



THE UNIVERSITY OF THE THIRD AGE

FRANKSTON

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Thank you Jeanie for a job well done.

**This Newsletter is printed by the office of
Geoff Shaw M.P., Member for Frankston,
as a service to the Frankston community.**

A word from our President

Hello Third-agers,

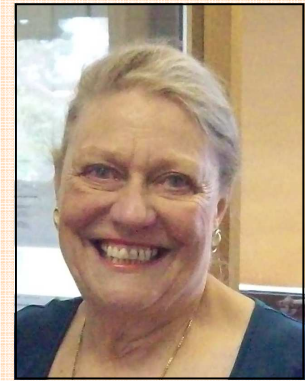
I am so proud to be the bearer of good news and with each edition it gets better.

When we moved to our new location at J.P.C in October 2010 we had hoped that by October 2011 we would have 500 members. On July 18th I checked and we have 542 and counting. It has been the hard work of the office volunteers, the committee, the interesting courses and the special P.R. work done on our behalf by Elizabeth Alexander. We have had congratulations from the C.E.O. of Frankston, George Modrich; the Mayor and Councillors; and local parliamentarians, Bruce Billson and Geoff Shaw.

Many changes have occurred since our last newsletter. Our Office Manager of 19 years, Jeanie Wannan, has resigned, to give herself some quiet time and to contemplate her long held dream of visiting her beloved Scotland. We are having a special afternoon for Jeanie in The J.P.C. Exam room on Tuesday 30th August from 2:00 pm. More elsewhere in this newsletter.

John Tennison-Wood has stepped in as acting Office Manager

temporarily until someone takes over the position on a permanent basis.



In May, I attended the Network State Conference and Dinner. Frankston was used as an example of what could be achieved with a good committee, determination and willingness to try something new. Our mentoring programme had other U3As asking for details.

Also in May, we held a Regional Brunch and info session. We were proud to show off our wonderful facilities much to the envy of our surrounding U3As.

Thank you to committeeman Harry Hawkins for stepping up to the plate and taking on the role of Network Rep. Our former Rep, Patricia Blackham, is now the Course Co-ordinator but has made the transition easy for Harry. Harry is also responsible for our website. u3af.org.

I am sorry that our creative artist Sandra Oluich is resigning her position on the committee. Sandra has the opportunity to take part in a

research programme, but has promised to be co-opted to design a generic card for U3A. for all occasions and to create recipe book, — from, for and with our U3A members.

Before I started to write this newsletter to you all, I reread with such pride the course book. It is amazing how far we have come in such a short time.

One course that I would like to recommend, is No.23b, ***“Introduction to the Legal System”***. John Wadsley is a recently retired Solicitor/Barrister and can fill in some of the legal mysteries that baffle and bewilder most of us.

Remember that we are always looking for ideas and willing tutors. We would be delighted to hear from you.

Please write in your diaries the date, Sunday 9th October, from 10:00 am to 3:00 pm at the Frankston Arts Centre. We are inviting other Seniors groups to take part during this Seniors week promotion. More in the Newsletter.

Many thanks to hardworking Mentors, Tutors, Office Volunteers and Committee members. We are strong because of your selfless commitment.

With friendly greetings,

Gail Dudeck

U3A CHOIR CONCERTS

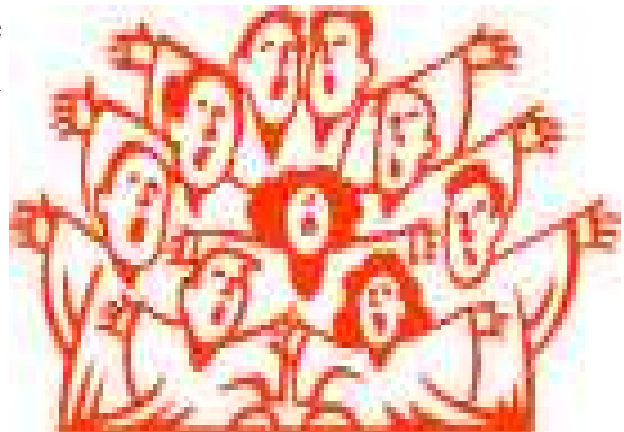
Our U3A Choir is proud to announce two concerts that may interest you!

1. The Choir will be singing on behalf of the Mission Overseas on Thursday, 18th August at the Frankston Uniting Church from 10:00 am to 12.00 noon.

2. On Thursday, 1st September, the U3A Choir will be performing in the Frankston Library. The Concert starts at 2:00 pm.

Everyone and friends are invited.

***For more information,
ring Elke on 9783 9181.***



HAPPY RETIREMENT, JEANIE

When Mick Jagger sang that he couldn't 'get no satisfaction', it was probably because he didn't have Jeanie Wannan around to manage things for him. But for 19 years everyone at U3A Frankston was plenty satisfied because Jeanie was on the job looking after them. If you were a tutor, a student, a committee officer or a member of the public who needed information located, supplies ordered, questions answered, directions given, an event organised or records kept, having Jeanie as Office Manager meant that you could 'always get what you want'.

It was U3A's lucky day in 1992 when Jeanie Wannan retired from her career in office management with the Keith Turnbull Research Institute and decided to look into ways she might assist the Frankston organisation, which was then located at Monash University's Frankston campus. Faye Harris, the then President, knew a golden opportunity when she saw it and recruited Jeanie for the U3A office.

With Faye as her mentor, Jeanie came virtually every single day, learning more about U3A and its history, meeting new students and others interested in U3A activities and becoming an essential element in the smooth functioning of the organisation. She became familiar with all policies and procedures and even sat in on some classes, particularly philosophy.

After U3A moved to the Frankston T.A.F.E. campus in 1995, Jeanie was

elected to the post of Committee Secretary, a post she held for nearly nine years. In 2003 David Abbott took over the role. "Jeanie," he notes, "was my guide, philosopher and friend. She aided and abetted me into the job."

In 2004 U3A President, Frank Reed, proposed the formal creation of the job of Office Manager. There was, of course, total approval of Jeanie's appointment to the position.

Members remember Jeanie walking each day to the U3A headquarters, donating her time, expertise and knowledge to the operation, growth and development of the organisation. She knew members by name and kept up with their lives and family situations. She made sure that get-well and sympathy cards were sent. Her personal touch and genuine interest and concern helped create a warm and friendly sense of community for everyone involved in U3A.

Jeanie Wannan was, for nearly two decades, a mainstay of U3A Frankston. She served skilfully and consistently as member numbers increased, venues changed, Presidents came and went, class schedules expanded and the organisation grew in prominence.

In addition to the enduring respect and gratitude of everyone at U3A, Jeanie's matchless contributions have earned her a Commonwealth Recognition Award for Senior Australian 2001, an Honorary

Lifetime Membership to U3A Frankston and a Victorian Certificate of Achievement for contributions to volunteering.

Jeanie decided on a well-earned second retirement earlier this year. She will now have more time to devote to her lifelong special love — music. Jeanie is a self-taught musician and has sung in many choirs including The Melbourne Choral Society, the Leonard Fullard Madrigal Society, the Scots Church Choir and the Box Hill Church Choir. She is so well-versed in musical issues and history that 3AW radio has for years continued to ring her up when they needed some detailed information about specific songs or artists. She also reviews musical performances for the station. Long time U3A members remember the giant poster of Mick Jagger that Jeanie kept on her office wall at the then Chisholm campus.

Jeanie is also beginning to look into visiting Scotland, where her ancestors originated and her charming accent came from. The daughter of a Scottish military officer, Jeanie was born at Point Cook and raised in the Melbourne area. She has three children and four grandchildren.

She will always be a part of U3A Frankston. Her organisational procedures are still in use. Members still remember specific kindnesses and help they received from Jeanie. And her dedication continues to be the benchmark for volunteer support.

Jeanie Wannan is going to be greatly missed at U3A Frankston, but the members' fond thoughts and best wishes are extended to her as she pursues her post-retirement interests.

Elizabeth Alexander



Jeanie Wannan (left) with U3A friends.

VOLUNTEERS

The National Sports Museum at the MCG is looking for volunteer staff on non-event weekends. Shifts are generally 3 to 4 hours long and between 10:00 am & 5:30 pm. The work is very light, the people lovely, the visitors always interesting, the venue amazing and a very nice lunch and uniform are provided. If you want some more information, you can go the NSM website at www.nsm.org.au or give Mark Dunn a ring on 9781 2626.

The U3A Choir

is singing at

THE FRANKSTON LIBRARY

**Thursday, September 1st
at 2:00 pm**



**Everyone is welcome to come and
hear this lovely choir of oldies.
Admission is FREE!**

***The kids have all
their little SMS
codes — like BFF,
WTF, LOL etc.
So here are some
codes for seniors:***

ATD - At the Doctor's

BTW - Bring the Wheel-
chair

CBM - Covered by
Medicare

CUATSC - See You at the
Senior Centre

DWI - Driving While
ncontinent

FWIW - Forgot Where
I Was

FYI - Found Your
Insulin

GGPBL - Gotta Go,
Pacemaker Battery Low

GHA - Got Heartburn
Again

HGBM - Had Good Bowel
Movement

IMHO - Is My Hearing-Aid
On?

LMDO - Laughing My Den-
tures Out

OMMR - On My Massage
Recliner

OMSG - Oh My! Sorry, Gas
ROFL...CGU - Rolling on
the Floor Laughing...Can't
get Up!

TTYL - Talk to You Louder
WAITT - Who Am I Talking
To?

WTFA - Wet the Furniture
Again

WTP - Where's the Prunes
WWNO - Walker Wheels
Need Oil

GGLKI - Gotta Go,
Laxative Kickin In!

*Thanks
to Patricia Blackham*

Putting the Feelers out.

U3A has the opportunity to have an afternoon Tea Dance at the South Frankston Community Centre, Tower Hill Road. Members only.

If you know of anyone who would like to form a trio or can teach basic ballroom dancing, we would like to hear from you with your suggestions. This could start 4th term, as try out, if we have enough people interested.

BUSHWALKERS — WALKING FOR PLEASURE



*Our U3A
Bush
Walking
Group,
seen here
enjoying a
well earned
break —
with a view.*

We have reached the halfway stage of bushwalking for this year and a new schedule for the next five months has been published. If you would like a copy, contact the office, or call David Roberts on 9787 6828.

During the first half year, walking with our friends from U3A Mornington has been much fun and full of interest. We have enjoyed walks as diverse as Emerald and Cockatoo in the Dandenong Ranges, coastal walks at Sorrento, Point Nepean, Safety Beach and inner suburban walks including walking along the Yarra with a visit to Herring Island and its Sculptural Park, and another between Camberwell and Kew on the Outer Circle Railway Track.

The new walking season has started with an exploration of Churchill Park which is set between Dandenong and

Rowville. This is a beautiful and relatively unknown park in the Melbourne area. It, together with its adjoining partner, Lysterfield Park, is quite extensive. It is hilly with great views of the Dividing Range, Port Phillip Bay and of the City — and contains very lovely bush land. A great variety of birds can be seen as well as mobs of kangaroos.

We are now enjoying the second half of this year's programme. New walkers are welcome. Don't be put off by our name "Bushwalkers". We are really a low-key walking group. You do not need to be super fit, just moderately so. The company on the walks is good and they are pleasant social occasions as well as being good for the physical well being.

David Roberts

Exercise to Music

Every Wednesday morning, bright and early, we go through our paces. Starting with gentle Tai Chi movements to awaken not only our bodies, but our minds; moving onto up-tempo music to invigorate and warm us, with clapping rubbing and shaking our hands and feet, all to the beat we know so well.

In fact we don't need the heater on. As the saying goes, "We don't care if the sun don't shine ...", we have our laughter to keep us warm.



To keep us subtle and to add variety we use chi-balls, hoops and scarves, sometimes even a dance thrown in (Irish Jig or Zorba) rhythmically moving in different directions around the room. This equipment is so easy to hold that we all feel so confident even if we occasionally drop something, knowing it will not hurt us or our fellow class members.

Finally, we get to sit down on a chair to use our hand-weights to improve bone density. Some simple balancing helps our co-ordination and core-control. Trying hard to concentrate on just one point on the horizon can be hard. We could do with a few motivating pictures to look at.

Stretching concludes the programme — doing some arthritic movements with the hands and elbows. For some who want to stay, we have extra pelvic floor exercises on a mat, including Pilates and yoga movements for 10 to 15 minutes.

Having got through all of this there is always time for a quick joke or maybe a few words of wisdom in poetic saying. Each of us has a fire in our hearts for something. It's our goal in life to find it and to keep it lit.

JUNE HEWITT INSTRUCTOR



Farewell to Jeanie Wannan.

**Everyone is welcome to share time with Jeanie
at U3A from 2:00 pm to 4:00 pm on
Tuesday, 30th August.**

There will be presentations and afternoon tea.

The Choir will sing just for Jeanie.

**Please pass this message on to anyone who has known Jeanie
over the 19 years and is not on our recent contact list.**

RSVP : 9770 1042

African Aids Babies' Jumpers

Do you like to knit ?

We would like to produce around 200 baby jumpers before Christmas.

Do you think we can do it? I think we can.

Ruth & Barry Richardson's church is sending them to Africa for us.

I have two big boxes ready to pack them into.

The special knitting pattern sheet can be obtained from

Patricia Blackham or from the U3A office

These baby jumpers are easy to knit, all in one piece.

Simple to sew together.

There is a sample of the jumper in the U3A office for you to see.

All you need is 2 x 50g balls of 8ply Supersoft Wool.

These can be obtained from Lincraft for \$3.49 per ball.

We believe Spotlight has them also.

Join me and many others in helping these deserving little African Babies.

Patricia Blackham

Rambling All Over

After nearly ten years of Rambling in moderate weather because of drought conditions, and in all that time only a couple of cancellations, this last term has changed all that with two having to go to “plan B”.

The first was Mentone to Ricketts Point. Blustery cold wind and rain. We went to Seaford Station on the day to find a few brave members had turned up. So, on to Cheltenham Station, catching the bus to Southland where we proceeded to walk around the three levels (Yes it was warm). On the top level we came across a coffee place that was offering “Free Coffee”. Naturally, we took advantage of that. We continued walking around until we got to the bottom level, here we bought some Tiddly Ogies from Ferguson Plarre. You ask what are Tiddly Ogies? Best described as a sort of pasty. Delicious too! Back on the bus to Cheltenham station, then the train home.

Our next walk was to Flemington Bridge to the Docklands. We popped in and had a look at the huge new Ice Skating Arena exciting new stadium. Past the big wheel being reinstalled, then through

Dockland Shopping Centre. Yes, a bit of shopping was done. Docklands is an interesting place and this is only stage one. Past “The Cow up the tree” to Southern Cross Station and home.

Our next walk was to be Spotswood to Williamstown via the Bay Trail, but the weather turned really nasty. Huge cold south-west winds coming across the bay trail would have made the day freezing so “Plan B” was on again. Up we went to the Melbourne Museum in Carlton. Free admission for us oldies was just the ticket. Wandering the three levels was very interesting. Everybody enjoyed the Phar Lap exhibition with the film showing and all the other items on display. We sat and had lunch, watching all the school children going into see the many interesting items too. One of our group decided to go to the Imax Cinema and see the Special 3D film on Egypt.

Our next walk “Around the Tan” starting out from South Yarra station proceeding up to the Botanical Gardens then around the Tan, passing the Shrine and Myer Music Bowl on the way. In through the bottom gate of the Botanical gardens, around the north side of the lake. Lunch was enjoyed, sitting along-side the lake then strolling back past the Rod Laver Stadium to Flinders Street Station, via Birrarung Marr Park, and along the Yarra River. Nearly forgot! We

listened to the Melbourne Bells as they played just for us on the way. As usual our ride home on the train allowed our group to have a good old chat. And we all were greeted by a little dog who just loves people.

We finally got to walk from Mentone to Ricketts Point. At first as we got off the train at Mentone, it's going to rain again. No — Hewie up there was just tricking us. Out came the sun and we had an interesting walk along the promenade beside the beach then along the cliff tops via the bush path to Ricketts Point. Sitting down at the tables eating out lunch and chatting. Short walk to the bus stop and back to Cheltenham Railway station. Homeward-bound to Frankston. An interesting thing happened whilst walking along the path

to Ricketts Point. Joan picked up a U3A membership badge dated 1999. It belonged to Margaret Lavin who must have lost it on a walk back then. Still in perfect condition. If anybody knows Margaret please let her know it is at the U3A office for her to pick up.

Our next walk is along the waterfront and the Yarra River in Melbourne. More details in the next newsletter. Our group is getting bigger every term. We invite you to come along and join us. You will meet friendly, chatty, walking group members. For further information, contact the U3A office during office hours Monday to Friday or contact Bill Blackham 97857896 any evening.

Bill Blackham





THE U3A EXPO FOR SENIORS.

DATE: SUNDAY 9th OCTOBER.

TIME: 10.00 to 3.00.

VENUE: THE FRANKSTON ARTS CENTRE.

WHAT IS HAPPENING:

**WELL, FOR STARTERS, YOU CAN PICK UP YOUR
NEW MEMBERSHIP FORMS FOR 2012**

and

**Try to beat the students from Elizabeth Murdoch
College Mentoring Programme at a game of chess.**

**Enjoy demonstrations, choirs, internet info
presentations, tea dance, ethnic dances and crafts
for seniors, Tai Chi, exercise to music,
belly dancing – and so much more.**

INFORMATION BOOTHS

**ART EXHIBITION
and an artist in residence (?)**

**LET US KNOW IF YOU WOULD LIKE TO
BRING A GROUP**

**U3A Groups are free under our umbrella.
Other Frankston Seniors Groups – \$50.
(reclaimable through Council.)**

**COME ALONG, BRING THE FAMILY AND LET
THEM SEE WHY YOU ARE SO ENTHUSIASTIC
ABOUT U3A FRANKSTON.**

YOU COULD ALSO WIN A DOOR PRIZE !