

Bayside U3A

UNIVERSITY OF THE THIRD AGE

Offices: Beaumaris Senior Centre
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2024 TERM DATES

Term 3 15th July - 20th September 2024

Term 4 7th October - 13th December 2024

NEWSLETTER

August 2024



Beaumaris Office:

Monday to Friday

9:30am - 2:00pm

Brighton Office

Monday to Friday

9:30am - 12noon

PRESIDENT'S MUSINGS

SUE STEELE



How blissful it is this afternoon. For what seems like the first time in months, it is warm outside and I can sit comfortably in my living room with the heating off and no blanket across my knees. I hope this weather lasts a while longer.

Last month about a hundred of us were treated to a delicious lunch and fabulous entertainment at our Christmas in July event. We are most fortunate that we have such a dedicated Events sub-committee and team of volunteers. Thanks, once again, to all of you.

Yet again, more volunteers have come forward to offer new activities and classes. We have listed no less than five new activities later in the newsletter. We are so grateful for all our tutors and leaders who together, provide our vibrant range of classes and activities. Bayside U3A is only as good as it is because of its dedicated volunteers and enthusiastic members.

Recently I joined the U3A Network Victoria Committee. The network acts as an umbrella group for the 103 Victorian U3As, dealing with State and Federal Government departments, managing copyright and licensing agreements, our VMIA insurance policies, and a range of other activities. For example, we use UMAS, our member management system, at no cost because this is covered by the network for all Victorian U3As.

Closer to home we've been meeting with the local Neighbourhood Watch group, and may host some of their presentations at one or more of our venues in the future. At the moment, they are expanding to cover all of Bayside and are always looking for volunteers to deliver their newsletter four times a year. Bayside has over 45,000 households so they need a lot of volunteers! Please contact Geoff at info@nhwbayside.com.au if you want to help out.



Save the Date

Spring Carnival Racing Event : Thursday 7th November

Brighton Town Hall

Cnr Wilson and Carpenter Streets Brighton

Watch for details by email and in September Newsletter

COURSE NEWS**CONVENOR: Sue Steele****A CORNUCOPIA OF NEW CLASSES AND ACTIVITIES*****CPR, Stroke and Defibrillator Training***

Ambulance Victoria will present CALL PUSH SHOCK- A CPR and community awareness program that addresses any barriers to assisting in an emergency, instructing participants to CALL Triple Zero, PUSH on the patient's chest and SHOCK the heart using an automated external defibrillator (AED). ACT F.A.S.T SAVES LIVES : This presentation addresses stroke, signs and symptoms and what to do in an emergency. It addresses risk factors and practical ways that participants can improve their health.

Beaumaris Senior Centre - 10.30am Tuesday 1st October. [Course Code : 24EVE04](#)

Brighton Courthouse - 10.30am Tuesday 24th September. [Course Code : 24EVE03](#)

Saturday Movie and City Visit

On the last Saturday each month, join us for the 11am Seniors movie at ACMI - The Australian Centre for the Moving Image in Federation Square. After the movie we will have lunch, BYO or purchase. Then we will visit a 'site of interest' within a 3 km radius before returning home.

Monthly, Last Saturday, 11am to approx. 3pm - starts 31st August. [Course Code : 24SOC09](#)

Robert Law—his life and photography

Born in Scotland in 1870, Robert Law came to Melbourne to work as a chemist and assayer at the Mint, a position he retained until his retirement in 1928. A resident of Brighton and a keen photographer, Robert's legacy includes hundreds of photos. We will explore Robert's time in Victoria through his photos in part one and his overseas trips and photography in part 2.

Brighton Courthouse - 10am on Friday 11th and 18th October. [Course Code : 24HIS016](#)

Two New Yoga Classes

Gentle Yoga—Thursdays 9am This one-hour class comprises gentle, yet effective yoga postures to improve strength, flexibility and balance. We focus on improving cognitive abilities via physical movements. Each class is different and consists of carefully chosen postures for seniors, breathwork and deep relaxation at the end of the session. **Brighton Courthouse - starts 5th September. [Course Code : 24FITY09](#)**

Hatha Yoga - Thursdays 12.30pm This one hour class consists of relaxation, stretching, yoga positions and meditation at the end of the class. Classes accommodate anybody with even minimal experience in yoga or any activity that includes stretching. **Beaumaris Senior Centre - starts 5th September. [Course Code : 24FITY10](#)**

LAWN BOWLS GET OLYMPIC**Course leader : Rob Coulson**

Olympic spirit was to the fore as the lawn bowls students were allocated to Green and Gold teams for an epic medley contest Wednesday 7th August. Split into various disciplines (fours, triples and pairs) the groups had a taste of competition bowls. For the record, Gold defeated Green and they have a gold medal to prove it!



One feature of this winter is that, despite the temperatures, a whole new contingent of absolute beginners have continued to come on board. They can see the progress made by those who started back in February and this hopefully inspires them to progress.

With the weather warming up, participants from our group are attracted to social games enabling people to play with more experienced bowlers.

Hampton Bowling Club. **[Course Code : 24FITS06](#)**

BAYSIDE U3A 2024-2025 COMMITTEE



Sue Steele
President & Course Convenor



Joe Arnephy
Vice President



Tony Aplin
Treasurer



Chris Birch
Secretary & IT Support



Dee de George
Minute Secretary



Ray Cupido
Grants Officer



Mary Downie
Volunteer Convenor



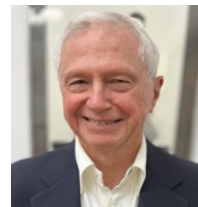
Sandra Groves
Committee Member



Karen Hall
Welfare Officer



Warwick Harding
Marketing Committee



Stephen Le Page
U3A Network Delegate



Christine Logan
Office Team Leader



John Nurse
Speaker Coordinator



Jennie Padley
Committee Member



Richard Potter
Committee Member



Helene Redding
New Membership Officer

PÉTANQUE

Tutor : Denis Young

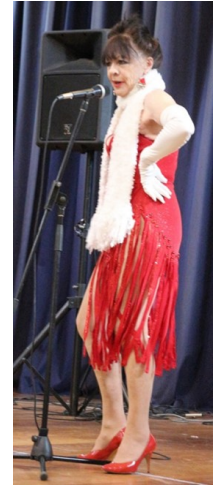
Bayside U3A Pétanque group were honoured guests on Wednesday 14th August at the City of Bayside's official opening of the recreational Pétanque piste recently constructed in Dendy Park. The Deputy Mayor, Councillor Alex del Porto cut the ribbon that was held by Josiane Chaperon and David Judkins, two of our long-term playing members.

Our Pétanque group successfully lobbied Bayside Council across a period of 5 years for this facility to be constructed.

Councillor Laurie Evans was our strongest support across this time, and we were pleased he was at the opening to share our celebrations. There are 32 members currently enrolled in Pétanque and it remains a popular activity with an ongoing waiting list.



'CHRISTMAS IN JULY' LUNCH



A sumptuous traditional Christmas lunch created by Lou & Co was served to 90 members on Wednesday 24th July.

We were entertained in great style by Suzy Singer and Father Christmas braved the winter chill to spread Christmas cheer to all! Thanks to all the volunteers who worked tirelessly on the day.



GUEST SPEAKER AT BAYSIDE U3A WRITERS GROUP

Professor Josie Arnold OAM presented an entertaining and inspirational talk to the Bayside U3A Writers Group. The inaugural Professor of Writing at Swinburne University of Technology, Josie was instrumental in developing the online delivery Master of Arts (Writing) and the PhD by Artefact and Exegesis, which recognises creativity as knowledge in the Academy.

The author of 45 books and many academic papers, Josie captivated the Writers Group when discussing her life story, her work with women in prison to oversee their completion of tertiary Writing degrees, facilitating Indigenous scholarship and directing biofilms of Indigenous women.



Professor Josie Arnold OAM chats with Jan Storey at a Bayside U3A Writers Group session.

In a special connection with the Writers Group, Professor Josie Arnold was Principal Supervisor for group convenor Cheryl Threadgold during her PhD candidature at Swinburne University, before graduating in 2019.

It was a huge honour for the Bayside U3A Writers Group when Josie accepted the invitation to be guest speaker.

HAPPY HOUR 28TH JUNE 2024

Convenor : Karen Hall



Almost 50 members attended the special Happy Hour in July including several of the founding Bayside U3A committee. Our current President Sue Steele, presented an acknowledgement and recognition of the outstanding contribution to our former and founding President David Hone and retiring Treasurer Robin Douglas.



We scooped the raffle prize pool this month! Congratulations to Judy, Beth and Rick who each won a generous meat tray with vegies.



22 stayed on for dinner again this month - taking a punt on the old-is-new again chef. We are told that the previous caterers have recently moved on to greener pastures. No complaints were heard about the food which is pleasing.

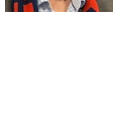
Happy Hour is held on the last Friday every month at the Hampton RSL starting at 5pm. **Next one on Friday 30th August.** Hope to see you there.



Everyone is welcome. No need to RSVP.

To receive a reminder closer to the day, please enrol in

[Bayside U3A Happy Hour course: 24SOC004](#)



DAY TOURS

Organiser : Joan Gibbs

4th September (\$80) : Eltham War Memorial Park, Montsalvat House, Art School/Castle, Petty Orchards

19th September (\$60) : Melbourne Botanic Gardens (bus tour \$10), Immigration Museum (\$15), Victoria Market

9th October (\$60) : Abbotsford Convent; Studley Park Boathouse

24th October (\$80) : Bruno Art Sculpture Park, Marysville, Emerald Lake

AND MORE....



Pick-up/drop-off :

Beaumaris Library or Brighton Courthouse

For more information please call Joan 0417 768 433

Bookings with joanlgibbs37@gmail.com

ENERGIZATION CLASSES

Tutor : Manny Goldberg

'Do we really know how to breathe properly?'

We all have ailments, especially as we grow old.

The point I want to raise here is how do we combat these diseases and get on the road to recovery?

There are many methods such as going to your local physician and getting a 'quick fix'.

Then there are the other 'holistic' approaches that incorporate 'breathing' and making yourself aware of your body and putting yourself on a 'health plan'.

This could be something as simple as changing your dietary intake eg. having wholemeal bread rather than white bread, having raw sugar instead of white sugar.

The breathing exercises I teach is an alternative way of making yourself aware of the breath and how to utilise it in your everyday activities.

Yogananda quotes

'The Greater the Will, the Greater the flow of Energy'.

[Energization Exercises Classes](#) every Friday 10am.

TREASURY OF GOLDEN ERA MOVIES Tutor: Tom Hajdu

The treasure trove of movies carries on unabated and all are welcome to attend, from the curious through to the Golden Era movie die-hards!

Movies are shown on Wednesdays at the Beaumaris Senior Centre at 1.45pm



- ⇒ August 21 : Love Affair (1939)
- ⇒ August 28 : Desk Set (1957)
- ⇒ September 4: The Farmer's Daughter (1947)
- ⇒ September 11 : The Adventures of Don Juan (1948)
- ⇒ September 18 : To Catch a Thief (1940)



All those with just a glimmer of interest in any of the above titles, need only to Google them. Once you have done your research you'll agree with me that they are MUST see movies in their individual ways and you will be welcomed into the fold! Enrol at [Treasury of Golden Era Movie Studies Course: 24HUM015](#)

For any enquiries, call Tom on 0419 377 662

LET'S DO DINNER

HO! HO! HO!

Convenor : Karen Hall



And a jolly time was had by all at both Christmas in July dinners at the Tudor Inn, Cheltenham! Approx 25 people attended each dinner.

Glitter glittered, sparkles sparkled and flashing lights flickered.

Red was everywhere.

The Christmas menu and plum pud was a true favourite! Congratulations to best dressed winners Kate Martello and Ann Swiers!

And a special mention went to Tom Hajdu for a well fitting Santa hat and dazzling holiday shirt.

Thanks to all for making an effort to dress up and celebrate during our coldest nights this month.



Remaining dinner dates:

September 7 and 21 : Mordy HQ

October 5 and 19 : Flight Deck Bar

November 2 and 16 : Naked Racer

December 14 : Cheltenham RSL

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

Let's do Dinner - Course code: 24SOC003.



BEAUMARIS WINE APPRECIATION YARRA VALLEY WINE TOUR

Co-Tutors : Sally Mort & Michael Kenyon

On Friday 12th July, members of the U3A Beaumaris Wine Appreciation group jumped on the bus for a fabulous Yarra Valley Wine Tour. We were beautifully looked after by our lovely tour guide Jac, along with her fiancé driver Thierry.

We set off from Beaumaris just after 9am and were at our first winery, St Hubert's, by 10.30. It was a bit early, but it didn't seem too much of a problem for us all! Tony, our host there was amazing, and we learnt a lot about the charming St Hubert Winery and its history. It was pouring with rain but that didn't worry us too much, and we left there very pleased with our first tasting for the day.

A short while later, we arrived at Yering Station. We had another great host here, James, who presented some lovely wines for us to try. Another delightful winery worth visiting when next you are in the Yarra Valley.

A short drive, with the noise level in the bus somewhat increased, we stopped at the amazing Healesville/ Beechworth Bakery for lunch to help soak up some of the tastings. Their pies, cakes and other offerings were fantastic.

From there, it was literally a couple of steps away next door into the Innocent Bystander tasting area. The lovely hostess Kate's knowledge of the wines was superb, and we had yet another wonderful tasting.

At about 3pm we hit the road to avoid the working day traffic. Jac ran a fun trivia quiz with local wines as prizes. A few nodded off, some were chatting away, the rain eased, the countryside looked so green and it was a very pleasant journey back to Beaumaris. There, quite a few of us unloaded our wine purchases and other goodies from the back of the bus, and happily toddled off home!

We can thoroughly recommend Jac & Thierry for any outings you consider.

We will be back on board early in the New Year to check out some Mornington Peninsula wineries.



Eagerly awaiting our first tasting at St Hubert's!



The Group.



Fabulous Yering Station view, deer statue and tasting.



Glass doorway to the Innocent Bystander garden and winery.

CRAFTY CONVERSATIONS

Co-Tutors : Susan McCarthy and Alison Barnett

To take our minds off the cold and bleak weather we celebrated mid-winter with our annual 'Christmas in July' Decoration workshop. There were three workshops to choose from: Felt Garland, facilitator Kay Davis; Dove Wall Hanging, facilitator Lynette Taylor; and a Christmas Party Paper Circle, facilitator Susan McCarthy.

We had a very enjoyable couple of hours and were sustained in our endeavors with a Christmas morning tea provided by Bernadette Renwick and Rosalind Webb. You can see from the photo that the completed decorations are beautiful additions to Christmas décor.



The Dr Who scarf pattern has been much admired. Here is another version completed by Susan McCarthy

This clever 'Family at the beach' jumper is the work of Alison Barnett. It is based on a page from Alison Lester's book 'Kissed by the Moon'. So not only did she knit the intricate pattern, she wrote it too. What a beautiful gift for her granddaughter! If you wish to hear 'Kissed by the Moon' here is the link:

<https://www.youtube.com/watch?v=bOkcjhnmL4E>



WEDNESDAY WALKERS SEEKING NEW PARTICIPANTS

Our recently formed Wednesday Walkers 9.30am group still has vacancies. Why not join them now the weather is warming up? [Wednesday Walkers Course Code : 24FITW01](#)

SCULPTURE

Tutor : Roy Bird

The sculpture group is running a challenge to produce a sculpture starting at the beginning of term and completing it by 6th September.



Janice R has already completed hers : *Midessa Plaque* .



BAYSIDE U3A WRITERS GROUP RADIO PLAY

88.3 Southern FM
9am Tuesday 20th August

The radio play *Maria the Home Help*, written by Jan Storey and featuring local actors, will be broadcast on 88.3 Southern FM on Tuesday 20th August in Pauline O'Brien's 'Community Capers' programme.

The programme can be heard live on www.southernfm.com.au.



UPCOMING ACTIVITIES AT THE HAMPTON RSL - FREE ENTRY

TRIVIA : every Thursday 7:30 - 9:30pm
Many Prizes to be won!

MUSIC :
JUDEE HORIN : 1st Sunday Monthly 2:30pm
RAT BAND : 3rd Sunday Monthly 2:30pm



Bayside U3A Happy Hour

LAST FRIDAY OF EVERY MONTH

Next:
Friday 30th August 5pm



25 Holyrood Street, Hampton

RADIO THEATRE IN THE BEAUMARIS THEATRE

5th October at 7.30pm AND 6th October at 2pm

Seven radio plays written by Bayside U3A Writers Group playwrights, will be presented onstage as radio theatre by local actors at the Beaumaris Theatre, 82 Wells Rd., Beaumaris. The audience will be seated cabaret style.

BYO nibbles and drinks. Complimentary tea/coffee at interval.

Tickets: \$20. Bookings open 25th August via Trybooking. Enquiries: 0434 558 437.

BAYSIDE U3A WRITERS GROUP**Convenor: Dr Cheryl Threadgold****Word of the Month: 'Intrigue'****AN INTRIGUING LINK****Gwen Zammit © 2024**

St Kilda Police Station, 1979

DC Jack Dabrowski was as excited as he ever allowed himself to be, no change in his expression, just a small flutter in his stomach. *Butterflies in the stomach*, he thought, *is this what gut instinct feels like?*

Four nights in a row spent in a cold office, sifting through musty cold-case files, cursing the numerous loose pages that fell haphazardly to the floor, growing colder, stiffer, and hungrier. Now finally he had found something.

He was working on the case of a murder victim found at Werribee Gorge. The body was left close to a popular walking track. A young, newly arrived English girl, Stella Cummings, had come across it but, very strangely, had covered it with her coat and walked away, never reporting it. Jack had tracked her down to a seedy flat on Fitzroy Street.

Jack was a plodder, but he was ambitious. He wanted to make his mark on this case, impress the DI, get more cases. His work was always methodical, his reports detailed and lengthy. 'Got a bit of ploughing for me again, Dabrowski?' his Sargeant would say when presented with one. 'Details fine but develop some gut instinct too, son.'

Stella had been interviewed twice and was now officially a suspect. Picturing her, frail and frightened in the interview room, the butterflies started up again.

More vigorously now, throwing themselves against the walls of their captivity. He swallowed. *Must be indigestion*, he thought. *Shouldn't have had that greasy pizza.*

'I didn't think it was real' she had said when he went to question her. Started saying she thought it was someone, but her voice faded away and he didn't catch who. Then she seemed to go into some kind of trance, mumbling about keeping him warm. She hardly looked at him, kept her head down all the time. She didn't seem right in the head. All on her own in that festering swamp of lowlife, Fitzroy Street. That would get anyone down unless you were lowlife yourself and she clearly wasn't. Maybe he was a soft touch, but he wanted her to be innocent. Now he had found an intriguing link that would likely clear her. *'Definitely my gut instinct coming out at last, that's what these butterflies are about.'*

In a dusty, disintegrating file he'd found records of a series of killings in the 50s and 60s. The killer had never been caught, and hadn't killed in fifteen years, but it had to be him, or at least linked to him. The means, opportunity and method were the same. The victims were all young male university students hitchhiking at end of term. The killer had known when they would be out on the road and preyed on them. No scruffy itinerants or hopefuls looking for a ride into town, no girls. The bodies left just hidden, but sure to be found.

Detective Constable Jack Dabrowski was about to make his mark!

INTRIGUE**Joy Meekings © 2024**

There's been much gossip in my street about Mrs Jones at No. 4
 Lots of comings and goings through her brightly painted front door
 The police arrived the other night as things became rather wild
 It may relate to her eldest son, always was a strange child
 Mrs Brown at No.10 said it must be drugs or the like
 Then Mr Rogers at No. 3 reckons her son should take a hike!
 We don't need this aggravation, like to feel safe at night
 Get back to what we had before, a street that felt just right
 Although I'm enjoying the intrigue and outlandish things people say
 I'm hoping it soon settles down, but who can save the day?
 The truth emerged this morning, her son's been making a movie
 He's now a TikTok Influencer, and considered rather groovy!
 Everyone's feeling quite ashamed, such unpleasant things were said
 Now the street will be quiet again, can sleep safely in my bed!

CURIOSITY AND INQUIRY**Tom Valenta 2024**

'It is my strong belief that intelligence is more about [curiosity and inquiry](#) than about IQ,' said Professor Kay Burton. It was a psychology lecture she was delivering to first year university students and her strident tone and choice of topic were captivating.

'As you may know, IQ stands for "intelligence quotient" and it has been universally used as a method of assessing human intelligence for over one hundred years,' said Professor Burton. 'It is reasonable to ask whether we are able to measure curiosity and inquiry. And to date, we are not able to do so.'

In her post-doctoral studies, Professor Burton had been seeking to develop a methodology for measuring a person's levels of curiosity and inquisitiveness. She had not reached a conclusion and therefore her academic paper was yet to be drafted. She, like other psychologists and sociologists was dismissive of the IQ test which had been around since the early 20th century.

'It's not just me - there have, in the past forty years, been many critics of the IQ test. It doesn't tell us anything about motivation, resilience, compassion or other driving forces that lead to human achievement. Measuring latent capacity is pointless – we need to have the ability to measure motivation, persistence and performance. A high-powered motor vehicle is useless if it is left parked in the driveway.'

'In the coming weeks, we will analyse the cases of people who have been highly successful in their chosen areas – business, scientific research, information technology, academia, the arts and several others. Some were mediocre secondary and tertiary students and yet they excelled in their chosen fields. We will ask why – how come mediocrity at school and university converted into highly successful careers?'

'In the meantime, I'd like you all to do some research on the history of IQ. Feel free to reach your own conclusions about the strengths and weaknesses of the methodology. If you chose to disagree with my hypothesis, that's OK. I look forward to lively discussion and debate.'

As the students walked out of the lecture theatre, Aimee turned to Jason and asked; 'What did you think of that lecture?'

'I'd call it intriguing,' said Jason. 'I'm intrigued by the whole concept of what constitutes intellect and whether it can be measured.'

'Me too,' said Aimee. 'She has certainly motivated me. I already have a dozen questions I'd like to ask her.'

'Aha,' said Jason. 'You clearly fit the mould of "curiosity and inquiry", so I'll be following your future career with great interest!'

HALFWAY TO HEAVEN IN SKENES CREEK RAINFOREST Rina Leeuwenburg © 2024

Go through the gate and take the earth pathway,
 sweet-smelling with the damp of time that has
 no past, then climb the walkway for a hawk's
 or god's eye-view among the giant trees.
 Alive with silent intrigue, treeferns brush
 you *en passant*. Yellow fungi bloom
 on ancient trunks, bright ear-shaped jewels tuned
 to secret harmonies you'll never hear.
 The quiet scrape of boots on sand becomes
 a ring and clunk on metal struts as you
 ascend, to find the engineered construction goes
 but halfway to the towering canopy,
 and from the cantilevered dais you can
 no longer see the forest's heart for leaves.