

Bayside U3A

UNIVERSITY OF THE THIRD AGE

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CLOSED

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Bayside U3A Facebook group - members only. 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.

NEWSLETTER

Special Edition No. 11

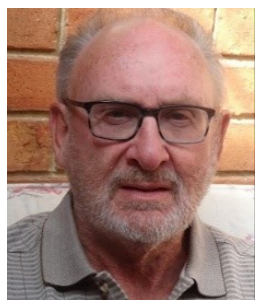
August 2020



[Coronavirus Notice:](#)

[Bayside U3A Closed until further notice](#)

FROM THE PRESIDENT:



Dear Members

We've certainly had lots of time to think over the past months. And one of the biggest questions we all should have asked ourselves is 'what are our social obligations?'. Yes, sorry, I'm going to have a little bit of a rant – it's not cathartic but it's at least a little relieving for me, so you will just have to bear with me – or stop reading. I used to curse at 'pathetic' drivers (eg the ones who were asleep at the wheel in peak hour traffic) – it helped me by venting my frustration. Thank goodness I no longer have to be involved in or worry about getting to work.

But COVID-19, despite some conspiracy theorists, IS definitely with us and will be for some time. Whatever the causes I believe we have to do what the Public Health experts tell us must be done – wash hands, social distance, wear masks – and stay at home. Personally I think more emphasis should have been placed on the last item and the message should be 'stay at home unless you MUST go out'. ie The things we can do (the four reasons) should only be used/done if we really must – the much stated, but perhaps not enough, objective is 'limit movement outside your house'.

Logically it's the safest way so as not to have the minutest chance of contracting or passing on the virus. In my view our personal responsibility is not to take advantage of the maximums we're 'allowed' to do – shop every day, exercise away from home for an hour every day, but to stay at home as much as we can. We seem to have an awful lot (by observation and from media) of gamers, chancers, 'its/I'm only', avoiders of personal responsibility to do the most/best we can, not the least - not to 'get away' with it.

So please, please do the very best you can so we can get through this in the shortest possible time. Please try to be happy (eg join more Zoom classes and get-togethers), stay safe, stay well, stay at home.

Tony Aplin

Caring for our Members

If you become aware of anyone who attends your class, who is sick, has a death in the family or perhaps celebrates a milestone birthday, please email Sandra Groves on grovesx2@bigpond.com

The COM of Bayside U3A are keen to keep across the welfare of members and as such, are supportive of a card being sent to those people to show their support.

Course News - Sue Steele

Looking Ahead

It's been a topsy turvy year for our U3A activities and the outlook for 2021 is unclear. Perhaps we'll be fortunate enough to be completely back to normal class activities; we might need a mixture of face-to-face and online activities because of social distancing limits. In the worst-case we might need to continue indoor classes online for some time while meeting up for outdoor activities. I don't know. I doubt anyone does.

Whatever the outcome, it's already time to plan our 2021 program and we'll need to be flexible. This is a first call for proposed activities for 2021. Please consider how you might be able to contribute your time/knowledge as a tutor or class convener. All of us have a lifetime of experience to draw on and maybe that experience, knowledge and passion can be turned into a U3A activity. This could be your chance.

If you are interested, let us know by emailing baysideu3a@gmail.com and we'll be in touch pronto.

NEW STYLE CONVERSATION HOSTING!!

The first trial of conversation sessions was a great success. Many members dropped in to meet new and old friends. We're extending the trial for few more weeks PLUS hosting a new **HAPPY HOUR ON-LINE** every **Friday evening from 5.00 pm**. Everyone in the U3A is invited and can come along simply by registering at baysideu3a@gmail.com HURRY ... we'd like to see you. Come with a friend or partner or come on your own and meet others for a COVID-free, light-relief 'chatto'!

Once registered you'll receive a Zoom link and instructions to join. Easy Peasy!! We'll be dividing attendees into smaller conversation groups and there'll be mix and match just like in real life. Committee members will host and organise the sessions and drop in on the groups to help grease the wheels.

Make a note in your diaries:

FRIDAY NIGHT HAPPY HOUR -- 5:00pm -- 6:30pm

Your hosts for Happy Hour are Tony Aplin, Stephen Le Page, David Hone and Carol Sieker

Lyn Windsor	Mondays 10:30am --Morning Coffee and Chat
Tony Aplin	Tuesdays 3:30pm -- Afternoon Tea and Chat
Carol Sieker	Thursdays 10:00am --Morning Tea and Chat
David Hone	Thursdays 4:00pm --Afternoon Tea and Chat

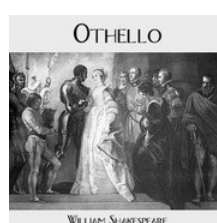
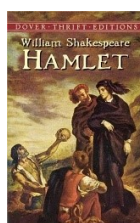
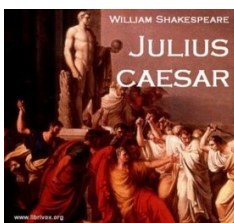


Register now with Chris on baysideu3a@gmail.com for any of these events. Zoom invitations and instructions will be sent in ample time.

Shakespeare Reading & Discussion - Peter Summons (Tutor)

Our Shakespeare Reading Class continues to meet each Monday at 2:00pm via Zoom. We have successfully read the Shakespearean plays of 'Julius Caesar', 'Hamlet', 'Othello' and 'A Midsummer Night's Dream' in our sessions. Our class is steadily growing in number as members become more familiar with using the Zoom App technology.

I am currently preparing a list of famous Shakespearean quotations which we will use as a class quiz to provide variation to our reading and discussion of the plays.



Intermediate French - Jane Olsen (Tutor)

Attendance on Zoom at Thursday's intermediate French class (previously held at Beaumaris) has been excellent. The group is still enjoying their weekly class with tutor Jane Olsen as can be seen in this photo, where participants were giving a talk in French about a hat or scarf that held special significance for them. It made for a fascinating class and discussion.

Courage à tous nos amis - nous continuons malgré la pandémie!

Judy Bissland



Creative Conversations - Sandra Groves (Tutor)

Lynette Taylor has, over the past few years, made some pretty impressive handbags and totes. Here's a picture of her latest one:

Susan Mc Carthy designed and made this little dog's coat for her neighbours dog:



Susan Maxwell made this floor quilt for her new granddaughter April Rose. As well as patching it together, Sue has hand quilted and then crocheted around the edges to give a lovely finish to the quilt:

Sandra Groves has just finished this quilt for her niece in Queensland:



Lawn Bowls (Beginners and Intermediary) - Rob Coulson (Tutor)

Just because we cannot get on the green at the moment does not mean that the subscribers to Lawn Bowls cannot develop their interest in the sport. In fact it comes as little surprise that, from our record number of attendees in this our seventh year, we had a high percentage that have continued their interest through thick and (mostly) thin.

One way to satisfy that curiosity is to enjoy some of the exciting replays of matches. Take a look at this five-minute 'end' of bowls played in January this year—possibly the best end I have seen <https://youtu.be/T7Yp-ZSpPfc>

Subscribers have received regular emails including coaching tips and exciting matches from the past, and they can get access to sources for etiquette and laws

With the weather on the improve and perhaps some 'light at the end of the tunnel', these subscribers are champing at the bit to get back on the greens to try out their new-found talent. And this year's group has talent in abundance.

And when we do come back, Lawn Bowls is one sport that has the minimum of personal contact

See you at the end of the tunnel!



Thanks to Judith Vennell (Yoga Instructor) for the below:

For Joy: to Lift the Spirits



If you're a fan of Sixties Music, tune in to 'Stay Awhile' presented by Judith on Mondays 11:00am to 12:00noon on 88.3 Southern FM radio. Each week you will hear cool retro music, plus info and anecdotes of the era. We've now reached 1966 (Yeah Baby!). Tune in for upcoming Specials on Dusty Springfield, The Supremes, The Mamas & the Papas, Simon Garfunkel and more. Be there – or be Square!

Radio On Demand means the show stays available via the website for a week after going to air.

To access simply go to the website: southernfm.com.au

On the home page choose 'Program Guide' from the menu bar

You will see every show in date order. For 'Stay Awhile' scroll down to Monday 11am.

Simply select that.

For Peace: to Calm the Mind

Begin to consciously choose to silence your mind throughout the day. See these periods as 'time out'. The more frequently you practise, the more you will feel the benefits of being calm, less stressed and in control. There is no time requirement for these periods of silence. It is simply a joyous invitation to experience stillness. After a short while you will begin to naturally seek out these times. Here is one example...



The Check-in Breath Meditation

Sit comfortably with your back supported. Rest with your hands palms up. Close your eyes. Bring your attention to the breath. Begin to observe your breath. Breath in softly, a small breath through the nose, and then release a nice long exhalation, either through the nose or as a long sigh through the mouth. Feel the tension releasing from the upper body, the facial muscles softening. Practise simply being with the breath like this for a while.

Relax your shoulders outwards and downwards. Keep your attention inward by observing the breath.

If a thought enters the mind, acknowledge it then release it on the next exhalation; let no thoughts disturb you.

Continuously allow your attention to rest with the breath, paying attention to the pauses. Eventually you will come to a place of silence and stillness in the mind. When you are ready to bring your mind to the present moment, allow that to be a conscious choice.

Thank you to Vivienne Player for sending this poem, written by Philippa Atkin:



IN THE TIME OF QUIET

No one's told the daffodils about the pause to Spring
And no one's told the birds to roost and asked them not to sing
No one's asked the lazy bee to cease his bumbling round
And no one's stopped the bright green shoots emerging through the ground
No one's told the sap to rest, deep within the wood
And stop the sleepy trees from waking, wreathed about in bud
No one's told the sky to douse its brightest shades of blue
And stop the scudding clouds from puffing headlong into view
No one's asked the lambs to still the springs beneath their feet,
To stop their rapid rush and quell each joyful bleat
No one's told the stream to halt its gurgle or its flow
And warned the playful breezes, not to gust and blow
No one's asked the raindrops not to fall upon the earth
And fail to quench the soil in the season of rebirth
No one's locked the sun down, or dimmed the shimmer of the moon
And even in the darkest night, the stars are still immune
Remember what you value, remember who is dear
Close the doors to danger and keep your family near
In the quiet all around us take the time to sit and stare
And wonder at the glory unfurling everywhere
Look towards the future, after the ordeal
And keep faith in Mother Nature's power and will to heal

Balance and Bones - Helene Redding (Tutor)

- Reduces and stabilizes blood sugar levels
- Decreases risk of Osteoporosis
- Decreases blood pressure
- Improves Balance
- Helps arthritis and low back pain
- Increases metabolic rate and thus helps with weight management
- Improves stamina and endurance
- Improves depression
- Improves abilities to manage ADL's
- Improves outcomes post surgery or injury
- New research demonstrates it strengthens the immune system

Helene is offering online sessions on Tuesday and Friday mornings at 9am. Please email baysideu3a@gmail.com if you wish to attend.

Wednesday Tai Chi Class - Eleonora Vlachos (Tutor)

Life quote from Tai Chi class:

'Better to do one thing 1000 times perfectly, than to do 1000 things poorly'



Painting for Pleasure - Verona Pirani (Tutor)

Verona has been busy painting again. The Magnolia and Daphne look beautiful in our Bayside gardens.



Sculpture Group - Roy Bird (Tutor)

The sculpture group has continued to work from home. Our latest creations are below.



Dried seed in a vase by Carol



Concrete Fountain by Carol



Emmeline Pankhurst in Concrete by Roy



Abstract Wire and Plaster on Limestone by Marion

Apologies from the editor for not including the below in full in the last edition:

The Wanderers – Vicki Cowling

The Wanderers, *Peredvizhniki*, or Itinerants, was the name of Russia's first independent artistic society, formed in 1870. They were known formally as The Society for Traveling Exhibitions and aimed to create art that presented contemporary life in Russia, and to present their art outside the capitals, to the people in the countryside.

The sociocultural conflicts in Russia in the 1860's, including the liberation of serfs, and industrial changes, radicalised younger intellectuals. A group of students at the Russian Imperial Academy of Arts refused to participate in a painting competition because they felt the subject was irrelevant to contemporary Russian life. They created their own exhibitions, as a way of creating an income so their painting careers could continue.

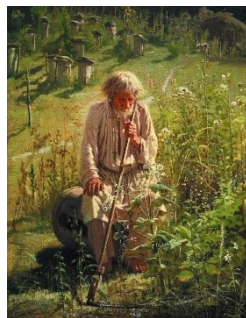
Their works became synonymous with dissident sentiments, as they depicted the harsh lives of the peasantry, and the fate of political activists, but their canvases also reflected humanity and pride in nationalistic themes such as Russian myth and legend.



Ilya Repin, *Barge Haulers on the Volga* (1870-73), Oil, State Russian Museum, St. Petersburg

Ilya Repin's depiction of barge haulers portrayed inhumane working conditions. Photos of actual barge haulers, men and women, taken in the 1900's can be seen on Wikipedia.

Paintings of the Russian landscape were appreciated, as the countryside was important to the national identity. Depictions of forests, moonlight, and birds and animals celebrated the diversity of the Russian empire.



Ivan Kramskoy, *The Bee-keeper* (1872), Oil. The State Tretyakov Gallery, Moscow.

Although landscape paintings were popular, critics demanded that they include social commentary. Isaak Levitan responded by painting *Vladimirka Road*, a peaceful and benign scene, but it was recognised by Russians as the road to Siberia - prisoners were marched along this road to exile.



Isaak Ilyich Levitan, *Vladimirka Road*, 1892, Oil. The State Tretyakov Gallery, Moscow.

The Wanderers made a fundamental contribution to Russian national culture through establishing a Russian school of art, where previously there was none. However, creative and ideological differences within the group, and the Russian revolution of 1917 saw The Wanderers fade into obscurity.

References

Jackson, David, *The Wanderers and critical realism in nineteenth-century Russian painting* (2006). Manchester University Press: Manchester.

Harkness, Kristen, M., *An Introduction to The Peredvizhniki (The Wanderers)* in Smarthistory, August 9, 2015.

<https://smarthistory.org/>

Thank you to Carole Holding for sharing recipes and her artwork with us

Thought I'd share a couple of soup recipes that are delicious and good for the cold weather. Since lockdown I have had more time to experiment with cooking and more importantly, my art, of which I will share with you below. Looking forward to eventually starting again at the Brighton Court House for painting..... but when!

Pumpkin Soup:

This recipe for pumpkin soup is delicious, have just made it. Try it out

- One pumpkin cut into pieces
- 1 litre of good quality vegetable stock
- One onion and the white part of a leek
- One bay leaf
- A pinch of cumin
- Half teaspoon of nutmeg
- Half to one tablespoon of maple syrup (if you want)
- Quarter cup of cream (if you want)



Cut pumpkin into pieces, cut onion into small pieces and cut leek, put in saucepan and bring to the boil. While cooking add bay leaf, cumin and nutmeg. Cook for about half an hour or until pumpkin is very soft. Taste. I then added the maple syrup which added a slightly sweeter taste (this is optional). You then mash the soup with a stick blender. This can be messy so tip soup into a deep sided bowl. Let cool a little then add the cream (optional, however it adds flavour). Serve with ciabatta rolls with butter or what you want. Et Fini.

Lettuce and Pea Soup

- 1 clove of garlic
- 1 Iceberg lettuce
- 1 onion
- One cup of frozen peas
- 2 cups of chicken stock (vegetable if you are a vegetarian)
- 20 grams butter
- Sprinkling of salt, pepper and sugar
- A dollop of gorgonzola cheese (optional)
- A sprinkling of dill

Melt butter, onion and garlic and cook for three or four minutes. Add chopped lettuce, peas and stock, bring to boil. And cook 10 minutes. Add salt, pepper and sugar with gorgonzola and stir till cheese dissolves. Use a stick blender and blend till smooth. Add dill when cool and a dollop of cream or crème fraîche. Voila!

I used only half the lettuce and onion for a smaller amount. If cooking for more than two follow the above recipe. This is served with sourdough bread or ciabatta toasted with any cheese you like.



Writers Group - Cheryl Threadgold (Tutor)

The word of the month was 'Harmony'.

Harmony by Sandra Stirling

The sun streamed through the Town Hall windows, creating a sheen on the wooden panelling around the interior. Closing her eyes, she listened to Dvorak's Trio No 4 for Violin, Cello and Piano. How glorious it was - all instruments in perfect harmony with the other. Recent graduates of the School of Music, she was in awe of the study required to achieve this level of perfection and performance.

As a young girl, her parents had encouraged her to learn the piano, along with her brother and sister, but with little patience for scales and no apparent talent, she took up tennis instead, at which she did show promise. However, there had always been music in the home, either on the wireless or around the piano, with her brother playing. Even her father, with his bass 'Pom-de-Pom-Pom' would often join in. She remembered with a smile, the warmth and happiness of these family sing-alongs.

She glanced at her friend, Ruth, who had invited her to today's concert. They had been to school together and now in their seventies, they were grateful that the friendship had endured. Ruth's husband was not a great lover of music, so she had happily accepted the invitation to attend in his place. Ruth smiled at her, "They're wonderful, aren't they?" She nodded in agreement. "We sponsor the violinist", she continued. "So we'll be able to chat to her afterwards".

The performance over, the violinist applauded, Ruth's suggestion of coffee and cake was happily agreed to. Together the two friends dodged traffic, laughing as they made their way under a clear blue sky, to a favourite cafe across the road from the imposing Town Hall and the music that had made their spirits soar.

Harmony Haikus by Gwen McCallum

- 1) In the park today
a wattle tree a blue gum
this is harmony.
- 2) Soft early sunrise
spreading harmony abroad
all is well today.

Harmony Haikus by Juliet Charles

- 1) Flowing amber sweet
Molten nectar of honey
Warm gold harmony
- 2) A new song to sing
All trilling in harmony
A joy that awaits
- 3) Sea – grey blue and still
My heart surges joyously
Enriching my walk

Harmony by Sue Hardiman

Shopping for an outfit for a wedding, I suddenly realise that fashion does not cater for me. I am mid-70s, 46 kgs, five foot tall and unless I want to turn up in a hipster skirt eight inches long, shoes that make me walk like Zodo the Clown, and a top that makes my bosom look more like deflating balloons, fashion does not care about me. What a dreary wardrobe I have kept – outfits that Zodo the Clown would NOT wear, shoes that are now going in the Op Shop bag accompanied by skirts.

And suddenly I get a fashion idea – have that skirt shortened, buy a pair of navy leggings, polish up a pair of navy FLAT shoes, that lovely shirt I had forgotten about, beads around the neck, I am ready for the wedding.

A few days before the wedding I decide to have a dress rehearsal – the outfit looks lovely and I look very girlie. Now the final bit – the shoes. Beautiful Paragon shoes, purchased some 25 years ago but rarely worn. The colour fits the outfit but it is always wise to wear shoes for an hour or so before outings. Oh – what has happened? The shoes fit perfectly but something odd happens. The heels disintegrate. An urgent trip to Southland and no shop stocks shoes for small adult feet, so into the kids' department. Yes, Size 12 will do the trick and home for another dress rehearsal.

I made a mental note that if I get invited to another wedding, I will have my outfit ready – so long as I remember where I have stored it!

The phone rang. In the background I could hear a small group of singers practising their harmony for this important occasion, and the mother of the bride in tears telling me that because of this virus the wedding would now not take place. At least the singers enjoyed practicing their harmony.

Poetry by Margaret Boyes-Pringle

Margaret's fourth poem is about the village in Norfolk where she was born. In Margaret's words: "To me its floating world is an enduring metaphor for harmony."

Harmony

Rake combs stones,
Pattern smooths the earth;
Garden rests.

Harmony

Black swans on a lake;
Their reflections loose their chains
In the twilight hour

Disharmony

Passion tumble-
washes lovers in
vast machines

Holme

Named by the Norse word for island
our village lies low, before the marsh and the sea.

Standing on the brow of the hill on old Peddars Way,
Ringstead woods and the chalk pit at my back,
I look down and see the tower of St Mary's church
ensconced amidst roofs and trees.
All's at peace there.
Nearby, the Bronze Age Henge still sleeps silently
beneath the waves.

Romans have walked this linear path with me,
Patrolled the earth, dropped a ring with a glass
jewel deeper than its sea's blue.
Iceni sprinkled coins and blood,
Husbanding Saxons left fish traps on the beach.
Domesday recorded us...

The medium of the mind's eye spans the years
and the body registers their loss.
Across sixty years, across the world,
I see that resting place of generations
who worked the soil, went to war, returned ...

The sanctuary of the past, the Burton graves.

I'm strolling down our hill now; the wind is soft and
the light, a mauve close-of-day benediction.



Living through a pandemic by Norah Dempster

The grass is still growing
the trees stretching their limbs
somewhere an orchid
unfolds its creamy petals

closer to home
buds have appeared
on the dwarf peach tree
that lives on the balcony

in this present
nothing is different
the proper time is understood
there is harmony

not understanding
tired relentless humans
push and fret but
just for now
we must learn to wait
to find our moment too.



Coronavirus by Sheila Ward



Down the long tunnel there once was a light
That promised our darkness would soon become bright
But our people did wrong and ignored the health orders
That led to our State being closed by all borders.
We must keep social distancing and all wear our masks
When venturing outdoors to do daily tasks
No more meeting together in nice friendly bunches
No more gathering for drinkies and often long lunches.

We must try to be busy to keep gloom away
While trying so hard not to size overweigh
From the cooking and baking and making things yummy
That go down just nicely inside our small tummy.
The garden is blooming and so are the weeds
But the days have been kind for attending the needs
Of the vegies, the flowers, the birds and the possums
Who delight in the munching of our lovely blossoms.

We all have a voice, a pen and a 'phone
So let's contact those we know are alone
To let them know we are thinking of them
And that in our crown of friendship, they are a gem.
Keeping in touch is very important to all
And a long email is great and so is a call
But a letter that comes in the post box one day
Is thoughtful, exciting, and seems to say
I love you.

MUSIC, MUSIC, MUSIC..... - Jill Page Baytone Singers

Sadly Baytone Singers are still unable to practice. We miss singing and seeing each other very much. Choirs are in an unfortunate position due to COVID-19, social distancing rules and like everyone, Stage 4 restrictions. However we are having fun sharing emails and videos with members. Not only do we share our love of singing and music, but also magic, animals, the environment and a variety of all sorts. We have different tastes and are learning much about each other as class time is taken up with practice and instruction.

We are finding it challenging in the performing arts industry but being a creative lot, there are now many opportunities to present performance virtually.

I would like to share the story behind one performing arts organisation, Eisteddfod by the Bay, formerly the Mordialloc Eisteddfod, who have been offering an annual eisteddfod for 65 years run by volunteers. We accepted the challenge and are offering our five sections virtually. I am keen to give the young singers, musicians and actors an opportunity to perform as there is nothing much else offering and unfortunately most eisteddfodau have had to cancel. It has been a most reassuring, enjoyable and rewarding journey for everyone. The competitors are so grateful as this is giving them all a chance to perform, to receive a professional adjudicator's critique and something to work towards.

The only section we were forced to cancel was the Choral Festival due to restrictions and group numbers. All other sections are proceeding using Zoom. Already the Speech and Drama Section and the Junior Vocal Section have taken place most successfully to the delight of us all. The Senior Vocal adult section will be run on Saturday 29th and Sunday 30th August with sixty seven performances. These young adults, many of whom are doing their Masters at university, are simply hungry for a chance to perform, a necessity as part of their studies.

The Pianoforte section will take place in September and is attracting many entrants also.

I am humbled by the comments of gratitude that we have received from competitors, Eisteddfod by the Bay partners and sponsors.

Eisteddfod by the Bay is not a class of Bayside U3A, but as tutor and conductor of Baytone Singers, I wanted to share a good news community and performing arts story. There are many exciting and new opportunities to follow, giving a chance to learn new skills.

Thanks to Judi Steele for her contribution to this newsletter:

MASKING UP (or not)

The Compliers

Bob and Jane went walking strictly by the book
Sixty minutes every day was all the time they took
Faces covered, Bob in black, Jane in mask of white
Stepping smartly side by side, quite a fetching sight.

The Fashionista

Down at number 24 Dawn agonised a bit
Which mask to wear today? Checking each one fit
Not for Dawn dull black or white, no let's cut a dash
Perhaps the red? Maybe not, it wouldn't do to clash.

The Rebel

At number six Ralph coughed a bit, gave the dog a pat
Took his keys and wallet, oops don't forget the hat.
Ignoring whispered comments he carried out each task
"Look Mum, that old man over there, he hasn't got a mask!"

COVID Cop

Ralph casually strolled round Meat and Veg
Choosing mince, nah not toilet paper.
Bob angrily spying his maskless face, cried
"Mate! What's your blood caper!?"



The Mob

"Masks! Masks! Please sir wear a mask
We're all in this together mate
Is it really too much to ask?"

The Rebel

Ralph staggered home with blackened eye
Pulled curtains, doused the lights
His shopping scattered in the dirt
"What about my human rights!"

The Fashionista

Dawn's dreams were all of masks that night
Maybe satin, a touch of lace ...
She snuggled into the pillow, a smile upon her face
But to her dreams came an angry chant
She kept waking with a start.

"Masks! Masks! Please mate wear a mask
We're all in this together, it's not much to bloomin' ask."

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.

We have been producing a newsletter every 2 weeks since the beginning of April and will probably move to monthly newsletters post the current lockdown until face-to-face classes recommence.

Any contributions, feedback or ideas for future newsletters will be gratefully received. Entries for the next edition will close midday Wednesday 9th September.

Please email to baysideu3a@gmail.com - attention Newsletter Editor.



You are all doing a wonderful job and I always look forward to the next edition! During this lockdown and apart from polishing my ball and chain and cooking up a storm, I have been writing some poetry and I attach my latest which you may wish to include.

Keep Safe.

Sheila Ward

You are doing a wonderful job in producing the Newsletter every couple of weeks.

Verona Pirani

Member Feedback

Thank you so much for organising Rod Quantock's presentation last night. He remains one of our favourites and it was lovely to see him again. We have fond memories of his performances at Trades Hall and we did see his 50th anniversary show in 2018.

Marg and Ross Brown

I am so happy to be part of the Zoom classes run by Helene several mornings a week.

Without these classes the days would be so much longer. I had often tried to enrol in her classes but they were always full. I hope you will be able to keep the system going well into the future. Thank you all for what you are doing to keep us safe in mind and body

Gilda Griffiths.

A big thanks to Patsy Morrison, who continues to work hard to create interesting and engaging online French lessons. Merci beaucoup, Patsy.

Louise McInerney.



Cyber Security

U3A Network forwarded the below from the Department of Health and Human Service's Cyber Security Management Team about phone scams attempting to steal protected information.



To avoid falling prey to such attacks, it is important to have a basic understanding of how information is stored and protected. The department provides the following general guidance:

1. 'Don't share your password with anyone else' really does mean that - legitimate information protection measures do not require you to provide your password in order to operate
2. Requests to remotely access your computer and/or perform software downloads on it should only be granted if they are expected

Please also be aware that random SMS messages seeking action that contain malicious links are also still in circulation.

Community Program

Luke Donovan, Partnerships Officer with Roads Safety Victoria has requested we share the below with our members:

I am currently involved in a community program that may be of interest to some of your members, who are looking to get more out of life. It's called L2P and it helps people stay socially connected and involved in their local community, so I thought it might benefit U3A members. The program is first and foremost a road safety one, for learner drivers who don't have access to driving lessons. This is where your members step in, they would be the licensed adult who supervises the learner as they practice. The program is particularly brilliant for mature people, as they act in the role of mentor, they gain wonderful connections with the young learner drivers and feel a real sense of purpose. A couple of key points.

They don't need to use their own car, they just need to:

- *Hold a Working With Children card/ or be willing to apply for one*
- *Be able to commit approximately 1-2 hours per week*
- *Hold a current full driver's licence*
- *Be willing to undergo a driver history check and police check*

It really is a brilliant program for social health of all involved. If you feel that this might suit your members, please let me know and I'll work with you to try and involve them. I look forward to hearing from you.

Please email to baysideu3a@gmail.com if you are interested in being involved with this.

YOU ARE INVITED

Bayside City Council has invited our members to a special FREE Webinar about healthy living hosted by Bayside City Council and presented by **Stay in Touch**. This on-line presentation with live demonstrations will help you make informed decisions about your health and assist you achieve a healthier lifestyle.

In this session you will learn:

- All about My Health record, Medicare and MyGov to help you manage your information;
- Some of the popular healthy living applications and websites that are available such as security around installing applications and using websites; and
- Free government funded on-line education websites to continue your learning at your own pace from home.

This is a 'virtual classroom' using Zoom meetings. You can participate from the comfort of your own home on your own device (all devices are suitable). For those that are new to Zoom meetings do not worry. After registering you will receive detailed step by step instructions on how to join a Zoom meeting. **Stay in Touch** will open the meeting one hour prior to registrations to assist anyone that needs help joining.

Date Thursday 3rd September
Time 10.00am – 12.00pm



Enquiries **Stay in Touch** on 9596 4547 or email bookings@stayintouch.net.au

Booking: <https://us02web.zoom.us/join/register/tZEsd2orDsJHN2ebUTvZYbJWoChisZFXGaF>