

Welcome to Autumn!



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Location Beaumaris Seniors Centre  
84 Reserve Rd Beaumaris  
(behind the library)  
10:15am - 1 pm Monday - Friday

## **Bayside U3A Newsletter March, 2014**

### **Report from the President, David Hone**

Pleasingly, the start up of this year's Bayside U3A programme has gone relatively smoothly thanks to the efforts of all those involved. Thanks to our outgoing committee members:

- *Martin Playne*, our Secretary, worked tirelessly behind the scenes and also ran courses. He has decided not to continue on the Committee but will act as a consultant to the new secretary. He will be greatly missed on the committee
- *Jan Storey* was almost full time as our course convener and legal adviser as well as a Tutor before running into health issues. She also has decided not to continue on the committee. Her contribution to our foundation was outstanding.
- Both Martin and Jan worked very hard on having us become an incorporated body operating under the old Model Rules of the Department of Consumer Affairs and then guiding us into to the new model rules, as these became the legal requirement, and with these a set of suitable By Laws. They have both agreed to act as legal and constitutional consultants to the 2014 committee.
- *Sandra Groves* took on the Newsletter, our inaugural Speaker Programme and helped in the office as well as being a regular contributor to our committee deliberations. She has decided not to continue with these roles, where she will be greatly missed, but she has assured me she will continue to help!
- I want to emphasize that it has been a great team effort from the whole outgoing Steering Committee including Russ Vial, David Lea, Viv Bacon, Elizabeth Jensen, Joan Angwin and Suzanne Frankham who all made significant contributions as the need arose, too numerous to detail in this report.

This year we have on offer 57 activities and a number of events planned. We hope that you can make the most of the learning activities that our U3A offers.

Membership is growing with our current number at 515, an increase of 40% over the past 12 months. It seems that most people join on the recommendations of friends and family, and I encourage you continue doing this to make our organisation a vibrant and enjoyable group to belong to.

Our 1<sup>st</sup> Annual General Meeting was held on 6<sup>th</sup> March, where, as well as welcoming in the 2014 committee, we celebrated reaching our first AGM milestone with attendees joining in for a light lunch and refreshments.

I look forward to another eventful and exciting year working with our 2014 committee. The meeting was well attended and it was great to see so many volunteers for committee positions. Special thanks to Martin Playne for organising the AGM, and ensuring the smooth running of the AGM by making all documentation available for member's perusal and use before and at the meeting.

Marilyn Hubbard, our Treasurer, has done her essential job with humour and good will and I am delighted she accepted my nomination to continue as Treasurer this year.

Heather Collins came on board as our office team leader during the course of the year in response to our appeals for help. She took up the task of managing the continuity of service and operation within our office, begun by the office volunteers themselves, and has accepted a nomination to continue on the committee in this role.

We should also welcome all new Members of the Committee, Kerry Geard, and the editor of the Newsletter Kerryn Bray. We should also thank all those who agreed to continue serving on the Committee for 2014.

I would also like to invite each of you to offer your opinion on what you think we are doing well and any suggestions you may have for doing things better.

I hope that you are enjoying your courses & look forward to catching up with you throughout the year

## Bayside U3A 2014 Committee Members

<b>Steering Committee</b>		<b>General Committee</b>	
<b>Name</b>	<b>Role</b>	<b>Name</b>	<b>Role</b>
David Hone	President	Sue Steele	Course Convenor
Judy Sinclair	Secretary	Sue Bell	Events Manager
Sue Steele	Vice President	Vlad Metter	Equipment Manager
Marilyn Hubbard	Treasurer	Kerry Geard	IT Manager
		Pauline O'Brien	Publicity
		Pauline O'Brien	Publicity
		Tony Aplin	Finance Officer/Webmaster
		Bridget Hsu Hage	Speakers Program
		Heather Collins	Office Manager
		Kerryn Bray	Newsletter



**David Hone, President**



**Sue Steele, Vice president**



**Marilyn Hubbard, Treasurer**

## Diary Dates 2014

- **26 March:** Speakers program, Topic: Home equity release (or conversion) schemes, Basil La Brooy (NICRI), 11am-12pm Beaumaris Seniors Centre,
- **26 March:** Committee Meeting: Generally the 3rd Wednesday of the month at 3.30 pm Beaumaris Seniors Centre
- **30 March:** Trip: City Explorer. Course Code 14019 Last Sunday of the month, from 10am Meet at Sandringham Station or board the 10:10 from Sandringham train along the route so we all arrive together. This month we will visit the State Library with a group tour arranged for 2pm.
- **2 April:** Trip: "A Day by the Sea with lots to see." Day trip departing Beaumaris Library 8.45 am & returning about 5.30 pm. Includes coach & Seaside rail journey to Queenscliff, morning tea, 2 course lunch at a Queenscliff hotel & visit to "Kyo" a Chinese & Japanese artefact importer at Ocean Grove in the afternoon. Cost: \$65 for 35+ passengers. Please book and pay at the office.
- **4 April:** Term 1 ends
- **9 April:** Teaching Workshop for U3A Tutors. Beaumaris Seniors Centre 10:00am -12:00
- **22 April:** Term 2 begins
- **23 April:** Speakers program, Topic: Does asthma affect you, your family, friends or grandchildren?, Sarah Doherty (Asthma Foundation), 11am-12pm Beaumaris Seniors Centre,
- **27 April:** Trip: City Explorer. Course Code 14019 Last Sunday of the month, from 10am
- **25 May:** Trip: City Explorer. Course Code 14019 Last Sunday of the month, from 10am
- **28 May:** Speakers program, Topic: Hearing and hearing loss, Julian Hinvest (Audiologist, Apex Hearing) , 11am-12pm Beaumaris Seniors Centre
- **12 June:** Newsletter: Closing date for contributions to the next newsletter
- **25 June:** Speakers program, Topic: Running against depression, Neil Cole (A play writer) , 11am-12pm Beaumaris Seniors Centre
- **27 June:** Term 2 ends
- **29 June:** Trip: City Explorer. Course Code 14019 Last Sunday of the month, from 10am

**Overseas Opportunity 3 August:** Trip: "Three Countries, Three Universities, Tour England, Wales, and Scotland". This trip is in conjunction with Sage travel and the Melb City U3A departing 3 August 2014. Only 15 travellers per coach, no single supplement, daily tours included in price, all entrance fees included in price, no tipping. Contact Russ Vial, email [RussV2@bigpond.com](mailto:RussV2@bigpond.com) for itinerary and costs.

**More email addresses please:** Many of you have already provided us with your email address, which really helps us out. If you have an email address you have not yet told us about it, or have changed your e-mail address, please let us know so we can contact you that way as well as by post or phone. It saves us a lot of time and money if we can email members, and you will be kept more informed because we send out a monthly email bulletin, in addition to our paper newsletters.

## 2014 Term dates

- **Term 2:** 22 April to 27 June
- **Term 3:** 14 July to 19 September
- **Term 4:** 6 October to 12 December

**It's important to enrol:** Members need to enrol in each activity they attend. You can enrol in a class at any time, even if you start to attend mid-way through a term. If you don't formally enrol, we won't know that you are a member of a particular group and you will miss out on vital information relating to class activities, changes, cancelled classes etc.

## Classes starting in Term 2 - There are No classes on Public Holidays!!!!

As well as those courses continuing from Term1, a number of classes will begin in Term 2.

**Current Affairs**, Course Code 14014, Starts Wed 23 April, Beaumaris Seniors Centre. Round-table discussion on world events and political and social issues in Australia, including political, social, science and art information.

**Please note the change of day and time for this course, from Tuesday 11:00, to Wed 1.15pm.**

**Antarctica**, Course code: 14052, Starts: May 2, Beaumaris Seniors Centre, Friday, 10am. This six week course will include slides, discussion and videos of Antarctica's history, exploration, flora and fauna, climate, and geography.

**Introduction to Astrology**, Course Code 14024, Starts Monday May12, 2:00pm -4:00pm, Brighton Seniors Centre. Fundamentals and benefits of Astrology, Astrology history, Horoscope symbolism and forecasting, Astrology in the modern world. Anticipated Outcome: Understanding the essence and benefits of astrology, its philosophy and place in the modern world. Valeria Metter

**Getting the most from the Internet**, Course 14039, Group A, Starts, Thursday 1.30pm-3.30pm, April 24<sup>th</sup>, Brighton Library. This 6 week course is designed to take you from beginner to experienced internet user. Starting with basics such as surfing the web and simple email tasks, you will become a confident web user, with an understanding of some basic security to safeguard your internet use. Other topics covered include customising your web browser, searching the web, identifying trusted web sites, using social media (as a reader and an author), buying and selling on the web. Classes are small and informal with plenty of time for questions. Bring along your own laptop, iPad or tablet if you have one.

**Life & Work of Robert Law Life (1870-1930)** Course code: 14002 Location: Sandringham Library Tuesday 10am – 12pm Starts: 29 April Duration: 2 weeks. Robert Law was the Chief Assayer and Refiner at the Royal Mint Melbourne. Participants will gain an appreciation of glass lantern slide photography and biographical historical research. Robert Law lived in Brighton from 1898 until his death in 1930. He was a keen amateur photographer and took thousands of photos in his lifetime, of Melbourne and Victoria and other places of interest. Many of these fascinating images will be shown during the presentation.

**Mentoring your memoir** Course code: 14001 Location: Brighton Seniors Centre Wednesday 2pm-4pm starts: June 25 Duration: 3 weeks Lots of people have wonderful life-stories to relate, yet find it hard to get started. Though they may tell their stories, collate bits of the past, even research the net, when it comes to setting it all down, they are not sure how to begin, much less how to continue. These workshops will give lots of tips that, if carefully followed, will actually work. You will learn ways of setting oneself up, overcoming procrastination, tackling research and beginnings, creating convincing characters. You will also discuss crafting, plotting, dialogue, endings, the difference between fiction, non-fiction and faction, coping with controversial issues and publishing. Uses Goldie's text **Mentoring your Memoir**

**Shakespeare reading and discussion**. Course 14015 Starts Monday April 28<sup>th</sup>, Beaumaris Seniors Centre. A play is chosen each week. The class tutor explains the play, the class reads it (alternating characters), discusses the meaning or any difficulty as the play is read. The first play for 2014 will be *The Merchant of Venice*.

**Teaching workshop for U3A tutors** Course Code: 14033 Wednesday April 9, 10am – 2pm, includes lunch Location: Beaumaris Seniors Centre RSVP to BU3A Office by Wednesday April 2 This workshop will aim to encourage tutors in U3A programs to reflect on: What outcomes do tutors envisage that those attending their classes will achieve? What choices do tutors make in designing their classes and learning activities? What problems have tutors experienced and how might they better engage their students?

**Digital Directions~ Digital Photography**, Course Code 14016, (Terms 1 & 2 fully booked.) Now enrolling for terms 3 & 4 (July 15, Aug 19, Sep 23, and Oct 28).

**Enjoying your iPad**, Course code: 14037 Beaumaris Seniors Centre, Friday 2:00pm-4:00pm (Terms 1 & 2 fully booked.) One term 3 and one term 4 group still available

## 2014 Class Locations

Beaumaris Seniors Centre 84 Reserve Rd Beaumaris	Beaumaris Library 96 Reserve Rd Beaumaris	Black Rock House 34 Ebdon Ave Black Rock	Brighton Library 14 Wilson St Brighton	Brighton Seniors Centre Cnr Durrant and Pearsons Sts, Brighton
Highett Neighbourhood Community House 2 Livingston St Highett	Sandringham Seniors Centre Waltham St Sandringham (adjacent to library)	Hampton Yoga Centre 14 Thomas St Hampton	Brighton Croquet Club 6 Bleazby Ave Brighton	Brighton Bowls and Sports Club Breen Drive (Dendy Park)

## 2014 Speakers Program

All members of the community are welcome to attend our speaker sessions on the fourth Wednesday of the month during school terms, from 11am to 12pm. The Program is held in the **Beaumaris Seniors Centre, 84 Reserve Rd Beaumaris**. Our speakers voluntarily give of their time to provide information and expertise on the subjects they present, and your support of the program is most appreciated. A light lunch will be available from 12 for \$5 for those that would like to stay and have a cuppa, a bite to eat and chat

### We have the following Speakers

- 26 March**: Home equity release (or conversion) schemes  
In this session Basil La Brooy from the National Information Centre on Retirement Investments (NICRI) will discuss the ways you can access the equity in your home and points to consider if you might be thinking about this.
- 23 April**: Does asthma affect you, your family, friends or grandchildren?  
In this session Sarah Doherty (Asthma Foundation) will discuss asthma triggers, how to recognise signs and symptoms, various asthma medications and device technique, the importance of asthma action plans and how to respond to an asthma emergency.
- 28 May**: Hearing and hearing loss  
In this session Julian Hinvest (Audiologist, Apex Hearing) will discuss how our hearing works and how it is tested, look at types of hearing loss and signs of hearing loss, and the effects on our communication ability and lifestyle, options to improve hearing including hearing aid types and technology, benefits of hearing aids, and the importance of seeing an independent



## Events we have enjoyed:

We participated in a number of events in the last few months of 2013 & the first few months of this year which proved very popular. Keep an eye out for upcoming events and spread the news of our U3A throughout the community. Outings & events are advertised on our website.

- October 2013 - Seniors Week. Put this in your diary for 2014. This was a fun event with various community stalls, a band and lunch. Bayside U3A had a stall and some of our members were also manning other community stalls. Our members have so many interests.
- November 2013 - Sign on day for new members. You must have been talking to your friends about us because about 100 new people joined & new members are continuing to join each week.
- December 2013 – We had a Cocktail Party for tutors & volunteers to say thank you.
- March 2014 - 1st Annual AGM. We needed a quorum of 45 people & 72 people attended. Sue Bell, Events Manager, made sure none of us went hungry. She said so many people pitched in and helped on the day.

**Spread the News** - Recently, a woman from U3A London visited us and sat in on the Australian Slang class & stayed for coffee after. She told us that in London, private homes are used as venues for U3A classes. They do not seem to have the same continuing Council support we do.

## Thank You

- **Bayside Council** for your ongoing support.
- **Bayside Libraries** for allowing us to use their meeting and computer rooms for classes
- **Bakers Delight Beaumaris** for supplying bread for our sausage sizzles.
- **The Office of Andrew Robb AO, MP and Federal Member for Goldstein** for assistance in production of this newsletter.

Contributions can be notified by phone, e-mail, or postal address at the top of the newsletter or you can come to the office & let one of the office volunteers know.

- **Speakers program** - If you have recently attended a Speaker session that you think will be of interest to our Bayside U3A Community, please let us know
- **Committee meeting** - You may wish to provide a suggestion for the committee.
- **Volunteers** - Bayside U3A is a learning community established & sustained entirely by volunteers. You may wish to share your skills, knowledge and experience in a volunteer position. Fancy being a tutor of Comparative religion, Italian, French or Spanish conversation for travellers, or an Accompanist for a Choir?
- **An external research project** being run at the National Ageing Research Institute would like to find out whether older adults 60 -80, who do not engage in regular 30 minute per week physical activity, and who have memory concerns, might benefit from the program. If you interested contact details are on the website  
[http://www.mednwh.unimelb.edu.au/nari\\_Volunteers/nari\\_volunteers\\_indigo.html](http://www.mednwh.unimelb.edu.au/nari_Volunteers/nari_volunteers_indigo.html)
- **Newsletter** – Tell us what you would like to read about in the Quarterly newsletter. Please provide contributions for the next newsletter by Thursday 12 June 2014.

*From all of us at Bayside U3A, We wish you all a safe and enjoyable Easter*