

# Bayside U3A

## UNIVERSITY OF THE THIRD AGE

Office: Beaumaris Seniors Centre

P.O. Box 7269 BEAUMARIS 3193

84 Reserve Road, Beaumaris  
(Behind Beaumaris Library)

Telephone: **9589 3798**

OPEN: 9:30 TO 2:00 MONDAY TO FRIDAY  
During Term (excl. Public Hols)

Email: [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com)  
[www.baysideu3a.wordpress.com](http://www.baysideu3a.wordpress.com)



### DIARY DATES

<b>Term 1 Ends</b>	<b>24 March</b>
<b>Easter Sunday</b>	<b>27 March</b>
<b>Term 2 Starts</b>	<b>11 April</b>
<b>Speakers Forum</b>	<b>9 May</b>
<b>Morning Tea</b>	<b>25 May</b>
<b>Trivia Night</b>	<b>22 June</b>



From the President:

We currently have 888 enrolments! What explosive growth! Thanks to everyone who is making it happen. Special thanks to Sue

Steele for setting up all the classes, plus the extras, in the usual efficient manner.

The 'Thank you' Book Vouchers for Tutors have been a great success. I hope the Tutors know how much we appreciate them—without them we do not have a U3A! Perhaps the most significant news is the Bayside Council's upgrading of the Beaumaris Centre's toilets, which will include a disabled toilet. The upgrade will be to the current toilet area and will involve removal of the cleaner's room and storage Room off the kitchen. The Seniors Office will become our storage area and the current store will be the cleaner's room.

Outside the kitchen, the area will be covered so that members can pass from the Billiard Room to the kitchen without getting wet, and removing the need to go through the main room when it is in use. The covered area will have outdoor furniture for us to use. As well, the bookshelves will be removed and replaced with cupboards. Council have also promised to fund appropriate signage for both Beaumaris and Brighton Centres.

### BRAND-NEW TERM 2 CLASSES:

1. For French natives or Francophiles with fluent French language skills, a French Conversation Class will commence in Term 2.
2. For the Diet-conscious—or for anyone interested in good health—a class called "Nourishing your body with Nutrient-rich foods" will also commence in Term 2.

See P.2 for Courses starting in Term 2 which still have vacancies.

*Special Greetings to Members in hospital or feeling unwell. We hope to see you all back with us very soon.*

## **NEWSLETTER— BIG or small, Post or Email??**

Because of the increasing cost of postage, we need to think about the cost of mailing. BUT Many Members do not have access to computers, and often emailed newsletters are hard to read on line or not read fully anyway. What do you think?

**Please take a minute,  
ring the office and  
say YES or NO to  
EMAILED Newsletters  
Phone 9589 3798**

**Tell us whether you  
prefer the longer  
Newsletter or a short  
Bulletin with basic  
details about dates  
and events.**

**Should a Newsletter be  
used to promote us, or  
merely be a regular re-  
minder for Members  
about Dates and Clas-  
ses?**

**We need to know what  
Members want!! Call  
the office 9589 3798**

Office Volunteers: Could you give a couple of hours once a fortnight to work in a friendly atmosphere with fellow U3A members, answer queries and do general office work? Basic computer skills are an advantage but not mandatory. Learn more about YOUR organisation and make new friends.

### Vacancies in new courses commencing in Term 2:

- 16047 Introduction to Astrology
- 16048 Lo Shu Numerology
- 16081 China—History, Politics, Religion, World Power
- 16069 Friendship Craft Group
- 16044 Roots, Rock and Reggae
- 16050 Genetics—Understanding the Basics of Life
- 16029 Mythology & Legend, the Universal Hero
- 16086 Feldenkrais—Magical Movement
- 16009 European Operetta
- 16067 Come and Try Croquet
- 16080 Motivation to Refocus your Life

### (Cont. from P.1 'From the President')

Even more exciting is the proposal that goes to Council very soon for the Brighton Court House to be hired out to Bayside U3A, commencing first term, 2017. We have visited this venue and it is ideal for our use. It contains one main room and two smaller spaces, an office, kitchen and 3 toilets. The Court House is between the Brighton Library and the Old Town Hall. This should give us the space we need for 2017 and 2018, and allow Brighton postcodes better access.

Some have wondered about the need to keep expanding. All I can say is the demographics of Bayside tell us that we have only skimmed the surface of potential enrolments and the COM believe we should be trying to meet the demand that is obviously so great in our region. We also think that there is strength in numbers. Most importantly, it makes our Council take us seriously and listen to our needs. As well we can offer a much better program to our members and achieve a wide age and gender range so important to our continuing success.

We are still looking for volunteers in many areas. In particular, Technical support for Tutors and the Office, an Official Photographer, people to assist our new Grants Officer, Mike Curteen, and helpers who would be on a list to assist at special events. Please contact the office, Chris Logan or Sandra Groves, if you would like to help.

Have a great First Term. **David Hone, President.**

## EVENTS FOR TERMS 1 AND 2

Coming up in Term 2 -

**SPEAKERS FORUM**                      **9 MAY, David Astle** See Below.

**BIGGEST MORNING TEA**            **25 May** This is a very popular event. Ring the office and put your name down soon.

**BRIGHTON TRIVIA SESSION**    **7-9pm 22 June.** See Page 4.

### **BAYSIDE U3A SPEAKERS FORUM Term 2 - MONDAY 9 MAY, 2016**

After our very successful First Term Forum, we have invited the famous Wordsmith, **DAVID ASTLE**, on **MONDAY 9 MAY, from 1p to 2.45**, to talk about his life and love of words and to show us some word games and brain teasers. David, who is well-known as The Age Crossword designer, and particularly feared for the the dreaded Friday Cryptic, may even let us into a few of his secrets about unravelling those impossible cryptic crosswords.

**The venue is THE BEAUMARIS LIBRARY**

**Make sure you book —9589 3798—at the U3A Office.**

*In February, Bayside U3A Speakers Forum hosted a large audience at the Brighton Library to hear Kevin Sheedy talk about his experiences as a Player and a Coach, and his ideas and influence in selecting and supporting young players, both in the Cities and from Aboriginal Communities. Here is the 'Essendon Supporters Team' photo with Kevin back row, 4th from right.*



**CALLING MUSICIANS:** *We are seeking Musicians who would be willing to help small groups of beginners to learn a musical instrument. Suggestions are ukulele, guitar, recorder, and/or electronic piano. There are many members who have not had an opportunity to learn an instrument but would love to try. Please contact Sue Steele or Vlad Metter via the office email bay-sideu3a@gmail.com.au*

*With all the new classes on offer, we have to thank the generosity of so many members who have become Tutors.*

*Think about **your** professional life, your skills and life experience. Maybe you too would enjoy leading a group of members—who will become friends—and sharing your knowledge. Training is available and plenty of advice is on hand from other Tutors and Sue Steele, the Course Convenor. Pick up a form from the Office.*

### Good News for Chocaholics

Interesting study conducted by Maine-Syracuse University on 968 people over 35 years, (The Age, 26 February) which found that memory and abstract thinking improved in those reporting more chocolate consumption! It showed an association between people who reported regularly eating chocolate, and better scores on brain function tests. Sadly, it did NOT show that chocolate consumption directly improves brain function. Other variables were not taken into account, such as better diets or low-alcohol consumption, or age, weight and general health! It's enough for me though, I now know why I need my 3pm chocolate binge—my brain is calling for a recharge. WARNING: Not to be tried at home! Ed.

### LOST AND FOUND BOX:

Currently holding -

- 1 pr specs in silver case
- 1 pr brown-rimmed specs found at Black Rock House
- 1 reversible jacked, quilted, brown/beige
- 1 brown attache case with empty folder inside
- 1 silver umbrella

## MORE ABOUT U3A EVENTS

**TRIVIA NIGHTS:** Your request for Trivia in the Evening resulted in a successful first night at Brighton with Sandra Groves and Sue Bell officiating. Mark your Diary for the Beaumaris Trivia Night on 22 June at 7:00pm at Beaumaris Seniors Centre. Please book early, tables are limited.

### **2016 Annual General Meeting held 10 March:**

Once again great attendance the AGM. Members are holding the COM to account! The President David Hone announced the appointment of Andrew Coogan as Deputy President and the position Grants Manager and Fund-raiser has been filled by Mike Curton. Sue Steele has stepped down from Deputy President, but, thankfully has agreed to remain as Course



Judy Sinclair, Secretary, David Hone, President and Marilyn Hubbard, Treasurer, pictured at AGM.

Co-Ordinator. All other positions remain the same. Member, Jocelyn Besly moved a vote of thanks to the COM for their efforts on our behalf.

### ***Are you Hard of Hearing? :***

***Most of us are to a greater or lesser degree. Bayside Council have funded us to buy a system which allows up to 5 people with severe hearing loss to use ear phones to assist them when even the speakers' use of microphones does not allow the person to hear what is being said.***

***The system will be set up at all major events, such as the Speakers Forum and the***

***AGM. As David Hone, our President said at the AGM— "Don't be shy" ... If you can't hear properly, put your hand up, and you will be assisted in connecting to the Sound System with ear phones. We assure you the result is amazing!***

***We are grateful to Bayside Council for this support, another example of their willingness to help us achieve our aim to be accessible to ALL our members.***



