

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: <u>baysideu3a@gmail.com</u> Web: <u>baysideu3a.org</u>

<u>Bayside U3A Facebook group</u> - 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. 12 September 2020



Coronavirus Notice:

Bayside U3A Closed until further notice

FROM THE PRESIDENT:



Dear Members

I've finally realised why I'm here – no not 'on this planet' but here writing this <u>blog</u> – that's what it is, it seems. Well I feel just like '800 Words' – I could be Eric and living in Weld – remember the TV series? Just wait until I get my surfboard – no, never surfed unfortunately. So much for fantasy. In times like this we all need good dreams. I was particularly taken by this from the Sunday Life (Age) quoted by Jo Stanley: "Deeds cannot dream what dreams can do" (EE Cummings). In these times of little opportunity for deeds, and less reason to get up in the morning (all praise to you early morning walkers and exercisers) clearly we need to keep

our thoughts positive. Apparently sticking to a routine, including making the bed in the morning, all helps and I seem to have drifted into that. Shower, get the paper, make breakfast, cup of tea, check the emails, water our new lawn etc., pedal my 'bike on a stand'. All very mundane – and then check my calendar for 'what's on' – usually a Zoom session or two – and there is always a U3A paper to work on! Bit boring, yes, even the daily COVID announcements. But I think keeping it simple also helps, dreaming of when we'll be through this and planning 2021!

If you need to add something to your routine please join one or more of our Zoom classes. Many can take extra people, just ask. You can also join one of our chat sessions – try the Friday night (5pm) happy hour! If you're keen to do something more, particularly when restrictions ease, then, we are somewhat desperate for members to assist our Grants subcommittee and our Marketing and Events subcommittee (including a leader to Chair this group). You don't have to be a Committee member to volunteer but we can appoint you if you'd like. Don't hang back if you think you can help as planning is needed now. Please email or call the office and we will be in contact.

Best wishes

Tony Aplin



Bayside City Council will be providing 5 free x 1 hour 'Getting Started' technology classes as part of their participation in Seniors Festival week.

Registration is necessary and can be done through their website here https://www.bayside.vic.gov.au/bayside-seniors-festival-2020

Course News - Sue Steele

As I write the sun is shining and I can see Rainbow Lorikeets frolicking in a neighbour's tree. Small things brighten my day. Other things making me happy at the moment are the forty-five tutors who are already offering more than seventy U3A activities for 2021. Our volunteers' generosity always amazes me. I suspect a significant number of classes will need to remain online in early 2021. If you are interested in offering a U3A activity but feel your online teaching skills may be a little lacking we can help you master the nuances of Zoom in one-on-one sessions.

If you are at a loose end why not take another look through our list of <u>courses that are still running during the</u> COVID lockdown. You might find a new interest or two, or meet some new friends.

If you can think of new outdoor activities for 2021 please get in contact with us. Perhaps you are interested in leading a group for outdoor exercises or walking, cycling, tai chi for example.

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 5.00pm. Everyone in Bayside U3A is invited and can come along simply by registering at baysideu3a@gmail.com - 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
Sue Steele Thursdays 3:00pm - 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.

Newsletter Statistics

It is great to see how many of our members are reading the online newsletters.

Please remember to email to

baysideu3@gmail.com

if you have anything you would like us to include in future editions.

Copy for our next edition is due by Wednesday 23rd September.

Spring is here - feel free to send us interesting photos you take on your one hour (soon to be 2 hours!) of exercise.

Edition	Page Views	Email notifications	Date
number 1	1164	1533	9-April
number 2	1193	1533	27-April
number 3	1576	1794	10-May
number 4	1415	1537	24-May
number 5	1421	1542	7-Jun
number 6	1342	1544	22-June
number 7	1370	1547	4-Jul
number 8	1432	1552	18-Jul
number 9	1365	1556	2-Aug
number 10	1313	1559	16-Aug
number 11	1204	1562	30-Aug

Advance notice. Tony Georgeson will be offering a new course in 2021.

'Financial Fiascos and Felonious Fellows'.

The introduction to Session #3 is:

Scot John Law. The Saviour of France?

It was April 1694. The place was Bloomsbury Square in London.

A tavern was noisy and the air full of drunken shouts, oaths and curses.

Bloomsbury was a more affluent part of London and you were unlikely to meet pickpockets and be accosted by beggars and prostitutes, although all of London in 1694 had, at best, a thin veneer hiding the seedy, criminal, unruly mob from the genteel Upper Classes.

Indeed, the Earl of Southampton had established the Square as part of his garden estate in the late 1600's to make his London home more bearable.

Two young men staggered out of the tavern.

Clearly they were angry with each other.

A woman was the source of the dispute.

One, Edward Wilson, was about to meet his maker.

The other, John Law, was about to start new chapters in his life that some say would make him the most important politician in Europe in that he would bring a remarkable transformation to France.

A transformation that eventually brought much financial misery and social upheaval.

John Law immediately drew his sword. Wilson did not stand a chance and was killed by a quick thrust......



Bayside U3A Community Hour

Remember to tune in to 88.3 FM (Southern FM) on the 4th Tuesday of the month between 3pm and 4pm. The next program is on the 22nd September. Pauline O'Brien will be chatting to Sue Steele who will be keeping us up to date with what's happening at Bayside U3A.



Sculpture Group - Roy Bird (Tutor)

The sculpture group has continued to work from home. Three examples of our recent work are a wooden sculpture carved from solid Huon Pine, a bust of a young male in solid plaster from a clay sculpture and a plaque of the Chinese goddess Kwan Yin..



Mobius made from Huon Pine
By Colin



Solid plaster cast from a clay original by Roy

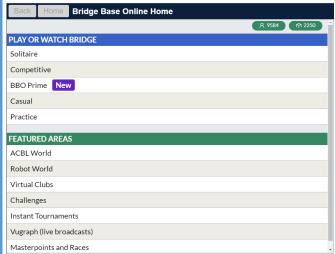


Work in progress Kwan Yin Chinese goddess Clay relief by Tanya

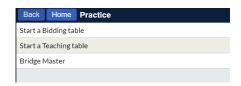
Bridge Online

Bayside U3A is not in a position to offer bridge online at the moment but Bridge Base Online comes highly recommended for those interested in playing online or practicing online.

Sign up for free at https://www.bridgebase.com/



If you play casually as opposed to entering a tournament, you can set up a table if you have 4 names or you can just join a table and find a partner from anywhere around the world who happens to be playing at the same time.



Bridge Master is a series of instructional deals designed to improve your declarer play. If you take the correct line of play, you make the contract. Otherwise, the program will defeat it. A "Show solution" button is available to explain the correct line of play.



Intermediate French - Anna Wonneberger (Tutor)

DITES-LE AVEC DES FLEURS!



ET EN POESIE AVEC PAUL ELUARD!

(express yourself with flowers & in poetry with Paul Eluard)

Our lovely participants of the Monday Intermediate French class that I facilitate weekly via Zoom wish to express their support to everybody connected through our great U3A network, sharing their <u>smiles</u> (in French: <u>SOURIRES</u>) expressed with flowers, The idea of a flower lover, who started to share positive messages written with camelias, on her front lawn.

So, we wish to share simple, inspiring words by Paul Eluard (considered the best surrealist poet)-along with our 'sourires'. Anne





Dans Paris



Dans Paris il y a une rue

Dans cette rue il y a une maison;

Dans cette maison il y a un escalier;

Dans cet escalier il y a une chambre;

Dans cette chambre il y a une table;

Sur cette table il y a un tapis;

Sur ce tapis il y a une cage;

Dans cette cage il y a un nid;

Dans ce nid il y a un œuf,

L'oiseau renversa l'œuf;
L'œuf renversa le nid;
Le nid renversa la cage;
La cage renversa le tapis;
Le tapis renversa la table;
La table renversa la chambre;
La chambre renversa l'escalier;
L'escalier renversa la maison;
La maison renversa la rue;
La rue renversa la ville de Paris.

Dans cet oeufil y a un oiseau.







Paul Éluard

tp://alecoledesglobetrotteuses.eklablog.com

Dans (Paris) Cette rue Une chambre Un tapis Un oeuf

Renverser

in (Paris) this street a room a rug an egg

to knock over/down

II y a Une maison Une table Une cage Un oiseau La ville de Paris there is a house a table a cage a bird

the city of Paris

Une rue Un escalier Sur cette table Un nid L'oiseau

SOURIRE

a street stairs on this table a nest the bird

a smile, to smile

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 Vennell on Mondays 11am to 12noon - on 88.3 Southern FM radio. Each week you will hear cool retro music, plus info, anecdotes ... and a quiz.



We're getting to the end of 1966 (Yeah Baby!). Tune in for upcoming Specials on The Supremes, Dusty Springfield, The Hollies, The Beatles, The Rolling Stones, 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. So either tune in on Monday morning or... To access Radio On Demand:

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.

Homework: Search for and play Bob Marley's 'Three Little Birds'. Play it first thing in the morning **before** listening to the News. Or... better still play it **instead** of the News.

Move to the music, sing along, encourage others to join in. Feel the joy!

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 practice, 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 calm. After a short while you will begin to naturally seek out these times. Here is one example...



Meditation to silence the mind

Sit or lie in a quiet place with no external distractions.

Close your eyes and bring your attention to your breath. Inhale effortlessly.

Recite mentally "I am breathing in... I am breathing out... no thoughts shall disturb me."

If a thought pops into your mind, simply delete it. Do not engage with it, and bring your attention immediately back to the breath: I am breathing in... and I am breathing out.

Silence is natural, like an inner smile. Stay with your breath. Allow your Self to sink into the silence and stillness.

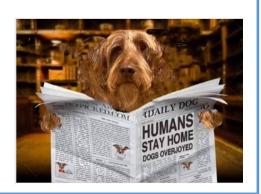
This strategy is always available to you... simply observe the breath... like a beloved acquaintance...

Enjoy the sense of calm. Namaste

Bayside U3A Members Facebook Group

Please join the <u>Bayside U3A facebook group</u> and share your stories, tips, ideas, knowledge, jokes, photos etc. It is a private group, so what you post is only visible to the other members of the group.

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.



Writers Group - Cheryl Threadgold (Tutor)

These pieces continue with the word of the month - 'Harmony'.



Harmony by Helen Graham

What's in a name, you might well ask. Everything, if you live in my family.

Mother and Father lived the strict religious life. No drinking, swearing, gambling or carousing. Grace before meals, prayers every night, Bible reading after tea and church every Sunday. Children were God's blessing and an economic necessity. More children - more helpers around the farm and in the house.

Eight of us, four boys and four girls.

'Truly blessed', my grandmother would say, 'four pigeon pairs; the family name will live on'.

So important to continue the family name, sons to inherit the farm. The land, selected in 1840, a silent witness to the changing generations. The powerful farm which could make or break us, the arbiter of our family's wellbeing. Grandfather was mightily pleased when Mother and Father called their firstborn, Edward, after him. My other brothers, William, Albert and Daniel bestowed names which honoured their uncles. So, the boys became Ted, Bill, Bert and Dan Smith; occupation - farmers.

But choosing their daughters' names was different. No female family member to be recognised by their choices; rather a sign of their devoutness. So Faith, Hope, Charity and, for me, Harmony were chosen.

Did Mother and Father really understand how they were condemning their daughters' lives?

Each one was expected to live up to their name. So, Faith always acted so piously; well, most of the time. She could be a right cow when she thought no adult was looking. Hope felt she should always have an optimistic outlook on life, even though at night, she would wake up with the screaming terrors as her anxiety rose to the surface. Charity, on the other hand, seemed to relish doing good works for everyone. She was Father's favourite and positively glowed when he would tell everyone at church on Sunday, what a kind and helpful girl she was. Just don't ask her to share her pencils or anything else, for that matter.

I, the middle child, was forever being caught up in the fights between the boys and the secret grumblings of my sisters. How could I keep the peace when the boys teased we girls, so? Mother always expected me to keep the peace and refused to hear of any tales being told. How I longed to scream and yell at my siblings and perhaps give them a clip or two.

If only I hadn't been called Harmony.

Everyone was shocked when I eloped with an atheist. It caused much disharmony within my family.

Even more so, when I named my daughters Joy, Gaye and Merrie.

Celebrating the Royal Melbourne Show Online this September!



The Royal Agricultural Society of Victoria (RASV) is keeping the spirit of the Royal Melbourne Show alive with the 'Celebrating the Show Online' campaign from 19th-29th September.

'Celebrating the Show Online' will be on the Royal Melbourne Show social media and website and will feature themed days, profiles of farmers and agricultural experts, live farm-cam, videos, competitions, memorable moments from past Shows and more.

With the exciting 11-day program of events to be released in the next two weeks, stay tuned for more information to be published on the Royal Melbourne Show <u>Facebook</u>, <u>Instagram</u> and <u>website</u>.

Harmony by Cheryl Day

The mornings blow bitterly cold and the rain drops fingers of ice.

Windows and doors are shut tight against the blasts of cold air.

Blinds and shutters are opened cautiously by cold reddened hands.

People emerge warily-still anxious, even fearful, they regard the world outside, sighing with trepidation.

The adults stamp their feet and blow into their hands.

The motors of cars quiver and groan before bursting into life.

Children slide and squeal on wet, slippery footpaths.

A large black crow screeches its tuneless, discordant note into the chilly air.

The clouds hang black and ominous heralding even more rain, or maybe sleet to come. It might even snow.

But on the fence the Jasmine grows thickly and the tiny slivers of new grass that peek through the lawn are lush and green.

Look closely at the sparse and scraggly trees, and you can observe that even while they bend in the wind, there can be detected the faintest blush of pink on the end of some branches.

A leaf unfurls and catches a faint glimmer of sunlight in its dew spotted tip.

All around are subtle indicators that the cold harshness of winter is about to succumb to the voluptuous harmony of spring.

Harmony by Ilse Zipfel

It's my old garden chair I lugged around from garden parties to sometimes wintry beachside fascination: I see curious reflection-marvels showing up in raw-shaped ocean surprises unlike Galatea's shiny bounties

My garden chair is now positioned between heart-shaped glossy leaves where first blossoms appeared – a velvety bouquet in pinks

I cherish this versatile wooden seat now showing aged white paint flaking its striped blue and yellow linen paling

Between the hedge leaning on the fence I see some open-faced yellow blaze: Camellia euphlebia from Vietnam is entwined between her kind protected from wintry chills

Evenings swift songbirds glide over fences nestling close-by

Heady beginnings for new seasons between today's lines need courage in poetic expression in refreshing and vibrant telling



Creative Conversations - Sandra Groves (Tutor)

95 Years old, Mary Danckert has been a long time resident of the Bayside area, having moved from Holbrook as a child to Brighton and then to Beaumaris where her husband Michael was principal at the local school. Mary has travelled wide and far, starting her travels to the UK as a young 22 year old, where she worked as a nurse. The love of travel has continued throughout her life with one favourite journey finding her in the Galapagos Islands.

She is also a keen gardener. Her garden is a sea of colour most seasons of the year and while she is not up to weeding and planting now, she is still able to supervise her family doing it for her!!.

Mary is also a very skilled needleworker, excelling in embroidery, patchwork, quilting and crochet. Mary has only recently completed the quilt she is shown with here. The quilt has been hand pieced. It is one of many that Mary has completed over the years.



Mary's sharing of her knowledge and ideas makes her a well respected and loved member of the Creative Conversations group.

Recipes

Thanks to Sally Mort for this recipe:

Here's a great and very easy bread recipe. I had never made bread before, and I was surprised how tasty it was! It keeps well too.

Beer Bread (also called 1, 2, 3 Bread)

Ingredients:

- 1 Can Beer (preferably light)
- 2 cups self-raising flour
- 3 tablespoons sugar

Mix well. Put in greased pan and bake at $190\mathrm{C}$ for 30 to 45 minutes. Tap to see if done, or use skewer which should come out clean.

- *You can substitute soda water for the beer or flavoured soda water if you like.
- **Spruce it up a bit. I added some mixed herbs and grated cheese. When it was done, I sprinkled more grated cheese on the hot loaf. You can add whatever you like bacon bits, garlic, whatever!



National Library of Australia

Ellis Rowan (1848–1922) is one of Australia's most celebrated artists. When she was almost 70 years old, she had the opportunity to fulfil a long-held desire to spend time painting professionally in New Guinea. There, she created numerous pictures of the region's Birds of Paradise (*Paradisaeidae*) and wildflowers. With the assistance of Indigenous Papuan people, she was able to paint most of the 42 species of Birds of Paradise, before







completing some works from specimens back in Australia.

Birds of Paradise - Ellis Rowan in New Guinea was curated by Dr Grace Blakeley-Carroll. Watch the Online Tour - Coming Soon https://www.nla.gov.au/content/birds-of-paradise-ellis-rowan-in-new-guinea

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. We had planned for this to be the last of the fortnightly newsletters with the end of Stage 4 lockdown. However we will now continue these and 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 23rd September.

Member Feedback

A personal big thank you for providing so many wonderful opportunities to learn and to stay connected during the pandemic. It is extremely helpful and enjoyable to belong to Helene's Balance and Bones and flexibility exercise classes - something I couldn't do in real time as the classes were always full. I also look forward to Domenica's classes, Current Affairs and The Hermitage sessions. In addition I am quite hooked on your regular and interesting Newsletters. Finally, I really agree with the President's words about focussing on the reason and meaning of the lockdown - to minimise community contact. I found his message heartening and hope it reaches the right ears.

Leonie Felder

Thought I'd drop a line and say thank you for keeping the Bayside U3A community connected with your regular newsletters. I recognise there's a tremendous effort goes into publishing them and it's great to see all the contributions from so many of the classes and groups. It's a credit to the team.

Sandra Miles

Thanks again for the great newsletter, lots of interesting information and articles. Agree that Helene's Balance and Bones and Flexibility classes are a great help in getting through the lockdown. Social and health benefits for all who join in. David Hone's History classes are wonderful. Thanks to all.

Cynthia Parsons

How fantastic this newsletter is. The adversity of the COVID lockdown has shown the true resilience and importance of U3A. Who would have thought we would be doing all these classes online, and also have so many social occasions to choose from. Well done all at Bayside U3A.

Trish Smyth

Thank you for all your hard work on the newsletter. I'll be sure to try the pumpkin soup and I'll try the Southern FM Radio. It sounds fun. It's also good to know there are Happy Hours to get together with others. I'm very busy with trying to get up to date with all the technology to teach my TAFE unit so I won't sign up now but I know many people are on their own and am glad they have a place they can Zoom to.

Joy Vandoske

Firstly can I just say thank you to all committee and newsletter production members. It is imperative that the local community stays in touch - you're doing a great job, thank you. I only joined U3A this year and attended long enough to realise how amazing this is for a local community. I had just volunteered to help in someway for term 2....and look what happened. However there are many people extending their classes on Zoom which is amazing. I see Anna at Tai Chi and some of the class every Tuesday. Lovely Di ran an abstract class in acrylics and continues to help via email. iPad also continued on Zoom and many more that I do not attend....yet.

Sylvia Ring



New Online Course on Memory Strategies for Older Adults: OPTIMISE

If you . . .

- Are 60 years of age or older
- Think your memory is worse than it was 10 years ago
- Do not have a diagnosis of dementia, neurological conditions, or a current psychiatric disorder



Christian Carls, Forum Seniorenarbeit NRW, Düsseldorf (permission granted), Wikipedia in Senioren-Internetcafes - 003. CC BY-SA 3.0

. . . then OPTIMiSE might be for you.

OPTIMISE

An innovative **online** memory course for older adults, providing a **personalised** approach, and practical strategies that have **immediate application** to daily life.





- Free online 6-module course (approx. 2 hours per module) completed within an 8-week period.
- Online questionnaires before and after the course, regarding personal memory goals, memory ability, knowledge, and contentment.
- A follow up booster module 3 months after course completion.

If you are interested in participating in OPTIMiSE, we invite you to complete a short questionnaire to see if you are eligible. Please go to: optimise.mooc.utas.edu.au

For any enquiries about OPTIMiSE, please contact the Project Coordinator, Carl Moller at: optimise@latrobe.edu.au

OPTIMISE is a collaboration between researchers from La Trobe University, the University of Tasmania, and the University of Melbourne.

This research has been approved by the La Trobe University Human Ethics Committee, Reference No. HEC20025