

# Bayside U3A

UNIVERSITY OF THE THIRD AGE

NEWSLETTER  
TERM 4 2016



Term 4 2016:

3 October to 16 December

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(excl. Public Holidays)

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## FROM THE PRESIDENT:

Once again we are having a great year enlivened by David Peake's very successful Holiday Music programme. This was a new idea for us but one which we should expand on in the future.

Your Committee of Management is currently focusing on our extension into the Old Brighton Court House (OBCH) at the start of 2017. This will not change what we offer at Beaumaris Seniors Centre but will give us more space to cater for our expanding numbers and allow us to offer even more courses. We have sole possession of this building which means we can be more flexible with the times we offer courses and it means we need some more Tutors. Robin Douglas is managing the move into the OBCH and he will be looking for some volunteers to help with this.

To advertise our use of the OBCH we have asked the Mayor of Bayside to open our year and the new facility on Friday 3rd February 2017, at the Old Brighton Court House at 11.00, followed by a free sausage sizzle! You are all invited. It is great for our relationship with Council if the Mayor is greeted by as many of you as possible. It is also a great time to meet your Tutors for 2017.

Another exciting event early next year is the U3A Southern Metro Region Tutors Lunch Time Symposium on Wednesday 15th February. We are organizing the event. Professor Stephen Parker will be the guest speaker talking on how tutors can use the web site The Conversation and it should also be interesting to network with Tutors from other U3A's. The event is free. Any tutor interested in going should let me know by email as only 50 will be attending from the six U3A's in the Southern Region. The location will be nearby but is still to be finalized.

Don't forget the end of year morning tea on Thursday 8<sup>th</sup> December for all members and to check with your tutor re the finish date of your course for 2016.

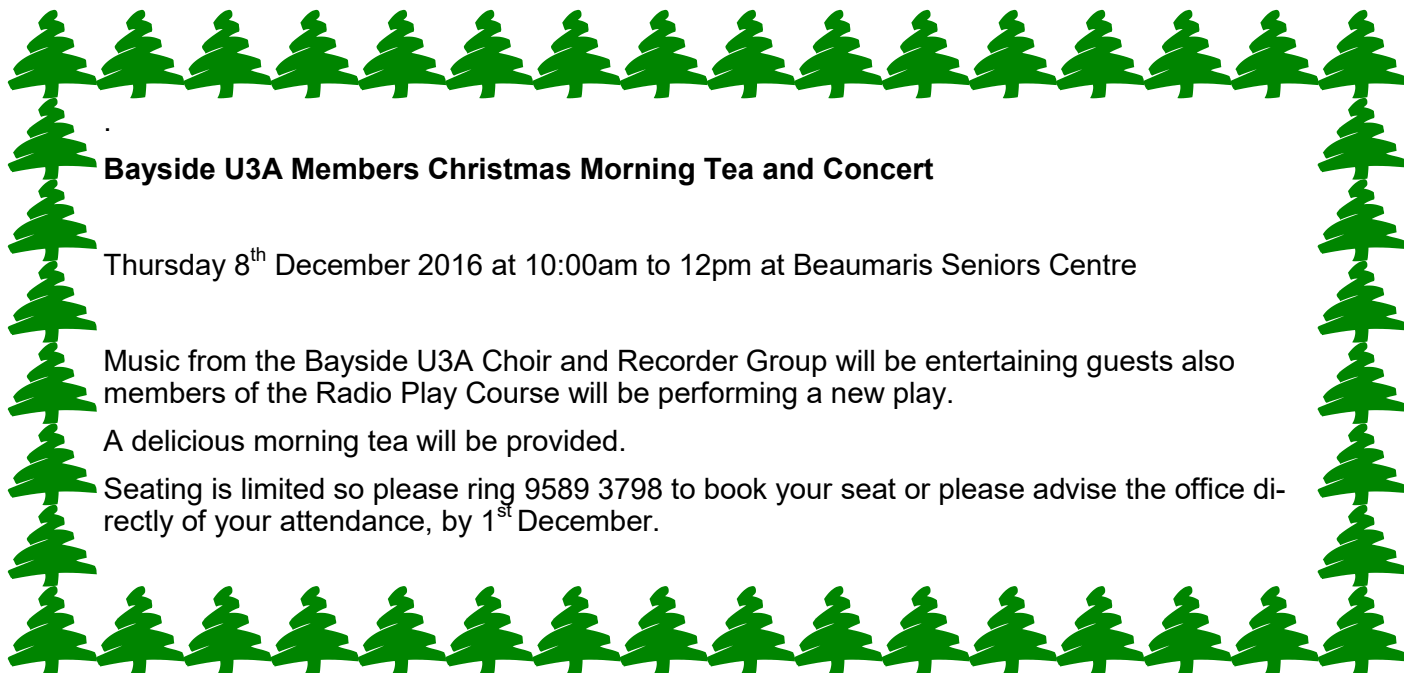
David Hone

## PLANNING FOR 2017

The office at Beaumaris Seniors Centre will be taking new enrolments and re-enrolments from 3rd to 30th November 2016 during office hours.

There will be two enrolment days at Brighton:

|                         |             |          |
|-------------------------|-------------|----------|
| Brighton Seniors Centre | 23 November | 11am—1pm |
| Old Brighton Courthouse | 29 November | 11am—1pm |



### **Bayside U3A Members Christmas Morning Tea and Concert**

Thursday 8<sup>th</sup> December 2016 at 10:00am to 12pm at Beaumaris Seniors Centre

Music from the Bayside U3A Choir and Recorder Group will be entertaining guests also members of the Radio Play Course will be performing a new play.

A delicious morning tea will be provided.

Seating is limited so please ring 9589 3798 to book your seat or please advise the office directly of your attendance, by 1<sup>st</sup> December.

### **Newsletter Changeover**

Geri Colson, who has edited the newsletter for the past 2 years, is handing over the reins to new member, Deb Stephenson, (thank you Deb) who will continue to keep us informed and up to date with U3A news.

Geri is a member of the U3A Writers Group, convened by Cheryl Threadgold, which meets monthly on a first Monday. She is also a keen painter and recently completed a commission which is now on permanent display in Alice Springs. It is a portrait of Miss Olive Pink, who established an indigenous botanic garden in Alice Springs 60 years ago. As Miss Pink died in 1975, the portrait is a representation of her taken from photographs and stories which recalled her reputation as an anthropologist, as well as her unusual way of dressing in white silk shirts and white gloves whenever she visited the town, half a kilometre from the garden.

Our members are a varied bunch, all of us actively pursuing new interests and challenges which is why U3A is such an important part of our lives. Tell your friends, you're never too old to start again.

Please support U3A and our newsletter editor, Deb, by contributing anecdotes, news or stories which would be interesting to other members. Call the office 9589 3798.



### TERM DATES 2017

|        |                        |
|--------|------------------------|
| Term 1 | 6 February—31 March    |
| Term 2 | 18 April—30 June       |
| Term 3 | 17 July—22 September   |
| Term 4 | 09 October—22 December |

### HOLIDAYS

|                             |
|-----------------------------|
| 01 April—17 April           |
| 01 July—16 July             |
| 23 September—08 October     |
| 23 December—28 January 2018 |

## DATES TO REMEMBER:

**Enrol**

### 2017 Enrolment

Please complete your enrolment forms and return them in person, by post or scan and email them. Payment can be by cheque, direct deposit (BSB 633-000 A/C 147195721) or in person with cash.

### Beaumaris Farmers Market

Saturday 12<sup>th</sup> November 2016

Please let the office know if you can help at the marquee.

### .Bayside U3A Members Christmas Morning Tea and Concert

Thursday 8<sup>th</sup> December 2016 at 10:00am to 12pm

Beaumaris Seniors Centre



### Opening the New Year - 2017

Friday 3<sup>rd</sup> February 2017 at 11am, Old Brighton Court House, followed by a sausage sizzle. No charge.

## COURSE NEWS

Thanks to all of you who have volunteered to convene an activity in 2017. We have a large and varied selection of courses to choose from. We are always interested in hearing about new course opportunities and would be happy to add them to our 2017 program.

There are still a few gaps in next year's program though. We are looking for:

- Tutors to take Beginners French classes at Brighton or Beaumaris
- Someone to convene an Armchair Travel group
- Someone to manage the Speakers Program



Another area we would like to explore is a Ukele group.

If you or anyone you know are interested, please contact the office.

## CAN YOU ASSIST?



The Marketing and Membership Committee are recruiting for assistance in marketing and promotion of Bayside U3A, covering Beaumaris to Brighton. This would involve assistance at internal and external events. If you are interested, please email the office at [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com) for the attention of Pauline O'Brien

## THE BENEFITS OF SINGING



A Curtin University study finds joining a community choir can give seniors much needed support and companionship, no matter how good or bad their singing voice. Read more about this by following the below link:

[http://www.abc.net.au/news/2016-09-29/singing-groups-promote-health-and-emotional-wellbeing-research/7888304?WT.ac=localnews\\_perth](http://www.abc.net.au/news/2016-09-29/singing-groups-promote-health-and-emotional-wellbeing-research/7888304?WT.ac=localnews_perth)

Our Bayside U3A choir of mixed voices has been practicing for two years and we all enjoy the happiness that is generated from singing in a group of enthusiastic singers. We are a fun and committed group who have a repertoire of unison and part songs. New members are always welcome. No auditions are necessary- just bring your voice and a smile. The ability to read music is helpful but not necessary. Practice is Monday 4pm - 5pm at Beaumaris Seniors. Our conductor is Jill Page who is a trained singer. We are currently preparing a program for the Bayside U3A Christmas morning tea and everyone is looking forward to performing.

## TRILLING AROUND

If you pass by Black Rock House at lunchtimes on a Monday, you can hear the sound of music emanating through the walls. Amidst the melodies you will also hear the sounds of laughter. Everyone is having a great time.



This is where the latest musical group in Bayside U3A are gathered to learn the descant recorder. Fifteen of our members have taken up the challenge of playing this instrument and finding out how to sight read music. What began as off tune squeaks and squawks has quickly turned into renditions of 'Annie's' Song 'and 'The Lion Sleeps Tonight' amongst others. Some are played in rounds and some with Detmer accompanying on his guitar. They all have come a long way since they started in July this year and

owe it to the patience and understanding of their tutor Julie Wallis.

... and did I mention how much fun it is to learn something new!!



## WINE APPRECIATION

The wine appreciation group had a successful trip to some Mornington Peninsula wineries on Friday 9<sup>th</sup> September. Our day was arranged by Luxe coaches and their bus was extremely comfortable. The first winery we went to was Quealy at Balnarring and we were fortunate to have the wines presented to us by

Dan, the wine maker, and Lucas, the vineyard manager. Their enthusiasm for the grapes and the delicious wines was a great start to the day; and I'm sure people who bought some of their wines will enjoy drinking them.

From there we went to T'Gallant where we tasted some wines before moving into the dining room for a delicious lunch. Next was Red Hill Estate where Kim and Mark introduced with more delicious wines, especially a 2012 Shiraz. Our last winery was Dromana Estate where we tasted again, but many people were more interested in having tea or coffee, and Jane was very accommodating.





## FESTIVAL OF MUSIC

The Festival of Music that I held during the 1st week of the September school holidays was a success by all accounts.

However, there is always room for improvement and I ask for feedback from those who attended - don't hold back, I am happy to take criticism and suggestions.

I plan on holding at least one more festival next year during the first week of the school holidays at the end of term 1 and, possibly another one during the school holidays at the end of term 2 - please let me know if you would be interested in them. I have a large supply of very fine videos and will have no problem in assembling very attractive, varied programmes.

Contact me by email please at [dcpeake@optusnet.com.au](mailto:dcpeake@optusnet.com.au)

DAVID PEAKE



## LOST PROPERTY

Unclaimed Property will be discarded or sent to the Opportunity Shop. Call the office if any of these items belong to you:

:

- |  |
|--|
| 1 x 15cm drop earring – silver tear drop   |
| 1 x 15cm drop earring – silver with a clear glass bead   |
| 1 x Navy, lined wind jacket. Brand: KEA Australia. Size: L<br>(left at Beaumaris Seniors Centre towards the end of Term 3) |
| 1 x Pair gold rimmed glasses   |
| 1 x Mazda Key with red tag reading '3 Sedan, Maxx 6A; Soul Red. 10076435   |

## NEWSLETTER

If you have contributions or feedback for any issue of the newsletter, please email to [baysideu3a@gmail.com](mailto: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.

Deadline for the first issue of the newsletter for 2017 is 20 Feb 2017.

**COTA VICTORIA**  
For older Australians  
**Your Wellbeing Your Plan**

Date: November 22 @ 10:30 am - 12:00 pm  
Venue: Level 4, Block Arcade (use lift No.3), Melbourne, 3000 Australia  
Register on line: <http://cotaviv.org.au/>

Most of us wish to age well. A core part of this is considering your wellbeing. Research informs us that even the smallest change to daily activities can have a large impact on your wellbeing.

Well-being, active ageing, enablement, wellness, person-centered care and so forth are terms we are hearing more often when talking about ageing and aged care services in Australia.

This session will break down the terminology and provide tools for you to identify what is important to you as you age and to develop goals that focus on what you would like to improve and how to start making those changes.