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CODE RED DAYS—URGENT!

U3ASP wishes to inform all the tutors and members that if the CFA announces a "Code Red Day" for the peninsula *all buildings* owned by the Mornington Shire are to be closed. Therefore classes due to be held in the Community Hall, OSOD or Tootgarook hall on those days must be abandoned.

This edict comes from the Mornington Shire in the interests of safety. We sincerely trust that there will be no Red Alert Days.



The Garden Group farewell their retiring leader, Angela Milsom, in the lovely setting of David Bamford's home. Angela however remains almost obscured.

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New Course Information:

A New Course on Psychology is being offered by Ray Preston. It will commence in room 7 at the OSOD on Thursday February 4th at 1.30 pm.

Content: Historical overview of Psychology from the late 1890's to the present time, including influences of Pavlov, Freud, Behaviourism, Humanism and current Holistic and Cognitive approaches, with a look at likely avenues of research in the foreseeable future.

Methodology: Tutor to lead with information and discussion, but group members encouraged to question, argue and generally participate throughout.

Feng Shui: Paula Polson will be offering a workshop on "Feng Shui and Health" on Tuesday 8 March 2010 from 2pm to 4pm in Room 8 at the Old Shire Offices, Dromana.

Healthy Living in the Home: As we grow older it is vital to take care of our health. For this reason we are holding a "Health Morning" seminar, when David Bamford will discuss "*Manual Handling in the Home*" and Joan Hoskins will cover "*Healthy Eating*".

This course will be held in Room 8 on **Tuesday March 16th.**th

Manual Handling will commence at 9.00am, morning tea at 11 and Healthy Eating at 11.15 until 12.30. Bookings will help with catering so please contact the office to book.

Manual Handling for Seniors: This short 2-hour course is intended to demonstrate ways of picking up, carrying and storing things. If you've ever had a "slipped disc" you'll realise that this is what the course is intended to prevent. (David Bamford)

Healthy Eating: Joan is a Deakin University graduate in Human Nutrition and will discuss the relationship of disease to nutritional factors. The talk will touch on energy balance and obesity and the relationship between diet and coronary heart disease, diabetes and cancer. There will be an opportunity for brief diet related questions."

Course Cancellation: *Due to ill health the course entitled 'History of Australia in the 20th Century has been cancelled*

NEW MEMBERS. Due to shortage of space and new year volatility the new members list will be held over until next newsletter. Ed.



President's Report.

February 2010

Happy New Year to all U3ASP Members. I hope you all enjoyed your festivities over Christmas and the New Year. If you are like me you will get ready for the coming year.

I was in hospital early November for Open Heart Surgery. This went well and I am now back on deck, better than ever according to my doctors. My thanks to all who sent good wishes, and supported me during this time. A big thank you to Vice President Sue, Past President Val and all the office staff who soldiered on taking extra load while I was flat on my back recovering!!

We have many existing classes renewing for 2010 as well as some new ones. To all our Tutors old and new, a big thank you for your effort and work that you put into the classes. Your classes are the reason our U3A has such a fantastic number of members each year and we have enjoyed this level of membership for most of our 21 years of operation. Check your class list that came with December 2009 issue of the Newsletter for your choice/s. Currently there are some 54 classes offered. (See inside for late inclusions)

The Annual General Meeting for U3A Southern Peninsula will be held on Friday March 26th 2010 in the Dromana Community Hall, adjacent to the Old Shire Office. Full details are shown inside this issue of the Newsletter. I hope you can come along, be part of the meeting and join the new committee members afterwards for light luncheon and drinks.

Sincerely

Wal Keating.

ONLY YOU KNOW

I have begun a new project recently. I was talking with a friend about how much the world has changed in our lifetimes. I thought, "My grandkids wouldn't recognise the world which I knew when I was their age." They would also have no idea what experiences I have had, or that I may one day have been something other than the Old Man that I am now. At their young age they probably don't care, but there may come a time later on, perhaps, after I have dropped off my twig, that they may wonder how I could possibly have amused myself without complex electronic games.

So I decided to write (with my word-processor!) a combination of my memoirs with a description of what life was like 70 or so years ago. Did I do anything special during the Second World War? Were there sailing ships or dinosaurs when I was a lad? While my youth was as ordinary as most other people's, it was nothing like that experienced by my

grandchildren. Even my own children have never thought to ask what I used to do when I was young. It may come as a surprise to them to learn that I had a rich and full childhood even though we were as poor as church mice. Heaven was a pen'th of broken biscuits in a paper bag from the grocer. Grocer? What's a grocer? Penny? What's a penny? Floating paper boats down a creek or gutter. Swinging on a knotted rope under a tree, perhaps over a waterhole. Climbing to the top of straw bales in a barn and hiding there. Mushrooming. For each of us, our life was quite unique. While our activities may have been shared by siblings, our passions and aspirations were ours alone.

Your humble, ordinary childhood is probably worth recording, even if it only gives you pleasure to remember all those little things which have now disappeared under the inexorable steamroller of 'Progress'.

David Bamford.

Notes on Grandparents:

A grandson asked his grandfather how old he was, and was told, 72. He was quiet for a moment, then asked, "Did you start at 1?"
A little girl was pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."



LLOYD JONES

'If Music be the food of love, play on'

(Shakespeare - Twelfth Night)

Lloyd Jones gave the very first class offered by The University of The Third Age, Southern Peninsula, in May 1989, some six weeks after the formation of the branch. There were seven subjects in that historic first offering: Lloyd's *Musical Appreciation*, also *English Literature*, *History of Art*, *Indonesian*, *Modern Greek*, *Geology and Woodturning*. For a two-year period in the eighties, Lloyd also ran a course in Genealogy, and at various times he was a member of the Management Committee, Publicity Officer and Newsletter Editor. After his first issue of the newsletter, dated 6 June 1989, Lloyd continued as Editor for twelve years, and he recalls working with an Editorial Committee, (Shirley Burgess and Margaret Weatherly), also drawing up editorial guidelines which were subsequently adopted, with just a few minor changes, by the Management Committee of the day.

Twenty years on from that first class, Lloyd is still running Musical Appreciation courses for U3ASP, and he explains his lengthy commitment as a desire to share his enthusiasm for, and love of, music; the sharing is the essence.

Lloyd came from a musical family which encouraged the practice of music – his father and grandfather before him, although born in Australia, inherited the love of singing from their Welsh ancestors. Lloyd grew up in Balarat where he sang in the Eisteddfods (South Street).

Later he sang as a bass baritone in choirs, among them The Caulfield Philharmonic. He considers a major highlight of his singing career to have been a member of the choir at the Melbourne Olympic Games in 1956.

The youngest of eight children, Lloyd was always encouraged to sing but did not start singing lessons until the end of World War II, to which he, his sister and five brothers served. He says that when marriage and children came along, he gave up singing - a circumstance to which most parents can relate.

Lloyd and his wife Jill, a tutor in history for U3A SP, and the first Vice-Chairperson dating from the time of the original steering committee of April 1989, retired to live in Rye on the Mornington Peninsula in 1984, having holidayed there for eight years prior to that. They have four sons, all of whom are musical. Lloyd considers himself fortunate to have been born with the music gene and talks eloquently about having loved music all his life and of having tried to influence others to share the interest which to him came naturally.

Whilst a bank manager, he was approached by *The Age* newspaper to become their Record Reviewer, his first review appearing in the *Green Guide* on May 14, 1965.

He wrote under the name of 'Justin', because the bank in those days did not approve of people having two jobs. He retired from writing the columns to take long service leave in 1976. He sees his time at *The Age* as one of the highlights of his life because, as one who believes 'there is no point in your life if you stop learning', it was a major challenge.

Lloyd's current challenges include computers and computer graphics, and it should be mentioned that his achievements in this field include the building of three computers.

Lloyd and Jill Jones feel that the formation of U3A SP is the best thing that has happened on the Southern Peninsula in their time down here. It provides stimulus and good friendship with people of like mind or similar interests - people who do not want to retire their minds.

Lloyd says he thinks he might be the oldest active member of U3A SP and stresses that for him the essence of U3A is the sharing of enthusiasm and love for a subject. The many who have attended his courses over the last twenty years, his long term U3A friends, and those of us who have only just met him, will hope he continues to do so for many years to come.

(Lloyd Jones as interviewed by Marjorie Johnson (Publicity Officer - U3A SP))

A Smile

from Margaret Gulrajani (Creative Writing Group)

A smile costs nothing, but gives much away
It enriches the one who receives
Without making poorer the one who gives.
It takes but a moment, but the memory of it lasts forever.
None is so rich and mighty that he can get along without it,
And none is so poor but that he can be made rich by a smile.
A smile creates happiness, and is the countersign of friendship.
It brings rest to the weary, cheer to the discouraged, sunshine to the sad
And is nature's antidote for trouble.
Yet it cannot be bought, begged, borrowed or stolen,
For it is something that is of no value until it is given away.
None needs a smile so much as he who has no more to give,
So give him one of yours.

(Margaret is an 80-plus member of the Creative Writing Group, and has recently had a manuscript accepted by Mills and Boon (India). You're never too old! - Ed.)

History lunches at the Glen.

The first Lunch for 2010 will be held on Thursday 11th February at 12.30 pm in the Craft Centre, at the Village Glen. Our guest speaker is Peter Day (ex Navy) who has made a study of George Bass's Explorations. New members are most welcome. Please bring a plate of finger food to share.

February 11th: Peter Day (ex Navy) has made a study of George Bass and his explorations, and will speak to us on this subject.

March 11th: Prof Rhys Isaac returns to us to speak about the American Revolution, as experienced by an amazing storyteller. Prof. Isaac bases his talk on a book he wrote about this extraordinary diarist.

April 8th: Ray McMahon will return to talk about "My Year in Antarctica." He will tell of his dog sled expedition which covered over 1750 kilometers in three months, and took him on to the Amery Ice Shelf, Antarctica's largest glacier.

May 13th: Ian McCaskill is a retired Port Philip Bay Pilot Service Officer, and will give an illustrated talk on his duties.

June 10th: Pat Sharples is a U3A Tutor who will speak on "the Suharto Era in Indonesia". This topic is of great historical interest to all Australians.

July 8th: Wes Barton's great grandfather arrived in Australia in 1840 and moved to Victoria in 1866 to take up land in East Gippsland. His family study gives us an insight into the development and living conditions of early Victoria.

DISCUSSION GROUP: This group will resume on Wednesday February 3rd, at Anne's villa, at the Village Glen, and thereafter on 1st and 3rd Wednesday in the month.

What is a Photowalk?

Well, it's more of an amble, really. A gentle stroll around a precinct, with a group of likeminded pixel snappers. The aim is to capture the essence of an urban landscape in a series of photographs.

If you'd like to take part in this project, give me a call or email me. It doesn't matter what camera you use, or what stage your photography's at. This photowalk will suit beginners and old hands alike. All you need is curiosity about the environment we live in, and a wish to capture a part of it in images.

We'll meet at OSOD at 9:30AM on Thursday 18th February, travel by car to a nearby area & take our photographs. Guidance will be available if you need it.

On the following Thursday (the 25th) we'll meet again at 2PM at OSOD, and review our images. I'll ask you to bring your best 6 shots from the photowalk.

Places are limited, so don't delay if you're interested in coming along. Give me a call ,

I'm looking forward to seeing the images we create.

Bob Thornhill