

Bayside U3A

UNIVERSITY OF THE THIRD AGE

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

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2021 TERM DATES

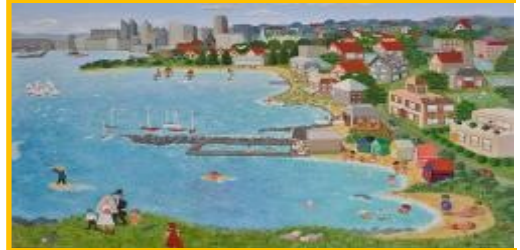
Term 2 19 April—25 June

Term 3 12 July—17 September

Term 4 4 October—17 December

NEWSLETTER

June 2021



Beaumaris Office:

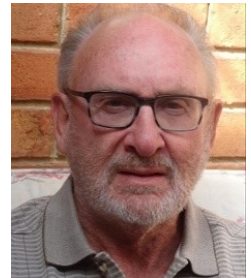
Monday to Friday 9:30am - 2:00pm

Brighton Office

Monday to Friday 9:30am - 12noon

FROM THE PRESIDENT :

I originally wrote this in Palm Cove for publication at the start of June, however publication was delayed a week. Take it from me, we are back and freezing like all of you! I don't know about you, but this short hiatus seems more taxing than our long (112 day) one. We will be through this very soon so let's keep positive and happy!



Dear Members

As I write this we're in Palm Cove reflecting on how very lucky we were to travel here on the 26th May, the day before lockdown and border closures. We were also lucky to have lunch here the next day with friends and fellow BU3A members who were returning that day - to lockdown.

So far, touch wood, this promises to be a short inconvenience, with the slight positive that many may be stirred out of complacency or anxiety into having the vaccine. I hope when you read this it has come true.

Funnily enough, a week or so ago whilst thinking about what to write here, I was wondering how to promote and encourage others to get the vaccine without preaching or lecturing. Surely our lockdown situation says it all?

I hope that Zoom classes have been running well, as before. No doubt some were caught by surprise with the lockdown and hadn't prepared to do Zoom. This has happened with Armchair Travel - sorry about that, the same show will be 'on' next month.

All the toilet lights are now 'fixed' at the Brighton Courthouse. Shades are still required and I invite offers/suggestions. I've had some trouble with new mirrors but we'll get there! Lastly one of the very high blind-pulls at the Brighton Courthouse has been broken and unfortunately the whole blind set needs to be taken down to repair. The job includes checking all the blinds and will necessitate the use of scaffolding, at a total cost of \$890. It will be done on 23rd June to minimise disruption. Needless to say we must be very, very careful when opening or closing these blinds!

There's not much point in expounding on the COVID rules, we're all too familiar with them. Meanwhile let's just keep on keeping on, enjoy your Zoom classes and please get vaccinated!

We'll be home very soon, no doubt to join you all in lockdown!

Tony Aplin, President

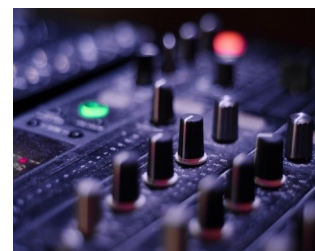
Want to learn more about radio presentations, audio-visual productions, editing, pod-casting and interviewing?

Our new audio-visual studio in the Brighton Court House will open up a new world - additional audiences, flexible courses, better production scope, more flexible operations. Plus a proposed new radio program show-casing courses and a broader artistic milieu will add a new dimension to Bayside U3A.

We're seeking expressions of interest for TWO great new courses.

Course 1. Learning the fine arts of hosting and producing radio shows.

As well as the easy operational side, you'll learn how to host and manage a program including interviewing, playing music and the full gamut of a radio disc-jockey. Training and full support is provided at all stages.



Course 2. More on the production side to help tutors better present their courses face-to-face, broad-or pod-cast, interview and stage small productions, or prepare programs for later airing on radio. Pod-casting and use of new technology will be a feature. Students learn how to operate all the audio-visual and editing equipment soon to be available in our studio.

From July /August—September/October with refreshers at various times. Our tutors will be from Southern FM and reputable and prize-winning production studios. There are enormous on-going opportunities!

If you're interested or if you already have experience and want to be involved please contact Stephen Le Page at lepageco@ozemail.com.au or leave a message on **0412 088 328**. Numbers for each course are limited; training is one-on-one or very small groups.

Course Update

Sue Steele

At the moment, trying to timetable classes and organise venues is quite like being in 'Topsy Turvy Land'. Things seem to change on a daily basis. Thanks to everyone for your patience and understanding.

Before the recent lockdown more classes had returned to face-to-face activities and we are hiring a range of halls and rooms to accommodate them, in addition to our regular class locations. We are hiring Beaumaris and Hampton Uniting Churches, Hampton Bowling Club and a Brighton Scout Hall to place classes that are too large for their usual rooms due to distancing requirements. We are still looking for more rooms for term 3.

Here's hoping we can all venture out more in term 3, when many more of us are vaccinated and things have settled down again. If you are looking for something new to try, why not consider Croquet? It's fun to play and several former students have gone on to join croquet clubs and play regularly. We have two croquet classes scheduled: [Introduction to Croquet](#) at Sandringham Croquet Club on the foreshore
[Introduction to Association Croquet](#) at Brighton Croquet Club near Middle Brighton Station.

And a shout-out to our male members. If you want to learn more about using your iPad why not try our [iPads for blokes - beyond the basics](#) class. Blokes are welcome at all our iPad classes, but this one is just for you.

Do you know a Bayside U3A member in need?

Contact with Bayside U3A members and families who are in need is available.

If you hear of someone in need of a caring card or phone call, or is isolated during lockdown times, please contact me directly or via U3A.

Karen Hall sidonyhall@gmail.com 0402 891 183 (or via baysideu3a@gmail.com)

Bayside U3A Happy Hour is back!

5—6pm last Friday of the month

25th June, 30th July, 27th August, 24th September, 29th October, 26th November

No need to book/reply. 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 available for those wishing to stay on.

The June Happy Hour should be able to go ahead, depending on the Health advice. Notification will be circulated if it is cancelled. Please respect the COVID-safe requirements and log in with the QR code.



Hampton RSL, 25 Holyrood Street Hampton

Helene Redding has been in the News...



Happy Hour at the Hampton RSL on 30th April

We scooped the raffle pool at our first happy hour in April!

Our very own president, Tony Aplin, revered tutor Helene Redding, and member Janet Baker all won a prize at the RSL raffle.

Here is Helene Redding with her prize of *Roast lamb with all the accompanying fresh vegetables ready to cook.*

Thanks to everyone who attended on the night and to those who stayed for dinner. It was wonderful to see the many new faces along with some more familiar ones.

Please join us on Friday 25th June 5-6pm (Depending on restriction guidelines). Remember to bring along some cash for a chance at winning the raffle!

Did you see Helene in the latest Bayside Council's edition of 'Let's Talk Bayside?'

Helene is our U3A hero. For the entire 2020 COVID lockdown period, she ran Zoom classes six mornings every week — 3x Balance & Bones and 3x Mobility & Flexibility. We had 80+ online at most classes. It propelled so many non-computer literate members into the modern Zoom era.

There have been humorous background conversations when one has not understood the need to mute themselves. She saved the sanity of us all, particularly those who live at home alone. We cannot thank her enough.



After stage 4 lockdown in 2020 and by popular demand, Helene has continued to run 2x Balance & Bones classes weekly via Zoom to accommodate the large number of grateful members. There are more places available so please email the office if you are interested baysideu3a@gmail.com

Thankyou for everything you do for the U3A community Helene!

A GIFT THAT BENEFITS ALL OF BAYSIDE U3A**Thankyou to the late Mrs Sue Whittle**

Recently, Bayside U3A received a donation from Mrs Fiona Austin, the daughter of one of our members, the late Mrs Sue Whittle, who passed away in March. Her mother had asked Fiona to make this gift on her behalf because she had so enjoyed and valued her years with Bayside U3A.

"My mother Sue Whittle wanted me to make a donation to thank you for all the work you do and for the dedicated tutors. She loved her Tai Chi and Mahjong. Mum said that due to her illness, she was unable to continue. She really enjoyed the friendships, sense of community and the laughs," Fiona said.

The Committee of Management of Bayside U3A extends its sympathy to Fiona and to the extended family on the loss of their loved mother. It also wishes to express the Bayside U3A's gratitude to Fiona for this donation made on behalf of her late mother Sue Whittle.

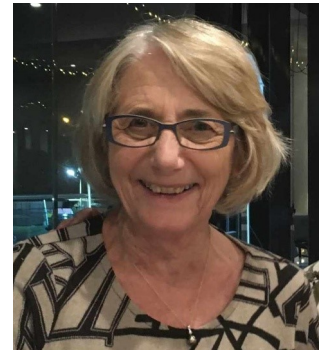
There are no paid staff at Bayside U3A so one hundred percent of this donation will be spent on the various activities we run. Bayside U3A relies solely on membership fees and some small community grants for our income so this donation is highly welcomed.

Every Newsletter, our Marketing Coordinator Jenny Reece will present a profile on a Bayside U3A member.

MEET CHRIS LOGAN - VOLUNTEER EXTRAORDINAIRE!

One of the first people you will see when you call in to the Bayside U3A office at the Beaumaris Centre is Chris Logan. Chris is the happy face behind the office and administration tasks that keep Bayside U3A ticking along. Like the others working in the office, Chris is a volunteer.

Chris has overseen the administration area for over six years. She is at either Beaumaris or Brighton Courthouse most days, helping to ensure members are kept up to date or assisting the other office volunteers to make sure it is a friendly place without stress for our members, especially during these COVID times.



When Bayside City Council announced their Australia Day Awards nominees for 2021, Chris Logan was a finalist in the Senior Citizen of the Year category. Her nomination was an acknowledgement of the significant volunteer hours she has contributed to Bayside U3A.

When Chris is not embedded at Bayside U3A, she enjoys spending time with her family. She has two grandchildren, Oriah and Patrick and, as they live locally, she is able to spend a lot of time with them. Chris also enjoys being with friends, dining out, holidays, walking, reading novels, Mahjong and doing jigsaws, especially WASJIG puzzles.

Chris grew up in the country and was a weekly boarder at St Anne's Grammar School (now Gippsland Grammar School) before moving to Melbourne where she went to Stott's Business College, living at the Edith Head Hostel in Spring Street in the city. Her working life was predominantly with advertising and public relations companies, where she supervised everything from the accounts, media, printing brochures and more for small to medium-sized agencies with a vast array of clients. Deadlines were the constant, whether it was for a press or television advertisement or exhibition events - the hours were always long!

There was also a period of owning restaurants, arriving home from work and going straight into service. Currently, Chris is continuing her bookkeeping business with a small client base and does voluntary bookkeeping for Citizen Advocacy Australia.

As the saying goes, give a busy person a task and they will find the time to do it!!

Let's do Dinner- May**Convenor, Karen Hall 0402 891 183**

Sawasdee to Thai flavours in May!



Our 2 sittings at Gusto House Thai restaurant in Hampton Street were quite different. An intimate group of 8 for the first dinner, followed by a very crowded 21 on the second dinner.



Further details for our June dinner at the Bentleigh Club have been emailed to those enrolled in the Course code: 21002. However at this stage it would appear unlikely that the 19th June booking can proceed. A final decision is in the hands of the Health authorities. Members who have accepted for the dinner will be advised with as much notice as possible.

Words Glorious Words**Tutor : Sally Baker**

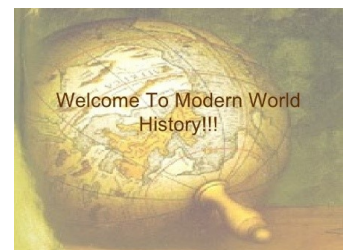
After an interesting nine weeks, this course wound up with the promise of a booklet to remember some, if not all the areas we covered. That project is still under active attention and skeletons of all nine chapters are now pinned down to the mounting board.

There is a folder full of additional material from people in the group which will be used to enrich what is already captured. If you have anything which you would like to add, please send it directly to me asap and I will include it sally.baker@optusnet.com.au

Keep safe and busy.

Modern History**Tutor : David Hone**

We had our first hybrid class in Modern History two weeks ago, on a Thursday morning. We had a small group of 12 in the Beaumaris Senior Centre and Zoomed the presentation to the rest (about 70). With help from Sue Steele we set it up and once we began, it went very smoothly. Those at home could even hear what was being said in the live class. There was no need for those on Zoom to see the actual class room as they could see and hear the presentation as previously 'zoomed'. I was encouraging more people to come back to the live class but of course we are now back in lockdown.



However, I am excited about the future potential to reach out to those who are unable to attend or who live some distance to the venue. I still advocate coming to live classes when we are allowed ahead of a Zoom one, as the great benefits of the U3A is it should be getting us out of the house and meeting like-minded people. A great reason for being vaccinated is to make face-to-face meetings feasible again.

Ukulele**Tutor : Paul Wadeson**

We are now well into our third year of Bayside U3A ukulele. Classes began in 2019 as 'Introduction To Ukulele' for beginners and four separate beginners' classes were held at the Brighton Courthouse and at the Brighton Senior Centre. We then evolved into UKE3A in mid 2019 with approximately 25 members. During 2019, we made three public performances (including the Seniors Festival at Federation Square). Due to COVID lockdowns, we have not had any opportunity to perform publicly again, but I sincerely hope that we will perform later this year. A new UKE3A Performance Song Book has been compiled and is ready for distribution.



We have weathered the lockdowns with a combination of indoor classes at the Brighton Senior Centre, outdoor classes in December at Dendy Park and Zoom classes. 2020 culminated in a wonderful musical 'Ukeluncheon outdoors' on the deck at the Dendy Park café.



While the numbers attending Zoom classes dropped off last year, we now have up to 45 regular attendees at our weekly meetings at the Brighton Senior Centre. Zoom classes are difficult for choirs and musicians due to the delays between playing and receiving the sound and only one person can play or sing while all others must mute the microphone.

This year, due to the large proportion of beginners enrolling in UKE3A, a separate class was conducted for four months by Peter McDonald with support from Brian Boughton and Michael French. Peter's tuition was warmly appreciated by the beginners or as Peter called them, 'The A Team'. Peter and Pam Keeble managed to escape Victoria last week as they headed off on their outback adventure. I wish them all the best and I would like to thank Peter and Pam for their support in building our UKE3A to the successful group that we now have.



At the last UKE3A meeting of Term 1 this year, all attendees performed in small groups a song that they had rehearsed. Some photos of this session are attached. I am particularly pleased that many of the members of our Bayside UKE3A class have now joined other ukulele clubs including Longbeach Ukulele Club ("LUKES") as their confidence and skill has progressed.

Creative Conversations**Tutor : Susan McCarthy**

This term Creative Conversations has been meeting at St. Martin's Uniting Church in Beaumaris. We are grateful to Sue Steele in finding this venue as it has allowed us to return to meeting weekly, until lockdown! The room is bright with sunlight flooding in, however acoustically it is challenging. The enthusiasm of our group for conversation has noise bouncing around the room. We are hoping to get back to the hall at Beaumaris U3A next term. We have our fingers crossed!



Katrina's story illustrates how our group works together to encourage and support members to finish pieces of work that have either been hiding in cupboards or been put aside because they are uncertain on how to proceed.

Katrina joined our group with the aim to complete a patchwork kit she had bought a while ago. Like many of us, enthusiasm that led to the purchase had waned and the piece was not completed. With the help of the group, we have several very accomplished patchwork quilters, Katrina finished her piece. She is extremely pleased with herself and the finished patchwork, the evidence is in the photo. Well done, Katrina!

If you have an UFO (Un-Finished Object) hiding in your cupboard, come along and we'll encourage you to finish it.

Faith-themed works from Bayside U3A Writers Group**Tutor: Cheryl Threadgold****FAITH by Joy Meekings**

I'm a triplet my name is Faith, sisters Hope and Charity,
 When we first introduce ourselves creates hilarity,
 People think we are joking until we swear it's true,
 Tell them that our parents just did not think it through,
 School was definitely not the best, students thinking they were so clever,
 Always fine when alone, just not if we were together,
 Celebrities are the worst by far, the name used takes its toll,
 Thank goodness when the child grows up, can change it by Deed Poll,
 Here's hoping one day, new parents will see the light,
 Give their children decent names and put this matter right!

FAITH by Geoffrey Dobbs

I had it once, or rather it had me. As a confused teenager, seeking purpose and direction, I was swept away by two books. One, the title of which I've forgotten, was by Billy Graham; yes, that Billy Graham. The other was a scholarly and very readable book called 'The Bible as History: Archaeology Confirms the Book of Books' by Werner Keller. This unlikely combination of authors quickly persuaded me that the Christian faith was The Truth; yes, that Truth. Not content with mere conversion I went the whole hog and resolved to become a priest, to the delight of a devout maiden aunt and to the bewilderment of my mother.

I took up the study of Religious Knowledge to Advanced Level, at school, my aim being to go on to theological college. But, at the same time, I was also studying History at Advanced Level. Gradually, the robust process of historical analysis undermined my faith in the historical accuracy of the Gospels. When my growing scepticism met up with my burgeoning sexuality my faith was, like Bunbury, quite exploded. Like a reformed alcoholic, I went from absolute devotion to total atheism.

I came to regard religious faith as mere superstition, to be attacked and mocked. Then, as if by an act of God, I met and fell in love with my future wife who was, yes you guessed it, a firm believer and a Roman Catholic as well. Now I had to mitigate the expression of my views, undergo 'instruction', and marry in a Catholic church!

Seeing the deep foundation of faith underlying June's life gave me a sense of respect for those beliefs and a glimmering of understanding that faith could have real value in human life. Over the fifty years that we were together we established a mutual respect for each other's beliefs: her faith, my scepticism. In later years, as her health declined, I accompanied her to Mass each Sunday. There I had the good fortune to encounter two priests whose, intellect, wit and respect for the beliefs of others made me realise that faith may also embrace tolerance and a degree of open mindedness.

As I edge towards the end of my own life, I am still ambivalent about faith. I know that it can be a prism through which the seeming chaos, the crushing enormity of the cosmos can be resolved into contexts and patterns that make human life purposeful and meaningful. But I'm also aware that the prism can too easily become a prison, locking the believer into a dark cell of fear and fanaticism.

In the end, I see faith as involuntary self-deception, sometimes even wilful ignorance. It is beautiful, and terrible. It can inspire cathedrals, temples, magnificent music, profoundly beautiful works of art, moving acts of human love and compassion. It can also inspire mass murder.

So, I will continue to put my faith in reason and scepticism. Yet I am still haunted by the words of Hamlet: 'There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy.'

Faith-themed works (continued)**Tutor: Cheryl Threadgold****LOVE and FAITH by Gwen Zammit**

That quote again! 'Love is not love which will not take a leap of faith'. This time he'd printed it, framed it and given to her as a gift. She had taken it as coercion.

The leap of faith he called for was to relinquish her world for his. She felt her world belittled; her love devalued.

Submit then, keep the peace. Set dates and make plans, but keep them safely in the future.

Then a chance meeting on the other side of the world, a whirlwind affair. He had found the one who would readily relinquish their world for his.

Love is not love which will not keep the faith, she thought. But then again, she does rather love her own world.

FAITH by Geoff Oscar

"Why don't we do the Bullarong mountain walk next Spring?" I asked as we relaxed in front of the fire after a satisfying winter's meal, sipping the last glass of red, waiting for eyelids to contentedly drop.

"There is no way I could make it, that's well out my league. And I'm not fit enough," Julie replied quite unenthusiastically.

"That's not right. You are enjoying all the monthly fifteen-kilometre group walks with ease. We both might have to build fitness beforehand, but that would be a good thing to do together. I'm sure you could do it."

"But I said after the Mount Sturgeon walk in the Grampians last summer that was the last mountain climb that I would do."

"You were exhausted, but you persevered and made it in the end. You must admit to a secret feeling of achievement. And if we don't do the Bullarong soon we never will," I said with some conviction.

Far behind was the walk-in, deceptively easy across marsh flats sparsely clothed by reeds, largely on meandering timbered walkways. The challenge of the wildly swaying rope bridge across a fast-flowing mountain stream, traversed only with the support of a single head-high rope had been quickly forgotten.

Memories of consecutive weekends spent plodding up the 1000 steps of the Kokoda Track Walk up One Tree Hill in the Dandenong Ranges, with backpacks progressively increasing in weight; the Keppel Lookout walk out of Marysville; the Flinders Peak Walk in the You Yangs, faded as rest stops became more frequent. The relief of shedding backpacks, the welcome tonic of thermos coffee, lasted only until time to hoist loads again and resume what had become a weary trudge.

The lower densely tree-thronged slopes had by now thinned above the snowline, the blue skies had given way to a misty, moisture-laden curtain, reducing visibility to the length of a cricket pitch.

The track had narrowed to imagination, picking its way through wet, sloping rocks, skirted by boggy, squelching mud, marked only by the infrequent daub of red paint. For every muscle wrenching series of ever-ascending climbs, followed by their companion short, sharp descents – boots slipping and sliding, heavy backpack propelling, body leaning back to maintain a semblance of balance, progress seemed slow.

"I must have been mad to let you talk me into this," Julie said disconsolately.

"You're doing fine, the ridge is just ahead around the next corner."

"How do you know? You've never been here before. My legs are like lead, I'm going to throw this wretched backpack over that cliff."

"Hang in there, I know you can do it. We'll get past this, the last big effort, and remember how we made it together when we get old."

"You've made me old before my time," she retorted.

In what was a last long slog, capped with a hand-over-hand final rock scramble, the welcome sight of a rock cairn at last emerged. There was time only for muted rejoicing, with driving, sleeting rain now in our faces. The thought of the welcoming walker's hut half an hour down the slope kindled new energy. There was time enough in the future to reflect on the thrill of achievement, satisfaction at being at one with nature.

"Don't you dare ever ask me to do that again!" Julie said with a half-smiling, half-tearful gaze as we cradled mugs of coffee in the warmth of the hut.

"Look at you. You did it. I knew you could. I'm so proud of you."

Faith-themed works (continued)**Tutor: Cheryl Threadgold****FAITH****by Vicki Endrody**

Everyone was in general agreement that the woman had been coming to St. Peter's every Sunday for nearly a year now. They guessed that she was in her mid-forties but nobody knew her name or any further details about her.

This particular Sunday, after the 10.30 service, a group of six women and three men were chatting together in the Parish Hall over a cup of tea. The woman had become their hot topic of conversation because she hadn't been seen for around six weeks. There was speculation about whether she'd had an accident or was ill. Most of them agreed that they should have made a greater effort to get to know her and include her in their community.

One of the women in this group, however, was bristling with indignation at the suggestion that she might have shown more kindness. She prided herself on her charitable works (everyone was made aware of them) so in her direct manner (she also prided herself on being honest and forthright) she came out with, 'Well, it was her choice not to attend our morning tea sessions!'

Coming to the mystery woman's defence one of the men earnestly suggested, 'Maybe she's on a gluten free diet?' As he spoke the man reached out for his third custard cream that morning.

Standing beside him, his wife shot him a look of exasperation for both his silly statement and his greediness. 'Perhaps she's just shy!' she countered.

All this conjecture wasn't getting them anywhere decided one man, so he attempted to steer the topic away towards next month's church fundraiser. They debated whether to call it a Trash 'n Treasure, a Jumble Sale or a White Elephant Stall. It was decided in the end that Fr. Brendan should make the final, important decision.

On the following Monday morning Fr. Brendan was preparing to head out for his much-anticipated weekly golf game when he heard the presbytery phone ring. He wanted to get a good car parking spot so he decided against answering it and turned on the answering machine instead.

Later that afternoon the priest checked his phone messages. There was just one call from a woman with an Irish accent who said she was a parishioner. She didn't say her name and it wasn't a voice he recognised. The woman, speaking softly, said that her husband had been diagnosed with an aggressive tumour and had died a week ago. Even though he hadn't been a practising Catholic she was hoping that a Mass could be said for him.

The woman then proceeded to give her husband's name but as she did so she began to sob uncontrollably. The priest could make out his first name, Patrick, but the second was incomprehensible. He also couldn't clearly hear the phone number she gave, despite listening back to it several times.

Fr. Brendan felt a bit guilty that he hadn't answered the initial call but then he reasoned with himself that he needed a break from his demanding job just like everyone else. So now, feeling tired and hungry, after his eighteen holes of golf, he decided he'd open a tin of Campbell's Chunky Beef and Vegies for dinner. After that he planned to relax with the Jack Reacher book he'd recently obtained from the library.

This was the second time in her life that Hope had experienced tragedy but this time she was on her own, living in Australia, a long way away from the support of family and friends back in Ireland.

She'd met and married her husband in Ireland when she was thirty-eight and Patrick was forty-two. They hadn't expected to become parents but were happily blessed the following year with a baby girl they named Eilish. The name meant 'pledged to God'.

One cold, Irish Winter's morning Patrick went in to check on three-month-old Eilish. He found her lying still in her cot. She was stone cold, not breathing and had a bluish pallor. The paramedics couldn't revive her. Afterwards they were told it was caused by Sudden Infant Death Syndrome. Nobody was to blame!

Naturally Hope blamed herself. In her grief she turned to the Church and God, searching for comfort and answers. Patrick, on the other hand, with his once strong faith now shattered by this cruel, undeserved punishment, vowed never to enter a church again – and he never did!

Hope returned to Ireland with Patrick's ashes a month after his death and the good folk at St. Peter's never learnt what had happened to her. With jumble sales and church centenary celebrations to organise, however, they soon gave up wondering.

Faith-themed works (continued)**Tutor: Cheryl Threadgold****FAITH by Leon Webber**

A firm belief is something without practical or physical presence.

You have to have faith in yourself, friends and family to have a stable life; have faith in Governments to provide a high standard of living with protection from corruption and crime.

You have to have faith in everything to live. Philosophy beliefs have to be created and then agreed upon to exist then change to survive. All life forms have to change to grow.

Religions are not exempt from this law of change or face extinction. Animals do not create but adapt to their environments. Mankind has had faith and created and expanded, advanced over centuries and will continue in its exploration of space. Understanding will produce change.

FAITH: THE FLYING FISH by Juliet Charles

Faith was named after her elder sister, who died of leukaemia aged two - not an auspicious start. Indeed, she was a delicate child, with significant dietary problems. Her health gradually improved with medical and naturopathic help. She continued to be frail, however, with a double back curvature.

Faith Leech was born in Bendigo in 1941. Her parents, Johnstone and Jessie, sent Faith to ballet classes to strengthen her back and improve her confidence. Then, while holidaying in Mornington, she was enrolled in swimming lessons with Gus Froelich, a former European swimming champion. She was six years old. After a shaky start, Faith improved in her second year, setting a state record at the Victorian Championships for the 20-metre freestyle for under eights. She beat her own record the following year and won state age titles from nine to 13, often beating boys her age.

Due to distance, Faith was only able to train with Gus Froelich three times a year. She worked on dry land simulations however, using a pulley attached to the kitchen door to increase her strength. Her success encouraged her parents to rent an apartment in Melbourne, enabling Faith to have regular swimming lessons at the City Baths. Johnstone remained in Bendigo to run the family jewellery business.

From 1954, Faith trained daily with Froelich, while attending St. Michael's Girls Grammar School. She won the open 100 metre and 200 metre freestyle events at the Victorian Championships in 1955, setting state records for both, and won the 100-metre freestyle at the Australian Championships, becoming at 13, the youngest ever winner in an open title.

Gus Froelich had a unique method of coaching. He created shorter workouts for his students, focussing on efficient stroke techniques. Faith developed long, graceful arm and leg movements. At 180 cm (5'11") tall, she weighed only 57 kg (126 lbs), and with her broad shoulders, slim hips and large hands and feet, she was nicknamed the 'Flying Fish'.

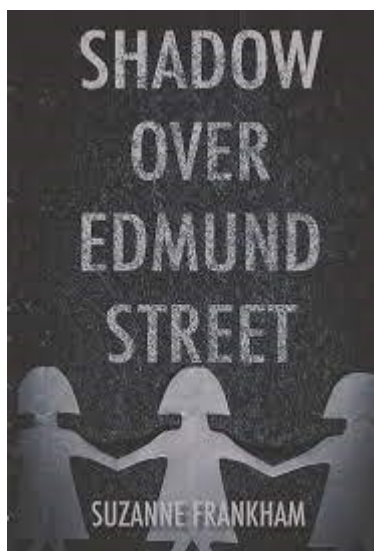
In August and October, 1955, Faith set Australian records for the 100-metre freestyle. She was being promoted as a prospect for the forthcoming 1956 Olympic Games in Melbourne, but was hospitalised with illness. Fortunately, she recovered to win the national age title, just 0.1 of a second outside Dawn Fraser's world record. She beat both Fraser and Lorraine Crapp the following month.

Faith won a place in the Olympic Squad and was allowed to remain in Melbourne and train with Froelich, (who understood her dietary regime), rather than travel to Townsville. She was selected for the 100 metres freestyle event and the 400 metres freestyle relay. She won bronze in the former and was the youngest swimmer in the field.

Fraser, Crapp and Leech, the fastest three swimmers, were favourites in the 400-metre relay, and with Sandra Morgan, won gold for Australia in a close, exciting race.

Faith retired after the 1956 Olympics at 15, and was treated as a heroine on her return to Bendigo. She modelled briefly and finally took over the family business. She married and had two sons and gave generously of her time to the Cancer Council and disabled children. She died at 72.

I remember Faith and the excitement we felt over her Olympic wins. Why? Well, Gus Froelich was my uncle. But that is another story.

SUZANNE FRANKHAM – BAYSIDE U3A CHESS TUTOR AND CRIME FICTION AUTHOR

It was enthralling to hear about the mind of the crime writer when Suzanne Frankham (Bayside U3A's Chess tutor) 'spilled the beans' at our most recent Bayside U3A Speaker Program event in May.

Speaking to an audience of over 55 people in a 'meet the author' format, Suzanne discussed the plot of her debut novel, *Shadow Over Edmund Street*, set in New Zealand, and the procedure by which the crime is solved. Crime writing is a growing genre and the writers who write these novels must think like criminals (or cops) to write effectively.

With a background in science, Suzanne Frankham's writing was constrained for years by technical jargon so the transition to writing fiction, in particular crime, has been liberating. After winning her first short story award in 2014, she's gone on to win other awards in Australia and overseas.

"My publisher describes me as a storyteller and I'd agree with that. I love to make up stories and this is one that emerged during the wee small hours when I should have been asleep! There are characters who I've drawn from snippets of memories I've tucked away over the years, always knowing their quirks and idiosyncrasies would make it into a story one day, so now is their time," Suzanne said.

Suzanne also told us about her current project: "I have 15,000 words of the next Alex Cameron novel already laid down, (he's the detective) and 25,000 words of another novel which is more ambitious. It's part 'sciency' (Alfred Russel Wallace), part history, (two timeframes, 1861 and present day) and has a more romantic component. It's a far larger scale project so, for now, I'm going to concentrate on the next Alex Cameron novel. It will require more research, in that it involves long distance ocean sailing (something I've done a LITTLE bit of). I have also been playing with two short stories I wrote a while ago. I've pulled them apart and hopefully improved them!" she said.

Suzanne has always reached for a thriller as a relaxing form of escapism. When her youngest turned four, she began a second degree in computing. Her career in environmental zoology had taken her to the Philippines, the UK and the USA. She settled in Melbourne's Bayside 30 years ago. As an exhausted parent and mature age student, crime thrillers remained her genre of choice. Suzanne has the brain for mystery and solution; she's scientific, teaches Chess, loves a puzzle or a cryptic crossword and comes from a family of lawyers.

You can purchase Suzanne's book *Shadow Over Edmund Street* by asking for it at the Bayside U3A office, or at your favourite bookstores, all major online book outlets, as an eBook from Kindle, or from the publisher's website www.journeystowordspublishing.com

Suzanne Frankham is one of the many volunteer tutors at Bayside U3A and her specialty is Chess! We are always in search of additional tutors who can bring a wealth of experience, variety and know-how to our over 1,500 strong members.

Would you like to know more about Crypto?

Cryptocurrency, or crypto (such as Bitcoin) is a digital asset designed to work as a medium of exchange wherein individual coin ownership records are stored in a distributed ledger (blockchain) using strong cryptography to secure transaction records, so as to control the creation of additional coins, and to verify the transfer of coin ownership. That is the definition of bitcoin - a bit too dry and no olive. The truth is it is so much more than this that so esoteric a description does not even begin to cover the meaning of this innovation.



Many ill-informed critics have argued that Bitcoin is ideal for illicit activity such as drug deals, money laundering etc. Recently the Colonial Pipeline, which carries almost half of the east coast's fuel supply in the US suffered one of the most significant hacking attacks on critical national infrastructure in history. The perpetrators demanded \$5M USD in Bitcoin which Colonial paid. The FBI later not only identified where the coins were kept but also retrieved 65 out of 69 coins. So much for the illicit appeal of Bitcoin.

So what is Bitcoin? Is it a store of value? Is it a form of currency? Is it a new asset class? Is it a hedge against inflation? Well, it may be all of the above. There will only ever be 21 million of them available. In this sense they are rather like Gold since there is a very much finite amount of Gold on the earth. As an asset class it is not for the faint hearted. Its value dropped 47% in one day recently and the reasons for this are even more intriguing. This is not the first time this has happened.

So why do people continue to invest in Bitcoin? To answer this question, we need to understand why people pursue other stores of value such as Gold or Diamonds to name just a couple as well as the many nuances of the FIAT money system and how technology is changing the global political & economic landscape. By the way, there are more than 10000 digital coins now. So you could say this answers the asset class question.

Is this the future? Would you like to know more about cryptocurrency, blockchain, NFTs and other digital products? I am considering running an introductory session on Crypto and its associated industry products.

If a session dealing with this subject matter appeals to you, please email your interest to baysideu3a@gmail.com

Dr Juan Solertron

Aussie Bread Tags for Wheelchairs

Aussie Bread Tags collect bread tags Australia-wide. The tags are recycled by a company in Robe SA, raising funds to buy wheelchairs for disadvantaged people in South Africa. It takes 250kg of tags to raise the funds for a very basic wheelchair.

Early in 2020, Bayside U3A began collecting the tags and we are saving them again to assist this worthy cause and to help with the recycling of plastic.

There will be containers in the kitchens of both the Beaumaris Senior Centre and the Brighton Court House for you to drop off your tags.



Products made from bread tags include coasters, cutting boards and door-knobs.