

Bayside U3A

UNIVERSITY OF THE THIRD AGE

Offices: Beaumaris Senior Centre
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2023 TERM DATES

Term 1 30th January - 6th April 2023

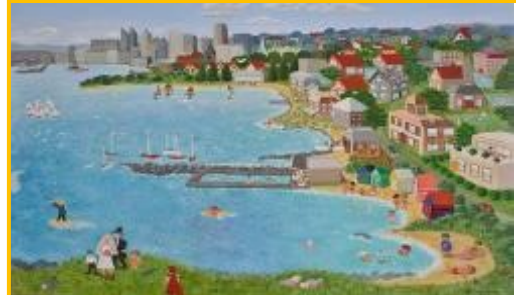
Term 2 24th April - 23rd June 2023

Term 3 10th July - 19th September 2023

Term 4 2nd October - 20th December 2023

NEWSLETTER

January 2023



Beaumaris Office:

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

Brighton Office

Monday to Wednesday 9:30am - 12noon

FROM THE PRESIDENT

DAVID HONE

The Mayor will open our 2023 year on Friday 3rd February. Prior to COVID this was an annual event celebrating our close relationship with the Bayside Council, so it is great to be doing it again.

The opening begins at 11am, followed by a sausage sizzle along with a coffee cart. I hope to see a good turn up as it lets the Mayor know how we continue to prosper. Which indeed we do, as our enrolments are heading to be above where we were before COVID.

I am hoping that 2023 will see still more of you attending classes in person and I am pleased to tell you that the Bendigo Bank has funded 4 air purifiers for our main venues.

Our AGM is on the 16th March and I encourage all of you to think about what you can do to assist in running your U3A. Please do not hesitate to contact me, Carol Sieker or Chris Logan if you would like to volunteer for a role.

UMAS has been a big challenge for many of our members and the office but we are delighted with how it is working and I am sure it will be a more user-friendly package for us all.



2023 A NEW YEAR FOR BAYSIDE U3A IS BEGINNING...

Term 1 starts officially on Monday 30th January. Many classes will be starting over the next few weeks.

Please carefully check our website and any class emails you may receive, so you know the dates, times and locations of the classes you are enrolled in.

BAYSIDE U3A OPENING DAY

BEAUMARIS SENIOR CENTRE

Friday 3rd February from 11am to 12.30pm

To start off the 2023 year of sharing, learning, activities and discussions, please join the Mayor to officially open Bayside U3A 2023. Coffee and a sausage sizzle follows.



2023 CLASSES**Convenor: Sue Steele****A brand new YOGA CLASS**

We are delighted to offer an additional Yoga class. Gentle Vinyasa (or Flow) Yoga will run from 12.30pm on Fridays at All Souls Church in Sandringham, commencing Friday 3rd February. If you are interested, please login to UMAS and enrol at **Gentle Vinyasa (or Flow) Yoga Course 23FITY08** or visit our office and complete an enrolment form.

GERMAN CONVERSATION

The German Conversation class has had great support from U3A members and the class is fully booked. We would prefer that everyone who registers could join the group but as the class is primarily for conversation, the numbers needed to be limited to enable all participants to have the opportunity to converse.

Course Convenor, Barbara Stewart looks forward to meeting new members and welcoming returning participants to the class, commencing Thursday 2nd February, 11am - 12.30pm.

OUR NEXT SPEAKER SERIES TALK

2.30pm Wednesday 22nd February at the Beaumaris Senior Centre.

TRYING TO UNDERSTAND MYANMAR TODAY

Stories of Inspiration – and Frustration



*Margie and Peter
Card travelling in SE
Asia one year ago.*

Peter and Margie Card are local residents and members of Bayside U3A. Some 17 years ago, they went to Myanmar and visited the country's central plateau. It was here that they developed a relationship with a local ex-schoolteacher who would inspire them to help change the lives of the local communities. Since then, they organised and funded building of 20 schools in small farming communities, opening up the opportunity for education for the children.



Peter and Margie will tell you a fascinating and inspiring story of their many trips to Myanmar, working with the local communities to help improve their lives. They will talk about their experiences of staying in the villages, sleeping on the floor, washing in the open, eating and laughing with the locals – despite all the language difficulties.



Since the military junta seized power in Myanmar two years ago, the situation in the country has become much more difficult. Peter and Margie have not been able to visit since then, but still take great interest in developments in the country. They will share their insights about the ongoing struggle between the military junta, who have militarised and exploited the whole country and the majority of citizens, represented by a number of 'mini-armies' and ethnic militias.

It promises to be a most interesting and informative afternoon.

(Written by John Nurse)

LAWN BOWLS GOES FROM STRENGTH TO STRENGTH**Convenor: Rob Coulson**

In our 8th year of U3A Lawn Bowls, the 2022 season was better than ever. Our Wednesday morning sessions were always well attended by both our 'Absolute Beginners' and our 'Intermediates'. We even held a party in their honour halfway through the year!

A particular highlight of the year was the success of two of our students, who featured in the Bowls Victoria regional novice singles competition, and both reached the final. This time last year they didn't know a jack from a bowl! Congratulations to Kathy Walker, who just defeated Kerry Anderson.

With a good circle of coaches to assist, participants were given the chance to learn about the skills, tactics and etiquette of lawn bowls. It is good for mind and body and there are places open for 2023, commencing on Wednesday 1st February. We start at 10am sharp and always finish with a cuppa about midday. To assist with greenkeeping costs for the whole term, participants are charged \$20.

MORNING MEDITATION COURSE OFF TO A FLYING START**Tutor : Stephen LePage**

On Monday 16th January, the first of Bayside U3A's 2023 courses got underway on Zoom.

Held each weekday of the year on Zoom, Morning Meditation starts at 7:30am and runs for 40 minutes. Sessions comprise instruction on techniques for breathing, focusing and meditating, followed by 20+ minutes of personal meditation.

The sessions are very popular and there is a cadre of regulars who've attended in previous years.

"I love the way it sets a positive tone for my day!" said one student, whilst another returning student said, "It's just the right mix of instruction and practice so my meditation is getting deeper all the time." Others have reported more tangible benefits: "My golf has improved because I'm more laid-back." "It's great!" said another student, "I feel I can handle anything so easily."

There are vacancies available and as it is held early in the day and runs throughout the year, attendance is flexible and convenient. New students are welcome anytime. Enrol online at [Course: 23HEA011 Morning Meditations - Start the Day Well Course](#) or visit our offices and complete an enrolment form.

BAYSIDE U3A BUS TOURS**Convenor: Joan Gibbs**

A Healthy and Happy New Year to all and thank you to all who participated in last year's Tours.

Our first tour for 2023 will travel to Blue Lotus Lagoon, Yarra Junction on 26th January. Until our winter break we will visit:


- ◆ Williamstown ◆ Point Nepean and Cape Shank ◆ Ballarat Begonia Festival
- ◆ Castlemaine and Buda House ◆ The Briars Mt Martha, Mc Clelland Sculpture Park
- ◆ Redwood Forest and Wineries Yarra Valley ◆ City Tour! Immigration Centre and Library Tour

Any suggestions are welcome. Tours will continue after winter.

For information, please email Joan on [joanlgibbs37@gmail](mailto:joanlgibbs37@gmail.com) or call 0417 768 433 .

SEEKING Skype pal (as opposed to a penpal) for U3A French speakers to speak with 'real' French people who are learning English. Share/learn about each other's culture whilst improving your French and helping them improve their English.

Contact Dennis Crowley through the Bayside U3A office.



Understanding Dementia
OPENS 7 FEBRUARY - LET OTHERS KNOW
MASSIVE OPEN ONLINE COURSE

It's FREE and enrolments are now open. Course duration is 7 weeks, with an estimated effort of 3 hours per week. You can study day or night, on your smartphone, tablet or computer.

Receive a personalised certificate on completion. To enrol/more information mooc.utas.edu.au/landing/ud5share

HAPPY HOUR ON FRIDAY 25TH NOVEMBER 2022

Convenor : Karen Hall



At least 25 members attended Hampton RSL for the final Happy Hour of 2022. One table stayed on for dinner in a very quiet bistro again. A special thank you to the new members who attended!



We are back to our raffle winning streak!

Glenys Chisholm took home the Marine dinner voucher and Chris Birch selected the pork roast.

INTERMEDIATE JAPANESE 2022 CHRISTMAS PARTY

Tutor: Trudi Sampson



We were lucky to have had a sunny day for our picnic and we enjoyed celebrating a great year of learning Japanese together.

WRITING FOR FUN 2022 CHRISTMAS

Tutor: Margaret Boyes-Pringle

The Writing For Fun class continues to deepen members' confidence in writing and experimenting with form. Though we are all at an age when we can look back, the memories we share bring us more than nostalgia. Friendship, through the affirmation of life experience as well as new endeavours, keeps us going. Increasingly, prompts come from the work submitted by members of the group.

Left to Right: Rosie Howe, Ann Lannigan, Ruth Rolls, Sandra Mast, Rina Leeuwenburg, Wendy Houston, Zhiling Hollitt, Margaret Boyes-Pringle.

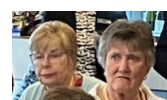
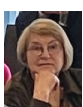


Front Row: John Maddick (Tutor). Absent: Maree Bowker

BAYSIDE U3A VOLUNTEERS THANK YOU COCKTAIL PARTY 5th December 2022



It was great to see so many of our tutors, committee and volunteers all come together in person this time on Monday 5th December at the Hampton RSL. It was an ideal opportunity to chat with others whose paths may never cross. More than 60 of us enjoyed plenty of food and flowing conversation...and the fruit platters were exceptional!



LET'S DO DINNER - December 2022**Convenor : Karen Hall**

36 members attended our final dinner for 2022 at the Cheltenham Moorabbin RSL on the 3rd December. Splashes of red, sparkles and flashing lights were a feature on the night – and that was just our attendees! Thank you everyone for getting into the true Xmas spirit.



We were safely spaced out on several tables which made ordering easier, although we did miss a Christmas fare option on the menu.



Our first official dinners for 2023 are scheduled for the 4th and 18th February. The venues will be confirmed. A January dinner was organised for Friday 20th January.



Everyone is welcome, however if you wish to be included on future dinner invitations and reminders, please enrol in [Let's do Dinner - Course code: 23SOC003](#).



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

Please join us at the first Happy Hour for 2023

5pm Friday 27th January 2023 at the Hampton RSL



25 Holyrood St Hampton VIC 3188

- * No need to reply—just turn up!
- * Drinks: Special \$6.50 sparkling or house wine, discount beer and some spirits.
- * Please wear your U3A name badge.
- * Bring along your RSL membership card if you have one!
- * Dinner is available for those wishing to stay on. One table of 8 is permanently booked for U3A ... **BUT to confirm a booking, call the Hampton RSL on 9598 0460.**

Do bring along some cash to support the RSL raffle. It's a worthy cause and we historically have an enviable high rate of prize success! Everyone is welcome including partners of U3A members.

If you enrol in [Course: 23SOC004 Bayside U3A Happy Hour](#), you will get a reminder email closer to the day.

AIR PURIFIERS—BENDIGO BANK GRANT

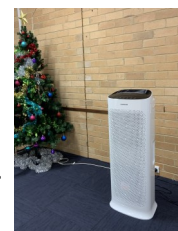
In September 2022, the Bayside U3A Committee received a request from one of our classes asking that Air Purifiers be supplied so members could return to classes. Luckily this request coincided with the opening of grant applications from the Bendigo Bank.

The Committee applied to the wonderful staff at our local Bendigo Bank, Cait Eves and Matthew Gallop. They were able to immediately refer us to the Bendigo Bank's centralised Community Enterprise Fund. Katrina Knight, the Foundation Officer, guided us through the Grant Application process. Just before Christmas we learnt we were successful with our Grant Application of nearly \$4,000 for four Air Purifiers.

The Samsung Air Purifiers with 3-way flow are the same type as used by the Victorian Education Department in schools. There are two purifiers at each of our venues - the Beaumaris Senior Centre and the Brighton Courthouse.

Thanks particularly to Robin Douglas, and Judy and Campbell Sinclair for their help.

Trish Smyth, Bayside U3A Committee Member



BAYSIDE U3A WRITERS GROUP 2023**Convenor: Dr Cheryl Threadgold*****Word of the Month: 'PEACE'*****The Widow by Evelyn Cronk © 2023--**

The sun streams through the cathedral's towering stained-glass windows. A shaft of rubied brilliance from the rose window above the altar bathes the oak casket and white roses with an incandescent glow. The archbishop's jewelled mitre and purple vestments lend a regal grandeur to the State Funeral. The deceased's Victoria Cross, earned in Afghanistan, sits with his Order of Australia Medal on a velvet cushion.

With effort, the Widow holds her head straight. She can hear people whispering how brave she is. Her husband's sudden death a tragedy. So many good years in front of them. She is grateful for the transition lenses that hide her eyes. Finally, after two hours of liturgy and eulogies, the archbishop intones the blessing.

At home, the Widow unwinds the chiffon scarf, her neck is still painful. In the mirror, she sees the bruises are fading. She laughs at being thought brave in the face of her famous spouse's death. She sits on the king-size bed and looks forward to sleeping in restful solitude; she savours the quiet house. It feels more peaceful already.

The doorbell chimes; It's Wife One and Wife Two. They all hug and gather in the sitting room to drink the deceased's best Veuve Clicquot vintage champagne. The Widow bows her head. 'I wouldn't have survived without your care. Thank you.'

'We tried to tell you,' says Wife One gently.

'I'm so sorry. I didn't understand ... then.'

Wife Two says, 'His charisma papered over the cracks.'

'Yes! It was like a drug; it drew me in and before I knew it ...'

A silence born of understanding falls.

Wife One holds the glass up to the light. The delicate colour with its gentle effervescence makes her think of the creators of this timeless wine. 'Y'know, the Widow Clicquot took over her late husband's business.'

'And made it even more successful!' Wife Two says twirling her glass.

'I think there's a message for me,' the Widow sips her champagne. 'However, until the Will is read, I don't know if I'll have a home, let alone access to the business.' She refills their flutes and offers a tray of chicken sandwiches and caviar topped smoked salmon blinis.

Dusk falls, the Widow lights the fire, the dancing flames warm them; they settle in for the evening. The doorbell chimes again.

'Who could that be?' the Widow asks.

'Don't know' says Wife One. 'We're all here.'

The Widow opens the door. A tall woman with gorgeous auburn hair and iridescent green eyes smiles. 'I'm the Mistress.'

The Widow is nonplussed. How had this escaped her? She thought he was past all that. Though, why would he? After all, each of them had been a Mistress at some stage.

'Come in.' She looks down the driveway as if expecting more arrivals. Why would he stop at one? She draws the Mistress into the sitting room; she is made welcome. Stories and truths are shared, some of them unknown to the women. There is no judgement or disbelief. Just a growing empathy of survivors who have weathered a storm.

The Mistress looks around her; understanding infuses her beautiful eyes; she is pleased she came. These women had each in their own way, made him successful. Without them he would have been much less.

'He was a damaged soul. He refused to seek treatment for his PTSD.' Wife One shakes her head.

'There's so many like him,' says the Widow. 'If I can get access to the business, maybe we can help some of them.'

Wife One and Wife Two, glance at each other. 'We have a plan.' The Widow looks up. 'Another one? Tell me.'

Wife Two nods, 'Yes, we'll call it "Part B". Did Plan A work?' She pauses, unsure whether to continue. After all, the Mistress is an unknown quantity to them.

The Mistress understands the unspoken. She unbuttons her jacket, revealing her perfect ivory skinned shoulders. Well, they would've been perfect if not for two faded red welts.

'He'd never done this before. I was so shocked; I would've ended it but ...'

The women sigh, they understand his modus operandi all too well. The Widow takes her hand.

Wife Two continues. 'You managed the syringe?'

'Your training was perfect,' replies the Widow. 'I never meant to use it. I believed I could cope and just having the plan helped me. But ... after the stroke ...' She remembers his rage and frustration.

Wife Two finishes the sentence. 'It would've been unbearable.'

Wife One says. 'I hope you got rid of it.' All eyes turn to the Widow.

She smiles. 'Before the coffin was sealed, I tucked it into his top pocket.'

Wife One laughs. 'So, it went up in smoke with him.'

'Oh dear!' The Mistress stifles a smile.

The Widow raises her flute. 'To peace for us and ... for him.'

They all raise their glasses. 'To peace.'

'Tell me about Plan B?' asks the Widow.

The doorbell chimes.

Letter from Our Caravan at Port Elliot**by John Maddick © 2022--**

I don't know if you've been in a small caravan when it starts to rain. It caresses the roof, like a whispery conversation, the words running over each other, quite distinct from the background roar of the nearby surf. You want to stay in the warmth of your bed. Then the rain begins to surge.

By morning the storm hurled bath-loads, banging on our roof. Between the curtains we could see, on the other side of the road, the children were still playing on the giant rubber pillow – run, leap, flop, slide.

We both had books we were enjoying. We had the heater. After one of our procrastinated dashes to the toilet, Robyn burst in, pulling the door against the pursuing rain: 'Have a look outside!' The road was now a pond. A small boy was riding through the water. I peered outside. The pond was actually sliding down into what had become a lake in the lower part of the caravan park, the water up to axles, people putting equipment away. Our site was still well enough above water, but soggy. Then I saw our neighbour was struggling to get a tent-pole under her flapping awning. I rushed across to help, the rain cold on my scalp. Then I saw the guy rope lying at her feet with its uprooted wire tent-peg. I rushed back for our peg bag. Robyn joined us, the two of them needed to steady the poles, as I fitted extra guys and pegs.

The rain and wind lulled. We stood, the three of us, not noticing the cold after our exertions, watching the intermittent parade of exiting caravans. More children bounced on the pillow. Others joined us, taking photos, chatting about how they'd dealt with the rain.

Next morning we had to renew our fee, so we arranged to shift over to the side of the park, away from the comings and goings. There was only one other caravan, possibly unoccupied, further down the screen of trees bordering the park. The wind had gone. We put up our awning, and brought our books outside.

That night we were woken by the wind howling, snatching at the awning, whoomp, whoomp, shaking the van. At 4.00 am we realised we were both awake, lying there worrying. I got up and hammered back the first of the tent-pegs which had been pulled out. So much for our peaceful new site.

Christian Fletcher's Story**by Juliet Charles © 2023--****Part One**

I was justified in my actions and the proof lies in the number of men who supported me.

Things have changed now – and not for the better. We arrived here at Pitcairn Island on 15th January, 1790 – nearly nine months after that fateful day – 28th April 1789 when I set that scoundrel, William Bligh and 18 other men adrift on a launch. Yes, it was mutiny and I knew the consequences if we were caught and returned to England – death by hanging was certain. Now, three and a half years later, the peace I found at Pitcairn Island and the loyalty from my men has diminished. Violence between my men and the Tahitians has increased. Some of my men have gone beyond the bounds of decency, passing the women around between them as if they are their possessions. Small wonder the Tahitian men's patience is tested. The situation is turning very ugly, but my authority has weakened and I feel too powerless and exhausted to remedy the situation. I fear the worst.

As I write this journal, I will start at the beginning.

Journal entry: September 15, 1793

I, Fletcher Christian, come from a once wealthy Cumberland family, reduced to poverty when my father, an attorney-at-law died when I was four years old. I had served with William Bligh before – initially as a 17 year old cabin boy - without incident. On this third voyage, at the age of 23, I was, along with several other 'young gentlemen', an aspiring naval officer, keen to hone my navigation skills. We 'gentlemen' were treated like officers of the lowest rank – midshipmen - and conditions were better than for general seamen. The crew numbered 46 Royal Navy seamen – including Bligh, officers and other ranks. There were also two civilian botanists.

The HMS Bounty, under Captain William Bligh left England on 15th October, 1787. Its mission was to collect breadfruit from Tahiti to transport to the British settlement in the West Indies. Initially my relations with Bligh were warm, and after five months he assigned me the rank of Acting Lieutenant – effectively raising me to a higher rank than his second-in-command – Sailing Master, John Fryer.

(Continued overleaf)

(Continued....)

The trouble started during our five-month layover in Tahiti. Many of the men lived ashore and had relationships with the women; they grew soft and slothful, and less responsive to discipline. I was one of the men enjoying the favours of the beautiful Polynesian women, but unlike most others, I formed an attachment with just one woman – Mauatua. Bligh's punishments became increasingly severe and floggings and deprivations more frequent. When we returned to sea, his behaviour grew even more ferocious. I bore the brunt of most of Bligh's rages and suffered intolerable humiliations in front of the men. For example, I was accused of stealing coconuts from Bligh's private store, for which the entire crew was disciplined, suffering reduced rum and food allowances. Severe consequences were meted out on everybody if goods were lost or damaged. Bligh was infuriated at John Fryer's refusal to sign the account books unless Fryer was pledged Bligh's complete confidence. This was my first inkling that Fryer was angry at my elevation to a higher rank. Bligh was also livid with the ship's surgeon, who proved to be an indolent drunkard, and whose carelessness caused the death of at least one man.

Within just three weeks of leaving Tahiti, Bligh's intolerance reached paranoia and my increasing despair was shared by some sympathetic officers, with whom a plan was formulated

On 27th April, 1789, we gained control of the upper deck. Dissenters were ordered to remain silent and the guard disarmed. There was some initial confusion over who was on my side and who wished to leave with Bligh. Finally a 23-foot boat containing Bligh and 18 men was cut free from the Bounty, supplied with food and water for five days, a tool chest and my own sextant. He was permitted his journal, commission papers, pursers' documents and a quadrant and refused maps and charts.

Of the original 46 crew, two had died. The 27 men remaining on the Bounty included a few Bligh loyalists who were unable to accompany him due to lack of space on the launch.

The deed was done. Would Bligh make it safely back to England? And what was to become of me and my men?

to be continued...

U3A Rockhampton will host the 2023 U3A Network State Conference

Did you know that the first U3A was founded in Toulouse France in 1973
and that 2023 will mark 50 years of U3A worldwide?

'U3A Yesterday, Today and Tomorrow' is the theme of the May 2023 conference.

Henry Cope, Chair of the 2023 conference planning committee announced that "local, national and international guest speakers have been invited to speak on ways to promote lifestyles in the third age community, enabling them to not just live longer, but do it with vigour and enthusiasm." For more information, check out the U3A Rockhampton conference website: u3arockhampton.org.au or their Facebook page for more information.

WOULD YOU CONSIDER VOLUNTEERING OR TUTORING THIS YEAR?

Volunteers are the lifeblood of any organisation. Without volunteers, there would be no Bayside U3A.

Being a volunteer has lots of benefits. 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. We urge you to try it!

You can help in many areas, such as:

Committee (as a member or an assistant)	Course administration and organisation
Functions/catering/social events	Newsletter and publicity
Tutor a class in your area of expertise	Office support at Brighton or Beaumaris office
Volunteer coordination/management	Membership services
IT support	Social media

If you are interested in volunteering at the Bayside U3A, please send an email to baysideu3a@gmail.com or call the Beaumaris U3A Office during term times 9589 3798 or 0404 524 028.