

We welcome your Contributions:

- Articles
- Interviews
- Poetry, Short Stories
- News of Courses and Events
- Letters to the editor
- Photographs
- Quotations

Deadline for inclusion in the next edition:

23rd September 2011

Email:

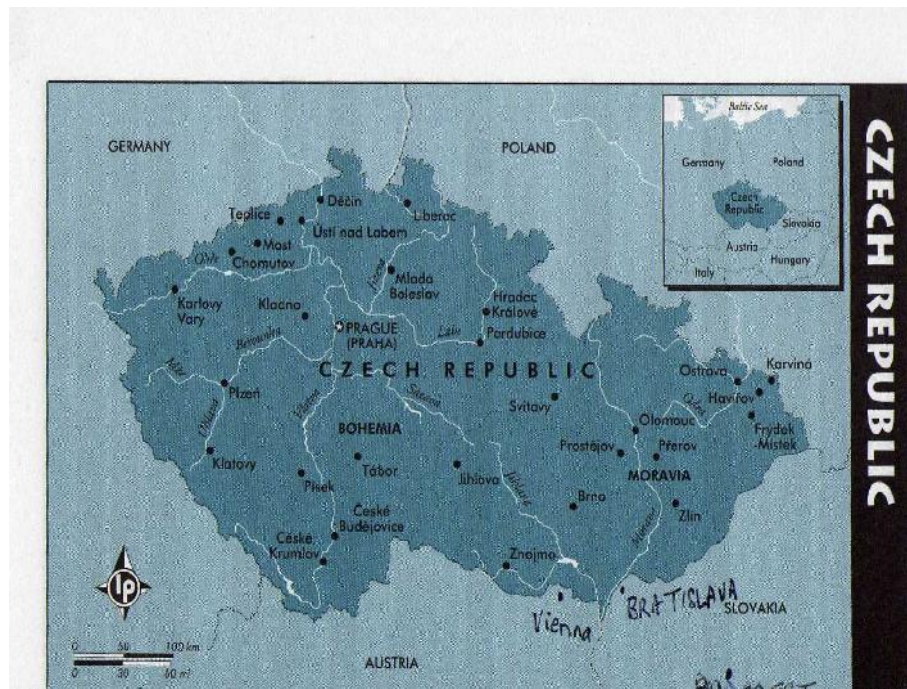
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Dates To Remember

New Members Morning Tea Thursday September 20th, Shire Offices 10.00 am

U3A PRAGUE TRIP



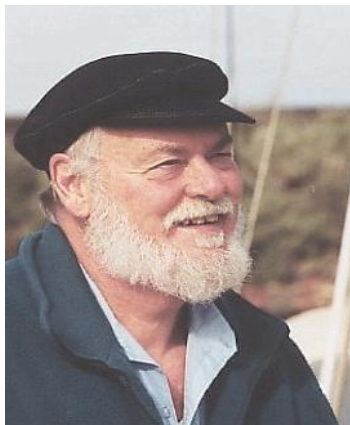
In May 2011, 47 enthusiastic U3A travellers left the shores of Australia, Britain, South Africa and Canada for a 21-day tour of the Czech Republic, Slovakia, Hungary and Austria. This trip was organised – with the help of our Alan Cuthbert – by Dana Steinova from Prague who, a few years ago, visited Australia with a Czech Group. The first nine days were spent in the beautiful city of Prague. Local guides explained history & architecture of the many churches, monuments, castles, and buildings.

Most of us stayed in high-rise university-student accommodation. We had meals in U3A members’ homes on two occasions and the local members put on a fantastic farewell party for us on the final evening in Prague – their hospitality was overwhelming and we loved them all.

In Prague, seniors over 70 were issued with free passes on Prague’s excellent public transport. We dined in a few restaurants, had afternoon tea at the very posh Hotel Pupp in Carlsbad (not far from Prague) and enjoyed many ice cream sundaes in the large, sunny town squares, almost all of which had a monument/water-fountain in the centre.

At Zlin, we visited the Bata Shoe building, ascending the “skyscraper” tower in an elevator which was once the Boss’s 5 x 5 metre fully equipped office!!

Report continued page 6



Presidents Message

David Bamford

Since I last wrote to you, I have attended a couple of funerals in the families of some U3A identities. It is at times like these that you find

out a lot more about the people who you thought that you knew well. It is also a blunt reminder that we have to make the most of the years which are left to us, however many they may be. While our bodies might be showing signs of wear and tear, for most of us our minds are just as ready for stimulation as they were when we were at our prime. "Now hold on there!" I correct myself. "What's all this talk of were in our prime?" "Were you really better mentally when you were younger?" I must concede that I probably wasn't any better; I've been this bad all along!

There will be a New Members Morning tea on Thursday, September 29 to be held at the Rosebud offices of Mornington Peninsula Shire. This is in part a welcome to new members, and an opportunity to meet some tutors of courses which you may have considered attending.

We have endeavoured to reduce our huge postage bill by sending this newsletter by email to those members who have this facility. We hope that this works for you, but we'd like your feedback either way. Don't forget that you can always access the newsletter (and

back issues) from our website. It is not necessary to have a password to read the newsletter, although if you do have one you will be able to access the version which contains contact phone numbers. The version open to the public does not have these numbers, which we trust you will understand.

Our Vice-President, Dr. Jock Fletcher, is involved in discussions the Shire on how we can best use our large membership (now approaching 900!) to assist them in implementing their Positive Aging Strategy. This obviously has benefits for the Shire, our organisation, and most of all, you, our members. Our office computers have all been upgraded to keep pace with evolving technology. Our operators may be past the first flush of youth, but the equipment should be up-to-date! To complement these, we have renewed to office furniture to give a lighter, brighter aspect to the office.

You will read elsewhere in this issue about a research project being conducted by the University of Melbourne into the benefits of physical exercise to those afflicted by Alzheimer's disease. If you know of someone who is in the early stages of this cruel disease, you might suggest that they participate in this worthwhile study.

Cheers

David

Welcome to New Members

**A big welcome to the following new members of
U3A Southern Peninsula.**

We hope you enjoy the many classes on offer to you.

Monica Auldrige, Rosie Brick, Joan Broome, Pauline Carr, Vivienne Clarke, Bob Donaldson, Jean Eacott, Walter Eacott, Robert Farrell, Marnie Fitzsimons, Norma Gibbs, Wendy Gibson, Andrew Hofer, Ian Johnson, Joan Law,

David Mackay, Janet May, Max McDonald, Patricia McDonald, Ernst Mueller, Dorothy Regan, Robert Regan, Louise Richardson, Bron Ronan, Delys Sargeant, Thelma Stuart, Elizabeth Wilson & Julia Winders.

History Lunches - New Members Morning Tea

WRONG ADDRESS

A young preacher was contacted by the local funeral director to hold a graveside committal service at a small country cemetery for someone with no family or friends. The preacher, from a neighbouring town, started early, but quickly got himself lost, making several wrong turns.

He finally arrived half an hour late, the hearse was nowhere in sight, and the workmen were eating lunch. The preacher went to the open grave, and found the vault lid already in place. Taking out his Bible he read the service.

As he was returning to his car, he overheard one of the workmen say: "Think we should tell him it's a septic tank?"

From Mike Nixon's column "Blowflies & Bulldust" Stock & Land

Caulfield Retirement Expo "U3A" Stand Staffing

U3A network are seeking U3A members to become involved with them at the Caulfield Retirement Expo, staffing the U3A stand in early September 2010.

Dates are Friday Sept 9th, Saturday Sept 10th, & Sunday Sept 11th. Times you would be required are 10.00pm to 1.00pm OR 1.00pm to 4.00pm daily. Please contact Bob Harman on 9720 7919 if you can help. Bob is a member of the U3A Network's Marketing & Publicity Committee and he will be interested to hear from you to assist on any of these days .

History Lunches at the Village Glen

11th August: Harry Breidahl

Harry's talk is titled "Ocean Exploration" He is the author of over 100 natural history books, with emphasis on marine conservation around the coasts of Australia. He has also been engaged in deep sea exploration.

8th September: to be arranged

13th October: Barrie Follows

Barrie will speak on the subject "Defence of Nepean", a fascinating story on which he is the authority.

The Physics of the World About Us

Dr Tony Heyes will commence his course on 23rd September at 1.30pm in the Craft Centre, The Village Glen, and will continue until December 9th, omitting December 2nd.



New Members Morning Tea

The next new members morning tea will be held on Thursday September 29th in the reception room at the Peninsula Shire Offices, Rosebud at 10.00am. Entry will be by invitation only and will be sent to all new members who have joined U3ASP since the last gathering in May 2011. Tutors will be attending to answer any queries attendees may have about their courses. We look forward to seeing you on the day.

History Lunches are on the second Thursday of each month at 12 noon in the Craft Centre at the Glen. We welcome new members from both in and outside the Village Glen. Please bring a plate of finger food to share. For further information please ring David and Elizabeth Scaife on 5981 8777

'Words of Wisdom' Discussion Group meets 1st & 3rd Wednesday at 10am in upstairs lounge in the main building at the Village Glen. For Information ring Anne Hunt on 5981 8777

Tutor Profile

Jock Fletcher



Jock wears two hats in U3ASP. Under one hat as a tutor, he leads a group in Eastern Philosophy, Mystics & Mysticism on Mondays. He likes to have the number in his class at no more than 15 encouraging feed back from the attendees and allowing freedom of discussion on the many points that are raised.

Jock was born in New Zealand, with his early formative years spent in Christchurch. His academic qualifications, of which there are many in the areas of agricultural & marketing, led him on to university teaching, largely in the areas of Economics, Policy Management among others for some 26 years. This took him to England, Orange NSW, Western Australia & a host of other places and posts in Australia.

Indeed, reading his curriculum vitae, one wonders when he had any spare time. Among Jock's other qualifications are a PhD in Economics and Certificates 1 & 2 in Spanish.

In the midst of all this, he married Gwen in 1970 & they have two sons. They are Campbell, who resides in Western Australia, and Scott who lives in Melbourne. Jock and Gwen visited WA in June this year to see Campbell and thoroughly enjoyed their time in this great state.

Gwen has retired (since April 2010) from tertiary education and TESOL. However she has maintained professional, personal & practical interest in TESOL. She is also the guest speaker coordinator for SWAN (Southern Women's Action

Network).

Retirement to the Mornington Peninsula took place in February 2006. This was a straight forward decision, given that they were coming from the cold climes of Orange in NSW. What Jock & Gwen found down here was high levels of engagement, participation & activity which have meant a continuation of some interests and the generation of some new ones, all with a very relaxed lifestyle that features the bush, the sea & access to Melbourne with its sporting & cultural facilities. Many coffee shops have been visited and tried out, both locally and in Melbourne.

Jock's other hat is his strong involvement in the committee operations. He joined U3ASP in 2006 and was elected to the committee in 2007 as Venues Officer. This was a very busy position as many changes in the operation of this role were looked at. This was brought about in no small way by the council coming on board in the bookings of all venues under their control. As U3ASP has many venues in use which are council controlled, a very new and complex system came into being for U3ASP and also a much closer liaison came about with relevant shire personnel.

U3ASP had to interface with the shire in creating information for the operation of this new and definitive system. This in no small way necessitated a bold new operational system for U3ASP which Jock took on, established and made very easy for the future.

As well as joining U3ASP, he joined Rosebud Men's Probus Club (President 2008/2009) plus other direct interests related to Health/Well Being/Social Inclusion. His other interests include meditation, walking, writing, Eastern Philosophy - both Indian & Chinese, reading, books and more.

In March 2010 Jock retired from the management area of U3ASP for health reasons. Thankfully he is now well, so much so, that at the AGM in

March 2011, when he was asked if he would stand as Vice President by George Wood, he accepted the post nomination and is now very much involved with committee and its operations. His background from the previous stint on the committee will be of great help in his current and future role in the day to day operations of U3ASP.

**Jock Fletcher, as interviewed by
Walter Keating, U3ASP Newsletter Editor**

Did You Know?

You can assist police or emergency workers with your mobile phone, if you happen to be in an accident and are unable to speak. Police officers and emergency workers are trained to search the mobile phones of such victims for the name "ICE". "ICE" stands for in "In Case of Emergency" and is a simple tool to help yourself in an emergency situation.

Add the contact "ICE" to your mobile phone address book and list the details of the person/s you would like to be contacted when you are in an emergency situation (e.g. family member or close friend). This will allow police & emergency workers to easily contact your chosen emergency contact person.

From the U3A Dandenong
"informer" magazine

FEELINGS

An older couple are lying in bed one morning. They had just awakened from a good night's sleep. He takes her hand and she responds "Don't touch me."

"Why not?" he asked.

She answered "Because I'm dead." The husband asked.. "What are you talking about? Were both lying here in bed together and talking to one another!"

She said, "No, I'm definitely dead." He insisted, "You are not dead. What in the world makes you think you're dead?"

"Because I woke up this morning and nothing hurts!"

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Vice President: Jock Fletcher
Secretary /P.O: Winnie Stewart
Treasurer: Angela Milsom
Newsletter: Walter Keating
Courses/ Venues: Alan Hawkins
Social: Rose Crossfield
Office Admin: Pam Blazsanyik
Property: Tony Edwards
I.P.President: Sue Weber
Committee: Amy Hanly



Fitness for the Ageing Brain Study II (FABS II) National Ageing Research Institute

The National Ageing Research Institute (NARI) and the University of Melbourne are seeking participants for the Fitness for the Ageing Brain Study II (FABS II).

We are looking for volunteers who have been diagnosed with Alzheimer's disease & their relative or close friend who would be interested in participating. The aim of the study is to determine whether a home-based physical activity program, such as walking, can improve memory, physical ability and quality of life for people with Alzheimer's disease. We will also assess the indirect impact of the program on the quality of life of the family members.

Participants need to have a diagnosis of Alzheimer's disease, be able to walk unaided, live at home and attend three visits to Parkville for assessments. Assistance with transportation can be provided.

This study is funded by the National Health & Medical Research Council, supported by Alzheimer's Australia Vic and has approval from the ethics committee of Melbourne Health. For more information or to provide details of patients interested to participate in the research, please contact Ellen Gaffy on (03) 8387 2296, or e.gaffy@nari.unimelb.edu.au.

A Call from Eastbourne Primary School to U3ASP members to help in their Literacy Village Initiative

Many U3A members will have read or heard of the Literacy Village initiative being promoted by the Mornington Shire and Frankston City. It is well known that literacy is the foundation for learning and success throughout life. The aim of the project is literacy success for all children & young people aged 0 – 18 years who live in the city of Frankston and the Mornington Peninsula Shire.

Eastbourne Primary School, Rosebud West, would like to invite members of U3ASP to volunteer to help children develop their literacy skills.

All that would be required is to help a child or children to read at Eastbourne Primary School for an hour or two once a week or fortnight. Volunteers would be required to apply for a Working with Children Check – relevant papers will be provided by the school.

Anyone interested in volunteering should contact Principal Steve Wilkinson on 5986 4884.

A Note from the editor

We have been conscious for a while that getting the newsletter to all our members has some problems i.e. members obtaining the newsletter from the website, copies of the newsletter not going to the correct address or not even being received. Rest assured the committee is looking at ways to try and remedy this situation. For our email equipped members, we will be sending this issue as a PDF attachment to an email, direct to you. We hope that this method will be easier & you will be happier with the change. Please let us know what your thoughts and reaction to this method is. As well, we are going through the membership list for those who receive the newsletter by mail, checking all addresses, & updating wherever required. You can help by ensuring if you move, that you advise your new address to us ASAP. Some copies seem to get lost in the mail system & this is beyond our control. Should you not receive your copy of the newsletter by the 20th of the month of publication (February, April, June, August, October & December) call in to the U3A office, advise us & collect your missed copy of the newsletter while you are there.

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But it was painfully slow and, no doubt, the employees had plenty of time to make themselves busy before the office and boss arrived! Mr Bata built a whole town for his employees. We enjoyed a traditional Czech Christmas dinner at a Senior Residential Home in Ceske Budejovice. In Budapest we were entertained at a traditional Hungarian restaurant with a gypsy band and dancers, one of whom was a member of our group! We were treated to a fabulous evening of mainly classical music by some very young students of Velisin's Music School. A wine-tasting and supper at a family winery in Hostopece near Brno went over very well.



(Part of the group in Prague near the Anker Clock)

We drove to the High Tatras intending to take a 12 km afternoon walk, but the mountains were so cold and wet with thunderstorms that we had a day off. In Vienna we inspected Hundertwasser's building and the art nouveau Anker clock midday parade, which was featured in a recent Inspector Rex episode on SBS. The Danube is not blue! In Brno we visited the Augustinian Abbey where Mendel (the father of genetics) lived and experimented with peas and bees. We also visited the Moravian Karst caves, via a ferry through underground tunnels on the Punkva River, with the Macocha Abyss in the middle that opens to the sky. Many UNESCO-listed towns were also visited Olomouc in central Moravia. Trebič with its Basilica of St Prokop with restored 13th century frescoes - first stone laid in 1101, destroyed and rebuilt many times with numerous occupations.

We visited an old Jewish area that comprised narrow streets and very small houses. In the town square in Telč, a renaissance town, we enjoyed a concert by a Dutch ladies band playing – among other instruments – portable xylophones. Cesky Krumlov is built in a horseshoe bend in the Vltava (Moldau) River; its castle has a Disney-like tower. Holasovice has unique “folk baroque” architecture. In Trebon, southern Bohemia, we enjoyed lunch in a 16th century restaurant, followed by a guided tour with Dana.



(View of Budapest)

Finally, in Ceske Budejovice, we visited the cathedral and partook in a free beer tasting at the Budweisser Brewery in a room that was kept at 2° Celsius (the room was colder than the beer!) and watched the fully-automated production line producing thousands of bottles of beer for world-wide distribution.

The next day most of us departed Prague's airport, exhausted but returning home with many memories of sights seen and friends made.

Report & photos by Jackie Hartnell, Tricia Matthews & Alan Cuthbert, all of whom were members of the group.

Smile

Because they had no reservations at a busy restaurant, an elderly couple were told there would be a 45 minute wait for a table. “Young man we're both 90 years old” the husband said, “We may not have 45 minutes”. They were seated immediately!

Diet Plus Exercise is more effective for Weight Loss than either method alone

Science Daily (Apr. 15, 2011) — Everyone knows that eating a low-fat, low-calorie diet and getting regular exercise helps shed pounds, but a new study led by researchers at Fred Hutchinson Cancer Research Center has found that when it comes to losing weight and body fat, diet and exercise are most effective when done together as compared to either strategy alone.

The results of this randomized trial, led by Anne McTiernan, M.D., Ph.D., director of the Prevention Center and a member of the Hutchinson Center's Public Health Sciences Division, were published online April 14 in *Obesity*.

The majority of women in the study who both improved their diet and exercised regularly shed an average of nearly 11 percent of their starting weight, which exceeded the study's goal of a 10% or more reduction in body weight.

"We were surprised at how successful the women were," McTiernan said. "Even though this degree of weight loss may not bring an obese individual to a normal weight, losing even this modest amount of weight can bring health benefits such as a reduced risk of diabetes, heart disease and cancer."

The year-long intervention involved 439 overweight-to-obese, sedentary, postmenopausal Seattle-area women, ages 50 to 75, who were randomly assigned to one of four groups:

Exercise only (goal: 45 minutes of moderate-to-vigorous aerobic exercise per day, five days a week, including three days at the Hutchison Center's exercise facility);

Diet only (goal: 1,200 to 2,000 calories a day, depending on starting weight, & fewer than 30% of daily calories from fat);

Exercise and diet (with the same goals as above);

And lastly, no intervention.

"Although numerous studies have examined the effect of lifestyle interventions on weight, few have focused on postmenopausal women, a group that experiences particularly high rates of overweight & obesity," McTiernan said. At the end of the intervention, the researchers found that the women in the exercise-only group lost, on average, 2.4% of their starting weight (with a mean weight loss of 4.4 pounds) as compared to an average weight loss of 8.5 percent among women in the diet-only group (with a mean weight loss of 15.8 pounds).

The greatest weight loss was achieved by women who both changed their diet and exercised regularly; these women shed an average of 10.8% of their starting weight (with a mean weight loss of 19.8 pounds).

two-thirds of the women in this group achieved the study goal of losing at least 10% of their starting weight.

body-mass index (height-to-weight ratio), waist circumference and percentage of body fat were also significantly reduced among the three intervention groups. The women who were assigned to the non-intervention control group, who did not change their diet or activity level, on average lost less than a pound -- a statistically insignificant decrease.

"This study shows that you get the biggest bang for your buck by combining a healthy weight-loss diet -- which in this case meant reducing calories by cutting fat intake and boosting the consumption of low-calorie foods -- with regular, moderate-intensity aerobic exercise," McTiernan said. "You don't need to be an athlete; walking, biking or gym cardio machines all work well. Start slowly and gradually increase to 45 minutes of activity a day, more if you are able."

In addition to promoting weight loss and preventing weight gain over time, regular exercise helps with balance, strength and fitness. "This helps older people keep active overall, which has been shown to prolong a healthy life," McTiernan said.

The study also found that the women who lost the most weight and body fat kept a food journal, writing down everything they ate and drank with the exception of water & no-calorie drinks. Other strategies associated with the most successful weight loss included preparing meals at home and eating out less often at restaurants. "Doing your own cooking gives you the most control over calories," McTiernan said.

The combined diet-plus-exercise arm of the study followed the current nutrition and physical activity recommendations by the National Institutes of Health Obesity Education Initiative Expert Panel. "Our clinical trial supports these recommendations," McTiernan said.

Despite the overwhelming evidence for the benefits of lifestyle-induced weight loss, there are still major barriers to implementing these programs, the authors wrote. To this end, McTiernan and colleagues are conducting ongoing follow up of these study participants to try to determine factors -- both psychological and behavioral -- that are associated with long-term weight-loss maintenance. "Identifying factors that help women not only lose weight but keep it off long term will help steer the development and implementation of obesity-treatment programs that have the greatest promise to impact public health," she said.

The National Cancer Institute funded the research, which also involved investigators from the University of Washington School of Medicine, the NCI Office of Cancer Survivorship, the University of British Columbia and Harvard Medical School.