

# Bayside U3A

## UNIVERSITY OF THE THIRD AGE

ABN: 45856411505

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

Email [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com)  
Post PO BOX 319  
Sandringham 3191  
Website

### September 2014 Newsletter :

This newsletter is issued in March, June, September & December.

Each issue covers events, classes, guest speakers & more.

Please have contributions for the December issue in before **21 November 2014**.

### Report from our President, David Hone : WE NEED VOLUNTEERS TO SURVIVE



I am currently visiting some other U3A's in Melbourne with Tony Aplin as part of our Strategic Planning process. You will hear more of what we are learning in future newsletters.

We continue to grow at an amazing rate (590) which is wonderful to report but this growth will only continue if we manage to procure from Council further accommodation. The Council has approved the installation of a sound proof wall between the main room & the smaller room at Beaumaris and this will certainly allow us to use both spaces at the one time. This will occur either in the September Break or over Summer Break.

We will also only continue to grow or survive if most of our members see volunteering as part of the U3A experience. We are a totally voluntary organization. That is why we can offer so much for so little. Unfortunately, the great majority of you are not yet helping run the U3A and this is not the norm in other U3A's. We urgently need more you to offer your services by contacting the office. We are introducing a system where voluntary helpers will be given first preference for their course enrolments to encourage you all to become involved. We are likely to have many more waiting lists next year. We need people in the office, on sub committees and as Class Assistants to the Tutor. We would like to develop a stronger social committee to organize and help run more social events.

We are also tightening up on attendance. If you miss three classes in a row expect a phone call from the office

I have said before that it is your U3A so promote it in the community and with the Council. Please see volunteering to help as part of the whole U3A experience. In many U3A's it is a requirement of membership as you will see listed in the aims on the next page.

<b>Term 3:</b> 14 July to 19 September,	<b>Term 4:</b> 6 October to 12 December
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**Bayside U3A Website** Go to [www.baysideu3a.wordpress.com](http://www.baysideu3a.wordpress.com) to find the very latest on courses, events, guest speakers and for membership & course enrolment forms.

## University of the Third Age (U3A) aims to

- To be a fully autonomous, self-supporting and voluntary organisation
- To provide a creative use of leisure time
- To establish and maintain educational, cultural and physical programmes
- To broaden intellectual horizons irrespective of background
- To promote and further the concept and adoption of U3A in the general community
- To seek & maintain contact with organisations & individuals involved with the U3A

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



**Sale:** 2014 memberships are now 50% off for the rest of the year. Previously - Full membership \$40 now \$20, Couples \$70 now \$35 & Associates \$20 now \$10.

**Bayside U3A gift certificates** for 2015 will be available from November 2014 from the office and can be purchased using cash, cheque or direct debit. Why not get your family and/or friends to give you the gift you really want this year.

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



**Barbara** (left) has been enjoying her Lawn Bowls & Philosophy classes and a laugh with her mates as an Office Volunteer. You may recognise **Jeanette** (right) because she was featured in an Age newspaper article sticking up for older drivers but also explaining everyone needs to be aware of their limitations.

## *Requests for help*

**Office Volunteers are needed:** If you would like to join our friendly team, volunteers are always welcome. Please contact us on 95893798 or drop in. We are sure to find a job that suits you and can guarantee a few giggles.

The Committee, Tutors, & Office staff are all volunteers who bring to Bayside U3A their wealth of experience, knowledge and skills. There are so many ways in which you can help.  
**What can you do for your Bayside U3A?**



**Di** (left) is a local naive artist. Her work “Bayside” (right) may look familiar to you. It is on the Bayside U3A sign board at the front of the Beaumaris Office of Bayside U3A



**Tutor required for a “Balance & Bones” course.** There is a DVD available outlining an exercise program designed for active mature aged participants at all fitness levels. It is a fun workout aimed to increase flexibility, balance, co-ordination and bone strength. Would you like to lead this group?

**Co-ordinators** are needed for the **Grants & Fund Raising subcommittee & Speakers Program**

## *Diary Dates 2014*

- **19 September:** Term 3 ends
- **28 September:** 26 October, 23 November. **City Explorer.** Suzanne Kaldor, Course Code 14019, 10am. We travel by train to the city & explore Melbourne's unique culture. Meet at Sandringham Station or on a nominated train so we arrive together.
- **6 October:** Term 4 begins
- **5 - 12 October:** Victorian Seniors Festival
- **7 October:** Bayside Seniors Day at Beaumaris Library Hall
- **8 October:** Performance Jan Storey & Geraldine Colson from the Writers discussion group have written scripts for the "Legends of the Skies Series 2" at the Australian National Aviation Museum, Moorabbin Airport
- **10 October:** Bayside U3A Strategic Planning Meeting
- **15 October:** Committee Meeting: 3rd Wednesday of the month 4 pm Beaumaris Seniors Centre
- **15 October:** Book launch "Two Squatters" by Martin Playne at Brighton Library Wednesday 15 October from 6:30pm to 8:00pm .
- **22 October:** Speakers program: Robin Lovell (TAC Community Mobility Program) How individuals can maintain independent community mobility skills whilst accommodating health & ageing related changes. 11-12pm Beaumaris Seniors Centre
- **6 November:** Brisbane Ranges Mystery Day Tour
- **21 November:** Newsletter: Closing date for contributions to the next newsletter
- **26 November:** Speakers program: Dr Bryan Keon-Cohen, PhD AM QC (barrister, writer & activist), "A test case on Native title". His memoir - "Mabo in the Courts: Islander Tradition to Native Title". 11am-12pm Beaumaris Seniors Centre.
- **12 December:** Term 4 ends

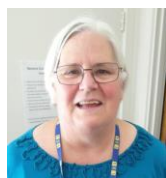
**Speakers Program:** All community members are welcome to attend these free sessions.

### **Brisbane Ranges Mystery Day Tour – Thursday November 6**

Cost \$60, only 19 places, bookings close October 28. Where is the enchanted hill, what gold ghost town will we visit, where on earth are we now and will we make it across the Ford? This is our second Highland Explorer tour. Note: Participants must be fully mobile.

**Book launch** - Martin Playne's book "Two Squatters" will be launched on Wednesday 15 October from 6:30pm to 8:00pm. Bookings are essential at [www.trybooking.com/89173](http://www.trybooking.com/89173). The book details the lives of two early pioneers who lived in the Port Phillip District, throws new light on medicine in the 1840s, on the endeavours to improve squatters' conditions & to form a new colony. The book gives a real feeling of the lives of relatively unknown individuals during those boisterous years of early settlement between 1839 and 1854. More details can be found on Martin's website: [www.martinplayne.com.au](http://www.martinplayne.com.au)

## Classes



U3A provides opportunities for learning for older people to keep us mentally & physically active & alert. The term “University” is used in the original sense of an association or community of teachers & scholars united in the pursuit of knowledge. The “Third Age”, which follows the “First Age” of childhood & formal education and the “Second Age” of working life, is one of active retirement where a wide range of interests are pursued to enhance self image & well being.

It's almost time to plan our 2015 courses. We'll be accepting 2015 proposals from 1<sup>st</sup> September 2014. I hope many of you will continue to offer courses & activities with us next year. We are most grateful for your support. It is our tutors and the activities you offer that makes Bayside U3A so vibrant & successful. We also want to hear from our members. What type of classes or activities would you be interested in attending?

There are new classes starting in Term 4: Traditional Hatha Yoga, and Social Bridge. We also see the return of: Introduction to Golf Croquet, and the Retirement Workshop

- **Traditional Hatha Yoga, Tutor Judith Vennell**

Course code: 14065 Tuesday 2pm-3pm at Sandringham Seniors Centre starts October 7 . Gentle stretching exercises, breathing techniques & relaxation practice. The yoga asana (postures) are explored with emphasis upon their benefits and their safe & appropriate practice. Learn traditional yoga pranayama (breathing techniques) that remind the body how to breathe deeply & effectively and which help to improve energy levels, calm the mind and improve sleep. Each class ends with a relaxation meditation.

**Note:** Participants must be mobile & able to do exercises on the floor using a yoga mat & will need the ability to move from the floor to a standing position. Bring a yoga mat & blanket.

- **Social Bridge, Convenor David Hone**

Course code: 14064, Monday 7.30-10pm at Black Rock House starts October 6. Enjoy a game of Social Bridge in a friendly setting. We cater for all standards of play. There will be regular players who undertake to come for the term to give us sets of 4 and casual players who cannot commit to the whole term but would like to be asked to fill in from time to time. We could start with two tables with a ceiling of around 6 tables. First in selection process. If you are 9, 10 or 11 you are a casual member until we find 12 regular players.

## News from our Tutors:

**Opera appreciation, Dr Patricia Armstrong-Grant:** Classes run continuously throughout the year in groups of 10 weeks but people can enrol at any time. Each class discusses a separate Opera, the singers' interpretation of their roles, the conductor's style, the history of the opera and things to look out for when the opera is played.

**Chess, Suzanne Frankham:** One of the few quiet moments in the Chess Group.







**Stephen Le Page** – Tutor for Group Meditation Session, & Mindfulness Meditation - was the Bayside Poets Bayside Resident Winner of the 2014 Adult Writing Competition with his poem “Afternoon at Quiet Corner, Ricketts Point”

**Advanced French Conversation for Fluent Speakers, Joyce Young:** A prepared subject is discussed. Members’ experiences & knowledge through studies, work & travel in France or French speaking countries are varied. We have met adults from France, Seychelles, New Caledonia, Beirut, Cairo in Egypt, Britain & Palestine. We enjoy being together like a mini Multicultural community. Looking forward to meeting you avec grand plaisir!

**Music Appreciation, Margaret Marks:** Participants feedback includes: "Wonderful course", "Exceeded expectations", "I felt uplifted by the end of the morning". "Just really enjoyed it ", "The worst aspect of this course?....the last session came around too quickly!" "The best aspect of this course was being told there would be further sessions!" (next term)

**Writers discussion group, Cheryl Threadgold:** Two writers, Jan Storey and Geraldine Colson, have written scripts for the “Legends of the Skies Series 2” performance project which opens at the Australian National Aviation Museum, Moorabbin Airport, on October 8. Colleen Dewis devised the concept for a Quiz segment during the show. An exciting journey and their scripts are terrific.

**History of Art, Diana Stock:** Use this information to plan your next holiday or when visiting International, National & local galleries. Cave & Rock Art, Roman, Early Christendom, Byzantine & Medieval Art, 15th & 16th Centuries, Renaissance to Post Impressionism & the 20th Century. If you consider art & beauty as an aspect of your life & identity or are inspired to experience something new we highly recommend Art History with Diana. We enjoyed her classes so much we did the series twice. It is quite magical being able to listen to a precise description with visual images of the fascinating lives of defining artists.

**Hands-on Art, Suzanne Kaldor:** Some of the class, including 2 new members Reg & Hazel, exhibited a sample of their class work in the Beaumaris Library foyer in August.



**Wednesday Current Affairs, Sandra Groves (left) & Barbara Smith (right):** Each class covers the weeks International & Local news and a deeper discussion of a topic of interest to the group: Gaza, gay marriage, higher education, 417 & 457 visas (working holiday & temporary skilled work). Participants also give talks, the last was about the craft work done by the Red Cross.

**Walking Group, Sue Levy:** Informative & amusing accounts of each walk are on Bayside U3A web site [www.baysideu3a.wordpress.com](http://www.baysideu3a.wordpress.com), under ‘Exercise Your Mind and Body’ “Walking group”. Walking along Bayside beaches after the July storms (right) the landscape looked quite different & required a new set of walking skills.



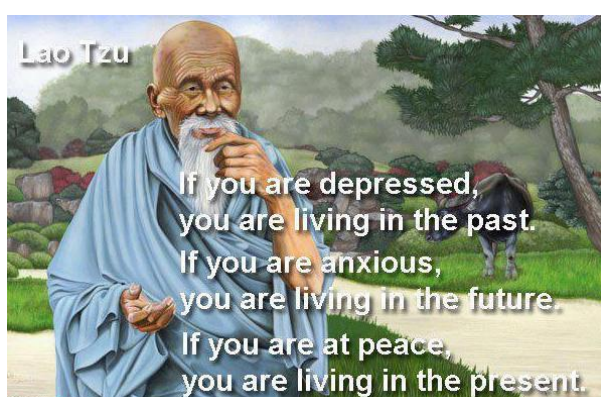
## Did you know?

**Scams:** Australian Competition & Consumer Commission (ACCC) SCAMwatch website at [www.scamwatch.gov.au](http://www.scamwatch.gov.au) helps you to recognise, report, & protect yourself from, scams. It includes the most common scams .

**Personally controlled electronic health records (PCEHR):** If you register for an eHealth record it will allow you & the healthcare organisations you choose to access a summary of your important health information: previous drug reactions or details of the medications you are currently taking. For more information go to [www.publiclearning.ehealth.gov.au](http://www.publiclearning.ehealth.gov.au)

## Just for fun

Spring is in the air – taking a selfie



*"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."*

*- Albert Einstein*

...AND THOSE WHO WERE SEEN DANCING  
WERE THOUGHT TO BE INSANE BY THOSE  
WHO COULD NOT HEAR THE MUSIC.

-FRIEDRICH NIETZSCHE



A charity rang for donations. They asked if we had any old clothes.  
My father answered the phone and answered "Yes. I'm wearing them"

## Thank You:

Thank you to Bayside Council for their \$5,000 Community Grant for our mobile tutorial hearing loop.

Thank you to the Office of Andrew Robb AO, MP and Federal Member for Goldstein for once again printing our newsletter.