

Bayside U3A

UNIVERSITY OF THE THIRD AGE

Offices: Beaumaris Seniors Centre
84 Reserve Road, Beaumaris (behind the library)
9:30 to 2:00 Monday to Friday during term
(excluding Public Holidays)

Brighton Court House
75 Carpenter Street, Brighton (behind the Town Hall)
9:30 to 12:00 Monday to Friday during term
(excluding Public Holidays)

Telephone: 9589 3798 **Mail:** P.O. Box 7269 BEAUMARIS 3193

Email: baysideu3a@gmail.com

Web: www.baysideu3a.org

NEWSLETTER TERM 3 2017



Term 1: 6 February—31 March

Term 2: 18 April—30 June

Term 3: 17 July—22 September

Term 4: 09 October—8 December



FROM THE PRESIDENT:

Our U3A continues to thrive and grow. Your COM is continuing to try to keep waiting lists down by expanding our course offerings and facilities but as we now have greater pressure on course places it is essential that we all remember to tell our tutors when we cannot attend a class or will be away for an extended period of time. Everyone should be aware that in waiting list courses three unexplained absences in a row will lead to that place being taken by the next person on the waiting list.

It is also disappointing that many tutors report they always have a number of people on their list who never show up and never let us know they have withdrawn from the course. It is only polite to let your tutor know of your changed intentions.

The Happy Hour idea seems to have support. I have negotiated a venue (Milanos Brighton Beach) which will host us comfortably on a Friday night, from 5:00 to 7:00pm. The idea is you wear your U3A name tag, go to the venue where you make yourself known to those with U3A name tags, enjoy each other's company and buy a few drinks. If you wish to stay on for dinner, Milanos has a seniors meal offer. We hope that each week enough people will attend to make this a viable weekly social event. Happy Hour commences on Friday 18th August. I look forward to seeing you there.

David Hone

BAYSIDE U3A EVENTS



Happy Hour starts Friday 18th August from 5pm—7pm at Milanos Brighton Beach. This will be a weekly event.



The Annual Bayside U3A Trivia Quiz will be held at the Bayside U3A Brighton Courthouse on Thursday 28th September from 2pm—4pm. Details page 2



Bayside U3A Art and Craft Exhibition will be held in the Brighton Courthouse from 1st to 6th October.

Classes exhibiting include Acrylic Painting, Advanced Art, Painting for Pleasure, Still Life, Sculpture, Seed Beading and the Stitch and Natter Group.

Selected works by students in each of these classes will be on display. There will also be demonstrations and the opportunity to chat to our budding Artists.



Bayside U3A
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Trivia Quiz

Fancy yourself as a trivia buff?

Now is the time to shine!

**Come along for a challenging time with lots
of laughs and prizes.**

**Form a team (tables for eight), invite some
friends or just come along and join a table.**



When? 2.00 - 4.00pm

Thursday September 28, 2017

Where? Old Brighton Courthouse

\$2 entry

**Please bring some nibbles for your table -
tea, coffee & biscuits supplied.**



**Bookings essential (places limited).
To book phone the U3A office 9589 3798**



COURSE NEWS

Check out our web site for the most up-to-date course information. Please do not attend a class unless you have received confirmation, either by email or mail, that you have a place in that class.

Please call the office and apologise if you are unable to attend your class and also notify the office if you are withdrawing from a class to enable those on the waiting list to be included. Your badge is necessary to help the tutors and other members in your class remember your name, so please wear it! Don't forget to wash clean, dry and put away your mugs.

Two of our short courses are returning for term 4:

- **Eastern Mahjong for Beginners**—17119 Tuesdays 10am at Brighton Seniors Centre from October 10. This course is to be a generic introduction to the exotic world of 'twittering the tiles', 'building the wall' and playing with strategy so that participants will gain the basis of the game and be able to go on to develop further skills. No prior experience necessary.
- **Introduction to Association Croquet**—17117 Thursdays 4:30pm at Brighton Croquet Club from October 12. Croquet is a strategic and interesting game played on lawns by people of all ages. Players negotiate a series of 6 hoops in a specific order using a mallet and ball. Equipment supplied.

SCRABBLE

Enjoy these photos of our fun group of scrabblers. We enjoy words and play at all levels on Tuesday afternoons in Brighton and Wednesday afternoons in Beaumaris .

Paula



Moving to Music (M2M)

This new course has been operating in the multipurpose room next to the Beaumaris Library since the start of 2017.

M2M is a lot of fun. We move freely, mostly inspired by videos played on the data projector. There are lots of novelty videos, some very funny, but they're mostly popular songs with dancing performers to mimic if we want. Nobody ever prescribes what steps to do, or when to take a break. It's very casual and relaxed, but you can also go as fast as you like, so it can be really good exercise.

We dress very casually and don't rug up too much, as we soon get warmed up.

This is literally the best form of exercise, and it can be pretty social as well. It only goes for an hour, so there's no formal break, but plenty of seats to flop into whenever needed.

This is a new class, and there are some unfilled spaces in the room, so anybody, male or female, is urged to come and give it a try. Once again, this is not dancing - there are no steps to learn. It's often a bit like what you might have done at a wedding reception after you've had a few drinks.

So we might see you there - Beaumaris Community Room, every term-time Tuesday 2.30 - 3.30pm.

William Puls, organiser, with Gillian Davidson.

Painting for Pleasure

This year this course has been offered for the first time. Each week we get an enthusiastic group of budding artists who tap into their creative selves and produce an amazing array of art works. Some of our members are just starting out on their artistic journey while others have been expressing themselves with paint and brushes for some time. We choose our own subjects and materials so it is very interesting to see what is produced in our sessions. We have been very fortunate to recruit Nance Silverman to be our tutor and her positive attitude and consistent encouragement makes attending our Tuesday class very enjoyable and with Nance's help we have all learned a great deal. We find the large room at the Old Brighton Courthouse an excellent venue.

The course was proposed as 'a cooperative art group providing support and advice in a relaxed atmosphere to anyone who likes to paint or sketch' and I believe that is just what is happening. We hope to show you some of our creations during the arts and crafts exhibition in October – don't miss it!

Geoff Rolls



Did you know volunteering is good for you?

It's true! Volunteering gives back to the volunteer. It can bring meaning and purpose to your life, while increasing your self-esteem and wellbeing. Volunteering can also relieve stress and alleviate symptoms of depression. As well as having a positive impact on your community, volunteering can improve your relationships. It can help you share your skills and learn new skills. Bayside U3A is entirely run by volunteers—our committee of management, the office staff and of course all of our tutors and leaders. At this time of year we are starting to think about our 2018 program. Please consider offering your time and expertise as a tutor or activity leader. We are always looking for new courses and activities in any area that interests you. Tutoring is good fun and it's good for you! We will be asking for expressions of interest in September.



Thank you Suzanne!

The Committee and Office Volunteers thank Suzanne Kaldor for donating an original watercolour by Sandra Harvie. We appreciate her help in brightening up the walls of our Brighton Office.

TERM DATES 2017

Term 3 17 July—22 September
Term 4 09 October—8 December

HOLIDAYS

23 September—08 October
9 December—28 January 2018

ADVANCE NOTICES AND DATES FOR YOUR DIARY

- **Beaumaris Concourse Car & Bike Show**—Sunday 10th September. Bayside U3A will have an information stand.



- **The Annual Bayside U3A Trivia Quiz** will be held at the Bayside U3A Brighton Courthouse on Thursday 28th September from 2pm—4pm.



- **Bayside U3A Art and Craft Exhibition** will be held in the Brighton Courthouse from 1st to 6th October.



- **The 2017 Victorian Seniors Festival** will take place throughout October. The week of free public transport for Seniors will be **Sunday 8th to Sunday 15th October**. A Celebration Day for Seniors is to be held at Federation Square on Sunday 8 October, 10.30am - 4.00pm.



- **Sandringham Village Festival**—Sunday 29th October.

Bayside U3A will have an information stand.



- **Beaumaris Art Group—Twilight Artists Market**—Friday 17 November 4pm to 8pm



NEWSLETTER

If you have contributions or feedback for any issue of the newsletter, please email to baysideu3a@gmail.com - attention newsletter editor. We would appreciate articles and photos of the courses you are undertaking.

We look forward to your participation in sharing news and events with our members. The dates for the next newsletter are:

Issue Period	Copy Deadline	Draft finalized	Sent Out
Term 4 2017	9 October 2017	23 October 2017	30 October 2017

Bayside U3A's Annual Fundraiser for the Cancer Council - THE BIGGEST MORNING TEA -



The Biggest Morning Tea held in June at Beaumaris to raise funds for cancer research was an enjoyable event, raising over \$800 for this worthy cause. It was attended by over 90 people who were entertained by the musical group 'The Hot Flushes' singing a variety of popular songs with a bit of 'colour and movement'. Joy Meeking also performed for us, reading her funny and topical Pam Ayres style poetry which delighted us all. Along with door prizes, raffles, a delicious morning tea and good company it was an event not to be missed on our U3A calendar.

A special mention of all the helpers both on the day, setting up before hand and of course the thankless job of cleaning up afterwards. A huge effort by all concerned. To you all a very big thankyou.

Some of the poems and photos follow. The photos can also be seen on the Bayside U3A website.



SAT NAV

Joy Meeking also read a poem attributed to Pam Ayres called Sat Nav which is too long to reprint in the newsletter.

If you would like to listen to this poem please follow this link to a youtube recital:

<https://www.youtube.com/watch?v=jCq480HI6NU>

Or to read the poem for yourself:

<https://www.digitalworldz.co.uk/threads/pam-ayres-on-sat-nav.396816/>

SOME OF THE POEMS BY JOY MEEKINGS PRESENTED AT THE BIGGEST MORNING TEA

GARDEN GNOMES



My Mother had many Gnomes living in her flowerbed
One even wore a strange hat, on his rather peculiar head
Another always stood guard right beside her potting shed
A crooked smile and only one leg, Mum called him Fred!
I never really liked them much, but after she passed away
I gave them a home in my garden so I saw them every day
Some I arranged in a small circle, like a Gnomes afternoon tea
So each day I can sense my Mum if only fleetingly
I've even bought a few new ones in memory of her
If she were still here today I'm sure she would concur
That Gnomes are very special and of them I'm now quite fond
They have helped me keep alive our special Mother/Daughter bond



The Lamp

Found a lamp in an Antique Shop it looked so very old
Bought it as I hoped it would be made of solid gold
Took it home, straight into the shed
Must clean it up before going to bed
So very tarnished it became a trial
Though pretty soon I began to smile
For all my efforts to make it much finer
Had revealed on its bottom – Made in China!



LETTER RECEIVED FROM CANCER COUNCIL VICTORIA

We'd like to say a huge thank you for your generosity in supporting [Australia's Biggest Morning Tea](#) in 2017! We hope your event was a success and you shared many wonderful conversations over a cuppa and delicious treats.



By hosting a morning tea, you are part of the caring community supporting the 87 Victorians newly diagnosed with cancer every day. Your money funds cancer research for better treatments and screening, education programs so people know how to reduce their cancer risk and information and support services to help people diagnosed with cancer through a very challenging time.

Your support is helping us to reach our target of \$3.5 million this year.

So thank you once again for your dedication and amazing generosity. It really makes a big difference to the lives of all Victorians impacted by cancer today and in the future.

Andrew Buchanan, Head of Fundraising and Communication, Cancer Council Victoria

LOST PROPERTY

Please contact the office if you believe any of the below items belong to you—

the clothing will be donated to charity if it is not collected by the end of Term 3.

Long grey wool scarf

Book—Angela's Ashes by Frank McCourt

Book—The Master by Colm Toibin

Beige tartan pattern glasses case

3x pairs prescription glasses. One pair in ultralight case

'Kidna Book Club' Exercise book with hand written lists of books—found in reception on 6 May

Navy blue winter breaker Kea Australia brand

3 different single drop ear rings



PHOTOGRAPHIC COMPETITION

U3A Network Victoria is looking at updating its marketing material. We would like to reflect what happens in our member U3As.

We are aware that many of you have photography classes and we extend to all your members and especially your photography class members, the opportunity to take part in this competition. There will not be a prize as such, just the honour of having their photo used in state marketing and promotion of U3A.

We do not want general photos but rather photos of any classes, outings, events etc, offered by your U3A, that will help promote U3A. Any member photographed will need to give their written permission for their photo to appear in U3A publicity. The competition will be open from 1st June - 22nd September 2017.

Please contact the office if you would like a copy of the registration form which each participant will need to complete and return to Network office along with a copy/copies of their photos.

CLASS LOCATIONS

Beaumaris Seniors Centre (and Bayside U3A Office)

84 Reserve Road
Beaumaris (behind the library)

Brighton Courthouse

75 Carpenter St
Brighton (behind the town hall)

Black Rock House

34 Ebdon Avenue
Black Rock

Highett Neighbourhood House

2 Livingstone St
Highett

Brighton Seniors Centre

Cnr Durrant and Pearson Streets
Brighton

Sandringham Seniors Centre

Cnr Abbott & Waltham Sts
Sandringham (adjacent to the library)

Brighton Library

14 Wilson St
Brighton

Sandringham Library

Waltham St
Sandringham

Hampton Bowls Club

Corner Earlsfield & Fewster Roads
Hampton

Hampton Yoga Centre

14 Thomas St
Hampton

Brighton Croquet Club

6 Bleazby Ave
Brighton

Black Rock Civic Hall

Corner Balcombe Rd and College Gve
Black Rock

Beaumaris Community Centre

90 Reserve Road (in the library building)

SCULPTURE CLASS - WOOD, LIMESTONE AND PLASTER ARTWORK



Bayside U3A Website—has a new section under Useful Links titled “Of Interest” where we put up notifications we receive that may interest our members. Please check this regularly to ensure you keep up to date with what is on offer. This month these include:

KNOX U3A Art Show and Sale

Dates: Saturday 7th & Sunday 8th October 10:00am—4pm each day

1A Park Boulevard, Ferntree Gully

Admission and Catalogue—\$4



BOOK OFFER

Your voice – Trust your choice is a practical guide to help older Victorians to safely appoint a Power of Attorney.

FLUTRACKING

Help track Flu trends in your local area. The over 65 age group is one of the most at-risk and FluTracking would benefit from a greater number of participants in this demographic in order to form a clearer overall picture of influenza trends and hotspots.

"Our online survey allows health professionals to see where flu is hitting the hardest, and to check its severity. You can make a real difference in just 10 seconds a week", Dr Dalton said.

To find out more and join up to become a part of the Flutracking community go to www.flutracking.net

NONNA

A childcare agency providing help to working families from older women who have raised their own families and who may be interested in part-time work (for example pickup kids from school and look after them until parents return home from work). *"Every home loves a Nonna"*

WALKING BASKETBALL—4 week pilot program at Tulip St Wed or Fridays 10-11am. This is a low impact, social and fun way to improve the level of physical activity for inactive or slightly active Victorians including those recovering from injury. For more information go to the Bayside U3A website or call the office to register your interest.

iPAD for EXTREME BEGINNERS

Conquer your fear of Technology and gain confidence in using an iPad through lessons tailored specifically for people new to iPads (aka "extreme beginners"). Based in a local secondary college, you will be paired with a iPad savvy student, under the guidance of a group facilitator, for a series of 4 x 1.5 hour sessions. You will learn the basic functions associated with using an iPad in a fun and interactive way.

The Bayside Healthy Ageing Team is working with Firbank Girls Grammar to provide an iPad for Extreme Beginners course to Bayside Seniors.

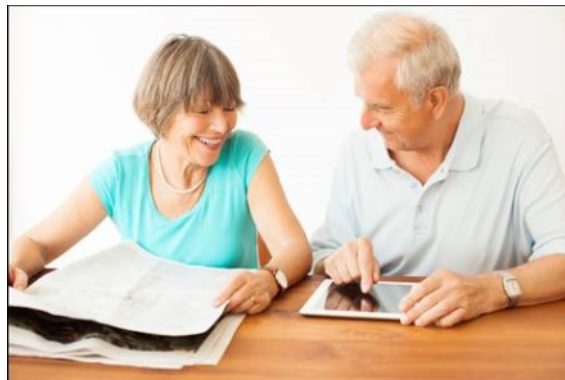
There are currently two courses being offered at the following times:

Session 1:

- 30 Aug 2017, Time: 11am – 1pm
- 06 Sept 2017, Time: 11am – 1pm
- 13 Sept 2017, Time: 10.30am – 12.30pm
- 06 Sept 2017, Time: 11am – 1pm

Session 2:

- 18 Oct 2017, Time: 11am – 1pm
- 25 Oct 2017, Time: 11am – 1pm
- 01 Nov 2017, Time: 11am – 1pm
- 08 Nov 2017, Time: 11am – 1pm



Please note this course is for extreme beginners that have not used an iPad before. The course is free.

If you or you know anyone that is interested in attending either sessions, please contact Jess Feild on 9599 4373 for more information.



Artists Market - Twilight

4.00pm – 8.00pm Friday 17th November 2017

Beaumaris Art Group Studios, 84 Reserve Road, Beaumaris

Enjoy a wonderful evening out in special surrounds

Meet the local artists and their inspiring works:

Sculpture, Textiles, Handmade paper, Paintings , Ceramics

Jewellery, Basket weaving, Creative clothing

Hand-made cards, Interesting craft

Entertainment

Tempting artwork | Yummy food | Wine bar Family atmosphere

