

# Bayside U3A

## UNIVERSITY OF THE THIRD AGE

Offices: Beaumaris Senior Centre  
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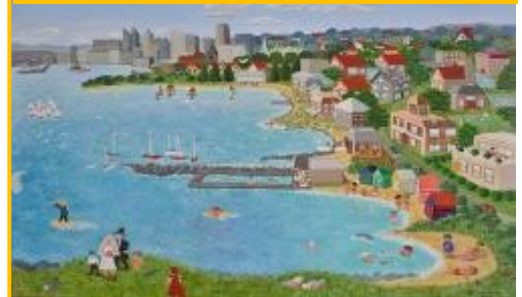
### 2022 TERM DATES

Term 3 11<sup>th</sup> July—16<sup>th</sup> September

Term 4 3<sup>rd</sup> October—20<sup>th</sup> December

## NEWSLETTER

### August 2022



#### Beaumaris Office:

Monday to Friday 9:30am - 2:00pm

#### Brighton Office

Monday and Wednesday 9:30am - 12noon

### FROM THE PRESIDENT

### DAVID HONE



We survive and grow despite COVID, but this will only continue if we have people willing to run Bayside U3A. I would love some of you enjoying our huge array of courses and activities, to volunteer to serve on one of our committees. We are wanting help with marketing and I am still looking for a President elect. There are numerous ways we can all help keep our U3A going. We all have skills and experience that can be used.

Members of your Committee of Management took a Bayside Council-run tour of the Billilla Mansion in Brighton. We have expressed a strong interest in using this historic building for U3A classes and events. The tour certainly confirmed that we can be one of the future users of this marvelous facility and we hope to be closely involved with Council in the future planning of how best to use it for the Bayside community. It seems that this will take some time so we are talking 2024 rather than next year.

You may be aware that we are moving to a new database called U-MAS which will make enrolment, payment and class management a lot easier for all. I want to thank Sue Steele, Tony Aplin and Chris Logan for their work on making this happen.

Looking forward to seeing many of you at our 10 year Birthday celebration on Saturday 1<sup>st</sup> October.

## WOW! BAYSIDE U3A IS TURNING '10 YEARS OLD'

### COME CELEBRATE OUR 10<sup>TH</sup> ANNIVERSARY GALA LUNCHEON

DATE: Saturday 1<sup>st</sup> October 2022

WHERE: Brighton Town Hall

TIME: 12.30pm – 2pm

General Admission \$20

Fabulous Buffet Luncheon, Champagne & Desert

Booking Link



<https://www.eventbrite.com.au/e/bayside-u3a-10th-anniversary-lunch-tickets-395705223977>

### Happy Hour on Friday 24<sup>th</sup> June....

A great turn out again – 50 members attended with many staying on for dinner. More chocolates arrived at our tables to make us feel welcome.

Most importantly, we scooped the raffle pool with 3 winners AGAIN this month! The lamb was delicious!



Marg Hannah



Chris Birch

Karen Hall



The BAYSIDE U3A HAPPY HOUR is on the last Friday of the month!

**Please join us 5pm Friday 26<sup>th</sup> August at the Hampton RSL**



25 Holyrood St Hampton VIC 3188

- \* Everyone is welcome, just turn up!
- \* Drinks: Special \$6 sparkling or house wine, discount beer and some spirits.
- \* Please wear your U3A name badge and bring along your RSL membership card if you have one!
- \* Dinner is available for those wishing to stay on.
- \* ***Dinner bookings need to be made directly with the RSL on 9598 0460.***

### Happy Hour on Friday 29<sup>th</sup> July....

Not so busy at the Hampton RSL this month. Around 25 members attended with many staying on for dinner.

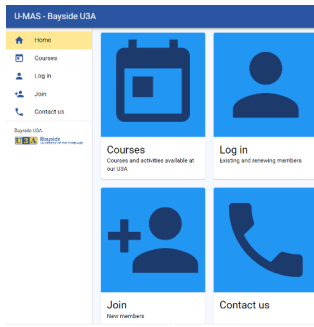
Only one lamb roast winner from our group – Sue Thompson. Congratulations! The prize was happily accepted by Karen on her behalf and collected later.

Everyone is welcome. Do bring along some cash to support the RSL raffle. It's a great cause and we do seem to have a very high rate of prize success!

We are happy to see many new members coming along.

If you enrol in the Happy Hour Course Code: #22056 you will get an email reminder closer to the day.



**COURSE AND ENROLMENT NEWS****Convenor: Sue Steele****Changes to Bayside U3A database computer system**

We are on schedule for cut-over to U-MAS in the September term break. U-MAS will manage our U3A members, courses and enrolments.

Tutors and volunteers will be offered specific training sessions over the coming weeks. In addition there will be several opportunities for members to attend an in-person or Zoom demonstration during the September holiday break.

An email outlining your initial login information will be sent out a few days before the cut-over change date.

**KEEP MOVING course change to BALANCE, STRENGTH AND FLEXIBILITY**

Mee Kuan has changed her Thursday Morning 'Keep Moving' classes to a new format.

**Balance, Strength and Flexibility** will train your muscles to be stronger, improve flexibility and ensuring good posture with a strong back, for the sole purpose to be steady on your feet and therefore preventing falls. The class starts off with a gentle warm-up that leads to exercises for strength (with or without weights) and balance training, followed up by stretching and relaxation at the end of the class.

**Course 22141** 9am - 10am Thursdays at the Brighton Courthouse

**THE GEOLOGY AND FOSSILS OF BEAUMARIS**

**2pm Tuesday 23<sup>rd</sup> August at the Brighton Courthouse.**

*Followed by tea and cake and a chance to look at some real fossils.*

Did you know that Beaumaris Bay has one of Australia's most varied fossil deposits of the Late Miocene era? The fossils include:

- \* the 18-metre-long Beaumaris Bay whale whose 40 teeth were up to 30 cm long,
- \* the giant sea bird *Pelegornis*, whose 6-metre wingspan was three times that of a modern day albatross,
- \* remains of a marsupial lion, of giant kangaroos and a 500 kg wombat-like marsupial,
- \* a bay full of shark's teeth and vertebra.

Palaeontologist **Professor John Buckeridge** and fossil hunter and self-described 'beach bum' **Murray Orr** (at left and right respectively below) will tell us about the process of fossilization, the interpretation of fossils and this amazing geological treasure trove on our doorstep. You will be able to inspect some of the fossils collected in the area and hear how they help to give us a richer understanding of life some 6 to 8 million years ago.



**We hope that a good crowd will come along on the 23<sup>rd</sup> August... JUST TURN UP (no booking required).**

If there is demand, we will set up a Zoom session for the main presentation part.  
If you are interested in that option, please let us know via email to [john.nurse72@gmail.com](mailto:john.nurse72@gmail.com).



## **WANTED.... 'MARKETING GURU' for Bayside U3A**



We are looking for a talented hands-on marketing superstar passionate about communication, a person who can help us to grow and develop Bayside U3A .

Take this opportunity to lead the development of a supportive and enthusiastic volunteer team, as we enter our next exciting phrase. We need 'You' now to be our Marketing Guru.

Please contact David Hone or Christine Logan on 03 9589 3798

## **MESSAGE FROM BRAD ROWSWELL MP TO BAYSIDE U3A PRESIDENT, DAVID HONE**

Dear David,

4<sup>th</sup> July 2022

Last week in Parliament, I had the opportunity to contribute to the Education Legislation Amendment (Adult and Community Education and Other Matters) Bill 2022. The amendments seek to improve various parts of the Education and Training system in the Education Act.

In this debate, I acknowledged the outstanding work of several local institutions that have a vested interest in adult education in our community, including Bayside U3A. I stated:

*Of course, there is the U3A in Bayside as well, another wonderful institution where there are those gifted people amongst our community who contribute and give back to our community without expecting anything in return. These people have been professionals in their life in engineering, in languages, in arts, in culture, in history, in sports and exercise science and other areas who take up these classes at U3A and through their volunteer work give other older people an opportunity within our community to learn and to continue learning. This is my point: we are all on a journey of lifelong learning, no matter who we are, no matter what stage of life we are at, and that must be acknowledged. I am just so grateful to those institutions within my own electoral district whose very purpose is to enable people within my community to continue their path of lifelong learning, because it is not just about what they learn but it is about the community connections that they make, and it is about bringing people together in our community so that our community can thrive even more.*

The section of the speech can be located at 7:20 in the [YouTube video](#) of my speech. The transcript of my contribution can be found on [Hansard's website](#). Please do not hesitate to share this with your community.

I would like to sincerely thank you and the members of your organisation for your dedication and selfless work at Bayside U3A. Please let me know if there is anything I can do to assist.

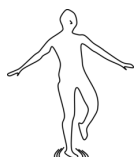
Best regards,



## **BALANCE and BONES**

**Tutor: Janneke Casson**

These 9.00 am meetings continue apace.



As always emphasis on body awareness, balance and muscle strengthening. All done with obvious joy and enthusiasm.

My gratitude to you all.

## **BAYSIDE U3A BUS TOURS**

**Convenor: Joan Gibbs**

We are moving towards warmer weather and hopefully less people who have been unwell! We have tours organised for the next 9 months - on the second Wednesday and fourth Thursday of each month.

Our itineraries include: Heidi Museum; Mt Macedon; Marysville and Bruno Sculptured Gardens; The Dandenongs and Emerald Lake; Daylesford Convent; Blue Lagoon Lotus Gardens in Yarra Valley; Wineries in Yarra Valley; Williamstown; Castlemaine; Red Wood Forest Yarra Valley.

If you would like our itinerary either ring me on 0417 768 433, or email [joanlgibbs37@gmail.com](mailto:joanlgibbs37@gmail.com)

**U3A JAPANESE students celebrate the 七夕 Tanabata Festival****Tutor: Trudi Sampson**

As many Japanese communities celebrated summer and the 七夕 Tanabata, or Star Festival on 7<sup>th</sup> July, the U3A Japanese class returned to Term 3 lessons wondering why there was a bamboo tree in the room!



During the lesson, the symbolism of the bamboo tree and the beauty of the festival became clear as the students learned the captivating legend behind the 七夕 Tanabata Festival. Celestial beings, おりひめ Orihime (Vega, the weaver princess) and ひこぼし Hikoboshi (Altair, the cowherd) normally separated by the Milky Way, may meet only once a year during the colourful Tanabata Festival. Just as Japanese festival goers do, U3A students each wrote wishes on colourful strips of paper, たんざく tanzaku and tied them to the bamboo tree, in the hope that their wishes would be granted.

Let's hope that one of the most sought-after wishes – 日本に行きたいです。nihon ni ikitai desu. (I want to go to Japan) will soon come true!

**INTERMEDIATE FRENCH****Tutor: Jane Olsen**

Undaunted by adverse weather on Bastille Day 14<sup>th</sup> July, Thursday afternoon's Intermediate French class celebrated revolution and the hope of better times to come, by toasting the Republic, singing 'La Marseillaise' with vigour and eating cake.

(Whoops, that was what started the Revolution, wasn't it?!)

**WRITING FOR FUN****Tutor: John Maddick**

Ours is a small group for those who want to write for fun. At some stage in our lives we've probably all tried writing: described what we saw and did on holiday; kept a journal at the start of a relationship; reflected on how to deal with the bind we were in; drafted a song or poem or short story. There may have been times you wished you had tried writing more often, not to become famous, but for the fun of seeing what you can produce. That is the focus of our group. We offer you writing prompts each week for seven weeks, and invite you to share a short piece at our weekly one-hour Zoom session. We run the program in a seven-week block so you get momentum in your creativity.



We also get together once each term for a face-to-face session.

A few of the Writing For Fun-sters at Ricketts Point Cafe earlier in the year. Left to Right: John Maddick, Sandra Mast, Rose Howe, Margaret Boyes-Pringle, Ruth Rolls, Rina Leeuwenburg and Steve Muller.

**COMMUNITY RADIO 88.3 SOUTHERN FM****Convenor: Alina Skoutarides**

**Bayside Community Hour broadcasts on the fourth Tuesday of every month, from 3pm to 4pm.**

From gaming tables to playing fields! Our June presenters, Helen Lolatgis (Mahjong) and Suzanne Frankham (Chess) discussed the merits of their respective games, in regard to the mental stimulation and memory training these provide.

On Tuesday 26<sup>th</sup> July, Lynne Fox and Ivan Silver focussed on the mental and physical stimulation provided by the outdoor games they offer: Croquet and Lawn Bowls respectively.

**Let's do Dinner - July 2022**      **Co-ordinator: Karen Hall**

Only one dinner again this month during the coldest times ...

The bench seats at our three tables were not ideal, however everyone was very accommodating. Fortunately, the Sandringham Hotel annexe was well protected from the fierce gale force winds on the night.



The food received many compliments and the (shared) feasting platter looked exceptional!

Back to two dates for dinners in August - 6.30pm Saturday 6<sup>th</sup> and 20<sup>th</sup> at Bentleigh RSL. Everyone is welcome!



If you wish to be included in future dinner invitations and reminders, please enrol in **Let's do Dinner - Course code: 21002.**

You need to book with Karen.

**CREATIVE CONVERSATIONS****Co-leaders: Susan McCarthy & Alison Barnett**

Our inaugural 'Wear Your Pearls Day' saw the start of 3<sup>rd</sup> term. The day came about from a previous conversation where some of our group were lamenting the lack of occasions to wear clothes other than casual! So, we decided to make an opportunity to dust off the pearls and wear them to Creative Conversations! It was a great success with pearls coming in all forms: strands, pendants, chockers, earrings, rings and brooches. The conversation flowed with great stories and memories. We encourage all pearl owners to get them out and wear them. Several of the group are doing just that!

Then there was the great find in a stash of exquisite crochet, patterns and threads all from the 1950s and 60s. The find was a **Home Beautiful** PACT-SETTER FOR AUSTRALIAN HOMEMAKERS MAY 1960 2/6! Feature articles included: Brighter Laundries, Modern Heating, Model labor-saving plans (house plans). Of particular interest was the advertisement for Akaar, the plastic protective sheet for lounge furniture. This sparked memories of sticking rather than sitting on the plastic!



*Baby's Jacket & Beanie (Nancy Jones)*

We also talked in general about how the role and expectations of women have changed. An absolute treasure trove depicting the changes in Australian society.

In and amongst these conversations beautiful handcrafts were being produced. Here are a few of the finished products.



*Hats for every day (Lydia Hulme)*



*Geometric Quilt (Sandy Cartledge)*



*Colourful Animalia (Gaye Moody)*



**The BEATLES****Convenor: Bob Mason**

In our slow march through the Beatles' songs we have finally reached *Sgt. Pepper's Lonely Hearts Club Band*, their most successful LP. It was recorded over five months from November 1966 to April 1967 and came out in June. It is the anthem for the unforgettable 'summer of love' when, for one brief moment, everything seemed wonderful in the world. The Beatles were in peak form and their audience never more receptive.



Immediately after the album and in the same month, the Beatles pull another rabbit out of the hat with 'All You Need Is Love', the UK's contribution to the world's first global telecast. The verses are actually in 7/8 time, an amazing achievement for a pop song, done in typical Beatles fashion - almost no one other than the musically trained even notices it. It is just one of the riot of inventions they come up with in the period.

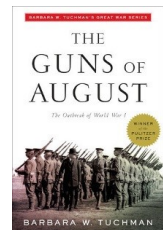
We've already dealt with two of their most inventive songs of the period, 'Strawberry Fields Forever' and 'Penny Lane' and are half-way through the monumental 'A Day In The Life' - one of only two truly monumental songs of the Rock era (the other being, of course, 'Bohemian Rhapsody'). This, we mustn't forget, is the start of Rock and the Beatles are defining it.

At the same time we are tracking events near to the Beatles that are slowly bringing down the castle - the Rolling Stones' drug bust in February, the encroaching trial, conviction and appeal. By the end of the period the Beatles have mobilized their celebrity to support their friends, starting a new phase in their relationship. Donovan is the first casualty and he too draws closer to the Beatles, with each of his hits being a tribute to them.

The Beatles nearly make it to the Monterey Pop Festival but George goes to San Fran a few weeks later and makes a decision that shapes the rest of the Beatles' career.

**READING HISTORY****Tutor: Rupert Palmer**

The Reading History group would welcome the input of a few extra participants. We are currently looking at the crucial events of August 1914 when the world sleep-walked into catastrophe. The centerpiece is Barbara Tuchman's *The Guns of August*, not the most up to date on the subject but probably still the most accessible to the average reader. It was published just prior to the Cuban Missile Crisis and was required reading for JFK's staff at that time.



Our discussions are lively, wide ranging and entertaining. An absolute prerequisite is to have read at least the first ten chapters of *The Guns of August*. If you are interested, please email Bayside U3A or [enrol online](#).

**CHESS****By: Judy Sime**

Chess classes will run till 16<sup>th</sup> September. A big welcome to the newly enrolled members. We usually have some instruction or point of interest at the start of each class.

Our Course Leader Suzanne will be back next term. See below for her latest exploits!!

**MASSIVE CONGRATULATIONS TO SUZANNE FRANKHAM**

Suzanne's novel '[Shadow Over Edmund Street](#)' which was published last year, has been shortlisted for Best Debut Crime Fiction in the Ned Kelly Crime Writers Awards run by the [Australian Crime Writers Association](#) (ACWA) - Australia's premier awards for crime writing.

In their statement, ACWA said '*The Best Debut Crime Fiction entries were very strong with an incredible range of new Australian writers choosing the crime genre for their first books - and signalling very positive futures ahead.*' The judging panels and committee members have spent the past three months reading, discussing and debating the 135 entries in this year's competition.



## SCULPTURE FOR PLEASURE

Tutor: Roy Bird

In Term 3, the Sculpture group has worked on Mosaics plus pieces of their choice.



*Mosaic Dolphin (by Roy)*



*Warrior (by Jennifer)*



*Mosaic Tea Party (by Janice R)*



*Mosaic Bird (by Cynthia)*



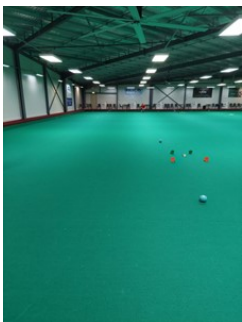
*Baby Air Dries - clay (by Cynthia)*



*Mosaic Table Top (by Joan)*

## U3A BRIGHTON BOWLING CLUB

Co-ordinator: Bert Verlaan



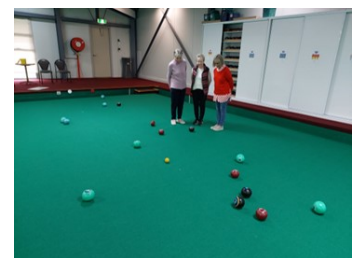
Brighton Bowls Club is a new member of Bayside U3A and proud to be associated with the program. We are hoping to expand our program at Brighton where we offer state of the art bowling facilities. As an indoor club, we are not weather dependant and our greens run truly all year round.

Our current U3A members have shown remarkable improvements in their game, using skills practice, developing different shot technique and putting into practice the skills they have learnt into a game situation.

They are also taught to read the head (an important part of Lawn Bowls) and an understanding of the rules of the game, all in a friendly and relaxed atmosphere.

Enrol in [Course 22149 Lawn Bowls - Indoors](#) if you would like to join the fun Thursdays 10am – 12noon.

All welcome from beginners to advanced players.



## THE JEWEL BY THE SEA

*The Jewel by the Sea* is a creative portrayal of Charles Hotson Ebdens' time during the planning, building and life at Black Rock House from 1854-1861. The play, written by Dr Cheryl Threadgold (Bayside U3A Writer's Group Tutor), returns for a season every five years and this is the show's fifth season. It will be presented in an intimate theatre style at Black Rock House from 1<sup>st</sup> – 17<sup>th</sup> September, directed by Debbie Keyt from Beaumaris Theatre.

TICKETS \$30 Adults, \$25 Concession, \$20 Children (16 & under)

<https://www.trybooking.com/CBICE>





**BAYSIDE U3A WRITERS GROUP****Tutor: Dr Cheryl Threadgold*****Word of the Month: RING*****RING****by Geoff Oscar © 2022**

The white delivery truck emerged from the forest and pulled into its remote but familiar parking spot, overlooking the wide expanse of the cleared but still lightly timbered valley below, with only a few scattered farmhouses interrupting the magnificent vista

Bob Appleton was at the mid-point of his regular bread delivery run to four general stores, serving a thinly populated area of dairy farms. With a sigh of satisfaction, he reached for his thermos of tea and his mug, then his tin of grease-proof wrapped sandwiches and an apple.

As he took a large bite out of his favourite meat paste and bacon sandwich, he shuddered at the unusually bitter taste. He warily took another bite, this time rolling the equally bitter-tasting contents around his mouth. He became agitated and fearful, sensing something was badly wrong.

XXXXX

Jim Davis, around fifty years old, with ruddy weathered face, was comfortably dressed in flannel shirt, well-worn jeans and Blundstone elastic-sided boots. He had just returned from the cattle sheds to flop gratefully onto the kitchen chair, the smell of Mary's vegetable soup filling the room.

There was a sudden ring of the door- bell. 'Who on earth can that be this time?' asked Mary. They both got up and moved through the house to the front door. As they took in the police car parked outside and two men, one in Police uniform, the other in a suit, Jim said, 'We've been expecting you.'

'Mr and Mrs Davis? I'm Sergeant Roy Armstrong and this is Detective Sergeant Bert Wilson. We are from the Fleurville Police Station. Can we come in and have a chat about last Tuesday?'

'Come in please,' said Mary. 'Would you like some soup and a cuppa?'

'Now tell us what happened, as best as you can remember,' said the plain clothes officer.

Jim went first. 'We were having lunch when there was this pounding at the front door. As we rushed to open it we saw this poor fellow, his clothing torn and face and hands bleeding from scratches. Worse than that, his arms and legs were rigid, his whole body spasming, his back was arching backwards, he could hardly breathe. If he were one of my cows I would have said he had milk fever.' Mary chipped in, 'He pointed to his truck up on the lookout – he must have stumbled all the way down here.'

Jim resumed 'He was shouting and crying at the same time, saliva dripping from his mouth. All he wanted was for us to ring his kids' school at once and stop young Paul and Lisa from eating their sandwiches.' Mary took over: 'Tell the school that the meat paste has gone off. Then he just died, right in front of us.'

Sergeant Roy spoke in a quiet voice. 'I am sorry to have to tell you both that because of your earlier statements, then an autopsy and testing of Bob's sandwiches, it has been revealed that Bob's meat paste was loaded with strychnine. The kids' sandwiches were fine. He was supposed to die at the lookout. He turned out to be a hero, thinking only of his kids. His wife Debby and Ed O'Sullivan have both been arrested and charged with murder.'

**COLUMBINE****by John Maddick © 2022**

I'm sitting in the staff meeting next to Cara. The Principal has been droning. Now we're about to hear the reports from the Seniors, as the Principal calls them. Cara and I think the whole thing is a circus. I just want to get home. First performer in the ring is Finn. He's detailing the sports activities for next term. I'm applying for the Deputy Principal next year. If I'm successful, Finn will put out his program on paper and the web-site, instead of holding us all up.

My younger son, Perry, is OK. He is used to waiting back in our after-school program on staff meeting nights. But my older son Brad is marooned in the Grammar Library. Usually on these evenings, Adam finishes early and Brad comes home with him. Instead, Adam's at home hobbling around. He has a week off teaching because he had a fall. I still have to collect Brad.

I'll tell you now, I've finding it hard to feel the love this week. There's so much to do. When I get home Adam is slumped in front of TV. When I ask if he's still cooking dinner tonight, he says there's plenty of time. There's not. But, to be fair, he has a casserole organised, because he's cooked every night the past week. As he did all through my post-grad. It's just that I hate it when he draws into his shell.

*(Continued overleaf)*

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Usually he's like Harlequin, good-spirited, quick to bounce back from any misfortune, surprising me with little kindnesses.

After dinner I go with Adam to his hospital appointment. It's the follow-up to his fall. At the time I'm thinking I'll at last get to the bottom of whether he still needs to be hobbling round home. When we're shown into the consulting room, the doctor asks Adam to go behind a screen and strip down to his underpants, while he continues reading his notes from behind a desk. Adam looks vulnerable when he perches up on the examination bench. I can see the bruising, turning yellow below his underpants.

The doctor is cool and efficient. He taps Adam's legs and arms with a rubber mallet, and directs him to push against his hand from various positions. At this stage I'm not understanding what's being done. Then he asks whether Adam had any spinal injuries when he was playing football, and whether any family members had suffered degenerative diseases. Now I'm getting alarmed. The doctor makes notes on his laptop and says Adam can get dressed.

We're waiting. And then the doctor lifts his head and says something about Adam being a Phys. Ed. so he must know what this could mean. Then he says we're going to have to consider MND. It's like something heavy plunges down my guts.

Adam sits there stony-faced. Not a flicker of surprise.

Then the doctor explains there's no conclusive test for MND; the steady advance of the symptoms are what gives it away. So he'll make an appointment for a month's time. He reels off some other conditions that they need to eliminate through testing, but I'm not taking it in anymore.

Then the doctor asks whether they're making allowances for his physical weakness at work. Adam says he just hides it. The rage bursts into my chest. How many conversations have we had about not keeping things to himself? When we're walking out of the hospital, I can't speak to him.

We get to the car. I tell him to give me the keys. He hands them over like a third grader caught pinching someone's lunch.

I'm sitting in the driver's seat with the engine running, thinking what are we going to tell the boys. The doctor has given him a medical certificate for the next month. We're going to have to say something if Adam's home for the next month. Already I'm thinking of Perry. Dad's his hero.

'Have you thought what you'll tell the boys?' I swing round and my foot jams down on the accelerator. It's not in gear but the roar of the engine is a shock.

'Well?'

His face is in shadow. He mumbles something about telling them he's on holiday.

'Holiday? How long for?'

'Just until we get the diagnosis.'

'You think you've got it, don't you?'

He nods. Rage rushes through my body and I've kicked the accelerator again. I turn off the ignition. 'Here.' I pass him the keys.

Now I'm back in the passenger seat. Now it's feeling like it was for our first ten years, Adam having all the answers, all the friends, setting the direction.

He starts the engine, but I can't stop myself.

'Just how long have you known you have MND?'

'I don't know that I do have it.'

'You just said you think you do. Give me the keys.'

We walk around the front of the car again, not saying anything. I sit in front of the steering wheel. The scariness of it all takes hold of me. This is happening to us, to me, the boys, to our family; not to anyone-else. I'm shivering. I look at Adam. It's what I do by habit when I need his strength. He's staring straight ahead into the black car-park. I think of how long it must have been like this for him, alone with his terrifying secret. He's so different. I have Cara and Belinda and the Ed. Admin. Girls to talk to. I must seem mean to him. 'I'm sorry' I tell him. 'It's such a shock. I wish you didn't keep so much to yourself.'

*(Continued overleaf)*



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'Well, we don't know yet.'

'Don't start.'

We sit in silence. At this stage all I know about MND is that you progressively lose the use of your arms and legs. My husband's been a sportsman all his life. When he played football, he was like a magician, the way he'd emerge with the ball from under a pack. How will he deal with this? Now he tells me he's been testing his strength in the gym after everyone leaves. It's been getting worse.

I start the car and drive slowly. I've got it going round in my head: Adam becoming an invalid; how will we tell the boys? Brad may not care. But Perry. I'll have to tell his teacher. Then I remember the promotion I was going to apply for. Well so much for that.

When we get home, I suggest we tell the boys we're worried about his legs. We don't know if it's an old football injury. But the doctors don't want him going to work and putting himself under strain until he's completed some tests. Adam says he'll do it.

Next morning Adam is already coming out of Brad's room when I surface. Then I hear him knocking on Perry's door. That's my Harlequin.

My day starts. I can't think what this is going to mean for my family.

***This is a continuation of a story of Henry Bunton and his admission to a poor house circa 1860***  
***by Jan Storey© 2022***

Henry limped after Frank down a long corridor, through a heavy door, and out into an enclosed rectangular yard. The ground was covered with a light dusting of snow like icing sugar on a bun. Henry felt the wetness seeping through the worn soles of his boots and a familiar chill began to creep up his legs. Even the wads of newspaper under his shirt suddenly felt damp against his skin.

'This is the Men's Yard,' said Frank, waving one arm around expansively.

'Men's?' Henry's voice sounded puzzled.

'One of the Guardians' rules.' Frank slowed his pace so Henry could keep up with him. 'Mixing of men and women is strictly forbidden.'

'But what about married couples?' Henry asked. 'And families. Surely it doesn't apply to them?' He was thinking of his dear Margaret and how he would have hated to be separated from her.

'Same rules for everyone. No exceptions. Reckon some married chaps are happy about that.' Frank laughed at his own words.

'Doesn't seem very Christian,' mumbled Henry.

'You'll get used to it. Besides, will it affect you? Is there a Mrs Bunton?'

'No,' Henry said sadly. 'My Margaret died.'

'Sorry to hear that, Henry.' They had reached the single-story building on the far side of the yard. 'Welcome to the Bath House,' Frank said as he opened a green door. 'You'll be warmer in here.'

A large bath supported by black metal feet stood in one corner, its brass taps gleaming despite the dull light. A clean towel hung on a wooden hook and a pile of neatly folded clothes rested on a table. The garments, Henry recognised, were the uniform worn by all male inmates and he wondered briefly who had previously worn them and whether they had died.

Frank pointed a finger at the bath. 'Bathing is part of the admission process which must be followed.' He turned on the taps. 'When you've undressed, put your clothes in the bag.' He indicated a sack below the table. 'No need for concern, Henry,' he said. 'Your clothes will be washed and returned when you leave.' He paused before quietly adding, 'if you leave.'

Despite the steam, Henry felt brutally exposed by his nakedness. He stepped into the bath, the hot water stinging his ankles and calves like a swarm of bees. He slid his body lower and sank into the water and saw himself as Frank no doubt did, an old and grey man who would be a workhouse inmate until he died.

*(Continued overleaf)*

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Conscious of Frank's watchful eyes he scrubbed away at his flaccid skin with the carbolic soap, up the staircase of his ribs to his arm pits then to his face, rubbing his fingers through the matted strands of his hair and beard. He blinked to clear the water from his eyes and lay still staring towards the ceiling and reminded himself that he was here because there was nowhere else. No home with a warm bed or food in the larder. Nothing.

At last, Frank, a dark outline against the window, said into the silent steamy air, 'I think that will do. You should get out before the water turns cold.'

Henry struggled to stand, water dripping the length of his body into the murky water, grateful that Frank stood a respectable distance away. The towel felt rough against his skin, and when he was dry, he reached for the underclothes and shirt. Before he had a chance to put on the trousers, vest and jacket, the door swung open without warning and a young man entered.

'Ah. Doctor McGregor,' Frank exclaimed. 'Perfect timing. Mister Bunton has finished bathing.'

'Good morning gentlemen.' The doctor's brows jutted over intelligent blue eyes and his curly fair hair was neatly trimmed. He placed his black medical bag on the floor and looked at Henry. 'It's my duty to classify whether you are able bodied or too infirm to work and report back to Master Patterson.' Then he addressed Frank. 'Did you notice any sores, cuts, or injuries on Mister Bunton's body?'

Frank shook his head. 'Nay doctor.'

'Excellent. Step this way, Bunton. There's more light here.' Henry limped towards the window conscious he wasn't wearing trousers.

'Open your mouth, please. Hmm. Quite a few teeth missing but none requiring removal.' He bent to look at Henry's misshapen foot. 'How did you get this injury?'

'An empty trolley ran over my foot, Doctor.'

'You were lucky it wasn't loaded with coal, Bunton,' Doctor McGregor said, straightening up again. 'Or it would have been far worse. Well, I think you are fit enough to work for your keep. I'll let Master Patterson know.' He cast Henry a kindly look. 'Dinna fash Bunton. I think you'll find him firm but fair.' With that, Doctor McGregor picked up his bag and left the Bath House.

Henry resumed the task of dressing. The clothes were a poor fit, his malnourished limbs lacking the flesh to fill them out but at least he felt warmer than he had for weeks. He was pulling on his boots when the sound of a bell ringing startled him.

'That's the midday dinner bell,' Frank explained. 'You'll be wanting something to eat, I'd imagine.'



### **BEAUMARIS RESERVE PAVILION**

Bayside Council's *Beaumaris Reserve Pavilion* is an environmentally conscious building that reflects the changing needs of the Beaumaris Soccer and Cricket Clubs and supports players of all genders and abilities. It is a SMART building designed in response to Bayside Council's declaration of a climate emergency and is fully compliant with the Disability Discrimination Act.

The reserve's natural environment incorporates native landscaping and the planting of ten indigenous trees will, once fully grown, reach 18 metres tall by 10 metres wide. The indigenous mural at the pavilion's entrance was created by indigenous artist Stan Yarramunua, a Yorta Yorta man from the Barmah Forest region.

More information about the Beaumaris Reserve Pavilion can be found in the **Bayside News** Edition 19<sup>th</sup> July 2022.

### **A GOOD REASON TO DRINK COFFEE AND RED WINE?**

Whether it's your skin you're worried about or your overall health, what you eat can greatly impact the ageing process; from your brain to your bones. According to dietitian Manuel Villacorta, "What you eat makes a huge difference in how you age and how you feel". He believes that certain 'power foods' can fight inflammation, strengthen your immune system, improve your circulation and major organ function, and extend your memory – all problems associated with ageing. Here are 15 foods to include in your anti-ageing diet:

- |                   |             |               |                 |                   |
|-------------------|-------------|---------------|-----------------|-------------------|
| #1 Olive Oil      | #2: Yoghurt | #3: Fish      | #4: Cocoa       | #5: Oats          |
| #6: Nuts          | #7: Oranges | #8: Red wine  | #9: Blueberries | #10: Avocados     |
| #11: Strawberries | #12: Coffee | #13: Tomatoes | #14: Tofu       | #15: Leafy greens |

Full details of the information above can be found at **Seniors best foods link**.