

Bayside U3A

UNIVERSITY OF THE THIRD AGE

Offices: Beaumaris Senior Centre
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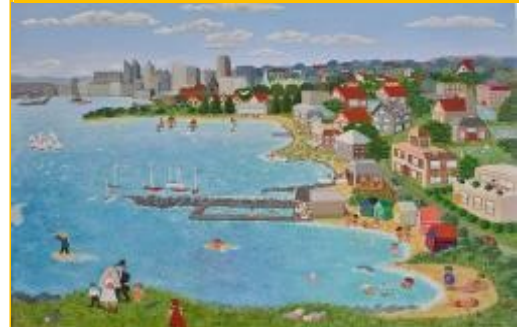
2023 TERM DATES

Term 3 10th July - 19th September 2023

Term 4 2nd October - 20th December 2023

NEWSLETTER

August 2023



Beaumaris Office:

Monday to Friday

9:30am - 2:00pm

Brighton Office

Monday to Friday

9:30am - 12noon

FROM THE PRESIDENT

DAVID HONE



We can officially announce that the Bayside U3A enrolments have recovered from the COVID induced downturn and we now face the question of how big should we become. So well done all!

I am delighted to announce Dee De George has volunteered to become our COM Minutes Secretary. This gives me the opportunity to say how important it is for our continued success to have people like Dee willing to help run our Bayside U3A. Volunteering is also something that can give us great pleasure, satisfaction and a sense of well-being, not only through the U3A but also by being involved in helping others. I know that many of you are involved in all sorts of community activities but for those who are not, or are feeling bored or in need of a challenge, there are many opportunities right here in Bayside.

We have six Rotary clubs in Bayside and I know a number of you are Rotarians and know how important it is to consider community service and volunteering to extend our horizons and capacity to make a difference. The Bayside Rotary Clubs are running a range of projects that need volunteers to help them implement. The range of projects is huge both local and overseas. Local projects, to name just a few, include farmers markets, reading programs at primary schools, safe family's programs and providing management help and people to support the annual Concourse Classic Car Show. You can become a friend of Rotary but all clubs welcome new men and women members. Your COM have agreed to include an article in the next newsletter from our Bayside Rotary Clubs and we also hope to promote Bayside U3A through these clubs. But, if I have inspired you, just Google Rotary with your city name to find out more.

We have a vibrant Marketing, Membership and Events sub-committee Chaired by Warwick Harding who, amongst many initiatives, has organised the purchase of a mobile sound system so we can run functions in large halls and have good sound which we can all hear. They, along with Dr Cheryl Threadgold OAM who convenes the Bayside U3A Writers Group, have been heavily involved in the Synergy collaborative book project and the Book Launch event coming up on 7th October. Details of this exciting event can be found on page 8 of this newsletter.



RECYCLING BLISTER PACKS

Helene Redding is collecting blister packs at Bayside U3A for recycling.

The aluminium can be separated and recycled.

There will be a container at Beaumaris and Brighton Courthouse in the kitchen for collection.

Helene will return them to a pharmacy in Brighton.

HOW DO WE GET NEW U3A COURSES?

We always need new courses or additional groups for popular activities. U3As are entirely volunteer organisations and all of our tutors, office staff and committee members are volunteers. Courses are created when someone volunteers to take a new activity with us. We are eternally grateful to all the enthusiastic and hard-working tutors and conveners who volunteer with us. They are the reason we have such a vibrant and interesting range of classes and activities.

Of course, we could always do with more and now is the time to start planning for next year. We will work with any member or potential member to deliver a program at a day, time and location that's convenient. If you are thinking of helping out with an activity we already run, such as a walking group or exercise class, we can help out with possible programs and get assistance from our current tutors. If you would like to try something new, so would we, so come and talk to us. We'd love to hear from you!

COURSE NEWS

Convenor: Sue Steele

Some great activities are coming up over the next few months so get your name in early if you want to attend one.

Advanced iPad : Skills and Projects

For confident and experienced users who are keen to revise and further develop their iPad skills, learn new ones and/or to work on a specific personal project.

Tuesdays 22nd August - 26th September, 2pm - 4pm at Beaumaris Senior Centre. [Course code: 23COM003](#)

Tuesdays 3rd October - 7th November, 2pm - 4pm at Beaumaris Senior Centre. [Course code: 23COM004](#)

Introduction to Croquet

Learn the basic skills needed to play both golf and association croquet. Coaching is for beginners who will be shown how to hit the ball and the strategy involved in hitting your ball through the hoops.

Tuesdays 22nd August - 12th September, 1pm at Sandringham Croquet Club. [Course code: 23FITS02](#)

Thursdays 5th October - 2nd November, 4.30pm at Brighton Croquet Club. [Course code: 23FITS09](#)

Pre-school Mathematics for Grandparents

'What is pre-school mathematics?' and 'How can I nurture my grandchild's mathematics?' This is a hands-on adventure for any Grandparent willing to try several educational activities that may not be otherwise available to their grandchildren.

Wednesdays 4th October - 29th November, 1pm at Brighton Courthouse. [Course code: 23SCI002](#)

BAYSIDE U3A: Looking to the Future

Bayside U3A are currently looking for Expressions of Interest for the voluntary roles of President and Vice President, commencing from the AGM in March 2024 for a 2-year period.

It is envisaged there would be a mentoring period from October 2023, where candidates would attend the monthly Committee of Management meetings and gain insight into the working of the COM and knowledge of its affiliations.

Duties of the President are:

- To chair the AGM and Committee meetings
- To represent Bayside U3A to other U3As and the U3A network
- Provide a sense of direction that motivates the committee and the U3A
- Provide a report at the AGM and for the newsletters
- Represent Bayside U3A to outside bodies, such as the Bayside City Council
- Be an escalation point in determining resolution to any issues raised via the COM.

Duties of the Vice President are:

- Deputise for the President where necessary
- Provide an alternative source of leadership and motivation to the Committee and all members.

Good governance will ensure Bayside U3A remains a vital part of the Bayside Community and the U3A Network.

If you would like to nominate for either position or know of someone who would be an excellent President, email

Sandra Groves C/- baysideu3a@gmail.com by Friday 25th August 2023

Please contact the office on 9589 3798 if you would like to discuss the positions further with Committee Members Tony Aplin, Mary Downie or Richard Potter.

PLEASE CONSIDER BECOMING A PART OF OUR GOVERNANCE TEAM.

SCULPTURE FOR PLEASURE

Tutor : Roy Bird



Pharaoh : Plaster and Styrene
(by Janice R.)



Fish : Wire and Cement
(by Roy)



Man; Hat; Dried Flowers
(by Carol)



Ned Kelly: Wire figure
(by Carol)



Hooded Lady : Wire and Plaster
(by Janice R.)



MONTHLY BROADCASTS ON 88.3 SOUTHERN FM

PRESENTER : Pauline O'Brien

Due to Pauline's absence from Melbourne, the program on Tuesday 25th July featured a pre-recorded interview with Rosemary Simpson and centred on 'Democracy' and the 'Life of Humphrey Bogart'. Rosemary is an accomplished speaker and her interview, as well as the topics she discussed, were of great interest to a wide audience.

On Tuesday 22nd August, Pauline will interview Sandra Groves and Sue Steele, both of whom have a deep interest in the literature field. Sandra's group meet monthly on Thursdays 7.30pm – 9 pm over a glass of wine and focus on a broad range of historical fiction. Sue's group also meets monthly, but on Fridays from 12.30-1.45. They explore a wide range of literature from classics to more recent publications. The books for both groups have been chosen prior to commencement of the programs and each book selected for the monthly discussion, is supplied with relevant notes. Both presenters are very conversant with their respective literature fields and the discussions they lead are of a very high standard.

The interview on the 22nd August will be most interesting and should not be missed – do not forget to tune in to 88.3 FM Community radio at 3pm! All segments can be heard live by visiting www.southernfm.com.au

Written by Alina Skoutarides

BALANCE and BONES

Tutor : Janneke Casson

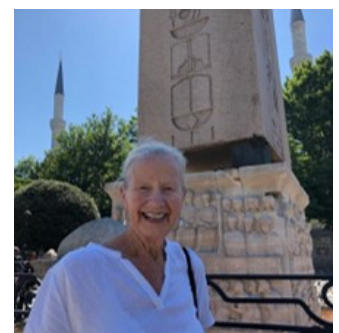
The Thursday Balance and Bones zoom is back with zest and zing!

THANK YOU SO MUCH Helene and your helpers for looking after the class so well for two months.

I had a very happy trip to the south of France, the Isle of Wight, Yorkshire and Turkey.

There's nothing like being away to make coming home so welcome!

And now for a leap into Spring and joy in our hearts to be together.



LAWN BOWLS STUDENTS BRAVE WINTER CHILL**Convenor : Rob Coulson**

And it can only get warmer. The hardy group you see below turned out on the coldest day of the year and still had a great time learning about and playing bowls, followed by a cuppa.



Term 3 has seen most of those who started at the beginning of the year really improve their skills. And we have a steady intake of absolute beginners, who have been easily dovetailed into the program.

We return to Hampton Bayside Bowls Club* (25 Fewster Road) this week on Wednesday 16th August.

There is not long to go now before the official 'season' begins, so students are preparing for that and looking forward to some bowling and the social interaction that provides. We can still take in new entrants.

* Hampton Bowls Club went into voluntary administration in July, with a view to removing the pokies. With the assistance of Bayside Council and Bowls Victoria, the greens will be opening again this week. Many thanks to our friends at Black Rock Sports Club for providing a temporary home for U3A Lawn Bowls.

GARDENING GROUP**TUTOR: ANN SWIERS**

In July, the Gardening Group was lucky enough to have again Rodney Swinkles as a guest presenter. Rodney has very generously come to speak to the Bayside U3A Gardening Group on previous occasions. He began his career in horticulture at Burnley Horticultural College and went on to complete a PhD in Horticulture in London.

This time he told us about gardens he had visited on a recent trip to Canada and San Francisco which were interesting and varied.

We then had the wonderful opportunity to show him cuttings, leaves, or pests which troubled us, and ask Rodney with his experience and expertise, for solutions. The discussion and problems included caterpillars, snails, Roses, citrus, Orchids, Azaleas, Wollemi Pines, Daphne, indoor plants, citrus borer, possums and rats.



I learnt many things, but perhaps my most useful 'take home hint' for gardeners is that obviously, we all know winter is a time of dormancy and many plants do not look their best, but LEAVE THEM ALONE! Too often gardeners are keen to chop the yellowing leaves off many plants such as citrus or Daphne but if you do that, you are chopping off the food supply for the plant when it is already coping with cold and less sunlight (short days). We want to 'tidy' and make our plants more attractive, but pruning now causes more stress for the plant.



On 23rd August, we are looking forward to a bus trip to **ATTILA KAPITANY'S AMAZING SUCCULENT GARDEN** in Narre Warren (recently featured on Better Homes and Gardens). It includes a lunch at Cheltenham RSL. If anyone is interested in joining us, we would love to hear from you.

For more information, please phone
Ann Swiers on 0402 073 812



Thank you, Rodney, for sharing your knowledge and many tips to help us make our gardens look their best and thrive. We look forward to having you join us on the bus trip.

(Written by Bonnie Taylor)

INTRODUCTION TO CROQUET in TERM 3

Tutor: Lynne Fox



Members of the Sandringham Croquet Club are looking forward to introducing the challenges, strategies and fun which is the game of croquet, to anyone interested.

This term's lessons start on Tuesdays 22nd August - 12th September, 1pm at Sandringham Croquet Club.

If you want to give it a try - sign up at [Course code: 23FITS02](#)

PICKLEBALL

Tutor: Marianne Welton

The start of the new semester saw a few withdrawals from this very popular activity. This opened up the waiting list to new members ready to take the phone call from U3A, offering them places for Term 3.

As usual the 'newbies' were welcomed by all, along with a small team of dedicated Pickleball Victoria members ready to teach them the game. By the end of the first session, all were ready and able to play their first game on the official Pickleball courts.

With the recent installation of some outdoor courts at the venue, further invitations to those still on the waiting list will be extended once the weather warms up.



DAY TOUR TO THE ARCHIBALD EXHIBITION AT THE MORNINGTON PENINSULA REGIONAL GALLERY



Expressions of interest

Monday 25th September- Guided Art Tour

Thursday 5th October - No Guided Art Tour

To reserve your place stating your preferred date, please email Noela Foote c/- baysideu3a@gmail.com or call the Bayside U3A office on **9589 3798**

Limited Numbers!

Further details including costs will be confirmed in the next newsletter.

PROMOTING BAYSIDE U3A on TV

Carol O'Halloran hosts a TV Programme on Channel 31 titled '**Over 50 : So What!**'

They recorded a session of *BALANCE AND BONES* at Beaumaris and interviewed Helene Redding and several members of the class before the demonstration.

The dates for going to air are 23rd & 26th August.

This will be a great promotion for Bayside U3A.

**OVER 50
SO WHAT!**

TV SHOW
Channel 44 (31)



Balance & Bones
 Feature Story
 9.30 am Wed 23 Aug
 11.00 am Sat 26 Aug





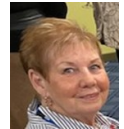
HAPPY HOUR ON FRIDAY 30TH JUNE 2023

28 members braved yet another gloomy Friday evening to join us for an 'End Of Financial Year' Happy Hour.

Lovely to see 4 new members come along.

Our luck ran out for the first time – not one raffle prize winner!

Have to bring our rabbit's foot along next time!



HAPPY HOUR ON FRIDAY 28TH JULY 2023

Another good turn-up with more than 30 attending on the last Friday in July and we were happy to welcome 3 new members. There were 2 dinner sittings this time to suit everyone's timetable ... or was that so they could get home to see their favourite footy team play? 15 people enjoyed a tasty Thai Fusion dinner.

You can see in the pictures a very tasty lamb roast being accepted by Karen Hall on behalf of Helen Rigby who had to depart before the raffle prizes were drawn. Congratulations Helen!



Please join us for the next Happy Hour from 5pm on Friday 25th August.

Do bring along some cash to support the RSL raffle (if it is run).

It's a great cause and an excellent chance of prize success!

Everyone is welcome any time. Feel free to bring along a friend.

Enrol In [Course code: 23SOC004 Bayside U3A Happy Hour.](#)

Convenor : Karen Hall



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

Friday 25th August 2023 5pm at the Hampton RSL

* No need to reply—just turn up!

* Drinks: \$6.50 sparkling or house wine, discount beer and some spirits.

* Please wear your Bayside 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 a friend of U3A members.

Enrol in [Course code: 23SOC004 Bayside U3A Happy Hour.](#)



25 Holyrood St Hampton VIC 3188

LET'S DO DINNER - July 2023**Convenor : Karen Hall**

What a difference 14 days makes! Our first dinner at the Tudor Inn was peaceful and quiet with a few spare seats from last minute cancellations. Jump forward 2 weeks and the place was truly thumping! Kids, parents, football games and lots of hectic activity and deafening voices.

Fortunately, the Christmas in July menu was a hit both times and our guests sparkled almost as much as the Christmas tree! As you can see in the photos, we did our best to celebrate the occasion with masses of red. Janet Charles was awarded best dressed on the 8th July, with Karen embarrassingly accepting best dressed on the 22nd July. Thank you to judge Janet Baker.

**Dinner dates for remainder of 2023:**

Sept 2nd & 16th – Flight Deck Bar, Moorabbin Airport

Nov 4th & 18th – Mordy HQ, Nepean Hwy Mordialloc

Oct 7th & 21st – Newbay Hotel, New St Brighton

Dec 2nd – Cheltenham Moorabbin RSL, Cheltenham

If you wish to be included on future dinner invitations and reminders, please enrol in

[Let's do Dinner - Course code: 23SOC003](#). Everyone is welcome!

SAVE THE DATE

Friday 29th September
1pm to 4 pm
Beaumaris Community Hall

Tickets on Sale from 4th September
Watch for email and posters

Barbecue BYO drinks
Fun & games
It will be a great afternoon

GRAND FINAL EVE PARTY

Note it down in your diary!!

U3A



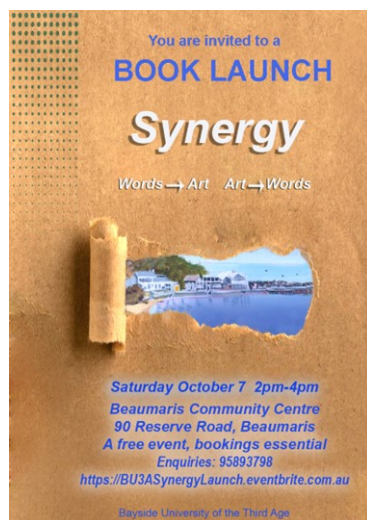
SENIORS FESTIVAL TO LAUNCH INNOVATIVE BOOK PROJECT

An innovative collaboration between Bayside U3A Writers and the Bayside U3A Painting for Pleasure Groups has led to the creation of **Synergy**, a book celebrating the words of 22 writers and the works of 12 artists. A joyous ode to the creative powers of Bayside residents, the 142-page, A-5 sized, full-colour anthology will be launched by renown local writer and literary journalist, Jane Sullivan, during Seniors Festival this October.

Dr Cheryl Threadgold OAM, convener of the Writers Group, spearheaded the project which rapidly took shape thanks to the enthusiastic support of Nance Silverman, Geoff Rolls, Dr Vicki Cowling OAM and the artists, together with the writers, including 'page-maker' Evelyn Cronk, who all wholeheartedly embraced the idea.

'We have enjoyed meeting the writers and working with them. Producing this book has been a wonderful collaboration,' said Nance Silverman on behalf of the Painting for Pleasure group.

'Writings inspired from art and art inspired by the written word provided a creative challenge for both groups, but the project wouldn't have reached fruition without financial support from the Bayside U3A Executive and generous donors,' added Dr Threadgold. 'We're delighted and it's a fitting tribute to mark the tenth anniversary of Bayside U3A.'



Stories and paintings reflect both local scenes such as a notorious trial at the Brighton Courthouse and the reflected tranquility of Albert Park Lake to Paris street scenes and a pilgrim's progress on Camino de Santiago. As writer Vivienne Player says in the book's preface:

'We all see the world and interpret it differently; hence the variety of styles, voices, formats and media in this collection.'

**There will be a free Seniors Festival event to launch the anthology on
Saturday 7th October 7 between 2pm - 4pm
at the Beaumaris Community Centre in the Large Hall
90 Reserve Road, Beaumaris
Bookings are essential.**

<https://BU3ASynergyLaunch.eventbrite.com.au>

For more information contact:
Carol West 0412 424 598 caw8744@outlook.com

BAYSIDE U3A WRITERS GROUP 2023

Convenor: Dr Cheryl Threadgold

Word of the Month: 'APLOMB'

FIRST FLIGHT

Sandra Stirling © 2023

My visit to the Benalla Aircraft Museum was an unexpected surprise. My son, knowing I was an ex-member of the WRAAF*, thought I'd be interested. And of course, I was delighted - for standing in the middle of the hangar was an old Winjeel aircraft, the type used for training pilots at the Point Cook Base, where I was stationed for more than four years.

Then, I was secretary to an ex-World War II pilot, who would sometimes tire of administrative duties, and invite me to join him in this two-seater aircraft, where he would expertly pilot us across the skies. As a 19-year-old, it was all my dreams come true. Flying with a handsome pilot, explaining to me, via the microphone attached to our leather helmets, where we were going, height and speed - and asking was I feeling at all air-sick! Hastily, I assured him I was feeling fine.

And now, seeing this old Winjeel aircraft again, I became quite emotional.

'Are you ok, Mum?' asked my son in a concerned voice.

Continued overleaf ...

'I'm fine, thanks, love. Just happy memories of long ago.'

He turned to speak to the museum organiser.

In memory, the sun always shone from a clear blue sky, as we flew across the glittering waters of Port Phillip Bay, our shadow beside us. We'd weave through the clouds before coming out into sunshine, to skim across the undulating landscape of the emerald green You Yang Ranges. And I could see the 'Matchbox'-size village of Laverton, dotted here and there with houses and shops, and several cars travelling along the narrow ribbon of roadway. Another expert turn, and we were returning to the aerodrome.

It seemed like only minutes had passed. I climbed out of the cockpit, pulling off the leather helmet and stood beside the wing.

'Well, Sandra,' The Wing Commander asked, smiling. 'Did you enjoy your first flight?'

And with teenage aplomb, I replied, 'Yes, thank you, sir. It was very enjoyable.'

It was, in fact, fabulous, wonderful - and a memory I've held for more than 60 Years.



Sandra Stirling at the Benalla Aircraft Museum, standing by the Winjeel aircraft she flew in with the Wing Commander at the controls.

Sandra was asked by the Museum Manager to submit information on her pilot grandfather, WW2 pilot father and herself, for display.

* Women's Royal Australian Air Force

APLOMB WHAT ARE THESE LOVELY LADIES DOING?

Helen Graham © 2023

'Goodness, what on earth! Why are you walking on the cliff path armed with a toilet brush, Helen?'

'Tis Murphy's Law, for sure, isn't it? The very time you wish to remain inconspicuous, you come across the very last person you wish to see. Shall I tell her I'm a public toilet cleanliness freak or the truth?

It was at this point that I realized that others, unknown to me, were probably as puzzled as my inquisitor. What to do? Did my fellow volunteer, Gillian and I wish to be regarded by all and sundry as those two eccentric old ladies who wander between Hampton and Sandringham, armed with a cleaning brush and a container of water? Would we become the subjects of yet another Great Urban Myth? Would 'A Current Affair' film a story about us? After all, isn't their reporter Martin King a resident of Bayside and he loves a quirky, human interest story? Perhaps fame was awaiting us.

Unfortunately, our behaviour is much more mundane. We are two of the Native Wildlife Inc Bayside volunteers who check, clean and fill the water bowls which serve the insects, birds, lizards and small mammals which live along our foreshore.

'Sometimes people ask me what I'm doing,' commented Gill. 'It would be good to let more people know about our organization.'

'We need jackets which identify who we are,' I said.

Being true Melburnians, such a momentous decision, naturally, was made over a cup of coffee.

In the words of super spy Maxwell Smart – 'Great thinking 99.'

So, The Great Plan was hatched. We would ask if we could wear identifying vests.

After a false start, we are the proud wearers of high vis vests and channeling the Demtel Man, 'There's more!' Not a set of steak knives, but business cards which give details about our Friends of [Native Wildlife Inc Bayside](#) branch.

So, if you see one of us strolling, these days with great aplomb, along the cliff top walking path, replete in high vis, wielding a cleaning brush, please smile and say 'Hello'. We would love to tell you about the wildlife which abounds in our neighbourhood and the little things you can do to enable them to survive.

We joke we have discovered a new found skill - we are managing a chain of bars for birds and the occasional lounge lizard.

No profits, but lots of satisfaction.

TO AN ASPIRING POLITICIAN (With a nod to ex-POTUS, D.J.Trump)

Vivienne Player © 2023

*Dress your best and raise the flag,
Do not admit mistakes,
You may achieve celebrity -
Aplomb is all it takes:
You've got to face the public with aplomb.
"Aplomb does not come naturally to me."
Then muster it, or feign it: you will find
It makes you seem the man you'd like to be.*

*Don't hesitate in stating your opinion;
Improvising glibly with aplomb,
Pontificate with boldness and bravado,
Then confidently smile as plaudits come.*

*It's wise, my friend, to cultivate aplomb:
Be self-assured and coolly seize the day,
Let no-one see self-doubt or hesitation,
Dismiss your qualms, and bluster all the way.*

*With poise and self-esteem you are a winner,
Aplomb will be the key to your success;
Admire yourself and others will admire you
Though you may be a fool in stylish dress.*

*Deal with any doubters with aplomb,
Play on people's prejudice and fear,
Scatter pretty promises like bonbons,
Flatter fans and lie to them – they'll cheer.*

*Without aplomb your wisest words will falter,
Ambition come to nought, your efforts fail,
The people want charisma in their leaders -
Your slick panache will help you to prevail.*

*'Aplomb's the word, the secret I'm imparting –
Look in the glass, dwell on the image there,
See in yourself a man of unique talent:
Go out and tread on water, walk on air!*

Bayside U3A Writers Group - 88.3 Southern FM - Third Tuesday of every Month at 9am

*Dr Martin Playne will be interviewed by presenter Pauline O'Brien
in the Bayside U3A Writers Group's monthly segment ...*

Tuesday 15th August at 9am on 88.3 Southern FM .