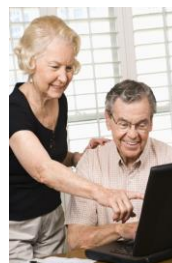


## June 2014 Newsletter

Don't hibernate this winter. Join our friendly members in fun activities. Laugh.

This newsletter is issued in March, June, September & December.  
Each issue covers events, classes, guest speakers & more.

**Please have contributions for the September issue in before Monday 29 August 2014.**



# Bayside U3A

UNIVERSITY OF THE THIRD AGE

**Office** Beaumaris Seniors Centre  
84 Reserve Rd Beaumaris  
(behind the library)  
**10:15am -1 pm Monday – Friday**  
**During term (excl public holidays)**  
**Ph 95893798**

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Sandringham 3191

**Website**

### Report from our President, David Hone



Our U3A continues to grow and prosper as we enter the second half of our second year. The Management Committee is slowly learning to stop calling itself a steering committee as we start operating as the elected committee of your incorporated organisation.

Our last newsletter thanked out going members of the Steering committee but did not acknowledge the outstanding contribution of Sue Steele. It was included in my report at the AGM and its absence from the newsletter in no way reflects my gratitude to Sue for all she has done and is doing for Bayside U3A as our Course Convener and Vice President.

Your Committee is looking to the future with a Strategic Planning Day to be held in October and welcomes input from all our members which should be sent or emailed to the office and entitled Bayside U3A Strategic Plan. This whole process is being led by Bridget Hsu Hage and Tony Aplin has agreed to act as the facilitator on the day.

We have recently submitted an application for a \$5000 grant for a Council Community Grant to allow us to purchase a mobile hearing assistance system which allows those with a hearing disability to not only hear the tutor but everyone in the group. We think we have a good chance of success with this grant.

Kerrie Geard has been setting up our office with a photocopier & new desk top computers.

May I remind all our Tutors that photocopying for classes can be done now through the office, if you give them a day or two to do it. We do not do color printing and we should wherever possible be double siding our handouts and using a font of 12. Other photo copying will not be funded by the U3A.

**Bayside U3A Website** Go to [www.baysideu3a.wordpress.com](http://www.baysideu3a.wordpress.com) to find the very latest information on courses, events guest speakers & for membership & course enrolment forms.

### 2014 Term dates

- **Term 2:** ends 27 June
- **Term 3:** 14 July to 19 September
- **Term 4:** 6 October to 12 December

There are no classes on public holidays

### Bayside U3A Membership fees

Full membership \$40  
Couples \$70  
Associates \$20

**The Bayside U3A Office** is open from 10.15 am to 1 pm Monday to Friday during term.

When you phone the office you may speak with a number of our helpful volunteers.



**Pauline** (left) was 1 of 60 people at the first council meeting to show interest in a Bayside U3A. Now that her 5 children have grown she has time to enjoy learning more. Congratulations to Pauline on her appointment as our new "Welfare Officer". **Anne** (right) retired in 2002 & has since been a member of Frankston, Moorleigh & Bayside U3As.

### Diary Dates 2014

- **25 June: Speakers program:** Neil Cole (A play writer) "Running against depression", 11am-12pm Beaumaris Seniors Centre
- **27 June: Term 2 ends**
- **14 July: Term 3 begins**
- **16 July:** Committee Meeting: 3rd Wednesday of the month 4 pm Beaumaris Seniors Centre
- **23 July: Speakers program,** Kevin Casey "Energy Matters" 11am-12pm Beaumaris Seniors Centre. This presentation covers global energy demand, the effects of the current fossil usage including shale gas, the availability of oil, the contribution of renewable energy sources & the current global usage of nuclear for electricity generation and issues of safety & waste management.
- **25 July: Christmas in July**
- **27 July: City Explorer.** Suzanne Kaldor, Course Code 14019, Last Sunday of the month, 10am explore Melbourne's unique culture. Every month we will travel to the city and explore Melbourne's unique culture. Meet at Sandringham Station or board a nominated train along the route so we all arrive together. Members' input will drive the itinerary.
- **27 August: Speakers program,** Joanne Lambie (Stay in Touch) "Security on the Internet" 11am-12pm Beaumaris Seniors Centre. Participants will gain some valuable knowledge & top tips to protect their personal & financial information online.
- **29 August:** Newsletter: Closing date for contributions to the next newsletter
- **19 September: Term 3 ends**

**2014 Speakers Program** All members of the community are welcome to attend our free speaker sessions. A light lunch will be provided from 12 for \$5 for those who wish to stay.

**Christmas in July,** "A Very Cuckoo Christmas" Friday 25 July 2014. Cost: \$65 Meet 8.50am Beaumaris library. Coach travel to Grant's Picnic Ground in Kallista for morning tea; short time to browse Olinda shops; Christmas buffet lunch & entertainment at German style restaurant "The Cuckoo"; return by approx. 3.30pm. Book through Bayside U3A office.

## Classes

Included with this newsletter is the 2014 **Class Timetable & a Course Enrolment form** for new enrolments. There's no need to re-enrol in ongoing classes. In addition to the classes continuing from Term 2, there are new classes starting in Term 3:

**"Music Appreciation"**, Tutor Margaret Marks, Course 14063, Sandringham Seniors Centre, Mondays 12pm from July 21 for 8 weeks. Hear a wide variety of mostly classical music & develop skills to enhance the experience of listening to any music. You will learn about instruments & voices, the elements of rhythm, melody, harmony, form, texture, dynamics, style...and much more! (The course does NOT require knowledge of reading musical notation).

**"Men's Cave"**, Tutor Russ Vial, Course 14054, Brighton Grammar School (enter off Allee St) Saturday 9am. The Cave is an opportunity for men to "have a yarn" over a cuppa while participating in projects, learn a new skill and/or pass on what you know while using our range of wood-working and other tools.

**"Russian for Travellers"**, Tutor: Vlad Metter, Course 14061, Brighton Senior Centre, Monday 12 – 2pm from July 15. The basics and essentials for communicating in Russian with people who have no English. The course will teach common words and phrases necessary in travel situations.

**"Gardening Ideas & Plant Swap"**, Tutor: Barbara Smith, Course 14062, Sandringham Seniors Centre Monday, 2pm from July 14. An overall view of gardening: plants, growing from cuttings, soil, compost.

**"Basic Skills for Horoscope Building"**, Tutor Valeria Metter, Course 14025, Brighton Seniors Centre, Monday 2pm – 4pm from July 14 for 10 weeks. The course will include astronomical fundamentals, basic horoscope symbols, principles and practice of horoscope calculation and interpretation, introduction to astrological software. Anticipated Outcome: Mastering basic skills to build and interpret an astrological horoscope.

**"Retirement Workshop"**, Tutor Cecilia Morris, Course 14028 Brighton Library Tuesday 2pm-4pm from October for 4 Weeks. Learn: How to reinvent yourself; Decision making/goal setting; New friendships & interests; Staying active & healthy; Developing a strong self confidence; Slow the ageing process from the inside; Discovering leisure options – finding your adventure; Discovering with technology, no need to get frightened; Thinking your way out of the retirement trap; Togetherness – interpersonal skills for an ongoing happy relationship; Living within your means and having fun.

**"Mythology & Legend, the Universal Hero"**, Tutor Sue Bell, Course 14008, Black Rock House Thursday 2.30pm – 4.30pm from July 17 Duration: Terms 3 & 4. A look at the universality of all myths and legends, including fairytales, and their importance in human development and psychology.

**"Poetry Writing Workshop"**, Tutor Cecilia Morris Course 14027 Brighton Library Tuesday 2pm – 4pm from 7 October for 4 weeks. This workshop is for helping participants in poetry writing, by using creative ideas that will motivate poets or would be poets. It is a practical course; all you need is paper, pen and a sense of humour.

## Let's Celebrate our Achievements

**Writing Radio Plays, Cheryl Threadgold** The Radio Play Writer's group were thrilled to have Jane Sullivan attend one of their classes. Jane is a well-known fiction author, literary journalist and an Artist in Residence at Bayside. As one of their writing tasks, the group adapted Jane's short story *Fallen Woman* into a radio play. The group also wrote an original play on a topic of their choosing. Two plays, Jan Storey's adaption of *Fallen Woman* and Norah Kaplan's original script, *Finding the Golden Dragon*, were selected for performance and recording as part of Bayside's Literary Series. Cheryl Threadgold, the class tutor, directed the plays, and cast professional actors in the various roles.



**Lawn Bowls – Getting Started, Rob Coulson** A group of complete beginners are starting to get the hang of lawn bowls and are having a lot of fun. One of the instructors, Theo Witte (centre), shares the excitement when a close bowl arrives. Some of our beginners are now mixing it with more experienced bowlers in competitions.

**Men's Cave, Russ Vial** The Cave allows men to learn a new skill and/or pass on what they know while using our range of wood-working & other tools. We have completed projects for local schools & kindergartens such as some of the props for a Brighton Grammar School /Fintona Girls Grammar Production of the Wizard of Oz. Our men are interested in wood-working, furniture restoration, picture framing, painting & digital photography, amongst other things. If you have ideas for projects needing help contact Bill Richardson on 9557 3488.



**Walking Group, Sue Levy** The Group demonstrates Strength & Determination, starting the year with 5km walks increasing to 8km, with a goal of 10km per class. Along the way we are delighted by great views, historic markers including this Chinese Elm (right) and a stop for coffee & a chat.



**Come and Try Croquet, Kay Davis, President Sandringham Croquet Club.** An enthusiastic group of U3A members have participated in a 5 week "Come and Try croquet" course run by the Sandringham Croquet Club. We started our sessions in extreme heat and finished in very wet weather. Such are the vagaries of the Melbourne climate.

**Digital Directions, Maggie Heggarty** Members in action. A very wet day but we managed to get a few shots in between rainfalls.

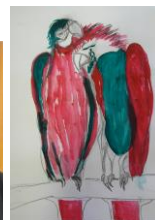
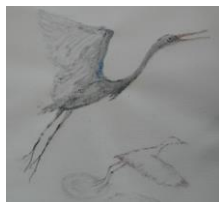




## Hands on Art, Suzanne Kaldor



The class is an evolving class that is steered by the students. We went to draw the Old Town Hall & Church in Brighton & students found the drawing of trees difficult so next class we moved inside to focus on our Magic Gardens. The students will exhibit their work in the entrance to the Beaumaris Library in August 2014.



## Retirement Workshop, Cecilia Morris



Student: When I lost my job I lost more than my income. I lost my health & peace of mind, the work I love & self esteem, as well as contact with my colleagues of 30 years. This class had me acknowledge the loss but look at what I had gained and take control of my life with a new identity & joy.

We started with an exercise plan, ended up with a Street Directory for Life and new mates with whom to enjoy it. Along the way we learned about brain plasticity, self fulfilling prophecies, synchronicity, decision making and a whole lot more.



**Classical Music / Jazz, David Peake** is an 'enthusiast'. He plays audio & DVD recordings of classical music from 1600 to 1950 & jazz from the beginning to the 60's, alternating between classical one week & jazz the next. The intention is to introduce his group to unjustly overlooked music & composers to broaden their interest. His classes have a loyal following, some attending one or other class & some both classes.

## Victorian Senior of the Year



An ideal opportunity to recognise & celebrate the real contribution of people aged 60 years & over to the local community & to Victoria. For more information or a nomination form, contact the Seniors Info Line 1300 135 090 or go to [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au).

**Closing date 11 July 2014**

**Why not nominate one of our members.**

## Requests for help

**Black Rock House**, Ebdon Avenue Black Rock, need volunteers interested in local history to help run Sunday House Tours, Mid Week Tours and Winter Ghost Tours. Some would act as costumed Tour Guides, Front Desk Administrators or catering. Its great fun with costumes & training provided. Phone 9589 5763 or email [www.blackrockhouse.org.au](http://www.blackrockhouse.org.au)

**Monash University** invites volunteers: 40+ who have knee pain to join our clinical studies examining whether some medications slow the progression of knee osteoarthritis and reduce knee pain AND 18 – 75 to take part in a clinical trial investigating the use of a medication called amitriptyline for treatment of lower back pain. To participate or for information on either study contact 99030553

## Thank You

**The Office of Andrew Robb AO, MP and Federal Member for Goldstein** for assistance in production of this newsletter.

## Just for fun

A winter's picnic at the Cranbourne Gardens.



Life can be amusing for those of us who are hard of hearing  
Three friends who are **hard of hearing** met one day and the conversation went like this:  
*One says: "It's windy today."*  
*Second says: "No, it's not Wednesday today. It's Thursday."*  
*Third says: "Yes, I'm thirsty too. Let's go for a coffee."*

**Next issue of this newsletter:** Do your Christmas Shopping early. We will tell you how to get your Bayside U3A gift certificate for 2015.