

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 1 31st January—8th April

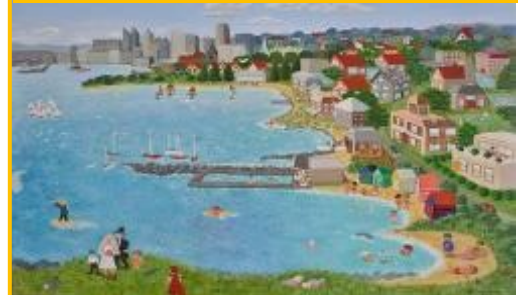
Term 2 26th April—24th June

Term 3 11th July—16th September

Term 4 3rd October—20th December

NEWSLETTER

March 2022



Beaumaris Office:

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

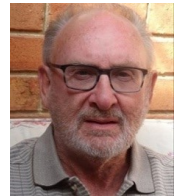
Brighton Office

Monday and Wednesday 9:30am - 12noon

FROM THE PRESIDENT - Tony Aplin

Dear Members,

Well here it is, my final Newsletter blog as President. After four years as President I'm sure it's time for someone else to have a go. I have re-nominated for the Committee of Management (COM) as Immediate Past President, an informal role, so I will just be taking a couple of steps back not abandoning Bayside U3A. I've been on the COM and Steering Committee since the first meeting called by Bayside City Council to set up Bayside U3A in August 2012. I've been in so many roles that I've forgotten quite a few of them!



These past two years have been particularly difficult for U3As: members, tutors and committee (and I know almost all the community) although thanks to Zoom, we've been able to maintain a substantial service. My hat is off to my dear COM colleagues who are continuing in their present roles. On the plus side, in some cases the use of Zoom has got around the dreaded 'wait list' for our popular classes (eg. Balance and Bones, History) where the presentation style of these classes lends itself to broadcast video, less so for interactive discussion type activities or games.

Before the latest 'relaxation' of COVID-safe rules the COM had to make a decision about the conduct of the AGM and opted for the safe choice of Zoom, as we had to in 2021. Please register for the AGM and attend by Zoom if you possibly can, or ensure your Proxy is with the Office well before the date (Thursday 24th March – 12 noon). Many face-to-face tutors will organise proxies with their classes. The AGM Notice of Meeting will go out by March 10th and the office will be mailing out to 'no email' members before that. If you do have an email address but are not a frequent user, please check your Inbox and/or Junk mail folder.

It's been a great ride as we grew as a Bayside U3A: from 300 in 2013 to 1600 members in 2019, with a corresponding huge number and diversity of classes and many amazing tutors. The last two years have seen some decline in member numbers (currently 1300+) and we're hoping to attract more this year as we get back to face-to-face classes.

A huge thank you to all the office volunteers, events and marketing people, tutors and helpers especially and COM members who have contributed so much and will, I'm sure, continue to do so. This is a significant year with the anniversary of our incorporation later in the year on 1st October. I leave you with every encouragement to enjoy Bayside U3A and to contribute and help this entirely volunteer seniors organisation, into a successful future.

Best regards, Tony Aplin

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

Please join us 5pm Friday 25th March at the Hampton RSL

Everyone is welcome!



25 Holyrood St Hampton VIC 3188

- * 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 is available for those wishing to stay on.

HAPPY HOUR on Friday 25th February

Thank you to all the new members who came to Happy Hour on Friday 25th February. 40 members attended and it was lovely to welcome some new faces along with the regulars.

We did our best to take home the legs of lamb, but unfortunately the raffle prizes went elsewhere this time. We needed you, Helene Redding! A small group stayed on for dinner in the (very empty) bistro.

ALL WELCOME Friday 25th March!



COURSE and ENROLMENT NEWS**Convenor: Sue Steele**

And we're back - mostly. Now that wearing masks indoors is optional, more of our classes have resumed face-to-face sessions. Last week several more yoga classes returned. This week, the Thursday afternoon discussion group returned to Brighton Courthouse and Lunchtime Masterpieces and Armchair Archaeology moved to hybrid mode (in person and on Zoom). Next week Monday Balance and Bones resumes at the Brighton Courthouse.

Two fabulous new fitness classes

Fitness Group Training for our more active members. Sessions will include exercises to build functional fitness by improving strength, endurance, balance and flexibility.

Course [22145](#): Wednesday 8.30am at Beaumaris Senior Centre, commencing 27th April.

Keep Moving is a gentle exercise class to improve posture, strength and build flexibility, finishing with stretches that will leave you feeling centred.

Course [22141](#): Thursday 9am at the Brighton Courthouse, commenced 3rd March.

Bayside City Council COVID safety

The following rules for Senior Centres and the Courthouse have been brought in line with recent government announcements. We must abide by these rules.

- ⇒ Masks are no longer required to be worn indoors. Checking in via QR code/manual form is no longer required.
- ⇒ Council's mandatory vaccination policy continues to apply to all visitors aged 18+. You must be fully vaccinated to visit a Council building and show proof of your vaccination.
- ⇒ COVID monitors are required to confirm participants vaccination status and to ensure participants are marked as present on the relevant class attendance sheet.
- ⇒ Keep 1.5 metres from others where possible and practice good hand hygiene.
- ⇒ Kitchens are open for participants who bring their own cup.

TALES FROM THE CRYPTOSPHERE**Tutor: Dr Juan Solertron**

For interested Bayside U3A members, there will be a bonus introductory 'Tales from the Cryptosphere' webinar on 7th April at 2.30pm. Interested Bayside members are welcome to register for this session by emailing Bayside U3A.

Session outline

Bitcoin, Alt coins, Wallets, DeFi, NFTs, Web3...what does it all mean? Why is it important? Where do you start with this new asset class?

An informal session exploring this massive new frontier with some theory, examples and plenty of Q&A. This session will deliver a high level view of the CryptoSphere for those who are interested in this world transforming innovation but would like a foundation from which to start.

We will cover the differences between Investing and Trading, types of exchanges, how exchanges work, Risk Management, hype and herd mentality, fundamental analysis and due diligence, what is technical analysis, what is a wallet and how to choose one, as well as types of coins and services.

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

Hooray! Back to our dinners in the Highbury RSL. We hope the newcomers felt welcome at our February dinners.



23 members attended dinner on the 5th February, followed by 19 members on the 19th February.

The catering contract for the kitchen has changed since our last visit – when was that? Seems a lifetime ago. However, everyone appeared happy with their food choices and service was prompt. There was plenty of social distancing around our tables for everyone's comfort.

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

BAYSIDE U3A VOLUNTEER WEARS MANY HATS



From the beginnings of Bayside U3A, President Tony Aplin has been there. In fact, he has been everywhere - read on...

Tony Aplin has been the President of Bayside U3A since 2018. He was a member of the inaugural Committee of Management and steering committee when it began in 2012 and has been involved in all aspects of its growth. His many roles have included foundation member, database developer and administrator, accountant/reviewer, tutor (Armchair Travel, Wine Appreciation, Crime Night, Robert Law (historical lantern slide images), Vice-President and now the past four years, President. He has chaired many subcommittees, facilitated the inaugural Strategic Plan, set up the bookkeeping system and has been the delegate to the regional U3A committee and the delegate for the U3A region.

He is an avid reader (of everything) - besides hosting Crime Night book group, he is a member of the BU3A book lovers and the historical novels groups.

It would be easier to say what Tony hasn't done.

Tony was born in Paparua, North Auckland, New Zealand and moved to Nelson on the South Island where his father and grandfather ran a dairy farm. He was educated there before attending Otago University. After working in NZ for a few years, Tony moved to Saskatchewan in Canada and on to Prince Rupert in British Columbia.

In 1970, Tony returned to Auckland where he completed a Bachelor of Commerce at Auckland University and was admitted as a chartered accountant. He worked as an accountant in several companies there. In 1976, the family moved to Brisbane when Tony was appointed chief accountant/company secretary at Kennedy & Middleton Industries.

Between 1978 and 1987, Tony moved all over Australia - Townsville, Darwin, Brisbane, Hobart and finally Melbourne - in various positions.

Tony has played many sports - tennis almost continuously since high school, squash for over 15 years and now golf, two days a week.

He has been a member of Mensa for over 35 years and a pivotal member of Toastmasters, BMW Car Club Victoria, Royal Historical Society Victoria, Brighton Historical Society, the Association of Motoring Clubs, Black Rock Bowling and Tennis Club and the Mercedes Benz Club Victoria. He is a volunteer at Mayflower Retirement Community and Melbourne Tourism.

When he's not at a meeting or on the golf course, Tony enjoys dining out with friends, music, Sudoku, TV documentaries and travel with the car club, golf group and including overseas cruises and train journeys. The photo above was taken when Tony escaped to Palm Cove in May 2021, in-between lockdowns!

For many years now, Tony has written words of encouragement to our members in his President's column in the Bayside U3A newsletter. He keeps members up-to-date with the goings-on. His dedication to Bayside U3A has no boundaries.



LAWN BOWLS BACK BY POPULAR DEMAND!**Convenor : Rob Coulson**

Over the last 7 years U3Aers from Bayside have been learning about the health benefits of Lawn Bowls - it's good for body and mind. And its fun!

We are socially distanced, sanitised and we have been able to get through COVID relatively untouched.

This year we are offering both Absolute Beginners and Intermediates, a course which builds over the year into a great preparation for all levels of participation.

It's not too late to register for this course as we have plenty of coaches and almost unlimited capacity. 10.00am to 12 noon Wednesdays.

We always finish with a cuppa.

Here's a picture from our first day.

**EFFORT & AGRESSION and the FELDENKRAIS METHOD****Tutor: Marie Arendsen****Physiotherapist & Feldenkrais Practitioner (Retired)**

AGRESSION definition: The way of organising movement in which more effort than is required is used for producing it. Feldenkrais described it as 'hitting a screw with a hammer'.

It is that addition, which deprives the **act of its equilibrium** and loads it with extra tension, without which the act had a chance of being more effectively executed.

EFFICIENT MOVEMENT DYNAMICS

The difference between this and wasted aggression is perhaps, not large in terms of the power invested, but is immense in its attitude. This fine and meaningful difference is what we wish to learn using Feldenkrais lessons.

In today's culture we tend to use blowup mechanisms meant for emergencies, rather than situations that are less than an emergency. We tend to engage in activities while going overboard in the acceleration of the activity. These then tend to become the goal in itself, no longer allowing us to feel when it is actually necessary.

As ability increases, the need for conscious efforts of will decrease.

Both ways of operating usually achieve their objective, but using will power habitually, may also cause considerable damage. Force that is not converted into movement does not simply disappear, but is dissipated into damage done to joints, muscles and other parts of the body used to create the effort. Energy not converted into movement turns into heat within the system and causes changes that will require repair before the system can operate efficiently again.

We may even venture to say that movements we find difficult, are not carried out efficiently. Whatever we do well does not seem difficult for us.

Older people tend to use more force because their relationship with gravity is not as good as it used to be.... producing a fear of falling. Also thinking tends to become more rigid with an expectation of 'loss'. With age, some of the senses lose the ability to notice a stimulus and thus, differences are not noticed so easily. We were also brought up to believe that if we tried harder and operated under the thinking that 'more is better', we would be better people.

Listening skills are often directed outward to our environment, rather than more inward toward ourselves and our feelings. More delicate and involved control of movement is possible only through the increase of sensitivity, through a greater ability to sense differences. However, we know that even spending short periods daily paying attention while going slowly keeps new neural connections being made. This is neuroplasticity. A source of vitality is our ability to make connections.

We tend to evaluate ourselves in terms of how we are seen by others.

Feldenkrais always famously said that what he wanted was "Not flexible bodies so much as flexible minds."

SCULPTURE GROUP

Tutor: Roy Bird

Our sculpture group have started by producing sculptures from objects found. Images of their work follows:



Janice R - Angel Rocks
(found rusted horse shoe)



Janice L. - ceramics and leather and eye bolt
(dug up from garden).



Janice L. - basket made from palm inflorescence



Janice L - Head piece made from Dracona leaves

COMMUNITY RADIO 88.3 SOUTHERN FM

Convenor: Alina Skoutarides

The Bayside U3A Program, the Bayside Community Hour, is held on the 4th Tuesday of each month from 3.00pm to 4.00pm.

Each session involves the interviewer (Pauline O'Brien) and two U3A tutors from courses on similar themes, who introduce their offerings to the public. For instance, the February session was centred on physical fitness and our two presenters were Helen Redding (Balance and Bones) and Marie Arendsen (Feldenkrais).

The presenters for the 23rd March Health and Wellbeing themed sessions are still to be confirmed.

The suggested themes for the April, May and June programs, at this stage, are: Painting and Sculpture for Pleasure (April), Historical Fiction and English Literature (May) and Mahjong and Bridge (June).

CREATIVE CONVERSATIONS 2022

Co-Leader: Alison Barnett



It has been wonderful for the group of Creative Conversations stitchers and knitters to be able to meet once again at Beaumaris.

This term we have been sitting outside on the verandah, enjoying the sunshine, the fresh air and the bird song in the background. We are delighted to be able to catch up again with one another and share our creative endeavours.

There is quite a variety of embroidery, patchwork and knitting being worked on as well as a lot of conversation. It is good to be back!

One of our members, Jennie O'Reilly, has completed a Japanese Folded Quilt which is pictured here. We were all impressed by Jennie's skill in making such an involved and beautiful quilt.



KLOP/FINSKA Convenor: Will Merritt

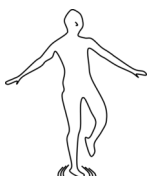
Klop / Finska is up and running at Brighton Courthouse. Beautiful setting, small enthusiastic group, lots of laughs!



We meet Thursdays 10 - 11:30am, followed by coffee around the corner afterwards.



Some more participants would be very welcome!



BALANCE and BONES Tutor Janeke Casson

This wonderful, joyous class continues on Zoom whereby we save many things such as fuel, cleaning products and physical contact. However, there is much social interaction.

Everybody is welcome!

BAYSIDE U3A WRITER'S GROUP

Tutor: Dr Cheryl Threadgold

Word of the Month 'Leaves'

LEAVES

re-uniting ex-lovers
sit quietly at a table
the depths of disconnection
somewhere in brown froth
on empty coffee cups
the frayed frail tendrils
of memories unable to bridge
the chasm between towering egos
a chair scrapes the floor
abruptly he leaves

© by Stephen Le Page

MORNING REVERIE

an early walker
full of zest and life
dreaming good health
her mind miles away
crushed by a falling bough
obliterated.
serendipity.

© by Stephen Le Page

SHE LEAVES

© by Colleen Dewis

It was one of those perfect days after a late frost. Bright sunshine sparkles over the grasses and through the rustling leaves of the trees surrounding the homestead.

After a week of frantic activity and having met the deadline, waiting for the scheduled arrival of the removal van allows time for unwanted reflection to creep in.

The atmosphere changes as old feelings swirl around uninvited, good and bad memories, fears for a future only partly planned, and of course the ripple effect to deal with as questions are asked but not all answered, hurt, sorrow, anger, loss of friendships and love.

Now that the car is packed a moment is taken for a final goodbye to this rejected home. In a searching look the homestead and landscape appears transformed as if by a painter's hand. It now resembles a scene painted on canvas from a pale palette, lifeless.

As the car moves away and leaves its final tyre tracks in the dirt of the driveway the driver doesn't look back. She ignores the one traitorous tear that rolls down her cheek and accelerates.

LEAVE

© by Norah Dempster

She didn't look back. Later she remembers this. How she never turned her head to look for the last time.

She picked her books up from the bedside, and when one fell with a thud on the worn bedroom carpet she kicked it under the bed. Would the book still be there? He wasn't a man who did housework. Probably still there.

She recalls the familiar squeak when she pulled open the door of the wardrobe. It was an old piece of furniture that came with the apartment. It never worried him but sometimes she looked at her clothing hanging alongside his worn jeans and wished for a better home for her lovely and carefully chosen clothes.

She had cried that day as she stood there and wondered if there was a raincoat for sadness.

Continued overleaf ...

Continued...BAYSIDE U3A WRITER'S GROUP

Outside the cheerful bells of the ice cream truck rang and she knew the children from next door would be running towards it. He disliked children, he found them noisy and disruptive. When he was out she called the two little girls in and gave them lemonade. She enjoyed their giggling and their comments on everything from their teachers at school to what the naughtiest girl in the class did. She told them what she did when she went to school and made them giggle even more.

Her face was wet with the tears as she reached up and removed her clothes from the wardrobe. They were heavy to carry in a pile over her arm but she didn't care. Her best dress dragged on the floor. She left the apartment, closing the door behind her with a bang. That was when she knew she was angry, too, and she stood for a while her head down, breathing slowly.

She prayed that the elevator would be empty and it was. It slid down from the upper floors, the doors opened and she entered and leaned against the wall, her arms beginning to ache as the elevator descended to the ground floor.

And there she was standing outside on a busy inner-city street holding her clothes and books feeling for a moment like a waif, helpless and alone. She wondered where she would sleep and she remembered her pillow still lying beside his on their shared bed. She pushed the thought of it away.

She didn't want to recall the nights they lay together, laughing, talking. There always seemed to be something to tell each other, then. What happened on the ferry, what the waitress said at lunch, what their old boss said and how he said it.

She started to walk, her steps slowly lengthening. Her head lifted, she could see to the end of the street.

That was when the bubble of joy emerged. She felt it rise. An explosion of freedom that filled her whole body with life. She realised she had done it, she had been able to leave. She could choose for herself again, find her own way. She set off along the footpath.

LEAVES

© by Juliet Charles

It's been a glorious summer. I've enjoyed watching children dance and bounce in the sun, shrieking with laughter. My heart has bled for the little ones who have tripped and fallen – their mothers scooping them up and wiping away their dirt-mingled tears.

Cyclists appear in the early morning – some cruising slowly and others ferociously pedalling. And there are the walkers – tall, short, thin, stout, young and old. I'm fond of one power walker; blond ponytail tick-tocking left and right, mouth a determined, horizontal line. I like her compactness; she's a neat little parcel. Business men and women, freshly disgorged from trains, buses – or perhaps from a car parked streets away, stride with their briefcases and back-packs, suited up but with jarring, shining white sneakers. The women will change into high heels at work I imagine, to more aptly complement their professional skirts and jackets.

This summer, as every summer, I have luxuriated in my wholeness and beauty. I've been proud and happy that my appearance provides such an abundance of pleasure.

But soon the days will cool; the chill of autumn will pierce the air and I will be filled with dread for the inevitability of change. It will happen slowly but thoroughly and I will gird my limbs to prepare for the brutal loss.

It's happened for many years but I still feel the pain. I should be hardened to it by now, but clearly I'm a slow learner; it's always the same. That which clothes me, enriches me is cast adrift. I lose my glossy coat, my splendid, verdant green. Some say I should glory in my majestic starkness but I shiver in my nakedness. I mourn when they desert me – my leaves. My leaves – leave - and I grieve.

Yours sincerely
Fagus (The Tasmanian Deciduous Beech)

Alias Juliet Charles, February 2022

THEY'RE SYMBOLIC**@ By Tom Valenta**

Today is my last day in rehab. I've been here for twelve months and tomorrow I'll be heading out – back into the scary real world.

It's been a time of healing, a time of regeneration. Eighteen months ago, I was in court on drug trafficking charges. I pleaded guilty and my lawyer who was a legal aid guy told the magistrate it was my first time in court. He explained that I was flogging drugs to support my own habit.

Drugs had become part of my life after my stepfather sexually assaulted me when I was fourteen. My sister, four years older than me, gave me cannabis and said, "this will take away the pain." Yes, it did just that, but I then tried heroin and it took me into a different world. And when my dealer couldn't supply heroin, I was prepared to try anything on offer – I became a polydrug user.

The magistrate offered me two choices. She said, "Mr Costas, you can go to jail, or you can go to rehabilitation. Which is it going to be?" I still recall my feelings of relief and delight when I blurted, "I'll go rehab please."

It took some months before I was accepted by the Justin Therapeutic Community, a live-in drug and alcohol rehab centre on the outskirts of town. Apparently there are far more people seeking treatment than places available so there's a long waiting list.

My first job at the centre was sweeping leaves. I had always hated gardening, but this job was wonderful. The rehab centre is an old mansion that had been converted about thirty years ago. It is set in twelve hectares of peaceful grounds. There are huge, hundred-year-old trees, a small lake, cattle paddocks and chook pens.

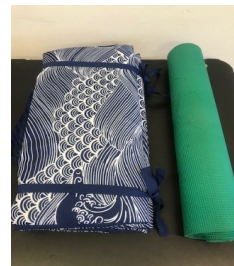
Keeping the driveway, verandas and paths free of leaves gave me time to breathe the fresh air, think about how I had got myself into this addiction mess and wonder if I would ever be able to break free of my habit. I admit to being a bit of a loner so working by myself was great, even though I did, eventually find comfort and strength in being with people who were also trying to get their lives back together.

Over the twelve months there were many other tasks such as showing visitors around the centre and cooking meals for the residents and staff. And there were training courses that I loved, especially those that I felt may lead to job opportunities.

Now that I am packing up and getting ready to go, I'm thinking about my time here. Strange how leaves have been milestones in my life. My addiction began with the leaves that I rolled into joints and then smoked. Then there were the leaves I swept here as the first step in my rehab. I'm taking a painting that I did as part of the program. Yes, it's a watercolour of leaves. I will look at it every time I'm tempted to relapse and hope like hell it sends me the right message.

NOT LOST....FOUND!

Do you recognise any of these items that have been left at the Brighton Courthouse during 2018-2022?
They can be collected from the 'Lost Property' box in the office there.



News from the VICTORIAN U3A NETWORK

Art tutors and language tutors

Network is working with art and language tutors to develop strategies to support U3A art and language classes throughout Victoria. If tutors at your U3A would like to be involved, they can send an email to Nellie at epm@u3avictoria.org.au

IT How To...

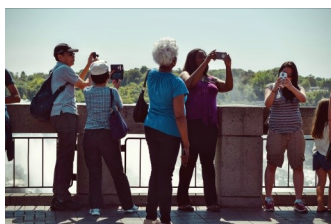
The next 'IT How To' drop-in workshop will look at how to clear your browser history and cookies on Thursday 10th March from 2pm - 3pm. Join Zoom Meeting

<https://u3anetworkvictoria.zoom.us/j/87977900014?pwd=emtuUjdUd3NZSON5QURHMGEd0lWUT09>

Meeting ID: 879 7790 0014 Passcode: 123909

The April topic will look at how to use the Bluetooth and wireless feature on your computer, phone and smart TV. For instance, how to get things on your phone to play on the TV. If you have a topic that you would like explained in an 'IT How To' drop-in session, email epm@u3avictoria.org.au

Photography Competition for U3As



U3A Network Victoria is launching a photography competition for members of U3As to 'Show Us How You U3A!' Let's challenge the stereotypical images of older people we see so often in the media and in advertising – and get the word out to the Victorian community about U3As at the same time.

We want to source images of U3A members being active, being social, learning, teaching, having fun and enjoying being together, to use in Network's marketing and advertising campaigns.

Entries that meet the following criteria will be featured in a virtual gallery space on Network's website and may be used in other digital or hardcopy communications:

- Images must have sufficient quality for digital reproduction
- Images of people being active, engaging in something fun or interesting
- People shown in groups or pairs to emphasise the sense of community fostered by joining a U3A
- Creativity in how a scene is depicted – think interesting angles, backgrounds, close up shots of people doing things with their hands like art or using a device
- Consider diversity and inclusion in your entries
- The photographer and the subject/s must provide a signed photography release form that gives copyright of the image to Network

Entries close on 29th April so start polishing those lenses, put your creative hats on and get out there to show us how you U3A. Remember – all those persons in a submitted image must consent to the use of their image before you send it to us.

Click on [this link to download the Photography Release Form](#). You may submit as many images as you like, but they must be accompanied by the Form. How to upload your entries:

- Rename your images with your name and U3A so we know who submitted the entry - or save them into a folder that has your name and U3A on it
- Go to our [DropBox folder and upload your entries](#)

[Email us](#) with any queries or questions.

Information about the competition is [also available on Network's website here](#).