



SOUTHERN PENINSULA
 ABN 42 123 530 408 Reg No A0019318T

NEWSLETTER

Issue 156, December 2014

WHAT'S NEW

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PRESIDENT'S MESSAGE



President Margaret Green

What a busy busy year it has been. The old and much loved familiar classes have kept rolling on, some bright new courses have been available and there have been plenty of opportunities for people to get together and "LIVE LEARN ENJOY."

Administratively it has been very busy as the committee liaised with the Shire, U3A Hastings and U3A Mornington. It has been an excellent opportunity to bring our ideas together and explore options for the future, so not only can our present situation be maintained but we can also look forward to the future, with some expectations of being very much alive in the local community.

All our tutors have done a wonderful job in ensuring that we continue to learn new aspects of so many different subjects, enabling us to practise our skills and often just made it easy for us to enjoy each other's company. I thank you sincerely for your time, effort and expertise.

Thank you to all our volunteers – setting up the Art Show and Photography Exhibition at Point Nepean; cooking and catering for various functions- particularly the Silver Anniversary; typing, computing, shredding, cash collecting and filing in the Office; purchasing video/sound equipment and installing and maintaining that equipment. The list seems never ending but the cheerfulness and the "I'll do that!" is ever present and appreciated.

Thank you also to all our members of U3A Southern Peninsula. I trust that you have enjoyed your year with your contribution and participation and that you are ready to engage again in the classes and activities in 2015.

I thank each and every member of the committee – your input, advice, and support have been invaluable. I know that many of you have spent so much extra time and effort in ensuring that our members have an Association of which they are proud to belong.

We thank the office of The Honorable Martin Dixon MP, Member for Nepean, for printing copies of this newsletter as a service to the community of the Southern Peninsula.





Inaugural president Jack Kane

I wish everyone greetings of the Christmas season, enjoyment and pleasure with your family and enjoy your summer break wherever it may be. I look forward to catching up with everyone again in 2015.

THANK YOU DIANE BELL

It is with much regret that I have to inform you that Diane Bell, our Course Co-ordinator is not renewing her position in this role on the Committee at the next General Meeting on 30th March 2015.

This is going to be a major loss for our organisation. Di has always been on the lookout for people who have particular expertise and encouraged them to share this with us. She has been innovative and creative in her tirelessness in bringing culture, education, and leisure activities for us to enjoy.

The "Let's Go" Activities was an initiative inspired by Diane. It supported our attendance at such activities as SWANN (Southern Women's Action Network) meetings, the Australian Costume Collection & Heidi, a visit to Beleura to see the house and the Florilegium books, A Day at the Races, the Peninsula Studio Trail, High Tea on the ferry, and a number of other similar activities, It enabled many people to enjoy activities that they may not have had access to before, or who liked to have some company for such outings.

Diane has prepared the 2015 program for our pleasure. It is greeted with much anticipation and ensures that again we have a busy and active year in pursuing our interests.

Diane, we extend our heartfelt thanks for all you have done for U3A Southern Peninsula and we wish you success and fulfilment in whatever further pursuits you undertake.

AND ALSO THANK YOU PHYLLIS



Phyllis O'Brien the coordinator for Needlework has decided to hang up her needle and thread and join in other activities for U3ASP. Phyllis has been a loyal and dedicated tutor for us and we will miss her lovely smile as she turns up every Thursday afternoon for her class. Apparently all her students were " much better" at needlework than Phyllis – she was just there to encourage their work and urge them to do more!

We trust you will continue to enjoy U3ASP Phyllis and wish you many more years of happy and productive activity.

Thank you for all your contribution to our Association. It is truly appreciated.

MARGARET GREEN
PRESIDENT

A NOTE FROM OUR NEW OFFICE MANAGER

NEW OFFICE HOURS

The U3ASP office will be open Tuesday, Wednesday and Thursday each week from January 13th until February 26th. The office will be open from 9:30am -1 pm . It is hoped the extension of office hours will assist members wishing to pay their 2015 subscription and gain course information.

ASSISTANCE NEEDED

Are you able to spare two and a half hours each month to help in the U3A office? It is a great way to meet people and keep abreast of what is happening in U3A. Volunteers are needed to answer the phone and count money. No special office skills are required. If you would like to consider volunteering, feel free to phone or drop by the office to find out what is involved.

EMAIL AND POSTAL DETAILS

Have you changed your email or postal address lately? Please make sure you let the office know.

FAYE MADDAFORD

NEWS FROM THE COMMITTEE

Interested in what goes on behind the scenes? The Minutes of our Committee meetings are available to view at the office, Please, don't hesitate to drop in and ask if you would like to have a look.

The committee has made a number of decisions at our most recent meeting which will affect members in the coming year of 2015.

They include:

- **Class fees** for courses/activities held in the Old Shire Offices Dromana **will increase** in 2015 to **\$2 per session** payable to U3ASP. The tutor is responsible for the collection and remittance of the fees to the office;
- Class fees for members participating in courses/activities held in Community/ Church Halls or any venue other than the Old Shire Offices, pay a fee per member per session which contributes an appropriate amount to cover the cost of the hire of the venue. This cost is to be determined by the committee and negotiated by the Course Coordinator with the tutor responsible for the course/activity;
- All **classes held in the Old Shire Offices** will pay **50c** per person for **morning tea/afternoon tea**. The kitchen will be available with commodities supplied by U3ASP;
- The **Department of Health** has provided copies of their brochure "**Staying healthy in the heat**" which will be placed with other free publications in the entrance area of OSOD. We urge all members to be mindful of their health during heatwaves. For 24-hour health advice contact **NURSE-ON-CALL** on 1300 60 60 24;
- **A new Code of Conduct**. New members are to receive a copy of this when they join. Full details of the Code of Conduct are set out below.

NOW FOR SOME GOOD NEWS!

A **trial period of opening the office** on **Tuesday, Wednesday and Thursday** 9.30 a.m. - 1.00 p.m. From commencement of the office opening next year on 13th January until the end of February 2015;

We are purchasing some **new lecture chairs** for use in rooms 4 & 7, to free up some much-needed space enabling more people to attend our excellent classes in these rooms!

BENDIGO BANK GENEROSITY

Following a submission by Kay Capper, Publicity Officer, to the Rosebud Community Bank, Branch of Bendigo Bank, the bank has generously agreed to sponsor the purchase of 6 Ipads, with a grant of \$2,640. The bank has acknowledged U3A as a significant member of our community. Bendigo Bank sees the contribution as a means of demonstrating it is "Bigger than a Bank" and an active participant in our community, enabling groups such as U3A to develop. The committee is very grateful for this level of support and a letter of appreciation was sent to the Bendigo Bank.

CODE OF CONDUCT

The committee has recently adopted a "Code of Conduct", in line with policy directions from the U3A Network Victoria.

Good relationships and appropriate ethical and legal behaviour are essential to the proper functioning of organisations such as U3A. This Code of Conduct expresses what our organisation considers are appropriate standards of conduct for all members. It applies to all who are involved in the organisation: students/participants, tutors and group leaders, administrative coordinators and helpers, office staffs, committee and working group members. Should complaints or grievances arise that require formal resolution a policy and procedure is provided.

U3A Southern Peninsula expects that all members, tutors and other volunteers will behave in a courteous manner in all their U3A activities. Members of U3A Southern Peninsula agree to the following Code of Conduct:

1. Participate in U3A SP activities in a friendly and positive way at all times.
2. Be honest and ethical in all dealings with U3A SP and other related organisations.
3. Show respect and behave with courtesy and consideration to everyone in U3A SP, related organisations and the general public.
4. Be punctual and reliable in attending U3A classes/events/office duties or other commitments and forewarn of absences, withdrawals from classes, events or volunteer commitments.
5. Observe strict confidentiality regarding organisational and members' personal information and never disclose contact information without permission from the member or tutor.
6. Avoid all forms of offensive or discriminatory behaviour in respect of nationality, ethnicity, gender, sexuality, culture, religion, age and mental or physical disability.
7. Not engage in behaviour that is inappropriate, disruptive or intimidating.
8. Refrain from activities or comments that promote a personal business or cause.
9. Preserve the well-being and safety of members and the organisation by:
 - a. Participating safely in a class or activity and abiding by any reasonable directive or prerequisite specified by the tutor or event organiser.
 - b. Refraining from activities or comments that would place others in a vulnerable situation either financially, physically or psychologically.
 - c. Not causing wilful damage to U3A SP premises, materials, facilities, equipment or those of other venues.
10. Promote U3A SP in a positive way and refrain from harming the organisation's reputation or relationships by inappropriate comment or action.
11. Abide by this and all other U3A SP policies & procedures.
12. Follow the U3A SP Grievance Policy & Procedure if dissatisfied and abide by decisions made.

COURSES and ACTIVITIES

NEW COURSES 2015

The Program of Courses is now available and will be forwarded to you either by email or normal post. Hard copies of the program are available at the office. I would like to draw your attention to some of the new courses on offer. Please check the program for full details of these courses. All of these courses have vacancies so please enrol quickly to let tutors know their efforts are appreciated.

THERE ARE 2 NEW BOOK CLUBS:

- A men's bookclub meeting bi-monthly led by Mike Green; and
- A new (still nameless) club meeting on the 4th Thursday of the month using books available through Our Library's Book Club Scheme.

UNDERSTANDING EVERYDAY AUSTRALIAN

This is a course for people from non-English speaking backgrounds who have some knowledge of English language but have trouble understanding and speaking with Australians.



Lynn Ibbotson is leading the ladies to enjoy Belly dancing in a 10 week course at a studio in Mornington. Shimmy, shimmy!

Richard Cotter is giving a 3 week course on The Great War in March.

Deb Peters is offering the Laughter Club – we just need 8 laughers, how hard can that be?

Cipriano Corva is taking us up to Main Ridge to gather weeds and mushrooms which will then be prepared as a lunchtime feast.

PHOTO SKILLS CAN BE IMPROVED WITH FIVE SHORT COURSES:

Saving your digital photographs – Rosalie Arnold;

Ernie de Vlieger, Jenny Maddocks, Pan Constanti and Anne Gibson will be offering:

- Introduction to photography;
- Composition;
- Intermediate photography; and
- Using Lightroom.

Singing for fun is new on Friday mornings – no need to know how to read music. Lots of fun and no experience required- more like a fun singalong with Maire Lowenstein

Magic is offered on Wednesday nights by David Brown

Simple, healthy cooking will be on offer by Sandra Brown

We have trips planned to:

- The Shrine with a guided tour and our own Diana Farmer talking about the symbolism of the building and setting;
- The Stokes Collection at Mount Macedon; and
- Tours of the Arts Centre and lunch.

And Joan Peters is organising our own version of the Coffee Club.

WE NEED MORE LEADERS & TUTORS

Please think about what you could offer – lots of support is available whether it is an activity for an hour or a year. All offers gratefully received!

On a personal level we have more requests than I can manage for iPad and Android courses – is there anyone who would like to help?

To participate in classes and activities please ensure that you are a current member of U3ASP, wear your badge and ensure it is updated with your contact details in case of emergency.

Diane Bell
Program Coordinator

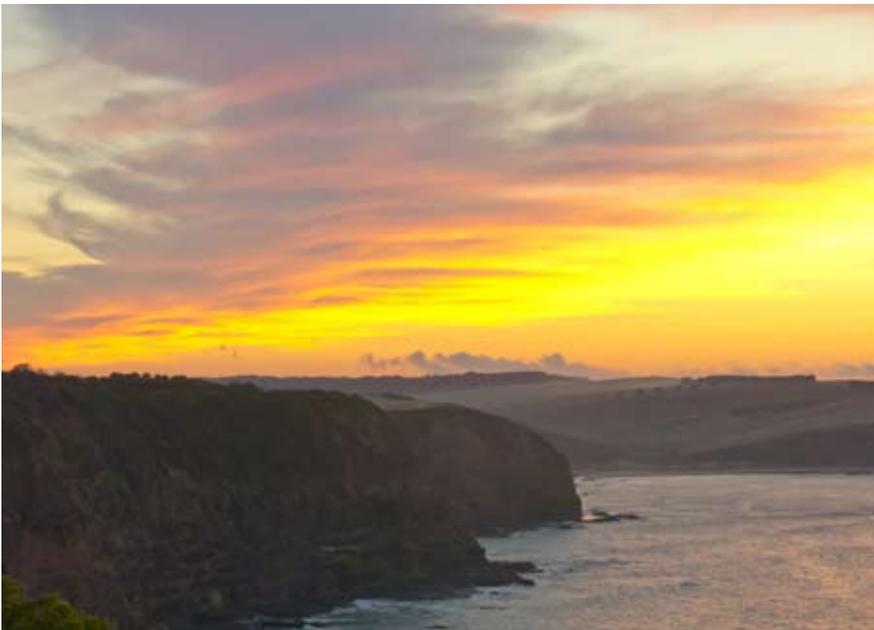
PHOTOGRAPHY GROUP REPORT



It's been a busy 2014 for our keen photographers.

Some of our main experiences have been:

March: The U3A SP Art and Photography Exhibition and a visit from the Shepparton U3A photographers, capturing stunning sunsets and sunrises of the Mornington Peninsula.



August: Our images were exhibited as part of the 100 years since the First Shot Commemoration at Point Nepean.

October: We exhibited photographs at the Studio Sorrento annual display and spent three lovely days in Marysville.

November: We photographed the Silver Anniversary luncheon with the objective of creating a photo book record.

Together we have shared many photo shoots, honed our skills and had some fun times.

Earlier in the year four members offered a few short courses for those new to digital photography.

Similar sessions focussed on specific topics will be offered throughout 2015.

Jim Carr



Harry Pidwell golf

GOLF GROUP NZ CRUISE

On 18th February 24 members and friends of the U3A SP Golf Group embarked on the Dawn Princess and proceeded to wine, dine and dance their way across the Tasman Sea having arranged to play golf at every port the ship berthed in New Zealand.

We played an amazing variety of courses, from a links course clinging to the cliffs above the ocean, to a hilly but fascinating course in Wellington to three parkland courses at Napier, Mt Maunganui and Auckland. The Maraenui course in Napier, with its profusion of flowers and warm hospitality, was considered the most enjoyable experience.

The Golf Clubs we visited were outstanding in their hospitality. They arranged transport to and from the ship (sometimes sending a courtesy van), tours, lunches and great support.

Doug Tanner was the overall winner (photo above) with Bob Riley and Jan Macinnis achieving the most pars in their respective groups.

We certainly punched above our weight in the shipboard concerts and competitions; the hypnotists, magician, marriage game and pitching all saw members very prominent. With our golf clubs we were easily recognisable embarking and disembarking. Someone asked, "Why would you go to NZ to play golf?" The answer is that it was a great way to see the country, meet the people and enjoy the diverse beauty. Much better than looking out a bus window!

Harry Pidwell

WEDNESDAY WALKERS - FOUR DAYS OF WALKING + FUN IN MARYSVILLE

15 members of the Wednesday Walking Group spent 4 days in Marysville from 8th to 12th September, staying at the Marysville Caravan & Holiday Park. The days were spent bushwalking, drinking coffee and browsing the local shops, while the evenings were mainly taken up by eating, drinking and socialising.

After stopping at Healesville for a break and a coffee, we arrived at Marysville by about 1pm and moved into our cabins or set up caravans or campsites. At 3pm, we had an introductory Heritage Walk around Marysville, followed by a walk on the Beauty Spot Trail, a total of about 3.5 kilometres of easy walking. After a bit of sprucing up, we got together for a Happy Hour with drinks and nibbles at 5.30pm in the park Function Room, followed by a scrumptious meal provided by 5 of our lady members (including Diana, who unfortunately had to cancel the day before because of illness). This included excellent Mulled Wine, which had been made by Shirley.

On Tuesday, our leader Mike had planned a hard 16km walk, but since it was pouring rain, this plan was abandoned and we all walked in our wet weather gear to the Marysville Bakery for coffee. Since the rain had eased, we then went on the Michael-dene Trail, crossing the Trestle Bridge to the Taggerty Falls Lookout and Return, a total of 6km. We returned to the Holiday Park for lunch, followed by a free afternoon.



At 5.30pm, we managed to drag ourselves to the Happy Hour, followed again by a delicious meal provided by another group of 5 ladies, plus one partner.

Then on Wednesday, since the weather was fine but cool, we proceeded on the hard 16km walk that had been planned for Tuesday. This incorporated the Tree Fern Trail and Keppel Lookout Trail, with a steep climb to Keppel Lookout, giving a superb view of Marysville and the surrounding countryside. Then there was a steep downhill to the top of Steavenson Falls for lunch, followed by a walk to the base of the falls and then back along the river to our camp. That evening, following the Happy Hour at 6pm, a group of 5 men cooked sausages and shaslicks on the barbecue and also prepared salads and provided desserts, which was very much appreciated by the hungry walkers after the long hard walk. Most of us slept well that night!

On Thursday morning, we had a short 4km walk on the Gilberts Gully Trail, followed by a coffee at a very nice little café, with a very friendly lady proprietor. Then after lunch, we drove 20 plus kilometres in 4 cars on the Woods Point Road to do a very interesting 4km walk incorporating the "Big Tree", which is the highest tree in Victoria, passing the Cumberland Falls and the Cora Lyn Falls. We also walked around the ruins of the Cambarville Historic Township, dating back to 1860, which was a bustling timber town with a large steam-driven sawmill, houses, a school and shops. After driving back to the Park, we cleaned up and dressed for dinner at the Marysville Golf Club. This was a most enjoyable finale to our 4 days in Marysville. Our leader Mike was thanked for his organisation and leading the walks and then presented with a bottle of Red Wine as a token of our appreciation.

Friday Morning we packed up and prepared to leave for home. Some left early, but the remaining 11 left a little after 10am, after posing for the group photo shown above. Overall it was a most enjoyable 4 days.

Ray Vallance

THE WRITERS' GROUP

The Writers' Group is the newest of the three writing groups that the U3A offered this year. It was set up by two retired teachers, Judith Roach and Keryn McLearn, to provide a unique writing experience for its members. The Writers' Group aims to encourage and develop its members' writing.

Members have been shown several ways to scaffold during planning, ensuring that their writing is clear, logical and coherent. They have been presented with material that guides them away from using common words, like 'said', 'got' and 'went', and with exercises that allow them to venture into new writing styles.

Members are reminded of correct grammar, through a short exercise introduced by Judith, which sparks past learning that has been tucked away since school days. Everyone enjoys these bright, fun exercises.

Some people write journals, others are writing memoirs/life stories, and a few are interested in writing short stories or novels. The Writers' Group caters for each

member, giving them the opportunity to read from current projects and to ask for guidance. There are always opinions and new ideas that flow from other members.

We've had lots of learning and laughter, and a few tears along the way, and would love you to come along and give us a try.

Please contact Keryn 0409 253 550 if you're interested.

Here is a short example of the Group's writing. The exercise was to turn a boring activity into something dramatic and sensational.

MAKING THE BED by Louise O'Bryan

Yesterday, saw the morning, a continuation of howling winds, accompanied by rain in winter darkness. I made the bed – well I'll begin again: I started to make the bed.

Throwing the sandy coloured flat sheet over the matching fitted sheet, swiftly a desert landscape appeared in the folds of the bed linen.

My imagination transported me to the heat of the Sahara Desert. Yes, I riding my favourite camel Priscilla, white headscarf and robes billowing behind me, became Queen of the Desert, Goddess of the Nile.

'Cup of tea's made Lou,' Tom's voice heralded my return to chores, the bed still only half made.

Keryn McLear



Happy Wanderers taking a well earned rest

BELLYDANCE FOR SENIORS

Hello Ladies of U3A

Would you like to have fun whilst tightening your tummy?

Would you like to have a weekly activity that leaves you with a smile so wide it is simply delightful?

Would you like to do something that helps you keep out of the Nursing Home for longer?

Would you like to learn to dance when you don't even need a partner?

Would you like to wear colourful, sparkly clothes and lots of bling?

Maybe you would like to be a new YOU and just have some fun?

If you have said yes to any of the above, then Belly Dance classes are for you.

I have been belly dancing now for 9 years and it is the most thrilling type of exercise I have ever found. It is just the best experience - lots of fun and laughter and best of all I don't need a partner to dance with (my husband has 3 left feet!).

My dance classes will be focussed on Seniors (I will be gentle with you) and not too strenuous. Classes will be easy, beginner movements that you can learn and remember. I will have you looking so good in no time at all.

If you have never danced in your life before it's not a problem. I didn't start dancing until I was 58 years old and gave belly dancing a go because it looked so exciting and colourful - I wanted to do something for myself for a change and was absolutely delighted how much I enjoyed the weekly classes.

Belly dance is for women of all ages, all shapes and sizes - there is no distinction as any woman can have a go and enjoy it.

My own dance teacher advises that any sort of dancing and remembering a bit of choreography keeps the mind active in a way it's not used to and helps the grey matter keep working.

Details of course dates and the venue will be in the new Course Program. If you have any questions please don't hesitate to ask me when you ring to book the class.

Shimmy, Shimmy

Lynn Ibbotson



Gardening group

ODE TO BOWLS AND U3A by Diana Farmer

A group of us set out to bowl
I remember when I set out to poll
Who would be keen to play this game
A number of members answered the same
Let's give it a go, forget the toll.

We all set out and did our best
All of us we passed the test
We sent the bowls right down the green
A happier group could not be seen
At West Rosebud we were all a guest

So thank you lots to U3A
You are helping to keep pains at bay
We were there to have a go
All of us went out to show
You all can too so remember your fees to pay.

WE WELCOME YOUR CONTRIBUTIONS

Happy Wanderers



Please forward letters, articles, interviews, poetry, short stories, photos, items of interest etc. for consideration by the Editor to ernsue3@bigpond.com.

The Editor would like to thank Andrea Osborne for her invaluable help in formatting and developing the new graphical interface of the Newsletter.

DISCLAIMER

From time to time your Committee gives space in the Newsletter for a product or service which the Committee believes, in good faith, is worthy of being brought to the attention of members.

NEWSLETTERS

The U3A SP newsletter will be published in February, July and November/December.

Copy for Newsletter may be submitted to the Editor C/- U3A SP office or by email to u3asp@satlink.com.au

Please note: Office hours are Tuesday and Thursday 9.30am and closing at 1 pm sharp.