

Bayside U3A

UNIVERSITY OF THE THIRD AGE

Offices: Beaumaris Senior Centre
84 Reserve Road, Beaumaris (behind the library)
CLOSED

Old Brighton Court House
63 Carpenter Street, Brighton (behind the Town Hall)
CLOSED

Telephone: 9589 3798 Mail: P.O. Box 7269 BEAUMARIS 3193

Email: baysideu3a@gmail.com

Web: www.baysideu3a.org

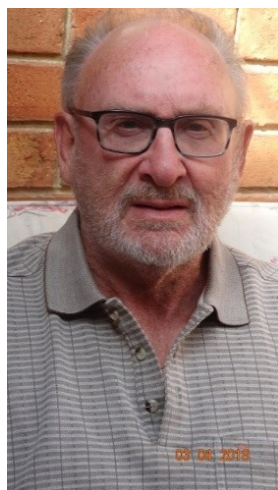
NEWSLETTER Special Edition April 2020



[Coronavirus Notice:](#)

[Bayside U3A Closed until further notice](#)

FROM THE PRESIDENT:



Dear Members

As we hear so often 'in the media' – "we're all in this together" – but unfortunately physically separated. I do truly hope you're all well and finding ways to cope with the privations of social isolation.

We have started having Committee and other meetings using a video meeting app called Zoom. And we have also used WhatsApp on mobile phones to have class chats (in my case with Crime Night book group not so very different to our usual class!). We are encouraging our tutors to communicate with their classes by what ever means seems suitable. And we will be encouraging and supporting tutors to use Zoom (BU3A licenses are being set up) or WhatsApp – or just by email or phone calls.

Its obviously going to be some time before we can have physical classes so we must make the best of what we can do. The Bayside U3A website and Facebook will have more information and more chat, hints and fun ideas, and we will send out more e-bulletins with ideas etc also. Please send anything you think fellow members should know or would amuse or occupy them to Deb Stephenson at baysideu3a@gmail.com.

The Committee and others will also be calling members periodically who do not have an email address and therefore we assume (nor) the internet.

Best wishes and regards

Tony Aplin

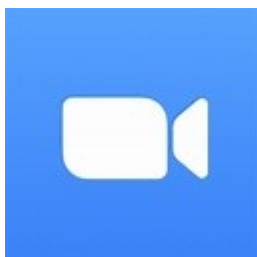


COURSE NEWS

Thanks to all our tutors who are working on interesting and creative ways to continue their classes and maintain contact during these extraordinary times. We will have a smaller program of classes than if things were normal but there will still be a lot of activities. Check out our new online course 'Themes from Modern History' on the next page.

Look out for email announcements from tutors regarding classes and activities that will be continuing online via Zoom or WhatsApp, by regular email exchanges and other ways we haven't even imagined yet.

Sue Steele



Members Only Facebook Group

A discussion group for Bayside U3A Members only has been set up to make it easier for us to keep in touch with each other. While we are unable to meet and do our normal activities, we can use it to share information, thoughts and ideas as well as interesting snippets and jokes. Perhaps you would like to share your tips and suggestions for enjoying life at home and see what others are doing.

You can find this group at

<https://facebook.com/groups/BaysideU3Amembers>

There is a link to it from our Bayside U3A website.

On your first visit, click on the join button and enter your name and membership number. Your application will show as 'pending' until it is processed.

Hope to be in touch with you soon.

Wendy Egan



Find us on:
facebook®

A red rectangular graphic with the words 'KEEP IN TOUCH' in white, bold, sans-serif capital letters. The word 'KEEP' is on the top line, 'IN' is on the second line, and 'TOUCH' is on the third line. The letter 'I' in 'IN' and the letter 'U' in 'TOUCH' are stylized to look like hands reaching out and touching each other.

**KEEP IN
TOUCH**

Bayside U3A During Self-Isolation

Thanks to the tutors who sent updates on how they are keeping in touch with their class members during these difficult times.

Enjoy reading all the happenings on the following pages.

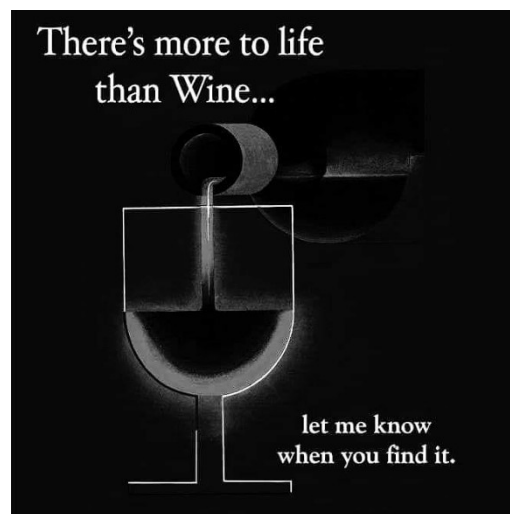
Wine Appreciation

Just to let you know I have been communicating with my monthly Beaumaris Wine Appreciation class. Since we can't meet, I have set them some very simple homework:

1. Buy a bottle/s of red or white - or whatever you fancy - and drink it, or some of it. Write up some tasting notes about it including price and share it (it'll have to go through me as I don't share your e-mail addresses without permission).
2. Now that took care of Monday, and possibly Tuesday if you are a slow drinker.
3. Wednesday - go back to Exercise 1.
4. Friday - refer Exercise 3.
5. Saturday and Sunday - who would remember what you drank then anyway?
6. In between, it is perfectly acceptable to drink some spirits, beer, whatever you fancy.
7. Homework is not compulsory, but could be fun!!

One class member could not do his homework, so I have had to do it for him!

Sally Mort



Intermediate Italian

I've kept in touch with my lovely students by email, sending lots of interesting articles, photos, poems etc. almost daily!! They are probably sick of me!!

Nice to keep in touch though.

Domenica



Classical Music

Soon after getting home from a much shortened trip to New Zealand, I started virtual classes. The first one is shown below.

I have almost 60 enrollees and have received many enthusiastic responses. The classes will continue for as long as our actual classes are suspended. I initially planned on classes every 2 weeks - as per my normal schedule - but I may go to weekly classes if there is enough support.

I am looking at classes for Jazz but these are much more difficult than Classical as there is far less suitable material on YouTube.

If any members wish to receive the class emails, I ask that they contact me through baysideu3a@gmail.com and I would be happy to add them to the mailing list - they do not have to enrol in the class at this stage.

Best Wishes

David Peake

Classical Music Virtual Class No 1.

View a program on your own computer, be it a desktop, laptop, notebook or Ipad etc.

OK, here's the program - all YouTube. If the links below don't work just go to YouTube and type in each item exactly as shown and it should come up as the 1st one.

[A Portrait of Elgar - 'Hope and Glory'](#) 77:29

This is a fine BBC biography/documentary from 1984. It includes insight from a very young looking Simon Rattle and many others.

[Edward Elgar - Enigma Variations](#) 38:43

A superb, nicely filmed performance by the Warsaw Philharmonic Orchestra.

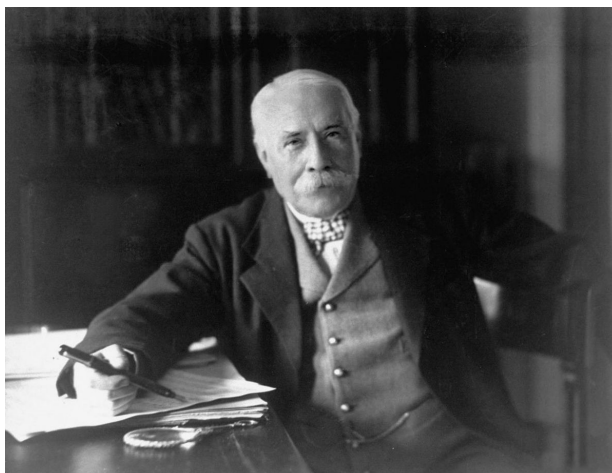
[Elgar - Introduction and Allegro - A Far Cry](#) 14:43

A lesser known but delightful Elgar work, beautifully played by this small American orchestra , A Far Cry

[Elgar conducts Pomp and Circumstance March No. 1](#) 2:30

This is magic. An actual film of Elgar conducting the LSO at the opening of the Abbey Road studios in London on 12th November 1931. Brief, it is well filmed considering that it was made almost 90 years ago.

Enjoy!



Classical Music Virtual Class No 2.

The theme today is Rachmaninoff (classes/programs will almost always have a theme). All YouTube items of course. Type in the title exactly as shown and it should come up as the 1st item.

[The Joy Of Rachmaninoff](#) 57.21

Yet another fine BBC music biography/documentary. It speaks for itself.

[Rachmaninoff : Piano concerto No. 3 - Anna Fedorova](#) 48.54

Appropriately and very well played by the young Russian pianist with the NW German Philharmonic Orchestra in 2015

[Rachmaninoff : Rhapsody on a Theme of Paganini](#) 30.05

A fine performance by Stephen Hough with the BBC Symphony Orchestra at the 2013 Proms. At the beginning, there is a very interesting 4 minutes where maestro Hough explains the piece very clearly in an interview.



That's enough for this class.

Please let me know what you think. These are my personal choices and I must find out whether you like them. I need your suggestions so please tell me what you want.

David Peake

Dutch Post-Beginners

The Dutch group will have a Zoom meeting next Thursday. I had a practice session with my grandsons and Alf joined David Hone last Thursday. All very exciting.

I hope you keep well and safe

Femke Meyer

Rummikub

I've been contacting the Rummikub group members weekly usually accompanied by a COVID-19 joke or related article that hopefully would be of interest. As we have only met over 3 games, a group cohesiveness had not yet formed with only 5-6 folk responding.

My last email requested anyone interested in forming a chat group to contact me, and I would endeavour to learn how to arrange this. No members responded so I assume all Rummikubers are quite content.

I shall certainly continue to keep up weekly contact in the hope when this is all over we won't feel like complete strangers to each other.

Eve Kaplan



Lets do Dinner

30 enthusiastic diners enjoyed the hospitality at the Bentleigh Club on Saturday 7th March. Food was served in record time without the familiar wait for some choices. We were all looking forward to the next dinner, but alas there are no prospects of a safe date any time soon. In the meantime, you may get a smile from the following prepare-at-home recipes.

1. As you cook while distracted by the news, make sure that the colander is in the sink before you dump in the pot of pasta.
2. If you are self isolating, there is no need to cook enough dinner for 8 people. Dessert of course, should still be prepared for at least 12.
3. Sanity Pie is just your adult beverage of choice, sipped alone in a closet for 15 minutes

Miss you all, stay safe and entertained!

Convenor, Karen Hall



Bayside U3A Writers Group

The Bayside U3A Writers Group remains active during these weeks of physical isolation.

Writers share their short stories, poetry and radio plays via email, and fellow writers comment on these works in a form of critical friendship.

The Jitsi Meet free video conferencing site was recommended by group member Helen Graham. It offers unlimited time and is working out great for scheduled group discussions.

Members without a computer can still check in to online discussions. One writer who phoned in was placed on speaker and although unable to see members on the screen, could hear their comments about her work.

One and a half hours is a comfortable duration for our online group sessions, which are now scheduled for every fortnight. Smaller groups of writers interested in specific writing genres such as radio plays, might meet in the week in between.

Modern day technology has enabled the Bayside U3A Writers Group to communicate with fellow members, share creativity, and be inspired to continue working with the written word during this challenging time of physical isolation.

Cheryl Threadgold, Bayside U3A Writers Group Convenor

Crime Night Book Club

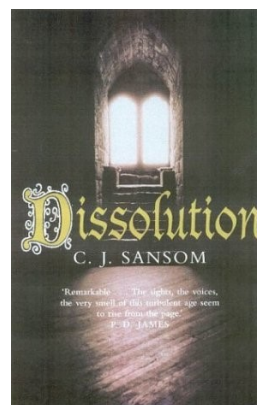
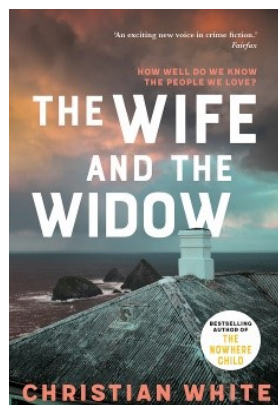
Our March meeting was a WhatsApp Chat with 10 of our members registering to take part. The book for the month was ***The Wife and the Widow*** by Christian White.

Set against the backdrop of an eerie island town in the dead of winter, ***The Wife and the Widow*** is a mystery/thriller told from two perspectives: Kate, a widow whose grief is compounded by what she learns about her dead husband's secret life; and Abby, an island local whose world is turned upside down when she's forced to confront the evidence that her husband is a murderer. But nothing on this island is quite as it seems, and only when these women come together can they discover the whole story about the men in their lives.

Many of the members enjoyed the book and were surprised by the twist at the end.

We moved on from the book discussion and shared notes on what we have been doing to amuse ourselves at home - wine tasting, painting window frames, watching TV, very little, cross-stitch, catching up with friends on the phone. It was a fun way to keep in touch and hope that more of our group will join us for our April book discussion on ***Dissolution*** by CJ Sansom. We will consider using Zoom for this meeting.

Tony Aplin



Thursday Current Affairs

Our group has continued through the current trying times.

Each week we have always had a regular email to members. At the moment we are having a 'virtual class' each Thursday consisting of references to YouTube talks. We have had many 'guest' presenters including Bill Gates warning some 5 years ago of the danger to mankind of just this, the current epidemic.

We had an expert group from the Doherty Institute discussing the crisis and Dr Irminne Van Dyken explain the medical nature of the corona virus as well as Alana Shaikh, a global health expert, talk to us. Natan Shiransky dropped by to talk about isolation and give some advice on how to cope.

This week we are ready to have a Zoom meeting. It will be most exciting and interesting to have everyone together again.

Life must go on until we meet again in the passing parade. All at Bayside U3A are doing a great job from comments I get.

Congratulations to all. Be well.

Ralph Levy



Japan and the Japanese

I am now working on a weekly online program including text and visuals. I apologise for being a bit late with my contribution. I've had a small health problem and had to defer work for a while. All is well now and I should be ready to start next week.

Alina Skoutarides

Japanese Post-Beginners

The inaugural Zoom meeting class was held on Wednesday 8th April. 12 people out of 14 participated. We had some teething problems at the start - some people not getting sound or picture, but on the whole it went well.

I had opened the 'New Email' on my Outlook and shared the screen when I typed Japanese/English sentences. This way the members didn't have to copy as they would normally and could concentrate on speaking and listening. I'm sure they will miss this feature when we go back to 'normal' class!. After the class I emailed to them - easy!

Separating the meeting into 2 sessions worked well. We finished the first meeting, had a coffee/tea break, then reassembled 15 minutes later. Very civilised.

Ritsuko Greenwood

たんど (Vocabulary)

きんえんせき non-smoking seats
 おすすめ recommendation
 みほん sample
 オーダー order
 からい spicy
 にく (おにく) meat
 メニュー menu
 〇〇ぬき without 〇〇
 たまご、なまたまご egg, raw egg
 マイルド mild
 ソフトドリンク soft drinks
 ビール beer
 にほんしゅ Japanese Sake

Painting and Drawing

Thanks to Min Zhu and Verona Pirani (course tutor) for the wonderful artwork below.

Drawings by Min Zhu:



Acrylic by Verona Pirani - Verona usually paints botanical watercolours and found it fun to dabble for the first time in years with her acrylics



Baytone Singers in Our Isolation Bubble

We are missing our weekly choir practices enormously as we enjoy singing and learning new songs. As we are also a very keen social group we are maintaining an email thread and sharing stories relating our ways of 'filling in the time' and it seems every one is very enterprising! We are sharing video links to music, ballet, opera performances from the plethora on offer which are being followed by many – a time to sit back, relax and enjoy.

We are forming a WhatsApp Baytone Singers Group so we can socially chat, and send text, video and photo messages to group members. This will be fun and also educational giving the group opportunity to watch professional performances including choirs. Group members have the opportunity to share their favourite music also. We may even have some individual solos!

We can enjoy being in 'isolation bubbles' and still learn and have fun!

Jill Page, Tutor and Conductor



OLDER WOMEN AND MEN

WHO SAYS WE'VE LOST OUR MARBLES?

Precisely when do you become an “older woman” or an “older man”? This is a good question. Does it depend on your physical, mental or spiritual state, or all three?

I came to the conclusion it is how others perceive you, rather than how you see yourself that determines your age. However, others, by their actions, reflect back to you that you belong to another generation.

The first time I can ever remember thinking about growing old was during my training in aged health about thirty years ago. I had a placement in Aged Psychiatry at Frankston Hospital. Part of that training was paying a visit to the psychiatric ward. The advice given to me was that older women were obsessed with their “bowels”, and sure enough it was true.

With that experience tucked under my belt I vowed and declared I would never, ever mention the “B” word again, if that was the standard by which “older women” were measured. I would never allow myself to qualify as an “older woman” in that category.

So I put the idea of my own age behind me. Nobody hinted when I reached 70 and continued to work that I was showing any signs of aging. Your age, at this point, is usually only known to your Doctor and mine didn't question my mental capacity, as she only dealt with bones, muscles and blood pressure, all of which seemed to be holding together quite well. So lucky me, the question of age didn't rear its ugly head and I didn't think about it. But this brings us to the mental or cognitive aspect of this vexing topic and maybe it is a little more disturbing.

You may or may not know about the Government Aged Assessment Scheme. If you have cheerfully ignored your age to this point, you are in for a shock. Who wants to struggle through the task of counting backwards from 100 by sevens or remembering our last three prime ministers when we've had a least six in the last ten years. If the Government hasn't done enough to remind us, both men and women that we are over the hill, there is our family.

At times I hear the phrase: I'm having a “senior's moment”, which is another way of ignoring the march of time. A little while ago I had coffee with a friend. In the course of our conversation and because she was a smart woman, I asked her if she would consider going back to work. No, she was quick to reply. “I'd make mistakes, I'm not a quick thinker anymore and I certainly don't want people to know I've lost some of my skills”. Maybe she was more prepared to face reality than I was. However, reality was forced upon my husband and myself not long ago.

One night during a peaceful family meal our daughter sprung on Geoff, my husband and I the seemingly innocent question “have you thought about downsizing yet?” “Well no, not yet”, we gasped. Are we old enough to worry about such an onerous task”, we later mused. However, it did remind us to face the task of clearing out our memories – the children's toys, the text books, old and outdated now, but which contained the basis of our professions and clothes which reminded us of the excitement of weddings and other special occasions. Then there were the faded photos which were our family's history. Nobody lets you know you will grieve for the past and how hard it is to dispose of.

Of course, at this time in life and having been prompted by family and the government that we are part of the aging population, the question of our last resting place began to occupy our thoughts. We needed to make a decision. Where would it be? We decided Cheltenham Cemetery would be quite handy and they were advertising, conveniently for us, small pieces of land for sale. We arrived at the cemetery reception desk saying we would like to make a booking, but were not sure of the date! Hopefully not too soon. The Estate Agent (cemetery official) took the request with good humour and we now have two small pieces of real estate in a lovely garden which we frequently pass and admire. So our spiritual needs are met, we will be in a “heavenly” garden at Cheltenham Cemetery.

For the most part, it would seem it is others who decide when we become an older woman or man and do the worrying for us. They are not backward, however, in letting you know the unwelcome news. I guess we should be pleased and grateful that we have a family, the government and the Almighty who care for older persons.

But, for now, with our false teeth, hearing aids, glasses, diabetes and our arthritic knees we are off for our daily walk full of optimism - “Fitbits” strapped to our wrists. Shouldn't we always live in the moment being as young as we feel, especially as most of our physical, mental and spiritual aspects are being taken care of by someone else.

In the end it's not the years in your life that count,
It's the life in your years.

(Attributed to Abraham Lincoln)

Armchair Travel

There are lots of websites where you can enjoy exploring the world in front of your computer or ipad.

Some that I have heard about are:

<https://explore.org/livecams>

<https://www.earthcam.com/>

<https://www.metopera.org/nightly-opera-stream/>

Email to baysideu3a@gmail.com if you find other interesting links for sharing with our members.

Tony Aplin

Scrabble Group

The Scrabble Group are in games with each other, family and friends on line, as well as playing manually with partners/family.

I have a couple of photos from first term, which I have included below.

Paula Raeburn



Balance and Bones

I am trying to set up Zoom classes for Tuesday and Friday participants. This will mean that they many will have a chance to do the program twice a week. I will be starting the classes at 9 am on both days. It will make me get out of bed too! It's taking me a while to enter all the email addresses into my contact list but I will be ready to start the classes soon.

Helene Redding

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 18th 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 - attention Newsletter Editor.