

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)

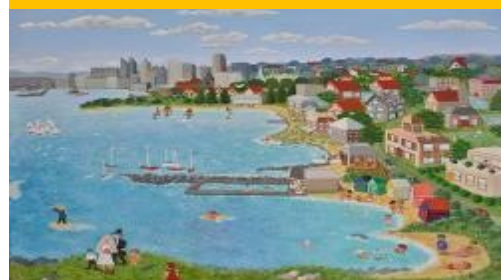
Brighton Court House
75 Carpenter Street, Brighton (behind the Town Hall)
9:30 to 12:00 Monday to Friday during term
(excluding Public Holidays)

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

Email: baysideu3a@gmail.com

Web: www.baysideu3a.org

NEWSLETTER TERM 4 2017



2017 Term 4 ends 8 December 17

2018

Term 1: 5 February—29 March 18

Term 2: 16 April—29 June 18

Term 3: 16 July—21 September 18

Term 4: 8 October—7 December 18



FROM THE PRESIDENT:

The Friday Happy Hour at Milano's has started very strongly. We have had between 10 and 25 people turning up each Friday between 5.00 -7.00pm for their \$5 drinks and each week a number have opted to stay for the evening meal with the 20% discount. This activity is ongoing and does not stop in holidays. Milano's is very supportive so we can expand and they have plans to accommodate us if we have a large turn up. I encourage you to ask a friend to accompany you whenever you have a free Friday night. It is great for those living alone or bring your partner. Just come along with your U3A badge on and ask for the U3A Happy Hour. In summer we will usually be in the outside beer garden overlooking the bay.

There is also plenty of parking space.

All U3A's are only as good as their Tutor's. So it is time for us all to think what we could be offering in 2018. Remember it is possible to offer a course at Brighton which was run at Beaumaris and the reverse. All that it is needed is the enthusiasm to run a course - qualifications are NOT required! We are finding DVD based courses, with a guide on the side, are very successful so some of you might like to consider running one of these. eg The Life on Earth DVD's. We can always buy the DVD and provide the training on how to use the data projector. I have learnt how to do this, so any one can!

Don't forget the end of year morning tea on Thursday 14th December for all members and to check with your tutor re the finish date of your course for 2017.

David Hone

BAYSIDE U3A EVENTS



Happy Hour Every Friday 5pm—7pm at Milanos Brighton Beach. \$5 wine or beer. Bring a friend and stay on for dinner. **This is an ongoing activity and does not stop over the holidays.**



U3A Beading Group Sale Thursday 16th November, 1pm to 3pm

Come along to the Black Rock Civic Hall, corner of Balcombe Road and College Grove to see the fabulous hand-crafted jewelry our Beading Group has for sale. Great for Christmas gifts or a treat for yourself. Please note: cash sales only



Christmas Morning Tea - Thursday 14th December 10:30am at Beaumaris Seniors Centre. Morning tea and entertainment provided. Numbers are limited.

Phone the office to book for this function.

COURSE NEWS



Thanks to all our course leaders and volunteers

Thanks so much to all of you! Bayside U3A couldn't function without your hard work and support. Each year we acknowledge our course leaders and volunteers with a thank you function in mid-November and we also thank tutors and course leaders with gift vouchers for local bookstores. This year marks our fifth as a U3A and some of our volunteers have been with us since the beginning. What an amazing contribution!

Searching for new Course Leaders

Bayside U3A is growing almost exponentially. This means we are always looking for new course ideas and leaders. Running a course is immensely satisfying. Please talk to us if you think you might be interested. We can always find a place for a new course and can add courses to the program at any time.

2018 enrolments

Please return your membership and enrolment forms by the 1st December. This will allow us to properly ballot classes and send out enrolment confirmations before Christmas. We monitor class enrolments and the balloting process very carefully to minimise waiting lists wherever we can. This time we will be strictly watching our popular 'groups' of classes such as French, Spanish, Italian, Yoga and Balance and Bones. You will only be enrolled in ONE class for each of these groups. For example, you can put your name down for two French classes but once you get into a French class the other enrolment request will be cancelled.

Thanks to all of you who have volunteered to convene an activity in 2018. We have a large and varied selection of courses to choose from. Check our web site for the most up-to-date course information.

Course Etiquette

Please do not attend a class unless you have received confirmation, either by email or mail, that you have a place in that class.

Once you are enrolled in a course, 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! The badge also has the contact number for your support person in case of an emergency.

Don't forget to wash clean, dry and put away your mugs.

Italian Post Beginners Class

This class believe they are known as the 'youngest at heart and most cheerful' group at Bayside U3A!



Monday Walking Group

This comprises a group of like-minded seniors who enjoy coastal and inland one hour walks around bayside, with the reward of a drink at the cafe we have reserved for the group.

Photo taken on a recent walk to St Kilda Pier.



Lawn Bowls

Now the weather is warming up, folk who would like to try bowls with the assistance of coaches who specialise in teaching seniors can enjoy one of our two concurrent courses: Absolute Beginners and Intermediate, and you can join at any time through the term

Over the last three years we have put over 60 seniors through and there is something to suit everyone's aspirations, whether that be just to occupy a warm Wednesday morning with new friends, to play some social bowls and not be embarrassed, or to go on to playing Pennant. We always finish with a cuppa.



Stitch N Natter

The Stitch N Natter group were once again involved with supporting community groups. As well as continuing to support KOGO (Knit One Give One), with some beautifully knitted and crotched garments, the group held a Saturday workshop where they made bags for the National Trust Property at Mulberry Hill, Langwarrin. The bags were made from material printed using a Dame Joan Lindsay painting of the Australian bush. Proceeds from the sale of the bags will go towards the upkeep of this beautiful property.

See our website for more photos of the Stitch N Natter group.



2017 Art and Craft Exhibition

Wow! This has been the typical response when visitors entered our first-ever Bayside U3A Art and Craft exhibition at the Brighton Courthouse. Has this venue ever seen so much colour and creativity? We don't think so. The catalogue lists 75 paintings, 20 sculptures, 26 textile and craft items including some stunning quilts, and then there is the beautiful, superfine bead work ('bling' like you have never seen before).

The exhibition was opened on Sunday 1st October by Councilor Lawrie Evans after an entertaining performance by our choir and an introduction by our president, David Hone. The 100+ guests, supplied with cheese and wine, were then able to wander through our gallery and admire the items on display. The exhibition remained open for the whole week and closed on Saturday.

Thank you to Di Hone and Suzanne Kaldor and all the other committee members who made this ambitious project a success. Thank you also to all our other helpers for assistance in setting up and taking down the exhibition, preparing the catalogue and attending the weekday sessions. Of course we must also thank our exhibitors for the privilege of seeing their inspiring work.

Geoff Rolls



Vale Joan Macrae

February 25, 1918 – September 18, 2017

Sadly we have lost our oldest Bayside U3A member, Joan Macrae. Joan was 99 years old, and a very popular attendee of many classes, including History, French and Current Affairs. She was one of the founding members of Bayside U3A and will be much missed.

Born in England of Australian parents, her father was with the King Edward Horse regiment in London. They returned to live in Australia a few years later and Joan went to boarding school in Clyde where she made lifelong friends, most of whom she outlived.

Joan then went to RMIT to study commercial art, but switched to pottery as she described the feeling of handling of clay as 'arriving home' and for many years produced wonderful pottery items. During this time, she met her husband to be, Colin and they married in 1940, prior to his joining the forces which separated them for the next 5 years. Joan worked as a draftsman producing drawings of Australian Military Tanks. She saved all her pay and they were able to purchase the land to build their home in Point Avenue, Beaumaris, where she lived until her passing. They had two children – Ian born in 1945, and Mary in 1952.

Many in the Beaumaris area were very creative and artistic, including Joan who made all her children's and her own clothes, furnishings, paper making and felting, in between learning German and Italian. With her enduring love of pottery, she became a teacher, making thousands of pots in her lifetime. Joan also made delicious bread, learnt to spin and attended a building course at South Melbourne Tech when she needed to carry out repairs on their home! She was a very keen gardener and loved spending time outdoors, still chopping her own firewood until very recent times.

When the grandchildren came along – Polly and Barney - Joan turned her hand to making toys, including elaborate dolls and cars!

Her beloved husband died in 1994 and Joan began a new phase of her life and was reunited with her England-based brother, both of whom enjoyed many trips and visits together. She became very much involved with the Beaumaris Art Group, teaching and helping with exhibitions encompassing much of her own work. In recognition of her many years of devotion to the Group, in 2016, the Joan Macrae Members Gallery was officially opened.

Joan will be remembered by all for her speedy mobility scooter, nipping around the Concourse at top speed! Most of all, we will remember her wonderful demeanour, her amazing intelligence and determination to always keep on learning.



ADVANCE NOTICES AND DATES FOR YOUR DIARY**Enrol****2018 Enrolment**

New enrolments and re-enrolments will be taken by the office staff from 8th November to 1st December 2017:

Beaumaris Seniors Centre during office hours 9:30am to 2:00pm

Brighton Courthouse during office hours 9:30am to 12:00pm

and at Brighton Seniors Centre Wednesday 22nd November between 11am—1pm

Class ballots close on 1st December. We will continue to accept enrolments until the office closes on 15th December and will process the mail during the holidays

Artists Market - Twilight 4.00pm – 8.00pm Friday 17th November 2017

Beaumaris Art Group Studios, in the reserve in front of Beaumaris Seniors Centre

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, and Interesting Craft

Entertainment | Tempting Artwork | Yummy Food | Wine Bar | Family Atmosphere

Dates for 2018

The office will be open from 29th January 2018.

The official opening will be at Beaumaris Seniors Centre on Friday 2nd February 11am, followed by a sausage sizzle.

Term 1 2018 starts on Monday 5th February 2018. Individual classes may start later than week 1 and you will be advised when your enrolment is confirmed.

**CHRISTMAS GIFT IDEA**

2018 Membership Gift Vouchers are available.

Please contact the office on 9589 3798.

**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 2018 newsletters are:

| Issue Period | Term starts | Copy Deadline | Sent Out |
|--------------|-------------|---------------|-----------|
| Term 1 2018 | 05-Feb-18 | 19-Feb-18 | 05-Mar-18 |
| Term 2 2018 | 16-Apr-18 | 30-Apr-18 | 14-May-18 |
| Term 3 2018 | 16-Jul-18 | 30-Jul-18 | 13-Aug-18 |
| Term 4 2018 | 08-Oct-18 | 08-Oct-18 | 22-Oct-18 |

LOST PROPERTY

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

Long grey wool scarf
3 pairs of prescription glasses
2 difference single drop earrings.



TRIVIA

On Thursday September 28, in the Brighton Courthouse, we ran our first Trivia Quiz. Three tables vied for some tasty low-calorie prizes and the competition was fierce. Our Quizmaster, Reg Shields, kept everyone busy with some challenging questions. Some answers were unintentionally shared with opposing teams by enthusiastic discussion (you have to learn to whisper!). After three rounds of twenty questions and several minor technical glitches each of our teams managed to win a prize. We were a little disappointed that more people didn't join in – but maybe next time! We all had lots of fun. A big thank you to Reg for devising the questions and running the event.

Geoff Rolls

THANK YOU

Many thanks to those Bayside U3A members who assisted at the Beaumaris Con-course Car and Bike Show. We would not be able to spread the word about our courses and activities without our volunteers.



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)

Seniors Morning Tea

Spring into Parliament

After the success of their Seniors Winter Morning Tea, the Department of Parliamentary Services is offering a Spring Special.

Morning Tea is \$25.00 pp on presentation of seniors cards or \$35.00 pp for all others.

Served in Strangers Corridor at 10am-11.30am, Monday through to Fridays between September 2017 – January 2018 when Parliament is not sitting.

2017 Sitting days can be viewed by following this link:

<http://www.parliament.vic.gov.au/about/daily-calendar/yearly-sitting-dates>

Spring Special includes

Poached chicken & avocado bridge roll Vine tomato, mozzarella, pesto rocket, olive ciabatta

Earl Grey & Organic fruit loaf Lemon cup cakes

Fat rascals & Parliament scones w raspberry & vanilla jam

With espresso coffee & tea from the T2 range

BOOKINGS REQUIRED:

E: infocatering@parliament.vic.gov.au

Ph: 03 9651 8944 (Strangers Corridor) 03 9651 8941 (Catering Office)



&

Bayside U3A Website—keep a watch on the ‘Of Interest’ section of the website under Useful Links. This is where we put up notifications we receive that may interest our members. This month these include:

One World Voices

The choir rehearses Thursday evening at 7.30pm during term time at Castlefield Community Centre, 505 Bluff Road in Hampton and performs on a regular basis. No singing experience is necessary and there are no auditions.

The music is inspirational and you will hear from storyteller Valanga about his many experiences both in his homeland of South Africa, as well as in the USA and Australia. Andrea and Valanga are both professional musicians and have extensive experience leading choirs. Andrea was recently one of the Choir Directors for the 300 strong Millennium Choir during their performance of Haven. This is a unique opportunity to experience the richness of world music under the guidance of two experienced musicians. Its loads of fun!

To register call Ros at Castlefield Community Centre on 9598 0662

Research Studies

Would you or someone you know be interested in participating?

1. Short Research Study Seeks Participants To Help Develop a New Way of Measuring Blood Pressure

<https://signup.trialfacts.com/short-study-on-a-new-way-of-measuring-blood-pressure/>

2. Can a Food Supplement Help Prevent Type 2 Diabetes and Heart Disease?

<https://signup.trialfacts.com/food-supplement-help-prevent-type-2-diabetes-and-heart-disease/>