

# Bayside U3A

## UNIVERSITY OF THE THIRD AGE

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CLOSED

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## NEWSLETTER

### Special Edition No. 2

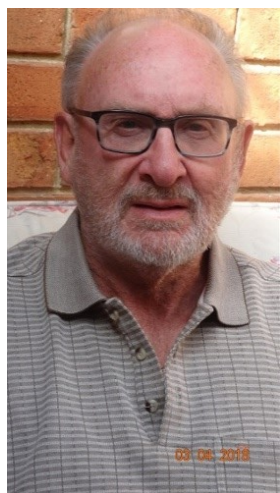
### April 2020



[Coronavirus Notice:](#)

[Bayside U3A Closed until further notice](#)

### FROM THE PRESIDENT:



Dear Members

Well what a time to be in – many are conjecturing about how the future will be already. I heard today that a Gen-Z person was complaining she/they hadn't been told about 'pandemics' and knew nothing about the polio epidemic or other 'events'. May be a reason why some are so casual about social isolation. When most of us were children like me you probably had access to an encyclopaedia – probably first written 50 or more years before. Now we have the world at our finger tips! Of course there is the post-truth and fake news to contend with but I think we must be so far better informed and able to work it out for ourselves.

This reminds me of the dilemma we have discussed of how we could help those of us without technology possibly other than a land-line telephone. Sadly we came to the conclusion that ringing people up or talking to them over their gate is all we can do to keep them 'included'. Without face-to-face support and tuition just providing someone with a laptop just won't work – assuming they would like to be 'connected'. We have asked Tutors to be in the front line in communicating with our 'no email' members and I'm sure they're doing it well.

For the rest of us, where it suits, Zoom for one is proving a godsend – for our Committee meetings and more and more classes. More Zoom licenses are being purchased and tutors that can make good use of them have been advised.

I'm sure we're all 'hanging in there' and making the best of what it is – hopefully if you're feeling blue you will call someone! Stay well, take care.

Tony Aplin

### Bayside U3A Members Facebook Group

There are now 50+ members in the [Bayside U3A facebook group](#). Please join us and share your stories, tips, ideas, knowledge, jokes, etc. It is a private group, so what you post is only visible to the other members of the group, and we are looking forward to reading it.

To join, follow the link above and click on the join button and enter your name and member number. Your application will show as 'pending' until it is processed.



## COURSE NEWS

More and more of us are discovering the many pleasures and a few pitfalls of Zoom for our U3A classes. The Committee is finalising a multiple Zoom licence package that will let tutors more easily run classes longer than 40 minutes (the time limit of a free Zoom meeting).

In the last week I have run a book group, an iPad and Tablet Advice group with Bronwen (see photo) and some sessions for iPad beginners. We have hosted very successful sessions for Armchair Travel, Wine Appreciation and our two Current Affairs groups. French, Japanese, Latin and Dutch classes are using Zoom, history classes are Zooming along, as well as Feldenkrais, Brighton Tai Chi, and Beaumaris Balance and Bones, to name a few. We are working on a list of all the classes that are still running during these isolated times.

Each week David Peake emails video suggestions for his music lovers and I email video suggestions for Lunchtime Masterpieces and Armchair Archaeology. Many other groups are keeping in touch via email and online.

Sue Steele



## Caring for our Members

If you know of a Bayside U3A member who is ill or is mourning the loss of a loved one, please send the information to Sandra Groves, so a card can be sent on behalf of the Bayside U3A membership and, if appropriate, the news can be shared with the relevant group. Email Sandra with details to [grovesx2@bigpond.com](mailto:grovesx2@bigpond.com)



## Modern History

We have now had two classes of Zoom Modern History where I started the Russian Revolution on line.

It is going well and we are all improving our Zoom skills. It is a pity that some of my class members cannot get Zoom but we continue to have people sign up each week.

My only problem is I find it difficult speaking to my Power Point slides as you are cut off from all the usual reactions of the group. So it is like being a radio announcer speaking into the void. But members of my class say they enjoy it and the numbers coming indicate it is working. We break for 5 minutes in the middle and have time then, at the start and the end for general talk and questions.

David Hone



## CONNOR'S SEPT RUN 2020 SUPPORTING BRAIN MATTERS

Many of you will remember that our 2018 Fund Raising morning tea was in support of the Robert Connor Dawes Foundation. Connor's mother, Liz Dawes, spoke very candidly about her son and the journey the whole family took leading to his death. The run in his memory has been going for sometime, and I think a few of our 'walkers' have entered.

Connor's Run is not about winning (or even running). It is about finding your awesomeness and making a difference to kids affected by brain cancer - who need our support now more than ever.

Registrations for this year's event are now open - [Connor's Run](#)



### Classical Music Virtual Class No 3.

The theme for this class is 19th century French orchestral music. Much of it consists of overtures from the huge number of operas that were produced, which were very popular throughout Europe.

#### [Adrien Boieldieu - Overture Calife de Bagdad](#)

Boieldieu ( 1775-1837 ) was known as the French Mozart which was rather misleading as he was in fact a contemporary of Beethoven.



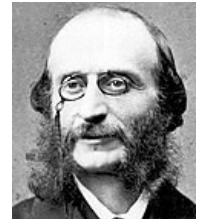
#### [Jacques Offenbach: Overture to 'La Belle Helene'](#)

#### [Auber: Overture to the Bronze Horse](#)

#### [Daniel F.E. Auber - La Muette de Portici](#)

#### [Offenbach - Orpheus in the Underworld Overture](#)

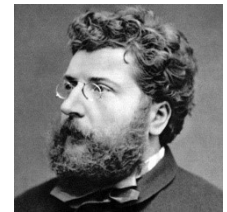
Offenbach and Auber were prolific composers of mostly light or comic operas.



#### [Bizet - Carmen Suite](#)

#### [Bizet - L'Arlesienne Suite No.1 & Suite No.2](#)

Bizet (1838-75) like Mozart, died far too young.



#### [Camille Saint-Saens - Le Carnaval des Animaux](#)

One of Saint-Saens's (1833-1921) best known works. He was considered an avant-garde composer when he was young but became reactionary in his old age.

# Camille Saint-Saens

## le Carnaval des Animaux

*having fun with music*  
Camille Saint-Saens wrote the Carnival of the animals at the end of the 19th-century, as a musical « joke ». He composed this « zoological fantasy » in 14 works, maybe because his contemporaries thought he was too serious.

*a forbidden work*  
The work was rarely played, as Saint-Saens had forbidden it.

The Swan work was the only one to be excluded by this censure, and it was played so many times it became a « hit » for cello players, and dancers.

Despite its author's contempt, The Carnival is also the music work that made him world renowned.

This work is now as popular as Peter and the Wolf by Serguei Prokofiev.

**Classical Music Virtual Class No 4.**

This class is all about Glenn Gould, the eccentric, controversial and, to many people, brilliant Canadian pianist. He was obsessed with the technicalities of recording and as a result left a large audio and visual legacy.

The two 30 minute documentaries - 'Off The Record' and 'On The Record' - were made in 1959 when Gould was 27 and already acclaimed by many and reviled by few. I thought I had nearly all of his video items but I was not aware of these two. They are very good - most revealing. Almost like early reality/candid camera films.

[Glenn Gould - Off the Record](#) 29:31  
[Glenn Gould - On The Record](#) 29:30

The Beethoven (b. 1770 ) concerto film was part of a Beethoven Bi-Centennial concert in 1970. Gould only appeared by chance. Arturo Benedetti Michelangeli was the scheduled soloist, but, as he often did, pulled out at the last minute. At 12 hours notice Gould agreed to replace him even though he had not played the piece for 4 years. He played the concerto flawlessly and entirely from memory! The Toronto Symphony Orchestra and the conductor Karl Anserl, a refugee from Czechoslovakia, provide fine backing.

[Glenn Gould - Beethoven Emperor Concerto - Part 1](#) 19:38  
[Glenn Gould - Beethoven Emperor Concerto - Part 2](#) 18:05

To end the class there is part of one of his very last filmed performances - JS Bach's Goldberg Variations. He died a year later after a series of strokes, aged 50 - sadly missed.

[Goldberg Variations BWV 988 \(Glenn Gould, 1981\)](#) 9:49

I hope you enjoy it all. I am assembling programs much faster than I am presenting them so there is no chance I will run out of them. Nevertheless, I WANT YOUR SUGGESTIONS. I have already been inspired by some that I have received, as you will see quite soon. As before, click on to the underlined blue titles and you will go direct to the YouTube film.

David Peake



## Pedal for Pleasure

We have encouraged the members of our group to ride their bikes either on their own or with one other person, adhering to the social distancing rules. Thanks to those members who forwarded photos of their rides.

Deb and Robin enjoyed a ride together on a windy Friday morning. We headed into the wind up Beach Rd and wound our way home through the back streets of Elwood, Brighton and Hampton. It was great to be on the bike again.



Joy Vandoske riding the streets of Brighton

John Moran - I have been riding every day, as my preferred method of exercise. I normally ride alone, however, every Tuesday I ride with a friend and we take turns at choosing the route. Last Tuesday we rode part of the way around the Capital City Trail.

Once we reached Merri Creek, we headed in towards the city. For the first time in many years (maybe since I was at Uni?) I rode down Swanson Street/St Kilda Road from Melbourne Uni to Fawkner Park. I am very sorry that I did not take some photos as, at midday, the city was almost empty. The steps and forecourt of Flinders Street Station had nobody on them! It was quite eerie.

Thel Wiltshire - This is in the laneway off Balcombe Rd next to the newsagent in Black Rock. Worth a ride to see all 3 murals, particularly the health worker.



## Balance and Bones

I am the tutor responsible for the Tuesday 9am and Thursday 4pm classes at the Brighton Courthouse. While we remain in lockdown during the COVID-19 pandemic it is very important to exercise or workout in some form on a regular basis.

As well as benefitting your physical health, it will also help to alleviate some of the stress you may be experiencing. A daily walk outside in the fresh air is good but if the weather deteriorates it will be harder to achieve this goal. We must try our best to make do with our domestic surroundings.

Sticking to a regular routine is a good idea. Write down a plan that you can realistically adhere to. Once it is written down it will be easier to stick to. Now place this written plan somewhere you can see it everyday and mark down the days that you achieved your goals.

I know that starting the day with a walk or workout boosts my mood and gives me energy. Work out what part of the day is best for you. I find also that music motivates me. Some people may exercise with a friend via one of the many apps available on-line ie. Face Time or Skype etc.

You are best advised to find a space for your home workout (this might be on the floor with a mat or towel or on a covered veranda in the fresh air) and keep it separate from the area where you can relax and your mind can be at ease. I am lucky to have a large back yard so I can utilise this space on the finer days either for exercise, gardening or relaxing.

The exercise company 'Move it or Lose it' which caters for older adults is offering live workout sessions on its Facebook page and they have also created a support pack for older people providing guidance on how they can keep exercising at home.

Jennie O'Reilly

## Splendid Isolation

In this time of social distancing where we are missing our usual community interactions like U3A, we have time and are over 65, our daughter suggested that we contact myagedcare. This federally funded initiative, operated through Bayside Council, assists those in isolation. My husband rang 1800 200 422 and spoke to caring and thoughtful helpers, answered lots of questions and we received individual Client ID numbers. Our numerous contacts since with Bayside Council workers were similarly kind and generous with their time. There is a wide range of services available with means tested charges to all in the age group.

Details at [myagedcare.gov.au](https://myagedcare.gov.au).

Barbara and Barry Shying

## Useful Information

The Australian Psychological Society has lots of useful information on coping during the COVID-19 outbreak on its website.

Download these APS fact sheets:

[Tips for coping with coronavirus anxiety](#)

[Coronavirus \(COVID-19\) anxiety and staying mentally healthy: For older adult](#)

Carol Sieker



## World Museums

Thanks to Robin Lacey for sending in this list of museums that can be visited on-line:

- Anne Frank Museum, Amsterdam, Netherlands - <https://www.annefrank.org/en/museum/web-and-digital/>
- British Museum, London - <https://britishmuseum.withgoogle.com/>
- Guggenheim, Bilbao, Spain - <https://www.guggenheim-bilbao.eus/en>
- Hermitage Museum, St Petersburg, Russia - <https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be>
- Louvre Museum Paris - <https://www.louvre.fr/en/visites-en-ligne>
- MASP, Sao Paulo, Brazil - <https://masp.org.br/en>
- Met Museum, New York - <https://www.metmuseum.org/art/online-features/met-360-project>
- Musée d'Orsay, Paris - <https://m.musee-orsay.fr/en/home.html>
- Musei Vaticani, Vatican City - <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- Museum Of London Docklands - <https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>
- National Gallery Of Arts, Washington DC - <https://www.nga.gov/>
- National Gallery, London - <https://www.nationalgallery.org.uk/visiting/virtual-tours>
- National Museum Of US Air Forces - <https://www.nationalmuseum.af.mil/>
- Natural History Museum, London - <https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ>
- Palestine Museum - <https://www.palmuseum.org/ehxibitions/virtual-exhibitions>
- Picasso Museum, Barcelona - <http://www.bcn.cat/museupicasso/en/museum/presentation.html>
- Rijksmuseum, Amsterdam, Netherlands - <https://artsandculture.google.com/partner/rijksmuseum>
- Royal Academy Of Arts, London - <https://britishart.yale.edu/>
- Salvatore Dali Museum, Figueres, Spain - <https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#>
- Tate Britain, London - <https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>
- The J. Paul Getty Museum, Los Angeles, United States - <https://artsandculture.google.com/partner/the-j-paul-getty-museum>
- The Museum of Flight - <https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online>
- The National Museum of Computing on Bletchley Park - <https://britishart.yale.edu/>
- Uffizi Gallery, Florence, Italy - <https://artsandculture.google.com/partner/uffizi-gallery>
- US Holocaust Museum - <https://www.ushmm.org/information/exhibitions/online-exhibitions>
- Van Gogh Museum, Amsterdam, Netherlands - <https://artsandculture.google.com/partner/van-gogh-museum>
- Virginia Living Museum - <https://thevlm.org/visit/about-us/covid-19-update/natural-education/>
- Women's History Museum, Virginia, USA - <https://www.womenshistory.org/womens-history/online-exhibits>
- Yale Centre For British Art - <https://britishart.yale.edu/>

## ADVANCE NOTICES AND DATES FOR YOUR DIARY

At this stage all events have been cancelled or rescheduled.

CLOC Musical Theatre – Priscilla, Queen of the Desert

*This event has been rescheduled to Sunday 18<sup>th</sup> October at 2pm*



## NEWSLETTER

Thank you to all our members who have helped to create our great newsletters through the years. It is always a delight to receive your articles and photos. Any contributions, feedback or ideas for future newsletters will be gratefully received.

Please email to [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com) - attention Newsletter Editor.