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Newsletter September 2013

Report from the President, David Hone

We grow and prosper. We have managed to secure some funds from the Federal government and the Council to help us improve our U3A for 2014 and we have some interesting possibilities for venues in 2014. However, we continue to need volunteers to help us run our U3A so think about what you can do to help! Term 4 has some new courses starting so be sure to check these out in this Newsletter. You will all be pleased to know that we have decided to keep our enrolment fee the same for 2014 and to offer new members joining for Term 4 a 50% reduction. Our Web site has recently been upgraded, and improved, thanks to the efforts of, our newly appointed Web Manager, and while it continues to be work in progress, I encourage you to check it out, for all the latest information from our Bayside U3A community.

Jess Sprunt from the Bayside Council goes on Maternity Leave this week. She has been a huge help in the process of setting up Bayside U3A and I would like to take this opportunity on behalf of us all to thank her for her efficient, cheerful and tireless support.

Term Dates

Term 4 – Monday 7th October to Friday 13th December (10 weeks)

Term 4 Enrolments

Please note, new enrolments for classes starting in Term 4 will be confirmed by email or phone. The Office closes on September 20 and re-opens on October 3. You do not need to re-enrol in your existing classes (except Gentle Yoga).

New Classes Starting in Term 4

In addition to the recurring classes from previous terms, we have a number of new classes beginning in October. Please note that places in some of these classes are limited so you will need to get your enrolment form in early! A complete list of term 4 classes is enclosed along with an enrolment form, with this newsletter.

Computer appreciation, Code C1301C

This 9 week course, commencing Wednesday 9th October, 12pm-2pm at Beaumaris Library will cover topics such as: What's inside the box? Working with applications; Internet: Email; Skype and How to purchase goods and services on line. Vlad Metter is once again taking this popular course, and Vlad has requested that those attending bring a notebook and pen, and your own laptop if you have one.

Chess. From nothing to Castling: The basics of Chess, Code G1317

Suzanne Frankham will again tutor the ever popular Chess classes. For term 4 the Chess Class will have two groups operating; a beginner group and a group for chess players who enjoy the game and like to have fun. The format of the classes is a short lesson on the board followed by puzzle sheets and plays—none of it too serious, all of it fun. Both classes will operate simultaneously. The beginners class will teach you, How all the pieces move, Check and simple checkmates, Attack and defence, Opening principles and the Castling move

Croquet, Code S1316

Join the croquet enthusiasts at the Brighton Croquet Club, 6 Bleazby Ave, Brighton. Participants will learn to croquet a ball, make hoops and learn croquet strokes. Flat soled shoes need to be worn as should a hat. Tea and coffee are provided, a byo lunch is optional. The first of five weekly sessions of an hour and a half will commence Tuesday October 8, from 10:30am-12pm. A cost of \$35 to cover green fees is applicable. Lesley Cavalier will facilitate the croquet sessions.

Poetry writing workshop, Code S1304

Tutor Cecilia Morris has been an author and presenter for many years. In addition to poetry anthologies, she has co-authored three books on human relationships. The poetry writing workshop is for helping participants in poetry writing, by using creative ideas that will motivate poets or would be poets. It is a practical course of 4 weeks duration that will commence on Tuesday October 8, at Brighton Library, from 2:00pm to 4:00pm. Please bring a pen, some paper, and a sense of humour!

Retirement Workshop, Code S1303

Commencing Wednesday October 9, 2:00pm-4:00pm, at Brighton Library, this course will run for a four week period. Topics covered in this workshop include: How to reinvent yourself; Decision making/goal setting; New friendships and interests; staying active and healthy; Developing a strong self-confidence; Slow the ageing process from the inside; Discovering leisure options-finding your adventure. Discovering with technology-no need to get frightened; Thinking your way out of the retirement trap. Togetherness-interpersonal skills for an ongoing happy relationship; Living within your means and having fun.

Revolutions that have shaped our world, Part 2B – French Revolution the First Republic, Code S1309C

Bayside U3A President, David Hone will lead this course from Beaumaris Seniors Centre. The 8 week course commencing 10am-12pm Thursday October 10th will consider: the causes, nature and outcomes of the Terror; Thermidorian reaction; the Directory; key leaders; rise of Napoleon and what it means for the Revolution; outcomes of Revolution and Napoleon. (Please note, there is a \$5.00 charge for photocopied notes)

Roots; Rock to Reggae, Code S1319

Swing along with Trevor Searle, each Wednesday evening from 7.15pm-8.45pm, commencing Wednesday 9th October (venue to be advised). From the Juke Joints of the Delta to the stadiums of today, music has taken us on a journey from simple folk music to complex audio and visual extravaganzas. The music and musicians from the 50's and 60's, playing the small clubs of Liverpool, Chicago and New Orleans is still influencing the music of today. A wonderful era of Skiffle, Jazz, Blues, Gospel and Rock and Roll has created the soundtrack of our lives. Join in and share Trevor's wonderful collection of music with like minded people.

Sailing elements through the ages, Code S1307

This course will be run by Martin Playne (secretary of the Bayside U3A), from the Hampton Sailing Club. The 4 week course will be held each Tuesday 11:30am-1:00pm, commencing October 22. A history of sailing vessels; the evolution in design; modern rigs; description of different rigs; parts of a dinghy –names of all the bits and pieces; seamanship and safety will be discussed. Martin has been sailing since the age of 16 and still is racing an Impulse dinghy at 74. He wants to impart his love of sailing, and to demonstrate that sailing can be a cheap hobby and not necessarily an elitist sport.

The Curse of the Alcmeonidae –

The story of an Ancient Greek Family 800-400BC Code, S1318

David Hone will take you back to look at Ancient Athenian History from the perspective of a powerful Aristocratic Athenian family, the Alcmeonidae, as they make their way through 400 years of history. In doing this we look at family life, how they make a living, their position in society, travel, the role of men and women, children, sex, clothes, housing and domestic spaces, music, values, religion, play (athletics), food, dinner parties and when we can the part played by the family in the community. The course requires you to think back and stand in the shoes of this family and love life as they did and to think as they did, to use our historical imagination to fill the gaps. We look at the transition from an aristocratic society in 800BC to a democratic one in 400BC and how they survive and prosper in a changing society. The course will be run from the Beaumaris Seniors centre, commencing Monday 7th October from 12pm-2pm. (Please note there is a \$5.00 charge for photocopied notes.)

Write a short page play in four sessions, Code S1320

The aim of this course is to write a short, ten minute stage play ready for performance, after four sessions. A two week break between the first and second sessions will allow time for writing plays before the group commences work-shopping draft scripts. Using her expertise and knowledge from working for 28 years in ABC television production, Cheryl Threadgold will lead participants through discussion including Script Layout, Creating an Original Storyline, Structure, Plot and Character Development, Dialogue, Basic Stage Directions and Stagecraft. Course participants will be encouraged to submit their completed ten minute plays in the Eltham Little Theatre Ten Minute Quickies short play competition. Entries open on 18th November and close on 30th November

Note to all Booklovers



Our Book Group, Coordinator and Facilitator, Rosemary Simpson, has advised that, at this time it is unlikely that we will be able to source course reading material through the library. Consequently, Rosemary is planning that for 2014 we continue use the Council of Adult Education (CAE) network for this purpose. Rosemary will provide further information on costs etc during the term. If you are interested in joining our 2014 book group, please indicate this on your 2014 enrolment form or email baysideu3a@gmail.com

Volunteer Snapshot

The two smiling ladies in our snapshot this edition are our Wednesday office volunteers Colleen Dewis and Marie Mc Lean Both ladies can be found each Wednesday from 10am-1pm at the Bayside U3A office, undertaking a number of tasks from answering your telephone queries, to sending emails, accepting new memberships and class enrolments, welcoming visitors and other general office duties.



Diary Dates

October

Wednesday October 2, 10am "[Teaching workshop for U3A tutors](#)", Beaumaris Senior Centre, – **2pm, includes lunch**; RSVP to BU3A Office by **Friday September 20**; Phone: 9589 3798, Email: baysideu3a@gmail.com

Sunday Oct 6th, 10:00am to 4:00pm, Federation Square. **The U3A Carnival of Learning** will have a number of stalls and activities in Federation Square as part of Senior's week celebrations. Enjoy a day out at this lively event and experience what other U3A's are doing. The Victorian Seniors Festival goes from Oct6-Oct 13. A full program of events is available from the Victorian Seniors Festival website and from Coles supermarkets. Bayside City Council has a series of events planned including a Healthy Living Expo at the Beaumaris Seniors Centre from 11:00am -3:00pm on Oct8. Labyrinth Lane in Gardenvale has a series of Seniors Festival activities.

Tuesday Oct 8th, 10:00am to 4:00pm **Healthy Living Expo**, Beaumaris Seniors Centre, 84 Reserve Rd Beaumaris
(Please note that there will be not be any classes held at the centre on 8th)

Monday Oct 14th, All Tutor Proposals for 2014 to be submitted by email to baysideU3A@gmail.com, or by mail to PO Box 319 Sandringham, or by hand to the office.

October 14th and 15th: U3A Network Vic and the U3A Asia Pacific International Conference: Ageless learning begins with U3A. This is a two day conference, to be held at Melbourne Town Hall. Program is varied. Cost is \$120pp for the 2 day event, and a further \$60 for those who may like to attend the conference dinner on Monday 14th. For further details and registration forms go to www.u3avictoria.com.au. All U3A members welcome to attend. Billets for overseas delegates are required, so if you can help please contact either www.u3avictoria.com.au or our office, baysideu3a@gmail.com

November



Tuesday 5th Melbourne Cup day. There will be NO classes held this day

Thursday 28th, 2014 Membership and Course Enrolment Day, Beaumaris Seniors Centre

Come and join us for a cuppa sausage sizzle while you update your membership for 2014. Fees remain the same as in 2013, \$40 full members, \$70 for a couple, and \$20 for associate members (those who are full members at another U3A).

Please note: you must be a current member before you can enrol in any courses or activities. Membership fees cover participation in courses throughout the year. Don't forget to add your emergency contacts to your membership application form, to assist us in the event that you get sick or have an accident while attending a class or function



December

Friday 13th: The office will close at 1:00pm and reopen for late enrolments and enquiries **28 Jan 2014.**

Volunteers for 2014

We have a growing membership and now need to confirm volunteers to take on a variety of roles in 2014. We would love to hear from you if you can assist in any way with the following vacancies

Office Volunteers. Office hours are from 10:00am to 1:00pm, training will be provided. Please contact our office (Ph. 03 95893798) or email us at baysideu3a@gmail.com if you can help.

Tutors: We have been fortunate that we have had tutors covering around 30 classes this year. The subject diversity and commitment from this team shows the versatility and strength within our growing Bayside U3A community. If you have an interest or a hobby that you would like to share with others fill out the Tutor Proposal form on our website or alternatively email us with your thoughts and our course convenor, Sue Steele will get back to you.

Convenor, Bayside U3A Speakers Program: We are planning on extending this program in 2014 to fortnightly events, to be held alternative fortnights at Beaumaris Seniors Centre and Brighton Library. The convenor is responsible for inviting and arranging Speakers attendance, setting up the respective venues and managing after program tea and coffee. If you are interested in this position please contact our office (PH 95893798) or email us at baysideu3a@gmail.com

Website Manager Position Filled:

The Bayside U3A Committee are delighted to announce that Bridget Hsu-Hage has agreed to fill the website manager position advertised in our last newsletter. Go and check the latest updates to our website, it is a most useful vehicle for finding out the latest information on what's happening in the Bayside U3A community, and a great repository of all things Bayside U3A.

Two fabulous travel Opportunities:

A wonderful opportunity to join like-minded mature age travellers on the **U3A THREE COUNTRIES, THREE UNIVERSITIES TOUR**. Departs 3 August 2014, and covers, England, Wales and Scotland. Please contact Russ Vial on 0448652900 or email russv2@bigpond.com for pricing and further information

Visit **"SABAH" BORNEO**, for 8 days and 7 nights. Tour departs Sunday 27th April and returns Sunday May 5. Incorporating Brunei with Beaumaris Probus Club, all BaysideU3A members are welcome. Please contact Russ Vial on 0448652900 or email russv2@bigpond.com for further information

Marine Victoria Books Available

Following on from the wonderful presentation by Ray Lewis, on the Ricketts Point Marine Park, we have 5 books in the office for sale @\$20 each. Please contact the office on 95893798, or drop by the office at 84 Reserve Rd, Beaumaris if you wish to purchase one of the books

Notes from our classes:

Writing Radio Plays

What a marvellous experience this class has been for class members. Led most professionally by Cheryl Threadgold and Terri Adams, the group have completed a number of radio plays, two of which will be chosen for broadcast on Southern FM 88.3. The participants unanimously confirm they have benefited greatly from the process of writing in such a supportive and encouraging atmosphere.

Introduction to Australia's legal system:

Jan Storey has most capably led this course which has covered various aspects of Australia's legal system. In the September school holidays, the participants in this class are visiting the Victorian Parliament House. Their tour will be preceded by lunch at the *Strangers Corridor Restaurant*. Earlier in the year, the group enjoyed a visit to the Moorabbin Justice Centre, court complex

Tuesday's Current Affairs:

Sandra Groves has facilitated discussion between members of this enthusiastic group. Respectfully debated and discussed are all things political, social and any other topic that the team brings to the table. Members have the opportunity to choose a topic and lead the group in that subject. This term participants led discussion on the NDIS, Aged care, the conflicts in Syria, and Turkey, as well as local issues. All are welcome to join in our conversation

Enjoying your IPAD:

If you visit the Beaumaris Library on a Tuesday afternoon you may hear a group of seniors having rather a good time down in the children's book section. This is an "Enjoying your iPad" course in action. So far this year Sue Steele has taught 6 groups; each group having completed a 4 week course, increasing their knowledge and confidence in using iPads. Another two groups (already booked out) will run in term 4.

Film Lovers Group

This keen film group meets each 2nd and 4th Thursday of the month after 4pm for a movie that commences between 4-6pm. Suzanne Kaldor gets the group together for the selected movie at Brighton Bay cinema. Much discussion takes place both before and after the movie, over dinner or a cup of coffee. Films of differing genres are chosen, "What Maisie Knew", and "The Way, Way back", are a couple that the majority have agreed were most enjoyable. The group will continue through Term 4, and would welcome any new members.

Bayside U3A Speakers Program

Thank you to all those who have helped getting our speakers program up and running, your attendance and support has been fantastic. Our Speakers Program is open to all members of the community, if you have a neighbour or friend who may be interested in joining us, please bring them along to any of our Speaker sessions

Our program for the remainder of 2013:

- **September 17th : The Hon, Dr Gary Johns, Self Determination, A White Man's Dream**
- **October 15th : Diabetes Australia: Preventing Type 2 Diabetes**
- **November 19th :Dr V John Basarin; Gallipoli (from the Turkish perspective)**
- **December 3rd: Trish Nichols from Asprey Research team, Monash Uni: Benefits of ASPRIN**

If you have any suggestions for topics that you would like covered or know of a great presentation that you have been to, please let us know by contacting baysideu3a@gmail.com

Bayside U3A Roles in 2013

President	David Hone
V. President, Enrolments, A/G Course Convenor	Sue Steele
Secretary	Martin Playne
Minutes Secretary	Judy Sinclair
Treasurer	Marilyn Hubbard
Course Convenor	Jan Storey
Office Team Leader	Heather Collins
Purchasing and Equipment	Vlad Metter
Newsletter & Speaker Program	Sandra Groves
Community Liaison	Tony Aplin
Publicity Officers	Pauline O'Brien(2)
Grants Application	David Lea
Website Manager	Bridget Hsu-Hage
Data Base Development	Tony Aplin & Judy Sinclair

Contributions Please.....

If you have any suggestions or contributions to the newsletter, they can be emailed to baysideu3a@gmail.com; posted to our mail box at PO Box 319, Sandringham 3191, or left at our office at the Beaumaris Seniors Centre, Reserve Road, Beaumaris. Please send photos as separate Jpeg attachments. All material for the next edition to be submitted by **Monday 2nd Nov, 12:00 noon**