



Third Age Times

Issue No. 137

June 2011

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 July 2011

Email:

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-NGV visit July 18th

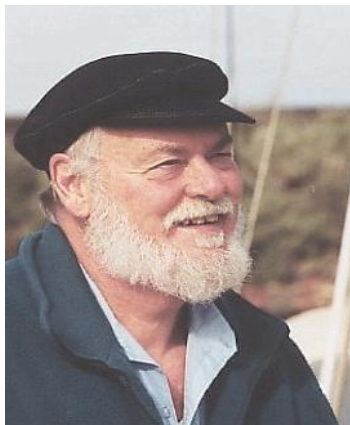


NEW MEMBERS MORNING TEA

Some 45 attendees gathered on Friday May 20th in the reception room Rosebud Shire Offices, mingling with other new members & tutors for morning tea & coffee served with scrumptious scones, made by our ladies social group. Jock Fletcher, our new Vice President welcomed all tutors, committee members, office people & volunteers, but especially the new members. He thanked the Shire for the use of the room and facilities and noted that



they are quite strongly supportive of U3A's role. In his speech, Jock stated "... that personally U3A is about life-long, late-life learning & friendships, where we as learners (including myself) can actually be ourselves". He noted that U3ASP offers a variety and depth of programmes; that is 60+ of them in various categories to almost 900 members where the gender mix is about 60:40— females to males. He briefly introduced Tutors, Committee Members & office people as well as volunteers, who were in attendance, each were acknowledged and introduced. Finally in closing he stated "When you read newspapers, hear media reports or even come across Shire Strategy documents saying how much extra we as 'Elders' of the community are going to cost and what a burden we are going to be: **'don't you believe it'** because we [that is U3ASP] are creating a sustained capacity for personal development in a variety of ways & the flow-on benefits of this are both substantially individual & collective. **Therefore go for it!**"



Presidents Message

David Bamford

Firstly, I really must express my sincere admiration for the fantastic job done by Sue as last year's President. To have done so much under really difficult circumstances is just amazing, and I "dip my lid" to her. For one with such dainty feet, she has left me "big shoes" to fill.

Those members who have visited the U3A office recently will have noticed the new desks and other furniture. Very shortly these will be complemented by new computers for the office volunteers, who deserve the best that we can give them.

I have recently asked the office volunteers to distribute letters to those members who have not renewed their subscriptions for this year, reminding them to do so. If we do not have a course or activity which you would like to participate in, please let the office staff know, so that if there is enough demand, we can try to find a tutor or organiser for it. We don't like to lose members, but sometimes it is inevitable that people will not continue their membership. Membership should be renewed each January. If you do not intend to continue your member-

ship, please do us the courtesy of a resignation letter, so that we do not continue to send newsletters to you. These cost money to print, and even more to post. If you have email capability, please elect to receive your newsletter by email; it will save us a lot of money when many members join in. Each and every one of you contributes!

I recently attended the Anzac Day remembrance ceremony at Dromana, something I have not done since I took a troop of scouts to a dawn service some thirty years ago. It was quite moving, and I'm glad that I was able to represent your U3A there. I came away with a renewed appreciation of where I live, and our way of life. We have much to be grateful for.

If you are a new member this year, I hope that you took advantage of the 'New Members' Morning Coffee/Tea at the Shire offices in Rosebud. These events are put on to enable you to meet some of the tutors, whose courses you may have wondered if they would suit you. Almost everyone who you will meet at U3A is likely to be an interesting person. I found one lady so interesting that we became partners!

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.

Claude Barberis, Don Barnett, Kaye Barnett, Ria Koetsier, Pyerina Lughermo, John Bayliss, Peter Boston, Gordon Bremner, Dawn Michelle, Maxine Mournian, Betty Brien Cole, Eva Daniels, Josephine De Lacey, Petterson, Judy Pollock, Frank Russo, Josie Sue Dixon, Margot Eggert, William Eggert, Sabec, Gwen Simcoe, Chris Spencer, Ineke Geoff Glass, Jan Glass, Lewis Gordon, Trampe-Moroney, Athelene Thomas, Maureen Gordon, Coral Harris, Mary Kilner, Katrina Valle, Bob Waugh, Patti Williams.

Course Updates

PSYCHOLOGY CLASS

A new Psychology Class will begin on Tuesday 3rd May from 2.30pm to 4.00pm in Room 7 & continue until Tuesday 12th July 2011. To enrol contact Ray Preston on 5988 8134

This new Tuesday class will be structured differently to any previous classes, in order to maximise discussion within the class.

The Thursday Psychology is currently full & is planned to continue until 14th July 2011

Both classes attempt to give members an overview of psychology as it might be presented in a tertiary institution, with less emphasis on lecture, and much more on discussion.

Are you over 50 and interested in truly connecting with your community?

The Victorian Youth Mentoring Alliance invites you to attend a free workshop to explore how to engage with young people and support your local youth mentoring program. These workshops will help demystify what youth mentoring is all about and will help you explore the different ways you can support their local youth mentoring program. "Youth mentoring provides structured and trusting relationships that bring young people together with volunteer mentors who offer guidance, support and encouragement."

The whole community benefits from youth mentoring. It creates positive links between generations and connects both young people and volunteer mentors with their communities. Workshops will be held from June 2011 in the Melbourne CBD, Noble Park, Bendigo and Ballarat.

For further information contact the U3A office on 5981 8777

History Lunches at the Village Glen

The Physics of the World About Us

Dr Tony Heyes, a Cambridge trained scientist and inventor, will present a series of fortnightly talks designed to inform and excite us about that subject we so often felt was either boring or just too hard!

Tony will offer a number of "stand alone" topics, for example: "What did Einstein do?", "Radiation – the good and the bad", "How the technology of the police speed trap enables us to find distant planets", "Why Fred Hoyle should have got a Nobel Prize".

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

Tony emphasizes that no prior knowledge is required of the subjects he will discuss.

Tony has previously given two well received talks to the History Lunch classes at the Village Glen.

It would be useful for Tony to have an advance idea of possible attendance at this class, even at this early stage.

9th June: Hans Eisen

Hans will give a presentation titled "Two Years in Taiwan". He will tell us something of the long history of the island and its rise to its present state of great technical prowess.

14th July: Jill Jones

The "founder" of the group will talk on the subject "So you want to live in the past!"

11th August: Harry Breidahl

Harry will give a talk 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.

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

'Words of Wisdom' Discussion Group meets 1st & 3rd Wednesday at 10am in upstairs lounge in the main building at the Village Glen. Next meeting 15th June. For Information ring Anne Hunt

Tutor Profile

Julie Hamilton



Ballroom Dancing classes at U3A Southern Peninsula are fun. Members enjoy a laugh with each other, as well as the funny happenings that come up from time to time. This has created a sense of belonging, friendship and social atmosphere which all who attend believe makes their class special.

Julie Hamilton, the tutor, has strived to help create this sense. Her hard work each week getting all the equipment to the hall, setting it up with able assistance and have it ready to go when the attendees come along, is a big job. Julie sees this as part of her class and not really a big deal.

Julie has always been keen on dancing. When she was in her 20s, she took up professional dancing for a while, as well as her day job. Besides being a teacher, she competed as an amateur, in championships at Festival Hall West Melbourne. These competitions were both State and Australian, Julie coming out well in all that she entered.

Her teacher in this period was Kevin Gibson, at the time, current Australian Modern

and Latin champion. He was a good instructor, and the great results Julie obtained reflected his capabilities.

2003 was the year Julie joined U3A SP where she started Tai Chi with Marion Shorland. In 2005 a Ballroom Dancing class started under Jim Rogers which she decided to attend after many years of inactivity in this area. However, six weeks into the course Jim had a motor accident and could not continue to run the class. Somebody suggested that Julie looked like she knew what she was doing. She was given a video of dancing, plus 6 weeks off to brush up on her old teaching, knock the rust off her dancing, learn the finer points of New Vogue and Old Time Dancing, then come back and take over the class. She did this and has continued to run it well ever since, more credit to her. Venues have changed, but the class is going well and all who attend, enjoy the activity. (The writer makes no apology for being a new & enthusiastic member of the class, together with his wife Margaret)

Julie was born in Camberwell and educated at Siena College, Riversdale Rd. Camberwell, quite close to home. On leaving school, she looked around for a job and started work at the beautiful old ES&A Bank in Collins Street, Melbourne as a accounting machine operator.

During her working life she has had many positions, advancing each time in her career. She finished up her working career as Credit Manager of Bowater

Paper in Mount Waverley.

Like many other young people in this period, Julie went to many of the weekly dances at town halls around Melbourne. These included, in Julie's case, St Kilda Town Hall, Heidelberg Town Hall, Moonee Ponds & Hawthorn Town Hall among others. At Hawthorn she met her husband Michael and the rest, as they say, is history.

Currently Julie & her husband live in Rosebud. They bought their home in 1997 as a holiday house & after 4 years decided to sell up in Melbourne and move down permanently. Both enjoy the fresh air & the many activities that are available on the Mornington Peninsula.

Julie Hamilton as interviewed by
Walter Keating, Editor, U3A Newsletter

11 PEOPLE ON A ROPE!!

Eleven people were hanging on a rope under a helicopter – 10 men and one woman.

The rope was not strong enough to carry them all, so they decided one had to leave, otherwise they would all fall.

They weren't able to choose a person, until the women gave a touching speech She said she would voluntarily let go of the rope because, as a woman, she was used to giving up everything for her husband & kids, or for men in general, & was always making sacrifices for little in return.

As soon as she finished her speech, all the men started clapping.

With acknowledgement to the Mornington
Ladies Probuc Club

**UNIVERSITY OF THE THIRD AGE,
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Committee Members:

President: David Bamford

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

Scrabble

So you like words!

Come and join our Scrabble group

Real fun awaits you

And we will make you most welcome

Be in it

Bring your Scrabble set

Let us see you come up with a 7 letter word

Every Friday at 1.30 p.m. (in the winter time)
Room 8 at the OSOD

NGV VISIT July 18th

The Art Appreciation Group is visiting the NGV to see Melbourne Winter Masterpieces including works by Gustav Klimt on Monday July 18th. Bus from OSOD \$20.00. Entry to the gallery to be paid by member. Seats available.

Further information ring Office on 5981 8777

WHOLENESS FOR HAPPINESS

At this age how are we going to make it to 100 or even older? We are looking for healing, happiness and health. This course brings suggestions to make changes as big or as little as you want. Each week we will cover a different topic including - what is stress, finding your passion, better foods, better sleep, better breathing, de-cluttering, keeping your brain young, humour, techniques to alleviate pain and lots more.

This course will take you to the next level of awareness of who you are – it will be very special, fun and interactive.

Venue: Dromana Community Hall

Monday: 20th June to Monday 17th October.

Time :2.30pm to 4.30pm.

PROPOSED NEW COURSES FREEHAND DRAWING

Have you always wanted to learn to draw free-hand? This is your opportunity to learn everything about the basics & beyond in a friendly and

happy environment. Improve your drawing skills and build on your past efforts. You may also like to try coloured pencils, charcoal, pastel pencils or water colour pencils. Beginners and experienced drawers are most welcome.

WATERCOLOURS FOR BEGINNERS

During the year we will look at how to select a suitable subject, composition, a variety of methods, how to mix colours and various styles. You may be a beginner, but you may also have tried this medium and put your gear away. Now is the time to hunt it out and try again. Join in and reawaken your creativity. The tutor has a number of DVD's that can be borrowed. Beginners and experienced artists are most welcome.

Our new tutor is Jeannie Laine who has degrees in the Arts and is more than well qualified to run these two proposed new courses.

If you are at all interested, please register your interest by ringing the U3ASP office on 5981 8777, or by e-mail to u3asp@satlink.com.au

Days, times and venues will be advised subject to numbers participating.

Redux Bright Bike Getaway

How many U3A men does it take to mend a puncture on a woman's bike? At the recent Redux 2011 Bike Getaway at Bright, eight men co-operated (?) and took turns showing each other (!) how to mend a puncture – removing the rear wheel, accessing the tube, finding the puncture, drying and scuffing the surrounding area, applying adhesive then the patch and reassembling everything. However, when the lady went to look at her bike sometime later – the tyre was again flat! Answer to the question: **MORE** than eight!



Apart from this humiliating (for the men) incident, the twenty members and friends of the Redux Cycling Group had a fantastic time together with absolutely perfect weather. Riding the 30kms from Bright to Mrytleford on Tuesday April 4 with coffee at Boynton's Winery and lunch at The Butter Factory set the tone for the week.

Next day, after morning tea at the Beechworth Bakery, we rode to Tarawingee Station, and on the final day rode from Bright to Wandilagong for morning tea at The Maze before travelling home in the afternoon.

The Getaway again proved one of the strengths of U3A – that of making new friends with a common interest.





Growing up about getting old

The increasing number of elderly people in society tends to be seen as a problem. But UK old age psychiatrist Dr Julian Hughes (pictured) argues we should actually see the over-60s as a bonus. The prospect of getting old has never seemed alluring. And even if this is changing with the important advocacy of people like Dame Joan Bakewell, the ageing population is still seen as a problem. The problem of ageing for the individual appears as anything from wrinkles to memory problems; whilst the problem for ageing societies is seen as economic. Increasingly, however, evidence is emerging that ageing is less of a problem than people, often younger, think it might be. For a start, even if age does bring aches, it also seems - according to studies all over the world - to bring happiness. A large study by Newcastle University UK, for instance, has shown that 85-year-olds, despite having significant levels of disease and impairment, are very positive about their health and are able to function well. Even at the level of the economy, pointing the finger at older people turns out to be unfair. The rest of society has to spend money on its older people, for sure, but the traffic is two-way, especially if (what are called) intergenerational transfers are measured broadly. Putting it bluntly, older people are giving more to their offspring by and large than the other way around. If we look at volunteering, we discover that the big society is already here, and has been for years. But it is largely dominated by older people. From the Women's Royal Voluntary Service, working in

our hospitals and communities, to the volunteers working at National Trust properties or the voluntary work of faith-based charities, volunteers are more likely to be naturally silver. This is active citizenship, but also active ageing. "Who wishes to live a life that is brutal and short?" says Dr Julian Hughes. Remaining active, of course, is good for you, both mentally and physically. But, some will say, albeit we can paint an optimistic picture, isn't it the case that the diseases of old age will catch up with us eventually? Well, they might. It is certainly true that living longer brings with it an increasing risk of age-associated conditions, from arthritis to stroke disease. However, we have to remember that longevity is a success. Who wishes to live a life that is brutal and short? And if most people at 85 are enjoying their lives, why would we wish not to enjoy this possibility too? After all, one aspiration of gerontology, the science of ageing, is that the morbidity curve can be squared off. In other words, rather than the ends of our lives involving an inevitably slow decline, instead, after a relatively healthy old age, we'll die quickly. Indeed, given the link between so many diseases and ageing, it makes sense to argue (somewhat radically) that if we could understand ageing itself (as we are increasingly doing), we might then have a better chance with cancer, heart disease, dementia, and so on. The real challenge, however, is to do with making sense of our lives. If we're going to live longer, which we are, what's it for? Biomedical science and technology will help us to age. The purpose of ageing, however, what gives life meaning, is a matter for the arts, social sciences and humanities.

*Dr Julian Hughes, Consultant in old age psychiatry,
Northumbria Healthcare NHS Trust and Newcastle
University UK*