

Bayside U3A

UNIVERSITY OF THE THIRD AGE

Offices: Beaumaris Senior Centre
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2021 TERM DATES

Term 3 12th July— 17th September

Term 4 4th October—17th December

NEWSLETTER

August 2021



Beaumaris Office:

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

Brighton Office

Monday to Friday 9:30am - 12noon

MELBOURNE LOCKDOWN CONTINUES...

*All face-to-face classes remain cancelled in line with the extended lockdown.
Classes currently conducted by Zoom will continue for this duration unless otherwise informed.
We will update you whenever the rules change.*

Contact with Bayside U3A members and families who are in need is available. Details on page 2.
PLEASE STAY SAFE!

FROM THE PRESIDENT **Tony Aplin**

Dear Members

'It was the best of times, it was the worst of times...' Many of you no doubt will know that quote from Charles Dickens' Tale of Two Cities (even that is not so subtly analogous?) Maybe not too close to how we feel, but there's more'... It was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.' That pretty much says it all, doesn't it?

Thinking about it is a matter of empathy and being able to put yourself in someone else's shoes. This is hard enough but as I was born at the end of the war (we don't need to say which one) I can't really relate to the feelings and experiences of those who lived through it. There may have been a high level of 'economic' anxiety and rationing to cope with, along with huge anxiety for loved ones, for invasion and everything in between. It does make our current situation seem a little bit trite even though there are those who aren't as 'lucky'. As retirees we can wait it out, just somewhat of a waste to some extent, of our remaining years?

Our book group has just read 'All Adults Here' which I don't think is so, unfortunately. Do we ignore, forgive and understand those who don't seem to be able to act in an 'adult' manner and whom are not taking responsibility for themselves and others in the community?

Anyway glad I've got that off my chest! I'd better get back on the exercise bike and off the wine.

Please bear up, carry on regardless and be happy just to be here.



Bayside U3A Happy Hour on Friday 30th July



A tiny elite group of 6 attended the Happy Hour at Hampton RSL on Friday 30th July. Unfortunately Helene Redding did not take out the hat trick for 3 meat trays in a row. Shame! However she did graciously support the RSL with a few tickets!

Highlight of the night came with a very tasty chocolate gift, compliments of the RSL Welfare Officer, Bill Mirrabeeto. We are so appreciative of the welcoming approach of the Hampton RSL—THANKYOU!

Hope to see more of you at the next Happy Hour on Friday 24th September at 5pm. Please remember to bring along a couple of coins for the raffle and a \$2 coin for Jokers Wild. Have to be there to be in it!

Bayside U3A Happy Hour

5—6pm last Friday of the month

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.



Hampton RSL, 25 Holyrood Street Hampton

LET'S DO DINNER

Convenor, Karen Hall 0402 891 183

Once again, our planned dinners at the Caulfield RSL were not able to proceed.



Proposed future dinners (TBC)

- 4th & 18th September: New Bay Hotel
- 16th October: Ricketts Point Café
- 20th November: Cheltenham RSL (final for the year)
- No dinner in December



Further details will be emailed to those enrolled in Course code: 21002.

BAYSIDE U3A VOLUNTEER PHOTOGRAPHER NEEDED

We are preparing a new Bayside U3A promotion brochure and need a skilled photographer who can take high quality photographs. If you know someone who could assist, please contact Jenny at baysideu3a@gmail.com or leave a message on 9589 3798



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)

COURSE NEWS**Convenor: Sue Steele**

Thank goodness for Zoom. It's helping lots of us get through lockdown.

It's almost September and time to start planning our 2022 program. We are always looking for new course ideas. We'd love to talk to any of you about possible new course ideas. Please email baysideu3a@gmail.com or call anytime to discuss.

**DEFIBRILLATOR TRAINING**

Training for our new defibrillators will be provided by St John Ambulance Victoria. The defibrillators are automatic and voice prompts take you through the procedure step-by-step, including how to apply the pads by hand.

Whilst training is not necessary to use the equipment, people will be a lot more confident and less hesitant or anxious if they actually know how it works and what they will need to do beforehand.

You cannot harm the patient and may very well save a life.

We would like as many of you as possible, particularly our office volunteers and tutors, to come to one of the 1.5 hours training sessions.

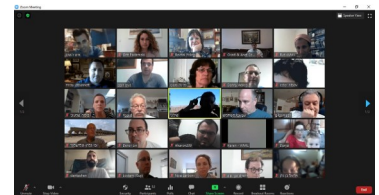
- Monday 20th September at the **Brighton Courthouse 2pm** (capacity 30)
- Monday 27th September at the **Senior Centre, Beaumaris 1.30pm** and **3pm** (capacity 20 at each session)

Please don't wait. Call Chris on 0404 524 028 to register for a class/time that suits you.

CONVERSATION HOSTING returns

Drop in to meet new and old friends on Zoom at afternoon chat sessions. You may bring a friend or partner who is not a current member and meet others for a COVID-free, light-relief chat.

- | | |
|----------------|---|
| • Carol Seiker | Mondays 3:30pm commencing 30 th August |
| • Tony Aplin | Tuesdays 3.30pm commencing 24 th August |
| • Sue Steele | Thursdays 3:30pm commencing 26 th August |



Register now with Chris on baysideu3a@gmail.com for any of these events. Zoom invitations and instructions will be sent in ample time.

FLOREY INSTITUTE of NEUROSCIENCE and MENTAL HEALTH LECTURE

The **Florey Institute of Neuroscience and Mental Health** is making lectures available exclusively for members of Victorian U3As. On 9th September, they will offer a lecture called *Parkinson's Disease: Defining a New Paradigm*. The lecture will update recent advances in the science of Parkinson's Disease including:

- What is Parkinson's?
- How COVID can cause Parkinsonism
- How is PD diagnosed?
- New treatments and scam treatments.

To register for this event please go to:

<https://www.eventbrite.com.au/e/parkinsons-disease-defining-a-new-paradigm-tickets-165228110727?aff=ebdssbeac>

Tales from the Crypto Sphere Tutor: Juan Soler

First, a heartfelt thank you to all the enthusiastic participants who attended the first introduction to Cryptocurrency session on the 4th August. I thoroughly enjoyed the discussion, your questions and most of all, your keenness to understand this space.

No one was left in any doubt that the 'Crypto Sphere' is a massive new frontier full of wonder, complexity and promise. Knowing how vast this subject matter is, I was hoping to draw awareness to these new industries and asset classes and how they will affect us in the future, by providing a high level intro covering as much as I could in 3 hours.

The feedback I received about this session is both comforting and encouraging, thank you. It is evident that curiosity has clearly been triggered and the mood out there is for more detailed discussion on all aspects of this subject. So rather than re-run the introductory session with the original 3 hour allocation, I will split the intro sections into a series of informal (content mixed with Q&A) sessions covering each subject in more detail allowing more time for exploration, and example. Each session will be 1.5-2 hours long covering a number of specific areas of interest within the Crypto space. This will allow for participants to choose which of the subject areas within the Crypto Sphere they would like to know more about. The sessions will be organised as follows:

Session 1 - What is Bitcoin

This session will cover the differences between Investing and Trading; Types of exchanges; How exchanges work; Risk Management; Knowing the hype and herd mentality.

Session 2 - Other Coins

This session will cover the definition of Alt Coins. Why are they Alt Coins? What else are they? Why invest in them? What kind of risk are they? Where they are traded?

Session 3 - Fundamental and Technical Analysis

What is Fundamental Analysis and Due Diligence. What is Technical Analysis - is it for you? What style of trading suits these activities; Considerations when choosing to invest/trade.

Session 4 - In depth Technical Analysis session

All about indicators and charts. How to read a chart; Setting up a chart; Choosing Indicators and how they work; Market cycles.

Session 5 - Wallets

How to choose a wallet. How to use a wallet. Difference in wallets. Pitfalls with wallets. Where are they most useful?

Session 6 - DeFi (Decentralised Finance)

DeFi exchanges - what are they. How they differ from traditional exchanges. What are Pair Swaps? What are NFTs and how do they work? What is Liquidity/Gas fees/Slippage?

Sessions will be fortnightly on Wednesdays from 1st September (Course number 21151)



A Toast to Us All in Time of COVID

The ditsy girls cry "Oh, my God!"
The smart-arse boys say, "F***!"
Further lockdowns loom ahead –
Now Delta runs amuck!

The girls are like: "Like, seriously?"
Their social life is shot;
The boys resort to video games –
Hang on to what you've got!

And as for you, and as for me,
We're older if no wiser,
We've had our AstraZeneca,
Our kids will get their Pfizer.

While, to our north, the world's ablaze,
Yes, even in Siberia,
We are not succumbing – yet –
To panic or hysteria.

Here, in the confines of our homes,
We fiddle while Greece burns,
And fritter precious time away
Till 'normality' returns.

Though COVID rules, the planet's cooked,
We're smiling through our fears.
Eat, drink, be merry, young and old -
Oi, oi, all Aussies! Cheers!

Vivienne Player

CONNECTING ACROSS OUR COMMUNITY*Thanks to Mary Downie for preparing this summary.*

In July, Bayside U3A representatives Mary Downie and Karen Hall participated in the **Connecting Across Our Community** networking session at the Hampton Community Centre (HCC), Willis Street, Hampton.

HCC Events Coordinator Kate Knight and her amazing team provided an opportunity for 22 local organisations to meet to promote their activities, events and services.

One of the best aspects of this event was to see and hear the enormous number and variety of groups, events and support services that exist in the Bayside area. Groups enthusiastically offered to assist and support other community groups.

We witnessed the richness within the many Bayside community groups that form a vital and important component for community cohesiveness to flourish.

Participants were Sing Australia, Bentmore Men's Shed, Brighton Bayside Life Learning & Employment Network, Southern Primary Health Care Partnership, Taskforce, Chatty Café Australia, Bayside Community Emergency Relief, Bayciss, Family Life Cheltenham, Brighton Rec Centre, Castlefield Community Centre, Sandy Beach Centre, Hampton Community Centre, Highett Neighbourhood Community House, Central Bayside Community Health Services, Connect Health, Reconnect Program Holmesglen Institute and Bayside U3A.

In our last newsletter, we introduced readers to **Chatty Café Australia**, a participant at the **Connecting Across Our Community** meeting. This organisation encourages friendships and social interaction for people of all ages. Chatty Café operates at many facilities across Bayside including:



Royal Brighton Yacht Club 253 Esplanade, Brighton
Éclair 275 Hampton St, Hampton
Hampton Community Centre 14 Willis St, Hampton
Highett Neighbourhood House 2 Livingston St, Highett
Bay Road Café 112 Bay Rd, Sandringham
Sandy Beach Kiosk 36 Jetty Rd, Sandringham
Cheltenham Comm Centre 8 Chesterville Rd, Cheltenham

Every day except Saturday
 Wednesday 10.30am - 2.30pm
 Wednesday 11.30am - 12.15pm
 Tuesday 10am - 11.30am
 Tuesday 9.30am - 11am
 Mon to Thurs 2pm - 4pm
 Tuesday 10am - 11am

HEALTH & WELLBEING IN BAYSIDE**Help shape Bayside's Municipal Public Health and Wellbeing Plan**

Bayside Council is now planning its four-year Health and Wellbeing Plan which sets out how we will work towards promoting improved health and wellbeing for all ages and abilities, so people can live better lives in Bayside.

Bayside Council needs your feedback to inform the development of the draft plan.

Go to: <https://yoursay.bayside.vic.gov.au/health-and-wellbeing-bayside> here.

KARKAROOK PARK WALKERS



In addition to exploring Karkarook Park and its surrounds, we have enjoyed traipsing along the beach, bush-bashing through the tea trees, and, circumnavigating the wetlands.

Our walks take under two hours, distances range between 5-7kms.

Most walks offer options for shorter distances.

Do come and join us.



CREATIVE CONVERSATIONS

Tutor: Susan McCarthy

Creative Conversations, like everyone else, is learning the COVID pivot or is it the COVID shuffle?

We were very fortunate to meet a couple of times between lockdowns. We decided to have a group workshop and with great enthusiasm for the idea, we talked about doing this once per month. On reflection we realised that is a 'tad' too frequent, so we will be playing it by ear or needle, which may be more appropriate.

The group has enthusiastically taken up our first group project - a knitted blanket made from 20cm squares. We even had a debate about the squares: diagonal or straight knit versions? Lynette Taylor will teach us invisible joining. We are hoping to have at least 48 colourful squares so the blanket will be at least 1.6m x 1.2m. The completed blanket will then be donated to a charitable cause.

Thanks to Sandra Groves for her talk at the Zoom session giving us the highlights of her recent trip up through the Centre to Darwin then back through Kakadu and down the east coast. There is nothing like a bit of vicarious travel.

Here are some of the items the very talented women have completed.



Lynette Taylor: Baby Blanket



JennieO'Reilly: Quilt



Anne Tresise: Knitted Mouse



Kay Davis: Pin Cushion & Needle Case

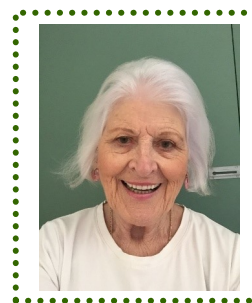


Rosalind Webb: Tapestry Cushion

MEET HELENE REDDING - VOLUNTEER 'EXTRAORDINAIRE'

On this occasion, we are featuring Helene Redding, known to many of you as your tutor of Balance and Bones classes and fellow participant in other Bayside U3A classes. Like all people, she has an interesting story to share.

Helene was born in England where she trained as a physiotherapist in London. In 1966, Helene went to work as a physiotherapist in Gibraltar, and later in Canada. Helene enjoyed travelling and was fortunate to visit many places before they were overrun with tourists.



She returned to London where she met her future husband, Michael, an Australian who had been working in the UK for a year. In 1972, Helene arrived in Australia with Michael, she as a '£10 Pom'. She began working at Southern Memorial Hospital, followed by Caulfield Community Health Service on the Aged Care Team.

Helene's mother had suffered from severe osteoporosis. In middle age, Helene was diagnosed with osteopenia, a condition that occurs when the body doesn't make new bone as quickly as it reabsorbs old bone. She read a book by Miriam Nelson (of Tufts University) titled 'Strong Women Stay Young'.

This scientifically proven strength-training program turns back the clock for women aged 35 and up, replacing fat with muscle, reversing bone loss, increasing strength and energy, and improving balance and flexibility: all in just two at-home sessions per week.

Helene started this exercise program which improved her bone density.

"It was one of those things that 'fell into my hands when I needed it' and demonstrated how strength training could reverse the loss of bone density, help posture and prevent falls," Helene said.

While Helene was working in aged care, she began this same program for her clients in September 1999. Six months later, it proved so successful that Helene had to move to larger premises – she now had 200 people involved. The program she initiated is still running today.

Helene joined Bayside U3A seven years ago and introduced the Balance and Bones program to its members which has proven to be highly popular – in fact, there's always a waiting list! She added the balance, core strength, pelvic floor and mindfulness component for Bayside U3A.

In 2001, Helene received an award from the Council of the Ageing (COTA) for being the best strength training leader in Victoria.

During lockdown, Helene has run Balance and Bones on Zoom and she still uses Zoom so she can reach many more people.

"I've really enjoyed how close we have grown together," Helene said. "I love Bayside U3A. I take part in David's Australian History, Bill's Big Ideas and Karen's Happy Hour - to my shame, I have won the raffle twice! I also attend Vivienne's Movie Nights and Karen's Let's Do Dinner nights."

When Helene is not tutoring Balance and Bones or attending one of the many U3A classes, she enjoys being with her two daughters Cazz and Fiona and she adores her three grandchildren Jimmy, Ariston and Vivi. She loves reading, gardening, walking, sewing, cooking and entertaining and she is totally addicted to 'Words with Friends' online.

Helene said she appreciates the Balance and Bones participants because **they** keep her doing her exercises.

SCULPTURE GROUP

Tutor: Roy Bird

The sculpture group have survived lockdown by working at home, the images of Sculptures below represent a variety of different techniques and materials



Buda *by Jennifer*
(Styrene, cement and acrylic)



Dried arrangement on Red Base *by Carol*



Parallel *by Adrienne*
(Paper and wire)



Work in progress *by Marion*



Buda *by Leanne*
(Fire glass & Acrylic)

BAYSIDE U3A WRITERS GROUP

Tutor: Cheryl Threadgold

Word of the month LUNCH

Lunch *by Joy Meekings*

Oh my goodness is that the time, I really need my lunch
Can't recall what's in the fridge, but I have an awful hunch
It may be quite empty after yesterday's large brunch!
There's only a droopy lettuce leaf, and the celery's lost its crunch
Nothing at all very tasty, upon which I can munch
Better just ring Uber Eats, order food that packs a punch!

Lunch **HAIKU** *by Gwen McCallum*

Atlantic salmon
tucked across toasty bread
forerunner to lunch .

The 'all day breakfast '
becomes lunch regularly
down at Mario's

Breakfast lunch dinner
rotates daily, all seasons
hum drum for many.

Thick white bread and jam
after skippy and hoppy
schoolyard lunch today.

A wedding breakfast
can be lunch, dinner, supper
stress mandatory.

Lunch, beer and skittles
some not difficult to please
about their victuals

LUNCH themed works (continued)Tutor: Cheryl Threadgold**A LONG LUNCH****by Martin Playne**

I was looking forward to a long lunch with an old friend I had not seen for many years. However, he told me in our exchange of emails that he went every month on a Monday morning to a writers' discussion group run by a lovely lady called Cheryl, and that next Monday was that day so he might be a bit late for our lunch.

Come Monday, I arrived at the Cerberus Restaurant at Half Moon Bay spot on 12 noon, sat down at our booked table to await the arrival of my old friend, wondering how much he might have changed, and looking out to sea admiring the view, the fresh air and the sunshine. There were two Moth dinghies sailing just off-shore, showing off their ability to rise out of the water on hydrofoils and simply fly. Time went quickly. Then he arrived, a tubby man now and shorter than I remembered. It was good to see him. He had retained the ability to make a story out of anything, even a fly sitting on the table. As we ate our prawn entrée, he told me what he had been doing that morning. He mentioned the word 'exegesis'. I thought I had misheard him – 'exit Jesus' or was it 'extra Jesus'? I asked him to explain. He took up his glass of Pinot Gris, had a sip and settled down to explain to me in a pompous way that these days it had become an academic word meaning: 'a critical explanation or interpretation of a text, especially applying to scripture such as the Bible'. It seemed a funny sort of word for even an academic to use – very Popish, or perhaps from a Jesuit seminary. So why had academics stolen this word from the theologians? It didn't really make sense to me. My old friend John was becoming bored with my mutterings.

Our main course arrived – baked rockling, my favourite fish. We were both hungry and by our third glass were becoming quite talkative – not reminiscing over our younger years – but rather talking about life in the present. While waiting for our sweet, which took an inordinate length of time to arrive, we discussed our sailing days as we watched those two Moth dinghies. Both inwardly wishing that physically we were still able to handle such frisky little dinghies. We never admitted it to each other and, in fact, started to find that these days we did not have a lot in common. It just made me think you can't go back in life – so much for our long lunch.

Author's Note: All characters in this little story are completely fictitious. These are just observations from a fly on the wall at a recent meeting.

TRACKED DOWN**by Gwen Zammit**

Detective Constable Jack Dabrowski climbed the stairs to the fifth floor flat, cursing the heat of the day and the effort of the climb. The noise of rattling trams, chatty day trippers and contentious drunks gradually receded. Fitzroy Street, St Kilda, how he detested it and how he despised its street life. Walking here from his car, he had watched a hooker and pimp stumble bleary-eyed onto the street, quickly lower their heads to avert the sun's rays then glance sideways right and left hoping to spot a trade or a trick, or perhaps to cadge a fag. Quite a spectacle for the day trippers he supposed but just more no-hopers to him.

He did have sympathy for some of the old men from the boarding houses. They couldn't help having fallen on hard times. For many of them it wasn't the lure of drugs and alcohol that had brought them down but war. Some of them had served in two world wars, most of them at least one. Recent arrivals were less than a decade out of Vietnam; damaged men, bewildered to find themselves shunned on their return to Australia. What a travesty; didn't Australians understand the honour of fighting Communism? He knew well the grief and suffering experienced by his family both from war and the Communist aftermath. Remembering his homeland, he cheered slightly and resolved to stop off in Acland Street before returning to the station. He would pick up a poppy seed Kugelhupf for Basha and some Polish sausage for his lunch.

Finally he arrived at Flat 21, the address he had tracked down from bits of paper found in the pocket of the coat covering the murder victim. It had taken some quality detective work but he had managed to find a name too. What would she have to say for herself then? That the coat had been stolen a few weeks ago no doubt. All the druggies lied. Fortunately, there were very good finger prints taken from the buttons. He was going to solve this case; he had a really good feeling about it.

He knocked on the door. It was opened immediately but just a crack, enough for each to see a pair of eyes looking directly into their own. Hers were wide open and fearful, his somewhat triumphant. He drew out his badge.

"Miss Stella Cummings? I'm Detective Constable Dabrowski. I'd like to ask you a few questions. Can I come in please?"

She lowered her head and slowly opened the door. He could see that she was trembling. He could also see that, despite the shabbiness of the flat, she was no drug addict. He took out his notebook.

"Can we sit down please, Miss?"

She gestured towards a sofa taking another chair for herself. She sat on the edge, head still bowed and body clenched tight with fear.

"Now Miss, let's start with your movements on Sunday 12th January."

LUNCH themed works (continued)Tutor: Cheryl ThreadgoldLUNCHESby Sue Hardiman

The Latin was a very old and unspectacular restaurant in Lonsdale Street, Melbourne and the proprietor was David Triaca. Peter Ryan was the Director of Melbourne University Press and his table for two at 12.30 in the corner was a regular Friday booking. By 1.30 the table for two had frequently become a table for six, eight or more.

The Editor of *The Age*, Creighton Burns would pull up a chair, followed by Professor Mac Ball, and his presence would invite the likes of Andrew Peacock and Tony Staley, former students of Mac's to join the table. Old stalwarts of the Labor Party would 'drop by' as would Stan Keon, a former Labor MP. The conversation always led to politics and at times became quite heated, but a wave to a waiter for a further bottle of red always ensured that the conversation returned to quite serious matters like 'was this a better red than the previous one?'

"Is that Mac Ball you are lunching with?" Indeed it was. Bob Santamaria excitedly introduced himself to Mac and reminded him that it was 40 years since they had spoken and how thrilled he was that Mac had awarded Bob First Prize for the best essay presented to Mac in the final exams 40 years previous.

There was an occasion when I received a phone call from Creighton Burns, the editor of *The Age*.

"Where's Ryan? Find him and bring him up to *The Age*, Kerr is about to dismiss Whitlam."

And he slammed the phone down. Yes, it was Tuesday 11th November, 1975 and the Governor General did dismiss the Prime Minister. *The Age* office was a buzz and full of excitement and we watched the news coming through on the tapes. We then headed off to The Latin, it too was full of noisy commentators discussing the legalities of this sacking.

"Had it broken the constitution?" Loud shouts of "No, of course not" on the one hand and lots of shoutings "Yes, of course it has." By 6pm my head was spinning – was it alcohol or excitement of the day?

LUNCH WITH ALEXby Geoff Dobbs

'*Les Trois Oies*' thought Gillian! The most expensive restaurant in the city, notoriously difficult to get into. That Alex had invited her there for a 'special lunch' could only mean one of two things: he was going to propose, or he was going to dump her. And if he proposed, would she accept? Her hesitancy surprised her. After all, they had been together for over four months. Yet she sensed there was some part of Alex that was inaccessible to her. Then there were his long work hours and his regular absences interstate, all part of his successful practice as a corporate legal advisor. How would she cope with these? But then, if she thought of his consideration and skill as a lover, his income and of his evident feelings for her, these concerns faded. And if he dumped her? Well, that would hurt. Gillian resolved that if there was any hint of that then she would immediately dump Alex first.

The maitre d' led Gillian to a table in a corner where Alex rose to greet her with a kiss and a wide smile. There was the usual lively gleam in his dark eyes. So, no dumping thought Gillian. She sat down, relieved. She barely noticed the third place setting at the table.

A waiter came, bearing a bottle of champagne, *Veuve Clicquot*.

"Gillian ..." began Alex, as their glasses were filled. Gillian raised her face expectantly.

"There's someone I want you to meet," continued Alex. "Someone very important in my life."

His mother, thought Gillian, *Of course, how thoughtful of him*. Alex rose to his feet and extended an arm of welcome as a tall, handsome woman with cascading silver hair arrived at their table.

"Gillian, I want you to meet Anna – my wife." Gillian gripped the table hard with both hands and stared at them both in disbelief.

"Alex, is this a joke?" she asked.

It was Anna who replied, "No, my dear. I do understand your reaction of course, it's only natural. So let me explain. You see Gillian, I know all about your affair with Alex. It's nothing new to me. When I married Alex five years ago, I knew perfectly well that he would never, could never be faithful to just one woman, least of all one twenty years older. He told me that himself. But I wanted him, just as you do, and wanted him enough to give him the freedom to indulge whenever temptation became too great. On condition though, that I approved his choices. I was with him at the party where you met. I could see that he wanted you and that you were attracted to him, so I let him off the leash."

Anna smiled at her graciously. "Now, Gillian, it's up to you. You're not the type to make a scene, I think. If you want to continue the affair, feel free to do so. Just remember though, I am the corporate lawyer, the one with the money, not Alex."

Alex looked down at the table. "So Gillian, you can come along for the ride, however long it lasts, or you can leave now. What do you say?"

LUNCH themed works (continued)Tutor: Cheryl ThreadgoldLUNCHby Geoff Oscar

Sue was surprised to receive Vince Thompson's phone call. He was an old school mate of Jim's, who had described Vince after school reunions as a real goer, with fingers in every pie.

She was even more surprised when Vince invited her to lunch at the restaurant of her choosing. They agreed to meet at Alberto's in Malvern at 1.00 pm the following Thursday.

It seemed so long since Sue had prepared for such an occasion. Her hurried hair-dressing appointment and choice of frock and jewellery took ages. Her mind swirled while applying her makeup. Why her and why now?

She sat at a reserved table for two, clearly one of the best in the room, then Vince made a self-assured entrance, making straight for her. He was a big man now, paunchy, verging on the florid, with a receding hairline. His rumpled cream suit was set off by an arresting red and blue striped club tie.

"Hello Sue, great to see you again after all this time," he boomed. "I haven't seen you since the funeral ... what is it, three years now? You look great, how are you getting on?"

"I'm doing fine now Vince, thank you," replied Sue. "It took time to downsize and settle into my new apartment and find a different life on my own. But the kids have been terrific. What about you and I think, Betty?"

"Oh, that didn't last. I have been on my own for the last two years," said Vince. "Anyway, let's order and then talk. What would you like to eat?"

"I'd like to try the Chicken Saltimbocca with sage and pancetta if I may, please." I normally only have one course these days."

"That's fine. I'll have the Agnolotti of veal, pork and rabbit. We'll share a small garlic pizza while we wait. Will you have some wine - white or red?"

"I'd love a Riesling please."

"Excellent. I suggest you try the Nick O'Leary Riesling. I'll have the Tar and Roses Sangiovese from Heathcote."

Susan's mind raced. Was this a prelude to something serious? Could she even contemplate another man in her life after such a long and happy marriage to Jim? What would the kids think? Her life was comfortable and happy, she had settled down after that long period of loss and emptiness. Would it be better with permanent company, new things to do, a return to mixed company? Was Vince the man she could contemplate sharing a life with? How should she handle this? The coffee arrived and Vince's expression turned serious.

"Sue, I've asked you out because there is something I'd like to talk to you about."

"Yes Vince?" Sue replied in a low voice.

"I have just been approached by a computer software developer working on a revolutionary new botanical identification app. He is nearing the production and marketing stage but needs capital to finance it. As you know, some people make millions out of new computer products, doubling or tripling their investments overnight. I would like you to have the opportunity to share some of the action. Jim was a canny old fellow, I'm sure he left you with a few dollars."

It took all Sue's composure to ask shakily, "How much did you have in mind, Vince?"

"Oh, a hundred thousand would be a good start. It's like putting money in the bank."

Suddenly, Sue's mind was clear and joyful. She knew exactly what to do and how to do it.

LOST PROPERTYBRIGHTON

Black Stranded Bracelet with Silver Magnetic clasp
Blue & White Patterned Yoga Mat, Folded with handles
'Rivers' Hoodie, Black, Size 12
Cream Wyndham Fabric Hat, Size 56

Spectacles:

Optical Superstore case with Tommy Hilfiger glasses
Armani Glasses Exchange, Bronze frames
White Sunglasses with Silver hinges
Brown Spectacles +3.0 strength

BEAUMARIS

Russell Athletic Hoodie, Black Size Small
Burgundy & Black fine striped 'Crane' jacket Size XL
White 'Ping Pong' cross-over cotton cardigan, Medium
Cream Straw Sun Shade
'Australian Aid' Calico Bag
Burgundy with Blue edging Heat Pad

All unclaimed property will be donated to Charity
at the end of the year.

SCAMMING ALERT - BE CAREFUL

Recently, we received an email from a Bayside U3A member who had been the victim of a scam. She asked that we warn our members of her experience so that others may not be caught by this underhand practice.

Here is her story:

"I responded to an advertisement and agreed for a company to come to my house to replace light globes with LED's. Two men arrived and worked in different areas of the house at the same time, so it was difficult for me to keep an eye on both of them. A few days later, I noticed some jewellery missing! As no-one else had been in the house, it was obvious who was behind the theft. I made a complaint to the LED company, but they denied everything. I also contacted the police and my insurance company. My jewellery has not been found and my insurance company has rejected my claim because I 'invited' these men into my house.

"My message is - it is essential you check the fine print of your insurance policy terms and conditions, because many have this same exclusion clause!

"Secondly, be warned – be very careful of any tradesmen entering your home!"

HERE'S SOME TIPS TO AVOID BEING SCAMMED

Be alert Scammers are getting increasingly sophisticated in their attempts to get your money or personal details. Be alert and protect yourself from being scammed.

Scams target everyone Scams target people of all backgrounds, ages and income levels across Australia.

Is it the real deal? Scams succeed because they look like the real thing and catch you off guard when you're not expecting it.

Protect yourself When dealing with uninvited contacts from people or businesses, whether it's over the phone, by mail, email, in person or on a social networking site, always consider the possibility that the approach may be a scam.

Know who you're dealing with If you've only ever met someone online or are unsure of the legitimacy of a business, take some time to do a bit more research.

When in doubt, delete Do not open suspicious texts, pop-up windows or click on links or attachments in emails – delete them.

Don't give anyone remote access to your computer Don't respond to phone calls about your computer asking for remote access –scammers often ask you to turn on your computer to fix a problem or install a free upgrade – this is a virus which will give them your passwords and personal details.

Keep your personal details secure Put a lock on your mailbox and shred unwanted documents. Keep your passwords and pin numbers in a safe place. Don't share your personal information on social-media sites.

Keep your mobile devices and computers secure Always use password protection, don't share access with others, update security software and back up content. Don't use public computers or WiFi hotspots to access online banking or provide personal information.

Choose your passwords carefully And update them regularly. Don't use the same password for every account/profile and don't share your passwords with anyone.

Password protection Scammers can use your information and pictures to create a fake identity or to target you with a scam.

Social media security settings If you use social networking sites such as FaceBook, be careful who you connect with and learn how to use your privacy and security settings to ensure you stay safe. If you recognise suspicious behaviour, or have been scammed online, take steps to secure your account and report it.

Beware of requests for your details or money Never send money or give credit card details, online account details or copies of personal documents to anyone you don't know or trust.

Be wary of unusual payment requests Scammers will often ask you to use an unusual payment method, including preloaded debit cards, gift cards, iTunes cards or virtual currency such as Bitcoin.

Be careful when shopping online Beware of offers that seem too good to be true and always use an online shopping service that you know and trust.

Consumer Affairs Victoria has some very helpful information on avoiding scams, what to do if you are scammed, fake tradies, consumer scams (eg online and lottery) and a *Scams quiz* which is well worth taking!

Go to the Consumer Affairs Victoria website www.consumer.vic.gov.au, click on Scams which will take you to Resources and Tools, where you will find a wealth of information including the Scams quiz.