

Bayside U3A

UNIVERSITY OF THE THIRD AGE

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

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

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

Email: baysideu3a@gmail.com

Web: www.baysideu3a.org

NEWSLETTER

Special Edition No. 3

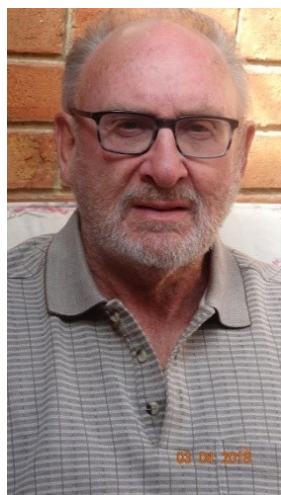
May 2020



[Coronavirus Notice:](#)

[Bayside U3A Closed until further notice](#)

FROM THE PRESIDENT:



Dear Members

What can we say but 'keep on keeping on'. I have a worry that I'll get too used to this 'new routine' of a walk, a job (on /around the house), zoom sessions, more reading, YouTube, to want to go back to socialising, driving, shopping, the movies, meals out – the (very) simple life has some attractions! Things of course may change somewhat in the time between me writing this and you reading it. We seem to be on the cusp, all going well, of the lifting of some restrictions.

I have been chuffed by how grateful many are when we do meet over Zoom and say keep up the good work. I just hope that all our members are coping well – we have been following up on those without an email address but I also know that many of us are more frequently in touch with their immediate and extended families during our 'staying at home'.

Let's ride it out and stay happy and healthy.

Tony Aplin



The **Victorian Seniors Festival** is taking a different direction this year. Due to the COVID-19 pandemic, the State Government of Victoria is kick starting the 2020 Seniors Festival earlier than usual by providing a variety of online performances, zoom interviews and story-telling broadcasts via their seniors online website.

Here is the link to watch the broadcasts: <https://www.seniorsonline.vic.gov.au/festivalsandawards>

Bayside U3A Members Facebook Group - numbers are growing!

There are now 80+ members in the [Bayside U3A facebook group](#). Please join us and share your stories, tips, ideas, knowledge, jokes, etc. It is a private group, so what you post is only visible to the other members of the group and we are looking forward to reading it.

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



NEW COURSE

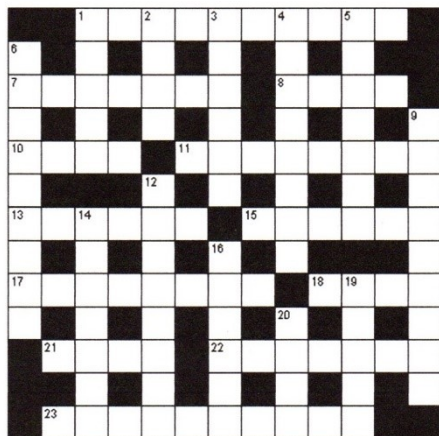
An Introduction to Cryptic Crosswords on Zoom - Sally Baker (Tutor). Enrol online or by email.

We are delighted to offer a new [An introduction to Cryptic Crosswords](#) (Course 20164) course via Zoom. The course will be held on Tuesday mornings 10am to 11:30am from 19th May. This course was very popular in Term 1 and thanks to Sally for running it again as well as her original class.

Across

Coffee Break Cryptic

6 May



- 1 Birds spin and spread out (10)
- 7 No time in sort of romantic island (7)
- 8 Help! Nothing is tolerable! (2-2)
- 10 Tennis star gaining recognition after false starts (4)
- 11 Musical doctor has to bow (4,4)
- 13 Reputed monster is seen at sea (6)
- 15 Air gently moving piece of cake (6)
- 17 A spot of wet weather (8)
- 18 Transport is provided, thanks to team (4)
- 21 Military supplies held back by commander (4)
- 22 Latin I translated with a person from Rome, perhaps (7)
- 23 Actress changing gear with Bogart (5,5)

Down

- 1 Seasonal visitor in pleasant apparel (5)
- 2 Some insane Roman fiddler? (4)
- 3 Excellent fruit back in pantry (6)
- 4 Old man's weapon that's need to gain access (8)
- 5 Recipe, initially, is only for fried food (7)
- 6 One girl swallowing a drink that's not real (9)
- 9 The inn, as a resort for Greeks (9)
- 12 Last to be taken by the devil? (8)
- 14 One eating little head of lettuce held by cook in hot water? (7)
- 16 Too fond of hopeless tin god (6)
- 19 Written about in blog, I'm acknowledged as foreign friend (5)
- 20 Former prime minister doesn't start retreat (4)

COURSE NEWS

A big shout out to all our hard-working and creative tutors. At the moment we have over 60 courses running on Zoom or via other online activities. Well done! This is a huge effort and is incredibly valuable for, and appreciated by, our members. You can see the full list on [our website](#)

Art Appreciation at Bayside U3A, 2020 – Diana Stock (Tutor)

The focus of this year's course has been The Renaissance (14th to 17th centuries). It has continued with weekly YouTube video selections sent out via email. This pivotal time in Europe has been called 'an explosion of creativity in world history', when art, architecture, science, astronomy, literature, exploration, the role of money and the economy in society, changed people's lives. Knowledge from the ancient classics was recycled and re-vamped. It was not enough to just believe. The role of man and rational thought, called humanism, began to assume centre stage. Its main flowering was in Florence and Rome with the three giants, Leonardo, Michelangelo and Raphael taking centre stage.

The importance of Northern Europe with Albrecht Durer and Jan van Eyck were included. An extension that created much interest was a section devoted to events in Britain. It too, had a renaissance, but of a different sort. The links to these particular videos are:

YouTube: BBC. A Very British Renaissance. [Episode 1](#) (also [episode 2](#) and [episode 3](#))

Taking a cue from Raphael, the consummate draughtsman as well as superb painter, is a video titled:

YouTube: BBC. [The Secret of Drawing Episode 1](#)

Another off the beaten track, is a series devoted to the story of women in art. Little is known of just a handful of female artists, who, without apprenticeship or training, have left some beautiful and remarkable work from the 16th century. The link here is:

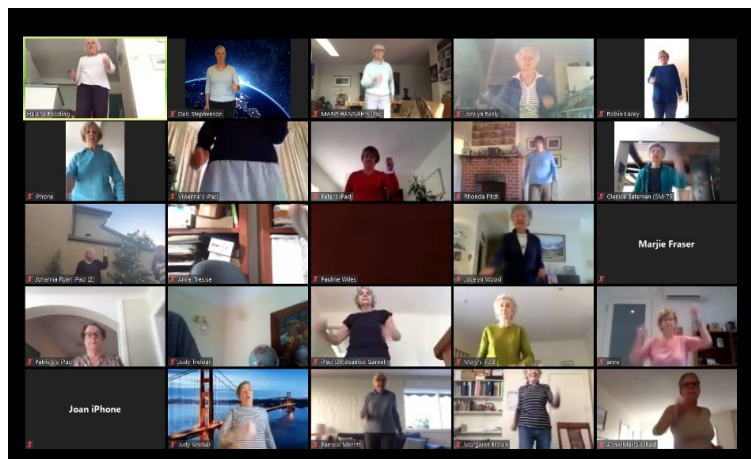
YouTube: BBC. [The Story of women in art. Episode 1.](#)

Tuesday and Friday Balance and Bones via Zoom - Helene Redding (Tutor)

After a few hiccups Balance and Bones classes are happening in the cloud. It has been very rewarding to see the response from participants. I am enjoying the classes (makes me do my exercises too) and catching up with so many people for a laugh and chat.

The classes are structured exactly the same as normal, with an additional 20 minutes to have a catch up which is optional. The main difference is that I am not able to correct technique if necessary, but rely on people to follow my instructions. A bonus is that some better halves have been persuaded/coerced? to join in. After a few minutes of feeling ridiculous for talking to myself I now have no problems!

Bayside U3a has always been a friendly organisation, but I feel and hope that we are going to come out of this with a much better connectedness Take care everyone.



Feedback from Marg Brown

Our classes have been operating on Zoom for 2 weeks and they've been excellent in helping us keep up our fitness and strength. The classes follow the same format as in the regular sessions and Helene continues to give the same advice and expert reasons for performing correct techniques. It's lovely to say 'Hi' to fellow participants on arrival and Helene provides time at the end of the program for chit chat.

Except for the fact that you don't have to dress up or leave home early you'd think you were at Beaumaris U3a!

Armchair Archeology - Sue Steele (Tutor)

In this course we view and discuss Great Courses videos. These videos, produced in partnership with National Geographic, and led by a renowned archaeologist, explore over 20 of the most significant and enthralling archaeological sites on the planet.

Here's a screenshot of one of our classes.



Bayside U3A Writers Group - Dr Cheryl Threadgold OAM (Convenor)

This time the word of the month was '**Ration**' and some limericks are included below on this topic, plus another on the Covid-19 lockdown.

Limerick on Self-Isolation by Sandra Stirling

I've been shut in a room with a heater,
My apartment couldn't be neater.
Clothes folded away,
Been cooking all day -
My freedom couldn't be sweeter!



Limericks on word of the month 'Ration'

by Juliet Charles

One friend for a walk, that now is our ration
We wear daggy hats, don't care about fashion
For our hair has gone feral -
Where's our hairdresser, Beryl?
She's in ISO, now baking's her passion!

by Joy Meekings

There was a young lady loved fashion
But eating food was becoming her passion;
No longer fits into her dress
To get out of this mess
Her great passion for fashion was rationed!

by Helen Graham

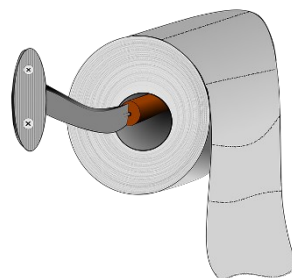
Could you ever imagine such passion,
When shops, toilet paper did ration?
Some people went mad,
With behaviour so bad,
Some said they deserved a good lashin'.

by Gwen McCallum

The ration was served in the daytime
For breakfast for lunch and for playtime
I'd much rather eat
On the side of the street
And turn the mundane into gaytime.

by John Aldous

They divided the loot with a passion
Each took their prize in his fashion
With a brief toodle oo
Each one took their due
A desiccated portion, a divvy, a ration



Creative Conversations and UFOs - Sandra Groves and Sue Steele (Convenors)

The Creative Conversations and UFOs groups have been busy in isolation finishing many articles that have sat in cupboards waiting for inspiration, while others have been inspired from having the extra time.

Sue Maxwell's new granddaughter, April, is to be the recipient of this darling quilt.

Jane Marsden has finished the doll she was working on.



Gillian Wilton has finished a quilt.



Debbie Gibbons has finished a sweet beanie.



Sue Steele has completed a couple of baby blankets



Gillian Wilton is a member of Zonta International, a women's service club.

They make breast cushions for patients post breast surgery. Gillian is in the middle of making 30. Normally the Zonta Club on Melbourne on Yarra has a working bee to make them, but with social distancing we cannot meet! Unfortunately, the demand for them continues!



Sue Steele has found a pattern for a crocheted coronavirus (she kids you not: people will make patterns for anything). It's a free pattern, google if you want to make it.



Tuesday Walking Group/Virtual Cuppa Group - Jane Alcorn (Group Leader)

Our **Tuesday Walking Group** has been keeping in touch with regular emails with photos, jokes and recipes, plus any news we want to share. We are very lucky to have a group that is so friendly and supportive.

Several weeks ago I took a leap of Techno Faith and signed up with Zoom and now our **Tuesday Walking Group** has morphed into the **Tuesday Virtual Cuppa Group**. We hook up on Zoom on Tuesday mornings at 10am with our cups of tea/coffee plus some of us (mainly ME) also bring a sticky bun. We have 18 in our walking group and we are managing to field 7 to 10 members to our **Tuesday Virtual Cuppa** sessions which is just marvellous.

Being a beginner to Zoom I found it a bit daunting organising my first Zoom meeting, and I'm still struggling to get iPhone owners onto the platform. The great thing is that numbers attending go up each week which is very encouraging. Seeing so many of our group on the first Zoom meeting was surprisingly exciting. I'm afraid our current weekly walking group photos are somewhat stilted (see attached). I hadn't realised how important my walking group friends had become to me. We will stick with our Zoom meetings till we are once again allowed out to enjoy our group walks.



History - David Hone (Tutor)

We now have 64 in the class and it is going very well with sound from my Power point presentation and we are about to embark on video as well.

The Course is on the Russian Revolution.



Sculpture Group - Roy Bird (Tutor)

The Sculpture Group members have been finishing their Term 1 pieces before starting on plaques. The agenda for Term 2 is to firstly produce plaques (example from last year attached) from clay, convert them into plaster or concrete by making a mould using plaster, and then producing the final plaque as a plaster or concrete piece. Secondly, we will create a bust of a person in clay and again using casting techniques produce a final piece in plaster or concrete. Term 3 will be sculpting using lime stone, which will be supplied by myself and Bill. Hopefully the workshop will start again by then.



Leanne's Wind Chimes



Lev's Wooden Sculpture

I have started a plaque using clay which I intend to be the first of a series of flying ducks. After I complete the plaque I will make a plaster mould of it then produce the final casting in concrete.

Cerise has produced a plaque 'The Sleeper'



Janice has produced a breast plate from plaster, copper and some old jewellery.

Plus, I have completed my duck from objects found on the beach.



Pedal for Pleasure - Deb Stephenson and Robin Lacey (Leaders)

Paul and I have been out riding most weeks including on one of the wet days. This reminded us of our cycling trip last year around Lake Constance where we rode with heavy rain on a couple of the days. We only rode to Elwood on this rainy day but have also enjoyed rides to Dingley on the Dingley Bypass Trail, to Edithvale to help our daughter post caesarian and to Port Melbourne for a takeaway coffee.



Ian Lacey - A couple of times per week, time permitting (between the showers and work), I ride up to Station Pier and back, a nice 34km round trip. I reward myself with a coffee at Mr Hobsons. Generally the breeze has been slight from the north, so it's a bit of a grind getting up there, but the average speed improves on the way back when running with it. I try to beat my average on each successive trip, but of course, that's getting more and more difficult.

I've also ridden a few times in both directions on Beach Rd with Robin, who is getting back to riding after a couple of minor back procedures. We got caught in the rain one day, but not too hard to endure, knowing there was a warm shower and dry clothes not far away.



Liz Prideaux was also out riding and ended up completely soaking wet. "I don't remember riding in rain before and certainly not very heavy rain". This photo was taken on her usual trip along St Kilda pier to pick up rubbish left by humans, that hadn't been blown off and a rewarding (thermos) coffee at the end watching Pied Cormorants.

Trudy Meinhardt is riding her bike to do the shopping and, if the weather is nice, on the beach trail. Her husband, Phillip, sometimes rides with her. "I never thought that a virus would stop our life completely. We had only just started and bang everything stopped. We were in the Coorong in South Australia and had to come back after 2 days because the borders were closing. However we are grateful that we are ok. It is amazing though that so many families are riding a bike together. I hope that will continue".

Robin, Deb and Howard Brownscombe enjoyed a ride with a take away coffee at Port Melbourne. Rather windy heading to Port Melbourne but a wonderful ride with the wind on our backs for the ride home. Easy to social distance on the road and we sat apart having coffee.



Thel Wiltshire and Dee Gargano had a lovely ride together with a great tail wind.

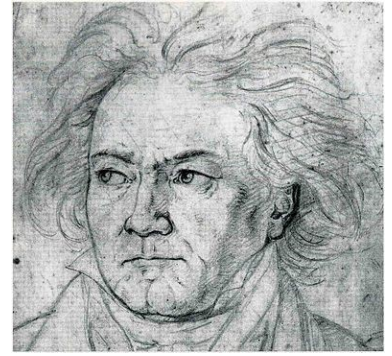


Deb Stephenson

Classical Music Virtual Class No 5.

The theme for this class is Beethoven.

The first item is episode 1 of a 3 part BBC dramatised biography/documentary on Beethoven. It was made in 2005 but I have only just become aware of it - I don't think that it has been shown on TV here. It is powerful - not easy viewing but essential and very well done. The actor who plays the part of Beethoven has captured him almost perfectly, I believe - he even looks like him. At suitable intervals I plan to program episodes 2 and 3.



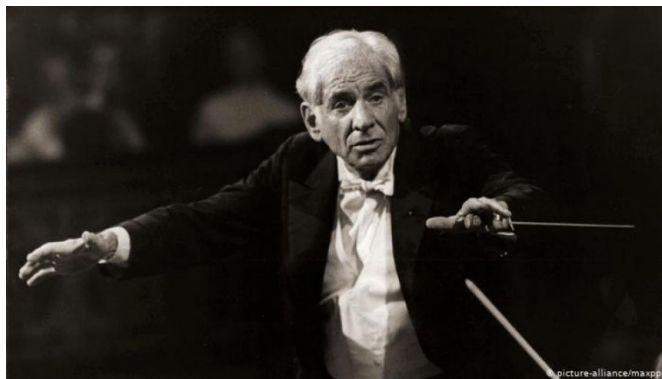
[Beethoven Documentary - The Genius of Beethoven 1/3 "The Rebel"](#)

58:44

Item 2 is an equally powerful performance of Symphony no. 5 by the Vienna Philharmonic (VPO) - passionately conducted by Leonard Bernstein. Bernstein had a long and fruitful association with the VPO.

[Ludwig Van Beethoven Symphony No. 5 in C Minor - Leonard Bernstein](#)

37:56



The last item is a superb performance of his 'Waldstein' Sonata by the young Dutch pianist, Lucas Jussen. To me, it is a source of great pleasure to see so many young pianists coming along and giving wonderful performances of most of the piano repertoire AND on YouTube.

[Lucas Jussen - Beethoven 'Waldstein Sonata'](#)

25:40



WARNING - some of the items have advertisements inserted at totally inappropriate places.

As with previous classes, just click on the underlined title and you will go straight to the YouTube video. PLEASE LET ME KNOW WHAT YOU THINK OF THIS CLASS. I need your feedback to find out whether my programming is to your liking or not. As I have said before, please give me your suggestions - they can and have, inspired me to assemble programs.

David Peake

Classical Music Virtual Class No 6.

This week's program covers many of your recent requests/suggestions - it shows just how valuable they are so keep them coming. There are violin concertos, works by Bruch, Vivaldi and Telemann and the Scottish violinist, Nicola Benedetti.

So from the top we have a fine performance of Nicola Benedetti playing Bruch's Violin Concerto No. 1 with the BBC Symphony Orchestra at the last night of the Proms in 2012.

[Nicola Benedetti plays Bruch at the last night of the Proms 2012](#)

24:43

Then we have two of Vivaldi's many Violin Concertos.

The 1st one is by that supreme player of the Baroque violin, Guiliano Carmignola with the Venice Baroque Orchestra.

[Vivaldi Concerto for Violin in E minor RV 273 Guiliano Carmignola](#)

13:25

The 2nd one features another fine Baroque interpreter, Midori Seiler with the Bremen Baroque Orchestra.

[A. Vivaldi: Concerto in E minor RV 278, - Midori Seiler](#)

16:45

Then its the Bremen Baroque Orchestra again in 2 items by George Philipp Telemann (1681-1767) who was better known than JS Bach in his time. Bach and Telemann were close friends. Telemann was very prolific for more than 60 years and this led to his being described as a mere 'scribbler' (as was Vivaldi) until quite recently. He is now widely recognised as one of the finest late Baroque composers.

[G. Ph. Telemann:Overture "Les Nations" in B Flat Major](#)

25:17

We finish up with Mendelssohn's Violin Concerto beautifully played by Anne Sophie-Mutter with the Leipzig Gewandhaus Orchestra under Kurt Masur. Bruch was a great admirer of Mendelssohn and his Violin Concerto is very similar stylistically to Mendelssohn's although it was written more than 20 years later.

[Anne Sophie-Mutter - Mendelssohn Violin Concerto in E minor](#)

29:00

As before, just click on the underlined titles and you will go directly to the YouTube video.

Stay safe & Keep warm !

David Peake



Bruch



Vivaldi



Telemann



Mendelssohn

Meet Peter Roberts, a new member of the Committee of Management

Peter Roberts is an 80 year old, widowed, retired, business man. He spent 45 successful years as a GM/MD/CEO in the Electrical/Electronics industries.

Until recently, Peter worked as a Volunteer with the St. Vincent de Paul Society (VINNIES) for 10 years, calling on desperate families who had called VINNIES for help. As a VINNIES Volunteer, he would visit the homes of the poor, the disadvantaged, and the distressed in the Hampton Region' providing Coles/Woollies Vouchers, paying Gas/Electricity Bills, School uniforms/fees, Washing Machines, Refrigerators - all at no charge, and to any religion/ race/colour without question.



Peter confesses to an earlier life, when as young man, he was the Drummer for about 15 years, in a successful Melbourne Rock Band, The Tridents. They played at more than 2,000 dances, such as at Springvale Town Hall, in the 60's and 70's.



Armchair Travel

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

- [Buckingham Palace, London](#) - from the Queen's official website
- [Colosseum, Rome](#) - Google Arts and Culture
- [Machu Picchu](#) - from You Visit
- [Northern Lights](#) - Explore webcams
- [Pyramids](#) - From TripSavvy
- [Stonehenge](#) - Google Arts and Culture
- [Street Art with Google](#)
- [Taj Mahal, Agra, India](#) - Google Arts and Culture
- [The Great Wall Of China](#) - from The China Guide
- [Tour of Rome, Italy](#) - from the University of Reading
- [Yellowstone National Park](#) - from the US National Parks Service





Network Victoria
UNIVERSITY OF THE THIRD AGE

Read how other U3As are managing in these difficult times: [U3A Network News](#)

Council on the Ageing (COTA)

COTA ACT is offering one free online exercise session a week via the [Council on the Ageing ACT Facebook](#) page.

These will be delivered by an accredited Strength for Life fitness professional.

If you're missing your regular exercise sessions, this is the class for you!



NEWSLETTER

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

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

The below feedback received regarding the newsletter was very much appreciated:

Thank you, Ed, for a wonderful Newsletter – packed with so much information!

I think we take things too much for granted and this has prompted me to write straight away to commend you on your masterpiece!

Sheila Ward

Participant in Classical Music and Crime Book Club

Thank you for your 'bright & breezie' Newsletter.

Marie Ilton

Thanks so much to everyone who has helped to create this marvellous special edition of the newsletter. It is very much appreciated.

I'm looking forward to enjoying the suggestions.

Peggy White

Thank you for the newsletter, so welcome at this time, especially all of the links to music etc.

Margaret Boyes-Pringle