vladimir Metter

Alina Skoutarides

Trish Smyth

John Nurse

Richard Potter

Chris Birch

Committee of Management Meeting Attendee:

Chris Logan (Office Manager)