



Presidential Message

We have reached the end of the course year. Congratulations and thanks to all who have been involved and who have participated. Your committee has worked hard for you this year and will enjoy a couple of weeks break before enrolments and summer classes begin. Please keep an eye on your emails. For those of you who celebrate Christmas with your families I wish you a safe and happy time. All I ask is that you have a thought for those who are alone, unwell or in a less fortunate state.

My best to you all,
Enjoy the silly season



Andrea McCall

Dates for your diary



Monday November 18th - Full members will be able to pre-pay their 2020 membership fees at the office during office hours and are to be made by Debit/Credit Card ONLY. NO CASH will be accepted.

Friday December 6th - Classes finish with an end of year celebration following at 4pm-6pm. This will include our official welcome to our new home by Gerard Mansour, Victorian Seniors Commissioner who will also launch the Creative Writing Class Anthology.

Wednesday January 22nd 2020 will be Enrolment Day. The office will be open from 10am to 1pm for enrolments and payment of membership fees. No cash will be taken for membership and enrolments on this day. Online enrolments will commence at 10am on the same day, there will not be any early enrolment available to members using online services. We strongly recommend members take advantage of online enrolment using PayPal. Another option is to directly transfer your enrolment money into the U3A Frankston account.

Monday 3rd February 2020 – Term 1, Classes commence.



Do you have what it takes to be an Age Friendly Frankston Ambassador? Do you live, work or play in Frankston? Are you interested in representing older adults in the Frankston community? Are you proactive and enjoy contributing as part of a small group?

If yes, please visit the **Positive ageing Activities and Advisory** page of the Frankston City Council Website or contact Emma, Team Leader Positive Ageing on **9768 1324**

or email: PositiveAgeing@frankston.vic.gov.au This new and exciting group will meet every two months to discuss challenges facing older adults within our community.

A little Housekeeping

Welcome to our next newsletter and thank you to Barb McColl for her organization and editorship. We would love to hear from any of you with articles and ideas. Do not hesitate to contribute.... We need your input.

Membership or class fees for 2020

As a result of the move to Karingal Place your committee has looked carefully at our costs. Until we have been operating in our new home for 12 months, it is difficult to assess our expenses. For 2020 therefore there will be no change to the current fee structure but we intend to move to a one-off fee for 2021. Details will be released at the AGM.

Tutors Fees

All tutors are now required to pay a membership fee of \$50.00 to help offset copying, utilities, supplies and use of the room equipment. This was agreed upon by the tutors at the meeting in August, 2019.

The Garden

You may now notice we have a beautiful mural in our garden, thank you to Frankston City Council. I would also like to thank Michael Park from all of us for his work on the garden. Watch this space.

Your u3a needs you

We cannot survive without a strong and vibrant committee. Have you got what it takes to contribute? If so, we would love to hear from you...



U3a Frankston Sausage Sizzle

This year's Sausage Sizzle was a resounding success despite the inclement weather. A great effort by was made by our team of volunteers who organized it and then all who stood under the marquee out of the rain whilst serving the best snags to hungry patrons. Thanks to Bunnings for allowing us to once again use their facilities and equipment for this important day on our fundraising calendar. After expenses our fund-raising effort realized a profit of **\$922.30**.



Seniors Month

U3A Expo - Frankston Art Centre

Despite a rather cold/wet day we had a great time at the Frankston Art Centre showcasing U3A Frankston. Thank you to all who assisted in the lead up to and on the day. Without your help we could not have held such an outstanding event.



Art Display – Carrum Downs Mah-jong – Karingal Hub

Thank you to Manfred Jung and the Art Group for a great display!! We also thank Kieth Pyke and the Mahjong group for their display at Karingal Hub.



Jazz Choral Group



I am a member of the Jazz Choral Group. We have a lovely time on Friday mornings singing many of the songs from the 20's to the 60's plus. Most of us recognize the songs as soon as we hear the music. We all have our favorites and we are also learning songs some of us have not heard before. Presently we are being told more and more how singing is good for our wellbeing and I agree with that as I find it very uplifting and great fun when singing and our songs are enjoyed by all ages (even my 4yr old grandson).

We have already had a "GIG" singing at a 60th Birthday Party. Next year we hope to do some performances as our confidence is growing. A great class to be part of - *Robyn Gould*

Poets Corner

Wandering

Wandering through the corridors of my mind
 Seeing memories passing by....
 Wondering what is truth and what is lie....
 Not knowing where I'm going,
 Not knowing why
 Wandering through the spaces in my time
 Figures move in grotesque rhyme....
 The many times I've lived a lie
 Not knowing where I'm going,
 Not knowing why.
 I see the boy who loved the rain,
 I see the man who's wracked with pain
 The solid truth.... once cast in stone Is
 nothing more than broken bone....
 Struggling through the pages in my life
 I see chances flashing by
 Thinking of the times I've used the knife....
 Instead of talking to find out why
 Wandering through the corridors of my mind
 Seeing memories passing by....
 Wondering what is truth and what is lie....
 Not knowing where I'm going,
 Not knowing why
 Knowing where I'm going,
 Not knowing why....

Peter Laverack

Sea and Sky

Between sea and sky,
 Battle the shipwrecked
 against the fury of the tempest
 Or float thankful and weary
 upon the gentle waves
 of the placated waters.
 Life moves on,
 now flowing smoothly
 now entangled on shredded sails
 and shattered hopes.
 Between sea and sky
 plays the eternal chase
 of day and night,
 lies the Alpha and the Omega
 the mystery of the universe
 awesome and impenetrable
 in its mist of pulsating silence.

Anna Campanella



SEARCHING FOR SOLUTIONS BY MINING MATURITY

There are plenty of disagreeable developments that come with advancing age.

Emerging scalp, distended waistline, dilapidating knees, plummeting jowls and an escalating tendency to draw a blank.

But alongside the hitches are quite a few bright spots.

Retirement, sleeping in, sending the grandchildren home while you make the martinis, golf, doing lunch, comfortable shoes, no chance of pregnancy and having a better grip on your values and priorities.

That last one belongs to a remarkable attribute of age – wisdom. Decades of experience make us geezers impressively savvy.

In Bill Puls's Big Ideas class, members are putting that knowledge and insight to use as they search for Future Solutions. Bill leads class members in reviewing and researching social issues of modern Australian Life. These include topics such as Health Care, Indigenous issues and Environment and Climate Change.

Class sessions are spent discussing – and often debating – questions Bill has prepared relating to each topic. Many class members have been inspired to research details that they found especially interesting and bring their findings back from the next week's discussion.

The goal with each topic is to develop recommendations with the potential to promote improved governance and social support. One example related to the subject of Health Care includes the following recommendations:

- Any difference between generic and brand name drugs (such as fillers used) be specified on the label
- The place of a drug's manufacture be stated on the pack
- Strictly limit drug advertising
- Cut the GP visit co-payment from \$40 to \$20 as many people forego medical attention because of cost
- Ban health minister and senior official from drug company employment for three years after leaving public office

Each week the two dozen members of class apply their wisdom and judgement to the finer details of legal and social policy. The knowledge they have garnered over substantial lifetimes gives them the focus, vision and discernment to analyze and modify policies that affect all our lives.

The future solutions will be compiled and sent to community wide forums for consideration by the public.

Now that is definitely capitalising on the upside of ageing....



Thank you everyone for your submissions. Unfortunately, at times we cannot fit them all into one edition. We will keep them and use them for future editions. Regards – Barb McColl, Editor

A Pat the Mac Reflection: Of Time and Space

Today, I'm not writing a computer article but instead a reflection on our place and time in our universe.

As you probably know, Earth coalesced into existence about 4.54 billion years ago.

Since it is difficult to conceptualise such a large number of years, I converted each year into millimetres and I will take you on a voyage that will show you how small, we humans, feature in this travel...

When converted to millimetres, this time represents 4,540 kms, roughly the distance between Bali and Melbourne... So, we are catching a flight from Denpasar airport to land in Melbourne, Tullamarine airport. I will not lay out all the different eons or periods that the flight covers but just highlight a few later dates. We will consider that our final destination, today's date, is at the Melbourne GPO. While we are approaching the airport, 245 kilometres away, the dinosaurs appeared on earth and then promptly disappeared 66 kilometres from landing.

By the time we land, the first human is not even in sight. It is in the taxi, when we enter the city, at 15 kilometres from the GPO, that its first traces are found... The first homo sapiens appears in Elizabeth street, 300 metres from our goal. The taxi drops us close to our destination. Aborigines populate Australia 65 metres from the GPO. Cro-Magnon Man appears 32 metres away.

Writing is invented 5 metres from the GPO. Modern time and industrialisation occur 20 **centimetres away**, that is whilst climbing the last step of the GPO.

I am always baffled to think that with such a short life on planet earth, humans have been able to create so much havoc in nature. The big question is: do we still have the time and the possibility to correct the remaining damage?

The dinosaurs just before landing...



Here we are, while climbing the last step to the GPO.



If you have the answer, contact
Pat The Mac on 0419 330 497 or by email via pat@patthemac.com

U3A FRANKSTON

Postal Address:

U3a Frankston

PO Box 6047

Frankston Vic 3199

Phone: 97701042

Email: office@u3af.org.au

Website: www.u3af.org.au
<http://u3af.org.au/>