

Bayside U3A

UNIVERSITY OF THE THIRD AGE

Offices: **Beumaris Senior Centre**
84 Reserve Road, Beumaris (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. 4

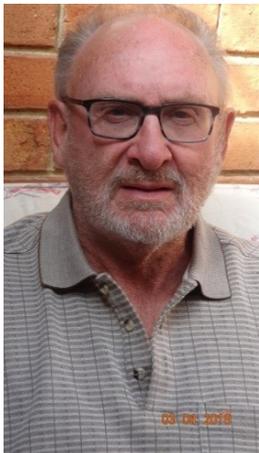
May 2020



[Coronavirus Notice:](#)

[Bayside U3A Closed until further notice](#)

FROM THE PRESIDENT:



Dear Members

On Monday 18th May I posted the below to our website and our FaceBook group pages so I just want to emphasise how totally dependent Bayside U3A is on our volunteers - and special thanks to those on our committee, our communications people (newsletters, e-bulletins, website, FaceBook) and especially our tutors many who have 'carried on' or put in even greater contributions and effort to present and conduct online classes.

"It is National Volunteers week THIS week Monday 18th May to Sunday 24th May. volunteeringaustralia.org has the theme 'Changing Communities – Changing Lives' - and ideas. Of course activities and celebrations this year are virtual/online, but I'd like to compliment, thank and acknowledge all our special Bayside U3A volunteers – if not now, we'll definitely be busy before too long!"

On Wednesday 20th May I 'attended' a U3A Network Zoom webinar - the annual 'Presidents Briefing' - 2 1/2 hours of presentations and 'chat questions' that included - 'State of the State (U3A demographics), Data Privacy and Security, Dealing with Challenging Situations (upcoming webinar - how to get through 'people problems') and lastly very interesting 'panel' presentations from three U3A Presidents and an RMIT/U3A research team - 'Coming out of COVID-19'.

The U3As have had similar experiences although different levels of 'uptake' for online classes. Some innovative 'new classes' were mentioned: cycle and walk group – 'time estimate' – nominate your ride/walk, estimate the time, do the ride/walk, social online discussion on 'results'. Orienteering via Smartphone; Write a book by contributions (on lockdown experiences); Suggest a keyword (phrase) from the past and write about it; Word puzzlesAll the U3As agreed we need to wait and see exactly what our Federal and State governments and health officers announce at the end of this month .. and make our plans from there. However we will be talking to Council and looking at/discussing what we may or may not be able to do and the various impacts of distancing and hygiene requirements.

The webinar concluded with a presentation by two RMIT researchers about 'Shaping Connections' - a research program co-created by RMIT University's School of Economics, Finance and Marketing, and University of Third Age (U3A). The program seeks to understand better how technology use supports seniors connectedness and enhances social inclusion and participation. Very pertinent in our current situation. For those that are interested go to [Shaping Connections](#).

We're getting there! Keep up the good (excellent) work and keep on keeping on!

Tony Aplin

MORE FABULOUS COURSES - Sue Steele (Course Co-Ordinator)

So many of our amazing tutors have risen to the occasion that we have a wide range of activities on offer. Here are a few more. Enrol online or by email.

Preventing Stiffness in the time of COVID19 - Course [20165](#)

Monday, Wednesday, Saturday commencing Monday 25th May at 9:45am

Helene Redding is offering three Zoom classes for people who may not be doing other physical activities during our period of self-isolation. Many of us are getting very stiff and uncomfortable in lockdown. It is very safe and not too hard. Join one or two Zoom sessions a week or all three if you wish.



Birth of a New Republic - Course [20105](#)

Commencing Monday 1 June at 10:15am

By popular demand David Hone's New Republic is back not at the Brighton Courthouse but on Zoom. A history of the establishment and growth of the USA Republic , 12000 BCE to 1980s.

Fulfilment in Retirement - Course [20035](#)

Tuesday 2 June 1:30pm to 3:30pm

Ian Marchment will lead this interactive afternoon Zoom session. It will help you create focus for the years ahead and set a number of goals. Come along and share your thoughts.

READINGS IN AUSTRALIAN HISTORY- The History you were never taught - Course [20166](#)

Self-paced online course

Retired Social Worker Jim Poulter has developed this online course to help us better share and take pride in our rich Australian Aboriginal history and heritage. Jim has delivered courses and talks to U3As and schools, and writes a monthly column 'Birrarrung Stories' for the Warrandyte Diary Community Newspaper.

Bayside U3A Walking Groups

The agreed advice is we don't think as a U3A, we can endorse walking groups at this stage. If members want to walk together it has to be as friends.

Our median age is 73 and more than 70% of our member are 70 or older. People over 70 are still supposed to self-isolate, even as things open up.

I am sure many of us are walking more than we usually do to fill in our days. How much fitter and healthier we will be!



Bayside U3A Members Facebook Group - numbers continue to grow!

There are now 100+ 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. Thanks to the members who are regularly posting.

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.



Garden Group - Happily guided by Ann Swiers and Adele Read

I'm a member of both Bayside U3A Writers Group and U3A Bayside Garden Group. As such, the following is a short verse about the Garden Group who do a wonderful job of bringing like-minded 'older' members together, to share their knowledge and joy of gardens.

The Garden Club 🌸

I wonder what it is, I thought,
That makes a garden bloom.
So I signed up with the Garden Club
And joined them in their room.

Each week they brought in cuttings
Of flowers, veg and shrubs,
Along with many handy hints,
Coloured photographs and such.

And slowly I began to learn
The power of good mulch,
Of watering and potting mix,
But careful - not too much!

So now my garden's taking shape,
With yellows, pinks and reds,
And I try to keep those pesky weeds
From creeping in the beds.

I'm so pleased I joined this lovely group,
And I've learned all else above -
That what a garden thrives on best
Is kindness, care and love.

Sandra Stirling
Bayside U3A Garden Group



Armchair Travel

Don Russell has sent through the below links to museums you can tour virtually.

[Art History Museum - Vienna](#)



[Musee d'Orsay - Paris](#)



[Van Gogh Museum - Amsterdam](#)



[State Hermitage Museum - St Petersburg](#)



French For Advanced Beginners - Patsy Morrison (Tutor)

'Zooming' along, despite the most non-technical person in the world hosting this class, we finally managed (after a few glitches) to get together onscreen to pursue our French class. Thanks Sue Steele for your patience in facilitating this! Everyone seems to be having fun – they keep coming back anyway!

It is very different to teaching in a physical class where we do most work in small groups and do things like set up the room as a café, play board games, use dress-ups and other realia. It is also different from a Skype one-on-one class as we have up to 15 on the screen at any one time!! We can't all talk at once, students don't get to do as much talking as they do in the normal class.

We have observed the protocols of putting up a hand if someone wants to ask a question or say something. The host has from time to time had to mute an individual because of loud background noise, especially if they get up to speak to someone else in the room or answer a phone call, but mostly this is not necessary.

The teaching itself involves quite a bit of modelling and drilling words, with lots of repetition. Online is good for pronunciation lessons! We also go round and get people one at a time to say a word or a sentence, not just for pronunciation, but also asking them to put together a sentence so that they learn the grammar. For example, putting together a sentence to use the right form of a verb, or to put the adjective in the right place in the sentence.

Luckily the tutor has a mini-whiteboard to write words and sentences on and hold up to view onscreen so that they are seen spelled out, not just spoken. It helps to email some information in advance sometimes (e.g. notes on where to put those pesky adjectives!) or to follow up a session with notes or extensions of the topic covered,

This novice tutor would be most grateful for any hints and tips from others about how to make online teaching of a language more effective and more entertaining.

This is a lovely photo of my class last term, when we were studying gender and using pink and blue fluffy things to help us do this. Very colourful.



Advanced French Conversation for Fluent Speakers - Elaine Winkelmann (Zoom Host) on behalf of Joyce Young

Our group has been meeting on Zoom in our usual Thursday morning time-slot since 16th April. Attendance has grown steadily and we now have 18 of 20 class members participating regularly. Four class members with varying degrees of technical skills first trialled Zoom while planning a suitable format for our classes. While our conversations usually arise from a varied range of topics presented ad hoc by individual class members, we felt that focusing on one theme may be helpful while everyone was adapting to this new medium. 'Les Monuments de Paris' was a popular choice suggested by Jennie Butler, who organised a very long list of monuments into chronological order, thereby including a comprehensive historical overview of Paris from the time of the Romans (when Paris was called Lutetia) through to the present day.

Class members were quick to suggest or select a favourite monument to present, and historical overviews of each major period were also included, eg From the Romans to the Middle Ages, the Renaissance to the Enlightenment, and 'la Revolution Haussmann'. Each presentation has elicited great interest and many personal memories, and along the way our skills in using the Zoom Whiteboard have steadily developed with shared photos, maps, texts, music and videos.

Presentations and YouTube links have also been emailed to all class members, so that those not yet on Zoom can remain connected. Everyone has discovered new places to explore during their next visit to Paris.

All are particularly pleased to welcome back Joyce Young, our class 'conciierge' (her choice of title) to our group, now that some issues with her device have been resolved. It's worth noting that it took four of us to keep the group running in her absence! Last but not least, a big thank you to Bayside U3A for purchasing multi-user subscriptions and to Sue Steele for her assistance. That has enabled our classes to continue uninterrupted for the full two hours each week.



Painting and Drawing - Verona Pirani (Tutor)

We have all now been in isolation for weeks and it is beginning to feel like ground-hog day. I must admit I am quite enjoying my time with wonderful Zoom U3A Balance and Bones and stretching classes, Zoom with friends, lots of walks and of course painting. My group is not getting together on Zoom, however I have encouraged them to submit work for the newsletter.

Below are a few of my watercolours which I hope will encourage others to paint.



Feldenkrais 'Magical Movement' Classes - Marie Arendsen (Tutor)

The Feldenkrais Method has always been a challenge to explain succinctly. Here is a basic definition: An embodied process of learning through movement and awareness resulting in improvement of self image, co-ordination and action.

As many people, especially Feldenkrais himself, have provided many very articulate words on the subject, I am going to use some of them here to give you some insights.

This Method addresses education of humans through action. It incorporates somatic or neuroplasticity (the ability of our brains to change and learn) and theory of human learning. It is said that we don't learn through experience, we learn our experiences. Our history is our biology; everything that we experience is somehow reflected in our carriage; how we hold ourselves; the unique personal fabric invisible to us but visible to others. We have no limits to our improvement as we always have the capacity to change.

Feldenkrais is a tool for achieving and maintaining good health which Moshe Feldenkrais described as:

- The ability to be Functional in shifting contexts without losing dignity.
- Robust in being able to adapt to change, and to recover from trauma.
- The ability to calibrate irritants to our immune and digestive systems.
- Learning to become more stable in our own way of thinking and being in our world.
- The ability to fulfil our avowed and unavowed dreams.

The Awareness Through Movement lessons experienced at Bayside U3A are verbally guided lessons that encourage students to investigate their own movement in more depth, using attention, discrimination, timing, novelty, and repetition with variation. In fact they are designed to reacquaint students with the aesthetic pleasure of movement we experienced as young children and can find again as adults. They are not a gym work out involving repetitious effort, but rather slow comfortable investigation into one's own unique movement patterns and habits with curiosity and ease, resulting in changes in the brain and accompanied by change in the emotional state.

Moshe Feldenkrais said:

" Nothing is permanent about our behaviour patterns except our belief that they are so.

In order to change our mode of action, we need to change the image of ourselves.

When you know what you do you can do what you want.

Make the impossible, possible; the possible easy; the easy, elegant.

Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself."

The 'Magic' of it is the wide variety of experiences and outcomes occurring after a lesson.

Pedal for Pleasure - Deb Stephenson and Ian Lacey

A few members of our group have continued to get out on their bikes on their own or in small groups. We are now allowed to ride in groups of 10 but our group numbers are more than twice this so no Pedal for Pleasure rides yet. Some of our group members are getting together for rides as friends.

Evelyn Cronk - "I've had some local rides with my house mate. Absolutely sanity saving except the local Bayside bike path is at saturation levels. This picture looks like the world in lockdown. It was taken on Mother's Day and I have NEVER seen so many people on the walking and bike paths ever before!"

Deb and Paul Stephenson continue to enjoy rides especially on the lovely sunny days we have been having.



Ian Lacey and Howard Brownscombe practiced social distancing on a recent ride.

Wendy and John Egan enjoyed a coffee in Ferndale Park with Thel and Mal Wiltshire, Wendy Roulstone and Dee Gargano



Dutch for Post Beginners - Femke Meyer (Tutor)

Our group meets regularly every Thursday afternoon for about an hour and a half. We use the Zoom licence provided by U3A. A big thank you to the Committee and especially Sue Steele for all her efforts to make it work!!

Every week I make up a quiz about The Netherlands. Questions cover geography, history, recipes of Dutch specialities, theme parks, museums, cultural events, etc. The participants research the questions and during class time we discuss the answers.

Zoom is a great tool as I can share with the group maps of the Netherlands, images, documents and even Dutch songs. Zoom does not make up for personal contact, but it is great to have a conversation every week and share our stories making use of our computers.



A screen shot of some of the participants.

Bayside U3A Writers Group - Cheryl Threadgold (Tutor)**Traitor by Geoffrey Dobbs**

Once, as a child, I remember
glancing through a half open door
into a darkened room where
a beam of light shone,
like an autumn sunset's blinding blade,
illuminating a silver-haired man
bent over a desk, head on hand.

Who he was I no longer know.
Only that there surged up within me,
at that moment,
a vast sorrow such as I had never felt before.
Sorrow for him it must have seemed then
but why?
Sorrow for his age, his weariness, his seeming despair?

Remembering now that moment, that sorrow
so strong, so deep,
I know that Wordsworth's words are true:
'The child is father to the man.'
Some masked and hidden self had cried out
in recognition of its own fate:
that I too would be betrayed by
the treachery of time.

Limerick by Gwen McCallum

There once was a lady named Hilda
Met a swaggie who came from St Kilda
She asked him to jive
He said Snakes Alive
I'd much sooner Waltz with Matilda

Someone Calling by Norah Dempster

A disaster in the kitchen of our being
we were standing at the fridge
just thinking what to have for tea
the sausages, or the last of that cooked mince
maybe just go out?
when the silent arrival
seeped around the corner of our house
curled into our consciousness

We read the headlines, the number reports
heard the news, solemn voices informing
an uninvited visitor might be calling
we need to be prepared, lay the table,
set the plates, wash our hands,
disinfect the door handle
we daren't go out, the milk is spilt now
we must huddle and wait.
Will we be the chosen host?

Library Volunteers by Sandra Stirling

We deliver books to those
Who cannot come themselves,
So library staff prepare the books
And search among the shelves.

There's romance and fiction, love and war
And all that's in between.
The joy the choices made by them
Surely, must be seen.

For each new bag that's opened,
Every choice enjoyed,
Lift their days that are enclosed
And keeps their spirits buoyed.

But so much more than giving
Is the pleasure one receives,
In hearing of their stories
And the mysteries that they weave.

Some, of course, do pass away,
And it saddens us to lose
A person who's become our friend
From one we did not choose.

We really are most grateful
To the library for their care,
And the part that we too now can play
And the pleasure we can share.

And when the time must surely come
When we can do no more,
We hope a library volunteer
Will come knocking at our door.

By Ilse Zipfel

Today, Monday 27th April 2020,

I am following advice our government demands us burgers to follow:

Flatten the curve by thoroughly washing hands, stay 1.5 m apart from each other, stay indoors, don't visit others, go see the doctor if diabetes, hypertension or other, download newest gimmick warning.

At times I break out, jump in my car to race toward the beach to pump revitalising ocean breezes.

There I avoid clusters of 12 or more with dogs spinning around their legs blocking my way.

On the way back I defy several rules to remain rational me. I go shopping for deliciousness savoured during coming week. Healthy food aplenty is dandily arranged before wilting as stable food at home:

I need see beauty in this arrangement.

Next stop will be at my daughters, followed by seeing a lonely friend.

Back home too many fractured questions remain.

Bayside U3A Writers Group - Word of the Fortnight - 'Escape'**Escape for Circe by Ilse Zipfel**

Coming away from latest virtual meetings
my mind travels toward Circe on her island of no return
AIAIA

for me to be intrigued by landscape spheres
producing plant diversity observed by her

What to do when young and curious
living with exalted beings
enslaved and held in confusing living quarters
perplexed and unable to explore her dormant talents

Circe the loner had no say
when conflicts arise by viscous gossip
manipulating status and belonging

of Ancient Times ... this story tells:

She is swept away
from her home to an abandoned island
where we travel along to discover
how isolation could disturb an intimidated mind
or applies reason to weigh innate adapts to advance.

Her intelligent mind discovers this island from groves to
ragged ends
every plant, all creatures underfoot and above
and in time our young woman specifies
plants for healing or poisonous use

Circe names this to be
pharmakon - medications we know as pharmaceuticals

She meets all kinds of schemers and raiders
keeping her environment clear of those
by magic spells and powerful charms

Begging adventurers she supposes would be appraised
for trust
maybe in time there will be love.

Here I leave Circe to be discovered in her ancient world
mysterious and full of contradictions.

Escape by Joy Meekings

Don't have a computer or smartphone
But I'm really happy being home alone
Practice Tai Chi and Pilates daily, then go for a walk
While tidying my front garden, neighbours stop and have a talk

I miss my weekly classes, choir and the UEA
But feel relaxed and happy as I potter through the day.
Don't need online boot camps, yoga and certainly not Zoom
Why would people want to see me in my living room?
Rather be speaking on the phone or meeting face to face
Not part of a group on a screen, I'd just feel out of place!
Some younger folk have offered to help in any way they can
Which has been so lovely, restored faith in my fellow man
A close friend said she'd love to escape; but for what it's worth
I'm not going anywhere, Australia's the best place on the Earth!

Escape by Gwen McCallum

Morning comes again
it feels like Sunday-
luxury of nothing to do
turns stale by mid afternoon
tomorrows chores multiply.

Who would have thought
a day of promises would
disappoint by sheer inactivity;
something to think about
as she negotiates a path
to the fridge and back.

Once she would run up to
the back of the garden
to escape from the kids.
Now she keeps the TV on all day
and watches for a car
to turn into the driveway.

Escape by Norah Dempster

I run my fingers over the concrete walls. The large square bricks are no longer damp. In the winter rain trickled down, drops of deep sadness made patterns that joined and separated following some time-line that made no sense to me. I would try and guess sometimes, it was a melancholy game I played. Alone. I would count how long it took for one drop to make its way from the edge of one brick to another. Then I would guess a number for the next falling drop, maybe eight or maybe fifteen, and desperately count as the drop descended forgetting for the moment my own confinement. Each drip of sliding water spoke to me.

Sometimes the water stopped moving. It stayed there, imprisoned in stillness, unable to come or go. Then a tiny raindrop would slip away from its source and gather speed and I always felt a burst of joy.

But now it must be spring or maybe early summer. I am no longer certain of the seasons. Too many days have passed. But I can glimpse blue sky through the narrow rectangle high up on the wall.

The blue doesn't move like the rain, it doesn't talk to me like the wet drops that help me through the winter. What the blue does is spread to fill my mind, covering my thoughts like a sun umbrella, huge and high, giving me space. I can see its wide stretch and its curving edges enclosing me. I remember I once lay resting on a beach and felt sunlight on my body and that same blue sky enveloping me. I felt safe then.

If only I had realised that feeling of safety was the foolish optimism of youth. It is then I should have run. It is then I should have made my escape.

Classical Music Virtual Class No 7 - David Peake (Tutor)

I invite members to contact me via baysideu3a@gmail.org if they wish to be added to the mailing list for the virtual Classical Music classes. Until now these classes are being included in the Special Edition newsletters however there is no guarantee that they will always be so - it depends on the space available. You do not have to be enrolled in the class currently but may wish to do so when we return to face to face classes.



Georg Friedrich Handel is this week's subject. Many of you tell me that you like the format of starting with a documentary, so that is what I am doing this time. It is another in the excellent BBC series 'The Birth of British Music'. You may recall that I showed the one on Mendelssohn in February.

[The Birth of British Music: Handel The Conquering Hero](#) 58:59

Next is a truly spectacular performance of Handel's Royal Fireworks Music by a fine French original instruments orchestra at the Proms in the Albert Hall in 2012. This is an authentic performance, very reminiscent of the 18th century.



[Handel Music for the Royal Fireworks \(Proms 2012 \)](#) 16:02

Finally, an edited version of a fascinating film on the re-creation of the 1717 performance on the Thames of his Water Music . This youtube version is not entirely satisfactory as the picture is shrunk for some reason and a bit fuzzy. However it is still well worth watching, I believe.

[Handel's Water Music Recreating a Royal Spectacular](#) 41:13

As before, just click on to the underlined titles and you will go directly to the video. A reminder that classes 1-6 are available in the special edition newsletters on our website. So, I hope you enjoy this class.

PLEASE DON'T FORGET TO GIVE ME YOUR FEEDBACK AND REQUESTS/SUGGESTIONS - I need them, they are very helpful.

A postscript to this Handel program.

I have been playing the 3 CD's I have of arrangements of Handel's Organ concertos for the modern piano. Nobody has thought of doing this before and the results are a revelation - very successful, thoroughly enjoyable. They are on a German label called CPO. If you Google up Presto Classical and enter in to the search box at the top, 7778372 the 1st CD will come up. Click on to it and then down the right side are c. 30 second audio samples of each movement of each concerto. Have a listen - they are great. The 2 other CD's are Nos. 7778542 and 7778552. All are superb and on special at the moment ! - only \$20 each plus p&p.

I could have gone on for hours with Handel youtube items. Two which you really must watch are :-

[Handel Organ Concertos Op. 7 Karl Richter Munchener Bach Orchester](#)

[Handel Georg Friedrich - 6 Organ Concertos, Op. 4 \(Karl Richter & Munchener Bach Orchester \)](#)

These are superb. Performances in a lovely church with Richter at the organ and conducting. They were filmed in 1972, with great camera work and sound quality - the pictures are bit fuzzy but do not detract from ones enjoyment. So, be prepared for 2 hours of magic.



Classical Music Virtual Class No 8 - David Peake (Tutor)

Another program inspired by a suggestion. Russell suggested programs about a specific instrument, such as violin, cello, piano. Great idea I thought and I immediately decided upon the clarinet - one of my favourite instruments both in classical and jazz music. I will follow up with other instruments in due course.

Not the most frequently featured instrument either in the concert hall or on record, it has an illustrious if relatively brief history. It was invented in the early 18th century (c. 1710) and pieces have been composed by many of the most acclaimed composers, as you will see from the program.

I start off with a brief but very interesting mini documentary on the clarinet itself and it's capabilities by the principal clarinet of the Philharmonia Orchestra.

[Instrument: Clarinet](#) 13:09

Then 2 early clarinet concertos (1730s/1740s). First up, one by Johann Melchior Molter (1696-1765), an unjustly neglected composer and then one of Vivaldi's few concertos featuring the clarinet.

[J M Molter Clarinet Concerto](#) 12:52

[Vivaldi Concerto in C Major for two oboes, two clarinets and strings](#) 10:08

You may note how small the clarinets played are. As often happens, instruments get bigger and bigger as time goes by with a commensurate increase in their octave range. The piano is a classic example.

Moving on another 35 years or so and we have Mozart's very fine concerto with a lovely performance by a young Icelander.

[Wolfgang Amadeus Mozart: Clarinet Concerto in A Major, K 622](#) 31:06

Carl Maria Von Weber (1786-1826) is best known as an opera composer but in his short life he produced several excellent pieces for the clarinet. This one was composed in 1811.

[Weber: Clarinet Concerto No. 1 / Steffens Maazel BRSO](#) 28:13

Another opera composer, Rossini also composed quite a lot of instrumental works and this piece is a fine example with clear operatic overtones.

[Han Kim plays G. Rossini's Introduction](#) 13:08

The next one is by Felix Mendelssohn (1809-47 - they often didn't live long, it's just as well that they were child prodigies!). Local interest here, it's a fine performance by our own Melbourne Symphony Orchestra. The piece is for the normal clarinet and the basset horn which is a clarinet with attitude! As you can see, it has a small bell attached like a saxophone - interesting.

[Felix Mendelssohn: Concert Piece No. 1 in F minor](#) 9:00

We move in to the 20th century with Debussy's Rhapsody No. 1 composed in 1910. It is typical Debussy and thus very enjoyable.

[Debussy - Rhapsody No. 1 for Clarinet and Orchestra](#) 8:13

Finally a decidedly modern sounding piece even though it was composed in 1928. It is Carl Nielsen's concerto for clarinet. Nielsen (1865-1931) is Denmark's only really notable composer. This is a late work and is not easy listening. Please persevere - it grows on you I believe. The clarinetist is Sergio Pires, an excellent young Swiss of Portuguese origin I think.

[Sergio Pires - C Nielsen - Concerto for Clarinet and Orchestra](#) 24:36

Keep those requests/suggestions coming - I need them. As before, just click on to the underlined title and you will go directly to the YouTube video.



Mr Koola Koala and the Coronovirus by Helen Graham

Many, many, years ago, the Man of the House (MOTH) won Mr Koola Koala in a competition. The gentleman, who phoned with the happy news was so excited, he kept saying, in his accented English, ‘Congratulations, you have won a cooler, a very big cooler’. The MOTH was so overcome, because, despite a lifetime of being an avid buyer of raffle and lottery tickets, he had never won anything. He thought he had won an Esky filled with alcohol, whilst the Lady of the House (LOTH) had visions of a lovely big, new refrigerator or deep freezer, gracing her kitchen. Collecting Mr Koola created a problem because he was so large, but eventually the triumphant MOTH and bear set off for home, with Mr Koola safely strapped in to the passenger’s seat; something which caused consternation amongst other motorists when the MOTH stopped at the traffic lights.

Upon arrival at his new home, it became apparent that Mr Koola had no clothes. Mr Koola’s plight was revealed to a very good friend, who stepped forward, spoke to her dearly beloved and Voila!, he graciously offered some of his beloved St Kilda footy gear. His offer was gladly accepted, because who wants to have a giant naked koala in their house? Besides, the MOTH’s sons were avid Saint’s fans.

Sad to say, over the years, Mr Koola Bear found that his St Kilda gear didn’t fit as comfortably as it should. Mr Koola’s version of events was that on the rare occasions he would allow his clothes to be removed and washed, the LOTH went a little overboard on the wash cycle length and water temperature. It certainly wasn’t because he shared with his owners, the joys of fine food and good wine. Perish the thought! Anyhow, I digress. Once more resplendent in his clean St Kilda gear, Mr Koola Bear made a solemn pledge that he would not change his clothes until St Kilda won another premiership.

2020 was to be THE year.

But.....along came that VH (Virus Horribulus), the cancellation of all sporting events and once again, Mr Koola Koala’s hopes were dashed.

Meanwhile the LOTH learnt to write limericks at her U3A class and practised reading them aloud to the long suffering MOTH and Mr Koola Koala. She was especially pleased with this one:

Facebook’s Bin Isolation Australia
Is doing the bored world a favour,
With antics bizarre
Round bins near and far
It’s been a great lockdown saviour.

Stoic Mr Koola quite liked it too and he decided that he had a responsibility to lift the spirits of the greater population, even those poor souls (yes, we are talking about the Saints, so reference to religion is acceptable) who have chosen not to support St Kilda Football Club.

Once his terrible depression lifted, he discovered his inner fashionista. The LOTH sent out a SOS to the family and neighbours, who rose to the challenge. Even the Star Wars Day was celebrated. To his delight, bin night in our street has morphed into Mr Koola’s Look at Me Night.

So, please rejoice with Mr Koola Koala and, if you can find it in your heart, regardless of your religion, pray that St Kilda wins the Grand Final in 2021. Otherwise, the LOTH has to find a way for Mr Koola Koala to squeeze back into his St Kilda supporter’s outfit and that won’t be pretty!



FREE HEALTH AND WELLNESS EDUCATION COURSE @ Home

Equip4Life have conducted State Government Funded Health Courses at many U3As over the last few years.

In light of the COVID-19 Government Restrictions, this Free State Government Program is now available for any U3A Member right from their own home, with the choice of PHONE (INDIVIDUAL) or ONLINE WEBINAR (GROUP) delivery options. It's a great opportunity to stay motivated and continue learning from home through this evidence-based State Government Program. These seminars also cover topics which can help improve health conditions that thus reduce vulnerability to COVID-19.

There is the option for any Member interested to join in along with other U3A Members for Internet Based Video Education Sessions (e.g. Live Webinars). Alternatively, those who prefer an individualised approach can access private consults via PHONE / FACETIME for their sessions. All this, whilst not having to leave their home. The course is available immediately **at no cost!** Register by EITHER phoning the number listed below OR completing the [registration form](#) on the Bayside U3A website and emailing it back on the email listed.

FREE Health & Wellness Education Course @ Home

- It's FREE - thanks to Government Funding
- Run by leading health professionals
- 7 wellness education consults
- Seminars delivered by your preference of
 - PHONE (individual)
 - or
 - ONLINE WEBINAR (group)

Program ↓ risk of

- Blood Pressure
- Diabetes
- Heart Disease

all of which increase vulnerability to COVID-19

SESSION CONTENT

- How to read food labels
- Strategies to reduce stress
- Increasing energy and fitness
- Reduce belly fat / lose weight
- Improve brain health
- Increase strength & flexibility
- Tips for improved sleep
- Preventing falls & fractures
- Learn new ways to improve health
- Improve physical & mental health
- Healthy cooking recipes & tips
- Individual health goal setting

WHY THESE SEMINARS?

- They're FREE- thanks to Government Funding
- Delivered by Dietitians & Exercise Physiologists
- Over 60,000 Victorians joined program since 2007
- Largest evidence based wellness program in Australia
- Session delivery options to suit everyone, including:
 - Individual health coaching
 - Group health education seminars

Contact us ASAP to book your place

0404-501-195 | alain@equip4life.com.au

Equip4Life equip4life.com.au

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.

Thank you for the below feedback regarding the last newsletter:

Thank you to all who have spent such a lot of time putting this Newsletter together.

Margaret Nelson

Thank you to everyone concerned for a great newsletter. I would also like to thank the tutors for all the work they put into giving us such wonderful classes under such difficult circumstances.

Jill Berger

Thank you very much indeed for such an interesting edition. It was fascinating to hear what members are during whilst in isolation. Your hard work is much appreciated by a member of the 'silent majority'!

Ann Nield

Congratulations on yet another super newsletter - they get better and better! Keep up the good work - I am sure that, like me, the vast majority of members find the newsletters very interesting and comforting.

David Peake

Wow, your Newsletter Special Edition No 3 is fabulous. Many thanks for giving us so much to explore within our U3A community. In particular I really enjoyed the Armchair Travel, the Intro to Cryptic Crosswords, and the write-ups from such an eclectic mix of different courses.

Jane Alcorn