

Bayside U3A

UNIVERSITY OF THE THIRD AGE

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CLOSED

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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

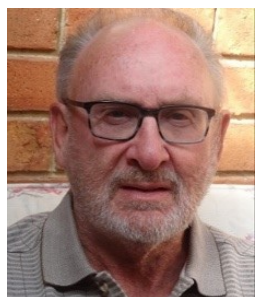
Special Edition No. 13



[Coronavirus Notice:](#)

[Bayside U3A Closed until further notice](#)

FROM THE PRESIDENT:



Dear Members

The trick to 'doing' a blog, I think, is to find something topical and interesting to talk/report about. I guess you can comment on things that are happening outside (our home) that we know about only through the media. Not necessarily the 'main thing' that's happening because everyone should know about that. Something of personal experience? Well besides heaps of Zoom experiences – classes or 'chats' which are interesting and stimulating but either too personal or 'insider' / family-like OR the many U3A meetings – including our U3A, the Network, Regional U3A and 'combined Regions', probably boring to those not involved.

For example the highlight of work I'm undertaking for BU3A and Network currently is developing our Privacy Impact Assessment report – how we look after the privacy of your personal information (our assessment is that we do it well) and the most exciting thing we've done is have our cloud data moved from Japan (because we're in the Asia-Pacific region) back to Australia (Sydney – close enough?) WOW!

But personally I am reading a lot! I've had a copy of Thomas Kenneally's 'The Great Shame' for some time – its 600 pages plus, so needs a 'time space' (we've got that!) and/or real commitment to get into it. From the cover blurb I knew it was (somewhat) about the 1840s famine in Ireland – but 'the great shame' actually refers to the horrendous population decrease that Ireland suffered in the 19th Century from the famine and forced involuntary or voluntary, often under duress, emigration.

But it's much more than that – there's only so much you can say about millions starving to death, especially when the public record is so sparse (famine deaths largely weren't even recorded!). The story covers what is passed down from letters of individuals (eg those transported to Australia for minor or 'political' crimes) and particularly the Young Ireland 'revolutionaries' who were exiled to Tasmania, and escaped or were 'pardoned' and went to America and their subsequent lives and contributions there. This morphed into the American Civil War and I learnt a number of things about American slavery. For instance there was a large body of opinion that American slaves were far better off because at least they weren't in the hands of Arabian slavers (seemed to be thought of as the only other alternative?) and they had been 'saved' (made 'Christian').

Well, that was another instance of an era and circumstances where a lot of people were so devastatingly worse off than we are now or ever will be. This is very hard for those who are in Aged Care or have lost jobs, particularly if they are not eligible Jobkeeper or Jobseeker, but for the rest of us – some anxiety, frustration and boredom? We will get through this, especially if we all exercise strong personal responsibility and absolutely do the 'right thing'. I am concerned that many do not! or whinge about it. Keep well, keep safe and happy.

Have a look at the article from The Age "Venting will not help you ..." included on page 9.

Tony Aplin

Course News - Sue Steele

Invite your friends to join Bayside U3A

Now's the time to tell your friends about us and invite them to join. From now on, new membership will cover until the end of 2021. They can enrol in current Zoom classes now and later enrol in 2021 classes for a single annual fee (\$50 for full members, \$90 for couples and \$30 for associate members).

Please do not share links for Zoom classes with your friends. If they are interested in participating in these classes they need to be a Bayside U3A member. They are able to enrol online at <https://baysideu3a.org/bayside-signup/>

2021 course and enrolment planning

We're well advanced in our planning for 2021 courses and our enrolment period later this year. So far we have about 120 activities locked in. Many can run on Zoom, if required. This will give us more flexibility around how we organise indoor activities.

The upcoming enrolment period has to be mainly online, supplemented by postal enrolment for members who can't use the online enrolment system. We expect the new enrolment period will open in the second week of November and run for about three weeks, as usual.

Newly listed classes for term 4

We've just listed a brand new Zoom class:

Statistics – by stories – the other side of probability Course 20171 10am Mondays from 5th October

Take a look at Coronavirus and statistics, Bell curve failures, John Snow and cholera outbreaks in the 1850s, among other things. Improve your understanding of statistical concepts.

And on a positive note, we're very hopeful that our outdoor classes will return some time in Term 4, subject to some COVID restrictions. When they do, we'll have another new activity:

Walking at Karkarook Park (Warrigal Road near Bunnings)

Course 20172 10am Tuesdays

Enjoy a fortnightly walk around the park and lake. Participants may choose to walk all or part of the way depending on their fitness. Walks range from 2km to about 6km. Great for nature lovers. .



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 **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 chat.

Committee members will host and organise the sessions.

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

Investigating the Beatles Through Their Lyrics - Bob Mason (Tutor)

We have spent 1.5 hours each week for the previous 5 months and have just completed the first 2 series of discussions. Our first series covered the Beatles' earliest songs, their Decca audition and the first EMI LP 'Please Please Me'. The second series covered the 3 huge singles and second LP 'With The Beatles'. This marks the end of the Lennon-McCartney partnership.



Series 3 covers the LP 'A Hard Day's Night' plus those parts of the LP 'Beatles For Sale' that preceded their US tour of August 1964 (Australia is in this time period, although the tours are not our focus, we will doubtless be sharing some fond memories). The key focus of this round is the reasons behind the end of Lennon and McCartney as a songwriting partnership, at least as much as is evident in their songs of the period (this is confirmed in Series 4).

We are using an historical method - examining the songs in the light of the Beatles' statements about them, evaluating the statements rather than merely 'going with them' which is what every Beatles book tends to do. The Beatles make for a fascinating study in the reliability of sources, given that what they said about their songs was fashioned in an environment of ego and conflict, with a view to establishing a personal rather than group legacy, many years after the songs were written.

We start series 3 with 'Can't Buy Me Love', 'You Can't Do That' and 'One And One Is Two' on Friday 25th September at 1pm. We will be in Paris - it's January 1964. We are using Zoom to connect. If you wish to join, please contact our friendly Bayside U3A coordinators.

Cryptic Crosswords - Sally Baker (Tutor)

The Cryptic Cracker group continues to meet once a week to share their joys and sorrows about the Cryptic Crossword puzzles in the Age. At our latest meeting, 24th September, we were challenged to make some change or addition to our appearance to entertain each other. See below for the amazing, even startling, results. The further challenge is to either have a go at David Astle's puzzle on Friday, or to appear even more outrageous next meeting. Exercising brain and creative muscles.



Thursday Current Affairs Discussion Group - Ralph Levy (Tutor)

The group continues to meet every Thursday afternoon via the magic of Zoom, with mightily robust yet respectful discussion.

We recently hosted as our guest, Doug Turek from Melbourne Wealth Advisory and Management firm, Professional Wealth. Doug was a former senior adviser with the Boston Consulting Group and is well known for his work with ABC Radio and the Eureka Report. Focus for the afternoon was on 'What Investing might be like beyond COVID?' with particular reference to his recent opinion piece in The Weekend Australian newspaper...a most interesting afternoon's discussion, as always.

Writers Group - Cheryl Threadgold (Tutor)

Our Word of the Month is 'Copper'

Washing Day at the Hardimans by Sue Hardiman

'Dad, can I go to the pictures with the girls from school?'

'I don't think it is a good time to ask your mother, the washing prop broke just after she had hung the washing out and it would not be wise to go near her.'

'Where is she?' I asked.

'In the laundry running the washing through the copper again.'



When Mum came out of the laundry carrying a full laundry basket Dad suggested I should hang the washing out for her. Normally this would be greeted with a smile, but not today. The laundry basket was thrust at me and off she stormed. So I carefully put the washing on the line, and with great care propped the line up and stood for a few minutes hoping that it would stay put.

Some time later I saw Mum at the line re-hanging the washing and asked, 'What's wrong with it?'. 'You know the rules' she snapped, 'Socks by the toe, towels together, shirts by the tail not the shoulder and did you wash the line before you hung the washing out? No, you didn't'. I was about to say I knew she had washed the line when I saw the look of horror on Dad's face.

Some days later, a washing machine was delivered to the Hardiman household and a Hills Hoist was cemented into the middle of our backyard. Mum gave me strict instructions not to think about using the new machine and in the background we could hear peals of laughter coming from Dad. From that day forth, washing day at the Hardiman household was a pleasure. Well, a pleasure for Mum.

Metal of Cyprus by Margaret Boyes-Pringle

This month's topic of Copper with its elasticity of meaning stumped me initially. I turned to Wiki and read about the etymology of the word, about Cyprus and the cult of Aphrodite, and earlier incarnations: Inana (Sumerians) and Ishtar (Phoenicians). Furthermore, watching 'A Greek Odyssey' with Dr Bethany Hughes gave a contemporary female gaze on that landscape and history, while Amal Alamuddin's wedding still burns the brain because of the feeding frenzy of the paparazzi.

Pulling a copper sheet from the pink gold hues of morning skies
And draping it around her form
Young Aphrodite sets foot on Cyprus
Newly born.

The waiting paparazzi sizzle and frenzy:
cameras flash, voices bellow, mouths leer,
their rhetoric a skein of tongues licking its own vomit:

*Naked? Was that wise? Arriving on water? Original!
No shell this time? Like in the painting, you know...
Why are you back? Isn't this all a bit déjà-vu? A bit sad? ...*

Dabbling her toes in her father's foam
The Goddess languidly drowns them in a rainbow spray.
Thick liquid drenches clothes and hair,
camera lenses are filmed over and humans' glasses fog and cloud.
Sound booms turn soggy and heavy in an instant
and mouths, opened to protest, are quickly shut.

Wiser eyes watch as, dressing then in the cloths and motifs of the seasons,
the great Creatrix ... Inana, Ishtar, Aphrodite, treads in slow circle,
lifts her eyes to the land and her people;
motions the crops in the fields to ripen,
the animals to grow their young,
and the birds to sing in a cacophony
of raucous, joyous notes.

Life continues its diurnal round.

Later generations will find the little huddle of forgotten figures on the shore,
calcified forever in their shells of verdigris, and crate them off to museums.

U3A Car Treasure Hunt - Ian Lacey (Leader)

Many of you will remember that the U3A Car Treasure Hunt was organised for 22nd March - just after the start of the first lockdown and start of the COVID restrictions. Obviously, it cannot occur at present and the weather may be too hot to run it over summer. So, I'll plan it again for approximately March 2021 - the route is still there, just out of reach! Hoping that we are back to a form of normal by that time that will allow it to run. I'll ask everyone to re-nominate their entry nearer the time.

So, delayed until 2021, but not forgotten.



French for Advanced Beginners - Patsy Morrison (Tutor)

Please enjoy this poem from Russell Evans, presented in class recently, along with a cryptic English translation.

Mon amour est un papillon sauvage et libre
Elle recueille le nectar de toutes les fleurs
Sa couleur irisée est très belle
Pourquoi cherche-t-elle l'amour ailleurs
Quand elle seule est le désir de mon cœur

My love is a butterfly, wild and free
She gathers nectar from all the flowers
Her iridescent color is very beautiful
Why does she look for love elsewhere
When she alone is my heart's desire



Sculpture Group - Roy Bird (Tutor)



During the week Janice completed her Chinese Goddess while I struggled with a bust of one of my grandsons.

It is the end of **Term 3**, and time to think about **Term 4**. Unfortunately, we will not have any official U3A face-to-face meetings in Term 4, so more working from home and sharing via email. I am hopeful that we can hold an end of the year outdoor picnic lunch.

To add interest to Term 4 we hope to have some themes or challenges.

Bridge - Tony Georgeson

All of our lives have been changed by this pandemic. But we are fortunate that Bayside U3A has been a window into the perspectives of others and helped keep us all calm....even though it is a time of major change.



The pandemic has transformed the world of Bridge and adapting to the changes was necessary to prevent *Bridge Deprivation Syndrome* developing in those whom I describe, tongue in cheek, as the most 'calm' of all U3A members.... the Bridge enthusiasts.

There is no doubt that the social aspect of meeting friends in pleasant Bridge venues in Bayside was a valued part of our weekly lives. It was possible to play each day of the week and most nights. In addition to the Bayside U3A Bridge classes, Bayside is well endowed with well run, affable and pleasant Clubs. Jan and Peter's big Club over many venues in Bayside, Terry and his friends at Beaumaris, George and Boris at spacious premises in Dendy and Jeff at Gardenvale. Plus Community Centres such as Sandy and Castlefield held Bridge sessions. Of course the Golf Clubs had regular sessions, plus the many convivial private gatherings, which made Bridge a healthy anchor for the weekly lives of many, many people.

So it all stopped in March 2020.

Then the transformation took place. Bridge went 'online'. It actually had already been thriving on a web site known as Bridge Base Online (BBO). The close down in March meant that Bridge players took to BBO with increasing enthusiasm.

A rumour was that Bill Gates and Warren Buffett, who are Bridge enthusiasts, gave support to BBO? If true the moral support they gave to BBO has been greatly appreciated. There was now a serious interpersonal vacuum to be filled for people Worldwide and BBO needed more IT resources to handle it. These were acquired quickly, it seems.

Suddenly online, new but different friendships were possible because players were in contact with others all over the world, not just Bayside and Melbourne. People with differing skills and Bridge experiences. Tournaments were started online and it was remarkable how quickly people accepted that they had to learn how to log on, navigate their way around the pages so they could make bids in the usual manner and then bliss of bliss, play the cards. We learned how to 'chat' also! Their iPads, tablets, laptops and smart phones became even more beneficial. Then the Bridge Clubs, The Victorian Bridge Association and the Australian Bridge Federation took the initiative to 'Australianise' online Bridge. It has succeeded.

We have to acknowledge though that not all can gain easy access to such online facilities, nor have the desire to substitute the internet for real human contact during this enforced isolation. I was a reluctant newcomer. I had to be dragged to BBO. I already spent so much time in front of my PC that the thought of more internet time did not excite but then I realised something. For me the alternative was not attractive. No Bridge at all!

Bridge as it was, could well have now gone for some time. Think about it. We sat at small tables, handled the same cards and being human, coughed and sneezed when a 'bug' was spreading. Possible health issues may require permanent change in future when we get back together.

A good number of Clubs from around the world also realised this and went online. Once I noticed 40,000 people logged on and playing Bridge on BBO. Some Bayside Clubs moved their contact with their friends and members online. We found ourselves playing against people from the rest of Australia, South America, the USA and Canada, plus Asia and Europe. The most 'exotic' person I met was from Andorra. He suggested that we all should visit one day and play Bridge. My response was we would be delighted once the virus is under control....the airlines were flying...and our government lets us leave the country.

So as with the Bayside U3A and it's great uptake of Zoom, for Bridge players the week now involves regular online Bridge games. The world has certainly changed. But lets hope it changes back....

Intermediate Italian - Domenica Tarquinio (Tutor)

We have tried to remain positive in the Intermediate Italian class, focusing on the good side of life during lockdown. We've covered topics like food (see photo of cannoli, a favourite!) and travel.

We have celebrated birthdays and other happy events like the birth of grandchildren.

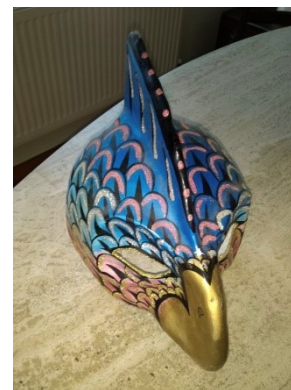
We are getting used to looking like a slightly older Italian version of the 'Brady Bunch'!

We start each lesson sharing a few thoughts on a set topic. Last week our topic was 'What does Italy mean for you?' I was so impressed and moved by what the students contributed. One highlight was Jacqueline's beautiful prop, a lovely Venetian mask! (See photo)

Molto bravi tutti!

For now we have to make do with armchair travel, or as Michel called it 'viaggio in poltrona'!

Buone 'vacanze'! See you in October!



Recipes

Thanks to Judith Vennell (Yoga Teacher) for this delicious and healthy recipe, guaranteed to give you a pick-me-up.

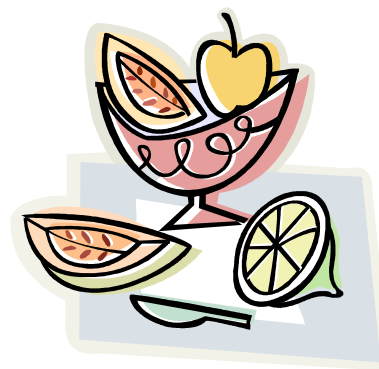
Bircher-Benner Muesli

Muesli was originally predominantly a fruit dish with a cereal base. It is considered to be a complete dish – containing all the nutrition the body requires and the perfect way to start the day.

This is the original recipe that was created in the 1920's and served at the famous Bircher-Benner Health Clinic in Zurich, Switzerland. The recipe has been varied by chefs over the years. This is the original and the best.

Ingredients

1 – 2 tablespoons raw rolled oats
Boiling water
Green cooking apple – unpeeled and grated
1 dessertspoon honey
1 dessertspoon lemon juice
2 tablespoons natural plain yoghurt
Chopped almonds – or any raw nuts



Method

Place oats in bowl and cover with boiling water – ensure water is higher than oats to allow for absorption
Leave to soak overnight, covered
Next morning, add honey and mix well
Add grated apple, squeeze lemon juice over and combine
Next add yoghurt & chopped nuts and fold through

Serve immediately

Mr Koola Koala's Dilemma

By Helen Graham

Once upon a time, in Lockdown #3, these pages echoed with the plaintive plea to you who believed, begging you to offer up positive thoughts and prayers for St Kilda to win the 2021 AFL Premiership. This plea was made on behalf of Mr Koola Koala, the well known bin night fashionista of Hampton, when it appeared that there would be no AFL games played in season 2020. Concerns were raised on how he could possibly bear it.

Well, dear readers, a miracle happened. Prayers and entreaties to the Universe have been answered. Not only did the AFL find a way to continue the competition, but, as I write this, St Kilda have made it to the 2020 finals. Much jubilation from Mr Koola Koala who, like so many of us, was resigned to having a football free winter.

You may remember too, that the good life and my overzealous clothes washing had caused a sad wardrobe malfunction for Mr Koola, resulting in a slight problem of too little fabric trying to cover too much fur. The terrible news is that Mr Koola Koala is now suffering from Pandemicus Overeatingus, a dreadful offshoot from Coronavirus. Apparently, it is far more insidious than the virus itself, as it is difficult to control and once afflicted the victim is affected for the entire length of lockdown. It is widespread (pardon my pun) in the Greater Melbourne and Mitchell Shire stage 4 lockdown areas and highly contagious. The only known cure is to keep one's mouth firmly closed and maintain strict social distancing if one finds oneself within close proximity to any food source. It appears it thrives on unhealthy snack foods and alcohol, and particularly targets those of weak willpower.

The result is that Mr Koola Koala can't fit into his St Kilda supporter's outfit. He is bereft now he has realised that there is not enough time to recover from this dreadful affliction in time to appear on the St Kilda Supporters ZOOM page. Nor can he appear in our street on our bin night. What a conundrum. Does he hope St Kilda gets beaten in the 2020 finals, which would give Mr Koola Koala time to remedy his fashionista and physical dilemma in time for the 2021 season? Or does he cobble together some red, black and white, slightly more comfortable clothes with no St Kilda logo, put his nose in the air and pretend that he is setting a new trend and barrack his heart out for the premiership drought to be broken in 2020?

What would you do?



Venting will not help you cope better with lockdown, but laughter will
The Age Saturday 19th September 2020 by Wendy Tuohy

Public rants have been a feature of lockdown life, especially in Victoria, but they do not help people cope with pandemic restrictions or boost mental health.

"Venting" - several spectacular examples of which have trended during Australia's pandemic - is one of several coping strategies that have been found to have a negative influence on mental health, according to a Monash University study.

Rather than helping, a good rant contributed to worse mental health.

"Normally it's good to have a vent but in our study we found it was associated with higher stress levels," said Associate Professor Caroline Gurvich, Deputy Director of the Monash Alfred Psychiatry Research Centre.

Professor Gurvich, an author of the paper about to be published by *The International Journal of Social Psychiatry*, said negative thinking generally wasn't helpful.

"The survey found if you are thinking negative thoughts such as 'this is terrible, it's never going to end, things are never going to be the same', it has a negative impact on mental health," she said.

Self-blame for job loss or other pandemic-related adversity was also "ineffective" as a coping strategy, but accepting the situation and trying to reframe your thinking to focus on what you could still do boosted mental health.

The national survey found women's mental health had been hit harder than men's during COVID-19.

More than one-third (35 per cent) of females and 19 per cent of males reported severe levels of depression and 27 per cent of females and 10 per cent of males reported moderate to severe stress levels.

Twenty-one per cent of females and nine per cent of males reported moderate to severe levels of anxiety.

Almost half of respondents were experiencing at least one symptom of PTSD and 17 per cent of females and 14 per cent of males had suicidal thoughts

Professor Gurvich said three coping strategies that boosted mental health were "positive reframing", acceptance and humour.

"If you can rephrase it, 'I can still see my family [those you live with] or work from home', trying to look at the positives and the way you're thinking is something we can recommend," she said.

She said "laughter - finding something to have a good giggle at", even if it was a light-hearted meme sending up the situation, was also found to be useful.

Professor Gurvich said not everyone was struggling during isolation, and some people are "doing quite well".

"There is a range of mental health responses, some are finding it very difficult for many reasons.

"Loneliness and uncertainty that we don't know what the future holds are drivers," she said.

The *Covid 19 and Mental Health* survey has been tracking the mental health of 1500 Australians since April 3rd, and will report every two months for the next two years to include the recovery.



Bayside Seniors Festival

Bayside City Council proudly presents the 17th year of the Bayside Seniors Festival. Due to COVID-19 restrictions, this year's festival will be coming live to your living room with a program full of especially curated content.

[Read the Bayside Senior Festival digital program.](#)

Bayside U3A is offering a number of programs for any interested person to attend - see page 11



A large advertisement featuring a black and white photo of an elderly couple sitting at a table, looking at a tablet. The man is pointing at the screen while the woman looks on. In the background, there is a living room with a sofa and framed pictures. A blue box in the top left corner contains the text 'Bayside Seniors Festival Reimagined 2020'. A blue circle with the word 'Free' is on the right. A red banner at the bottom reads 'Get festival ready with zoom training events'.

FREE Zoom, Facetime and What's App training

Many of the events will be presented online via Zoom. We understand that some people are unfamiliar with Zoom so we are providing five **FREE** training sessions which are tailored to provide Bayside seniors with the know-how and confidence for getting online and participating in the Senior Festival events.

For assistance with registrations call Stay in Touch on 9596 4547 or email bookings@stayintouch.net.au.

[Register for Zoom training now](#)

Bayside U3A Online Sessions for Bayside 2020 Seniors Festival

Bayside U3A is a place where knowledge, ideas and life experiences are shared. Join us by Zoom each Friday in October from 10.30 to 11.30am and get a taste of the range of courses and activities that Bayside U3A has to offer. It is also a great way to meet new friends.

For each Zoom session it is requested that attendees register their interest by email to baysideu3a@gmail.com and a link to the session will be forwarded to them prior to the session.

Introduction to Cryptic Crosswords

Friday 2nd October at 10.30am – 11.30am

Cryptic crosswords are for everyone - both young and old but how do we use our curly thought processes to read a cryptic clue and apply what we find to cracking the code to solve it. In this session you will be introduced to ways to analyse a set of cryptic clues and discover the range of word games they use. Through this we will also gain insights into the history and structure of many of the words we use, and construct our own clues to challenge each other.

Flexibility

Friday 9th October at 10.30am – 11.30am

Learn ways to keep active and supple. This session is designed to introduce you to ways to improve muscle strength, mobility and flexibility of joints, improve balance and posture, reduce the potential to fall and enhance wellbeing. Follow a series of simple exercises in flexibility and mobility including a balance exercise component, stretching of all muscle groups and relaxation. Participants should wear well-supporting shoes and non-constricting clothes.

iPad, tablet and smartphone advice

Friday 16th October at 10.30am – 11.30am

Does everyone seem to know more about using iPads, tablets and smartphones than you do? These devices are great fun and have a myriad of uses. Look at some interesting apps and some fun things to do with them. Have questions or issues you need answers to? Bring them along and our tutors will help to answer them.

Armchair Travel – The Grand Train Tour of Switzerland

Thursday 22nd October at 10.30am – 11.30am

Switzerland is always a wonderful experience whether by train, bus or boat. Enjoy travelling on panoramic trains through countryside filled with twists and turns along rivers and mountainsides only seen by rail while you relax in the comfort of your lounge. Experience all the highlights and sights Switzerland has to offer and enjoy this beautiful country.

Bookchat

Friday 30th October at 10.30am – 11.30am

Reading books has many benefits including strengthening our brains and alleviating stress. Join us while we share and discuss our favourite books from classics to more recent publications. Accept the challenge to read books you might otherwise avoid and discover new worlds.



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 7th October.

Member Feedback

U3A Zoom tutors are really amazing as they extend possibilities for members. In history on Thursday morning David Hone used Breakaway to randomly put us into groups of 9/10 at coffee break. He gave us a question and off we went, the small group meant we all could join in and have a say.

Dr. Shirley Martin

I would like to express how much, as a tutor, I appreciate Deb Stephenson, Sue Steele, Chris Logan and the committee members' help and support in so many ways. I also thank the tutors for their interesting and friendly classes.

Helene Redding

Thanks to Verona Pirani (Painting and Drawing Tutor for these beautiful paintings.

