

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. 5

June 2020



[Coronavirus Notice:](#)

[Bayside U3A Closed until further notice](#)

FROM THE PRESIDENT:



Dear Members

We can't say there is NO news on 'when can we restart (classes)?' - but as the U3A Network says: "In general, the relaxed restrictions say we can be in a meeting of up to 20 people, but social distancing must be maintained" and the Chief Health Officer still states that persons over 70 should remain at home.

We are in touch regularly with Bayside City Council and they say (29th May):

"Council is currently developing a Facilities Principles Document that will need to be followed by all users of Council buildings. This will include each group following a number of requirements including the development of a COVID-19 Plan.

"We will provide a template to assist with this. Council also needs to install hand sanitiser in all buildings and arrange for additional cleaning, particularly for high touch areas. For this reason facilities cannot open while we work through the necessary steps. We are doing this as quickly as possible and will have the Facilities Principles Document to you early next week. Council is also waiting for advice from the Department of Health and Human Services about whether there are particular issues which need to be considered for council activities and facilities predominantly used by older people."

So before we (Bayside U3A) even start on procedures, sanitization (will class volunteers do it?) - many of our classes have well over 20 members - how do we restrict them to 20 or whatever the room size dictates? (for example the smaller rooms at Brighton Court House can only have 4 or 5 in them).

The upshot is, members, that it certainly looks like we will not restart 'at all' until at least Term 3. But of course any developments or changes will be communicated. Let's all hang in here!

Tony Aplin

Thank You to Judy Page and Bayside City Council

I am delighted to announce that Council has funded and installed a new Epson overhead projector and large pull-down screen in the Card Room at the Beaumaris Senior Centre. This will be a great boon to the Armchair Travel class at least - and no doubt a few others. The projector has 'sound' as well as 'visuals'.

Tony Aplin

Thank You!

COURSE NEWS - Sue Steele (Course Co-Ordinator)

We are delighted that more than 60 courses are using Zoom to continue during the lockdown period. It looks as if some of these will need to continue for the foreseeable future, wholly or partly on Zoom. We don't know which ones yet. Click on the link below to go to the Bayside U3A webpage with the list of the classes:

[courses currently running and the class groups staying in touch online](#)

At the moment we are working through classes due to commence in term 3, to see if any of them are suitable for Zoom.

Thanks everyone for your patience and generosity at this difficult time.

Latin (not so much) Round the Kitchen Table - Sue Garratt (Tutor)

Our small, select group, originally called 'Latin around the Kitchen Table' has been going strong on Zoom since 8th April. We will have to find a new name. Under consideration: 'Latin from the Study', 'Latin from the Bedroom', 'Latino per Ardua and Astra' meaning 'Latin from Outer Space in difficult times' (thanks to those fab Zoom backgrounds) and finally, since we were such enthusiastic early adopters of the technology, 'Ancient and Modern'.

Thanks to all my group, especially to Sister Makrina for using her Zoom subscription to host our classes.



SOCIALLY DISTANCED SPORTING PRACTICES IN ANCIENT ROME

Ukulele - Paul Wadeson (Tutor)

The UKE3A Ukulele class meets at the Brighton Seniors Centre in Durrant Street, Brighton at 2pm -3.30pm Wednesdays. Our aim is to have fun!

The group began at the start of last year with one 'Introduction To Ukulele' beginners class at the Brighton Courthouse. Demand was so great that the class size was initially limited to fifteen, after more than forty members registered interest. A second beginners class was started in the first term last year, then a third class was run in the second term. The class was initially run by Paul Wadeson with welcome assistance from Ralph Cooray.

As the class numbers grew, we moved to the Brighton Seniors Centre in Durrant Street and established a new group called UKE3A. In the second half of last year, I was ably assisted by Peter McDonald as the class size and the ukulele skills grew. We performed to thunderous applause at the Seniors Festival at Federation Square and at the Bayside U3A Christmas morning tea at the Brighton Town Hall.

This year we started with approximately twenty five UKE3A returnees and a separate beginners class run by Peter McDonald with assistance from Brian Boughton and Michael French, simultaneously in the Durrant Street hall.

Since the lockdown began, Peter has been running the beginners Zoom session at 2pm Wednesday and I have been running the UKE3A Zoom session at 3pm. It is not possible to sing or play music together on Zoom because of the significant sound delay so we are using the 'Mute All' button regularly. We cannot hear each other play but most class members are joining in each week and we are all looking forward to the day when it is safe and legal to resume our communal playing and singing.



Tuesday Walking Group's Answer to COVID-19 - Jane Alcorn (Leader)

When the COVID-10 virus lockdown was announced, our Tuesday Walking Group replaced weekly walks with weekly Virtual Cuppa Meetings via Zoom. It was definitely not as good as our weekly walks but turned out to be quite entertaining chatting with each other 'on the air'.

Now that restrictions have been partially relaxed and groups of up to 10 can exercise (socially distanced of course) our intrepid walkers ARE BACK.....but as a group of friends walking together - not as the Bayside U3A Tuesday Walking Group.

This week eight of us walked to Kamesbough Gardens in North Road, Brighton. The weather was just perfect. We 'socially distanced' as we walked but still managed to catch up with all our news using slightly raised voices. We must have sounded like a mob of excited magpies as we walked along. It was just so good to see friends again.

During our walk we happened to reach the gardens just as the **Star of the Sea** pupils were assembling for the first time since the lock-down for schools. We felt it was quite a historical moment as we watched the girls and staff greeting each other and I took the attached photo of us around the fountain with the school assembly in the background.

Further on our walk we found a wall painting of a set of enormous wings near Brighton North Station. A few of us tried them on. In the second photo you can see Helen Lolatgis pretending to be quite angelic. I think those wings fit you Helen! This photo just makes me smile!

Our walking friends group is such a big step back to feeling normal again. We are so looking forward to when we can ALL gather as the real Bayside U3A Tuesday Walking Group, and once again take our walks complete with our sit-down coffee stops with our fabulous chat sessions.

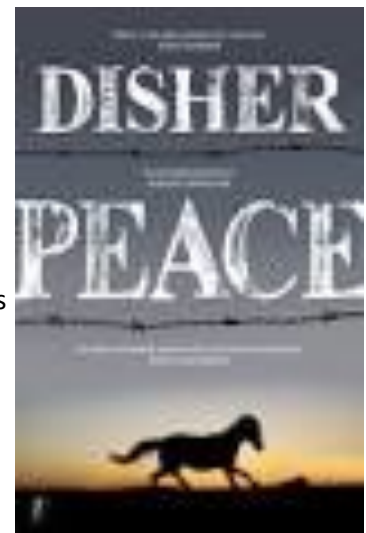


Crime Night (monthly every 4th Tuesday night) - Tony Aplin (Tutor)

Crime Night is being conducted on Zoom. We're now all experienced practitioners and quite enjoy the medium (but not as well as face-to-face and a glass of wine).

On 26th May six enthusiastic members discussed the assigned book 'Red Joan' by Jennie Rooney. This book was made into a movie but the two stories (based loosely on a true story) differ somewhat. As often is the case, many thought the book was 'better'. We discussed the twists and turns and possible motives etc. As usual we had a great chat about other books we've read and what we and our families have been up to and how COVID-19 and the lockdown are affecting us.

Next month our book is 'Peace' by Garry Disher, one of our best Australian crime writers - I'm about to start reading this book and really looking forward to it and our next session discussion.



Painting and Drawing - Verona Pirani (Tutor)

Two of the members of the Painting and Drawing Class have sent in some lovely acrylic paintings.

This painting is by Robyn Roth.



The other two paintings are by Chavalee Mayne.



Baytone Singers - Jill Page (Tutor and Conductor)

We cannot join together to sing but members are enthusiastically joining together by maintaining and contributing to the Baytone Singers email thread and WhatsApp.

By watching youtube videos we are experiencing music, joy, and fun shared with each other. Recently I shared a fabulous rendition of Puccini's famous aria 'Nessun Dorma' from Turandot. Usually performed vocally this glorious music was instrumentally presented in a woodland setting featuring a superb soloist and a large orchestra consisting of young players. Members all felt inspired by the passion and love that was conveyed. We are indeed fortunate to be treated to these musical feasts featuring brilliant professional musicians and singers that are currently being offered free of charge during these difficult times.

We are thrilled to announce some very exciting news. A member who hails from Baytone Singers tenor ranks has just become a GREAT GRAND FATHER. Barry Shying and his family welcomed Rory James Holland who arrived on 22nd April. Rory was born during social isolation stage 3 which meant visiting was difficult. However we are privileged to include a photo of Rory with Barry and great grandmother Barbara. Father Ben works in Human Services and Mum Kaleigh is from Canada, so as travelling for the Canadian grandparents is out of the question due to COVID-19, there is a lot of 'skyping' between the two countries.

Congratulations Barry and Barbara and we do hope we can meet little Rory in the not too distant future.



Writers Group - Cheryl Threadgold (Tutor)

The word of the fortnight was 'Delicious' so a number of these entries are titled such.

Delicious by Greg Every

Delicious is something we taste.
An extra bite not going to waste.
So don't be suspicious.
It need not be nutritious.
Just eat up, there's no need for haste.



Delicious by Ilse Zipfel

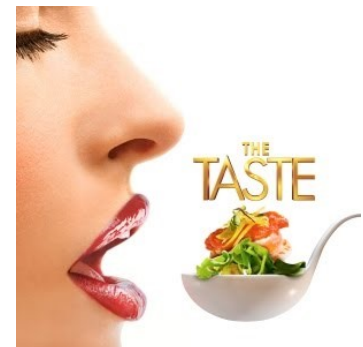
Adriatic smooth air
plays soft ringlets around my feet
while stepping on sandy crystal
dipping in and out of clear water
reflecting the open sky filled with ancient stories:

"What to do for breakfast?"
uppermost by now
becomes a vital credo spun
by knowing the kiosk is not far away
I had adopted for espresso dalliance
Dolce:
Sounds its sweet enchantment
dolce sounds impact on my senses
I point to my favourites multiplied
the fragrant lightness offered by generations

Ancient stories sound less sensible now ...

Delicious by Joy Meekings

'Delicious' in the dictionary states: a delightful smell or taste
For me it only applies to food that puts inches on my waist!
Smells are certainly evocative of times and places gone by
Can't think of them as delicious, no matter how hard I try!
But you do smell the food before you taste it, so it's both of them combined
I'm putting way too much thought into this, may start to lose my mind!
So in summary, let 'delicious' mean whatever it does for you
Because every single person has their own point of view!



Ramsgate by Geoffrey Dobbs

When I remember Ramsgate, the Ramsgate of seventy years ago, it is the smells that return first. Seawater trapped within the harbour walls mingles stale salt with leaked oil; thrashing beyond the harbour walls, the open sea carries in bitter salt on cutting winter winds; from the boat sheds on the under cliff come scents of thick tar, fresh rope and new-sawn timber. The town's winding streets trap wafts of vinegary fish and chips, served in newspaper. In summer, when the town pulsates with holiday makers and day trippers, a pungent miasma of jellied eels, cockles and whelks hangs around the esplanade. The Queens Head, it's double doors flung wide open, lets loose a stale tide of beer and cigarette smoke. In 'Merrie England', the entertainment park, the sweet, warm sticky scent of candy floss mixes with the burnt rubber of dodgem cars.

Two places have smells all of their own. Rowland's, the home made sweet shop exhales a hot sugary, peppered scent of humbugs. Here you can watch sweets being created from huge hand-rolled sausages of sugar, colour and flavouring. In contrast, Pelosi's Ice Cream Parlour smells of creamy milk. It's interior shimmers in virginal white and chrome; the windows display plaster models of its delicious craft: sundaes, banana splits, cones, medleys and fantastic knickerbocker glories. The waitresses wear white aprons, little paper side caps on their heads. Eating ice cream at Pelosi's is akin to a religious ritual; you leave feeling purer with every sense enhanced.

How much of this remains now I wonder?

Delicious by Cheryl Day

Memories of childhood can be sour or sweet, depending on the particular circumstance. One of the sweetest memories I have of my childhood took place in our 'veggie' patch. My dad was quite a keen gardener – his style was neat and trim rather than abundant and meandering - which is the style I prefer today- but there was one area where his fastidiousness and straight lines were particularly apposite and that was in the growing of vegetables. His neat borders and carefully lined up plants allowed for vegetables of all sorts to flourish and be easily picked for the dinner table when at their peak.

His favourite vegetable to grow was the tomato. My sister and I shared his enthusiasm for these luscious vegetables – or fruits- (there is some disagreement even among botanists whether a tomato is a fruit or a vegetable.) There is no argument however that my dad's tomatoes were undeniably delicious.

The type that dad grew were called Grosse Lisse – a variety not heard of so much these days. But they were large, fleshy and grew on long sinuous and robust vines that I sometimes imagined were reminiscent of the beanstalk that Jack ascended in the fairy story. 'You have to cut off the side branches, Cher,' my dad would inform me, 'to ensure a strong healthy vine and large tasty tomatoes'.

My sister and I would watch as the vine wound its way up the wire fence, developing a thick trunk and producing at last, its tiny green 'buds'. These small green buds turned slowly into large red fruits, so that the vine looked like a sort of otherworldly Christmas tree covered with bright red baubles. When the tomatoes were almost at their peak – and just before mum would judge them perfect to pick them for the table – my sister and I would hide in the garden beds, artfully concealed behind the trellis of climbing beans, and we would sample the ripest and juiciest produce. We would inhale the aromatic, earthy fragrance with sensuous delight, and then bite into the moist yielding flesh. Warmed by the sun and with the juice dripping down our chins, never before or since has anything tasted as delicious as Dad's tomatoes.

**Chicken Soup Encore by Olga Givoye**

"I wonder who that might be knocking; are you expecting anyone Malcolm?" asks Marilyn, wiping her hands on her apron as she hurries to open the front door.

"Why hello Georgie, what a lovely surprise," says Marilyn ushering me inside.

"Sorry I haven't phoned but I've finished this month's book club choice and thought I'd drop it off for you on my way home." I hand Marilyn the book and step back to leave.

"Do come in Georgie and join us for a little while, we don't see you often," and Marilyn leads me into the dining room. Seated at the table is her husband Malcolm who stands to greet me with a peck on the cheek.

"Hey Georgie, long time no see," he says, settling me into a chair, "Glad you can join us."

I protest, "I really shouldn't barge in like I have."

"Not at all. You're welcome. Nothing fancy, home-made chicken soup, you must stay and have some." Marilyn disappears into the kitchen re-emerging with the steaming soup tureen then ladles the aromatic broth.

"Bon appetite," says Malcolm, savouring a generous spoonful. Marilyn hesitates over hers, with a furtive glance at her husband.

"Darling, it's absolutely delicious!" Malcolm enthuses, "I must have another bowl before I go." Marilyn beams with delight. They do make a dashing couple.

Within minutes, Malcolm grabs his coat, keys and camera bag and hurries out to his car. Marilyn turns to me.

"Georgie, I love cooking for Malcolm, he's such a wonderful audience. I can hardly restrain myself from rushing back to the stove to create his next dish. Delicious! I can't wait for my next curtain call."

And this coming from a committed career woman, I'm impressed.

"Would you like another bowl?"

What a lucky couple I muse as I drive away. Mental note to myself: Georgie you definitely need their recipe for a happy relationship and 'best-ever' chicken soup.



Classical Music Virtual Class No 9 - David Peake (Tutor)

Early this year - way back when we had actual classes - I got a request for Vaughan Williams' 'The Lark Ascending'. I have prepared a program including that and expanded it to include other works by Vaughan Williams and works by other notable 20th century British composers - Frederick Delius and Gustav Holst. Viewing these Youtube items has been a revelation to me - just how great they are. Until now, I admit I have tended to regard Vaughan Williams (VW), Delius and Holst (apart from his Planets Suite) as being somewhat slight, relatively insignificant composers. Not any more! You can see from the fact that these Youtube items are performed by artists and orchestras from all over the world just how highly regarded they are and rightly so.



First up a fine performance of 'The Lark Ascending' by Hilary Hahn and the Camerata Salzburg.

[Hilary Hahn - Vaughan Williams "The Lark Ascending"](#)

15:36

Next VW's Symphony No. 4 by the BBC Scottish Symphony Orchestra at the Proms in 2013. Composed in 1931-34, it is regarded by many as VW's finest.

[Ralph Vaughan William: Symphony No. 4](#)

36:12



Another VW work, 'Fantasia on a Theme by Thomas Tallis' follows. The Toronto Symphony Orchestra did it justice in 2014.

[Vaughan Williams - Fantasia on a Theme by Thomas Tallis /Oundjian - Toronto Symphony Orchestra](#)

Delius' 'In a Summer Garden' comes next with a 2016 rendition by the Frankfurt Radio Symphony Orchestra under Sir Andrew Davis. The Germans have long been fans of Delius, even more so than the British.

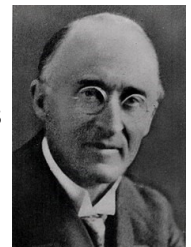
[Delius : In A Summer Garden](#)

16:33

Finally 2 works by Holst. His St Paul's Suite is very well performed by the Polish National School's Symphony Orchestra in 2015. This is an all girl orchestra which is very appropriate as the Suite was composed in 1922 for the pupils at the St Paul's Girls School where Holst was a teacher.

[Gustav Holst - St. Paul's Suite](#)

14:56



Lastly, the most dramatic and best known movement from his Planets Suite, 'Mars', by the BBC Symphony Orchestra at the Proms in 2015. The conductor gives it her all.

[Holst : The Planets, 'Mars'](#)

6:58



Creative Conversations – Stitch and Natter - Sandra Groves (Tutor)

Despite current restrictions and cold weather and our trip to the Bendigo Woollen Mills being abandoned, the group members continue to enjoy the challenge of creating a myriad of different articles. Many are taking joy watching their stash of yarns and fabrics that have been gathered over years, dwindling as trips to the shops have been limited.

Annie Pollock has just finished knitting this cushion cover (from her stash) and the cat loves it!



Classical Music Virtual Class No 10 - David Peake (Tutor)

It's back to Beethoven this week. Last month I showed the 1st part of the splendid BBC dramatised biography/documentary of Beethoven. In this program I include part 2. I must admit I haven't seen it however I am confident that it is as absorbing as part 1. Beethoven's life was far from tranquil but that is often the case with geniuses (Van Gogh, Wagner).



[Beethoven Documentary - The Genius of Beethoven 2/3 'Love and Loss'](#)

59:01

Over a week in March 1974, Vladimir Ashkenazy performed all of Beethoven's piano concertos with the London Philharmonic Orchestra under Bernard Haitink at the Royal Festival Hall. Fortunately they were all well filmed by the BBC. Here is a splendid performance of the 5th Concerto, 'Emperor'.

[Ashkenazy plays Beethoven Concerto 5 : Emperor \(complete\)](#)

42:39

Finally it's another Lucas Jussen film, this time the Pathetique Piano Sonata. This young Dutch pianist, together with his brother Arthur, is a splendid player of the piano repertoire and this is a fine example.

[Beethoven - Pianosonate Opus 13 in C 'Pathetique' \(Lucas Jussen\)](#)

19:29

As usual, just click on to the underlined titles and you will go direct to the video (including the unavoidable ads). PLEASE GIVE ME YOUR FEEDBACK, REQUESTS AND SUGGESTIONS, I NEED THEM !

A reminder - virtual classes numbers 1 to 8 are available, with direct links, in our U3A's special edition newsletters on the website.

Gardening Group - Sandra Stirling (Member of the group)

In March, when Autumn leaves were just starting to turn red and gold, members of the Garden Group arrived at their club rooms in Brighton. There were a few baskets of colourful cuttings as the focus would be on the guest speaker Dr Rodney Swinkels, (Bachelor of Horticulture (Honours), Doctorate of Royal Botanical Society of London) a friend of gardening member Eva Kurtak who was instrumental in inviting him to speak to the group on the day.

Greetings swirled around the room as members slowly settled in their chairs. Then Adele rang the tiny bell, and the meeting began with Eva introducing the speaker. For over an hour, Rodney spoke on a variety of topics including the different types of mulch and their uses, common plant diseases, garden designs and the like, interspersed with a sense of humour. But while his talk was very interesting and informative, it was not until he began to answer the wide-ranging questions from members, that his extensive knowledge was truly revealed. For example, "What flower can I grow in the shade?"; "What can I spray for fruit fly on my apple tree?"; "Why are the leaves on my lemon tree turning yellow?" and so much more.

After receiving enthusiastic applause and a small gift, morning tea was enjoyed by everyone as they sampled a slice of Meg's delicious cake with their tea or coffee; and then it was time to leave.

"Bye Judy"

"See you next time Norma"

"Bye girls"

Farewells made, doors closed, and another happy meeting of the Garden Group is over until COVID-19 is over.



Ann Swiers, Rodney Swinkels and Eva Kurtak

Virtual Jazz Class No 1 - David Peake (Tutor)

Over the last few months I have received requests for a virtual Jazz class. I have found it difficult to accede to this as, compared to Classical, there are few suitable Jazz Youtube videos. Most of the really good stuff is only available on DVD's - only small, 5 minute or so, samples are available on Youtube.

However, I hope that the program attached is of interest to you. I will not be sending weekly Jazz programs - they will probably be monthly. I am going to have to pace myself as I fear that we may not be able to have actual classes for the rest of the year at least. I believe that our members are considered to be the most vulnerable in the community and therefore the last grouping to be given permission to assemble en masse.

Anyway, I hope you enjoy these videos. They are in chronological order. JUST CLICK ON TO THE UNDERLINED TITLES AND YOU WILL GO DIRECT TO THE VIDEO - HOW EASY IS THAT !

NOTE - I am always open to requests/suggestions - I find them very helpful,

If you would like to receive David's emails please let us know via baysideu3a@gmail.com



<u>1930 - Duke Ellington - Check & Double Check</u>	5:46
<u>Roger Wolfe Kahn & His Orchestra in 'The Yacht Party' (1932)</u> Note - the clarinetist, centre screen, is Artie Shaw aged 24!	9:00
<u>Duke Ellington & His Orchestra "Bundle of Blues" 1933</u>	8:58
<u>Jimmy Lunceford and His Dance Orchestra 1936</u>	10:14
<u>Hoagy Carmichael featuring Jack Teagarden and His Orchestra</u>	9:36
<u>Glen Gray and The Casa Loma Orchestra</u>	6:41
<u>Jammin' The Blues (1944)</u>	10:19
<u>Louis Armstrong 1950 The Strip (excerpt)</u>	18:44
<u>Jack Teagarden & His Septet (featuring Charlie Teagarden)</u>	30:26
<u>Sidney Bechet, Louis Armstrong, Django Reinhardt 1952</u>	8:16



Duke Ellington



Artie Shaw

COULD YOU SURVIVE A VISIT TO A CARAVAN PARK LAUNDRY?

Washing has always been a preoccupation of mine. In fact people would probably call my lust for laundering a compulsion, even an addiction. A Christian friend of ours noted this and observed to my husband, that I did seem to be somewhat fixated on clean clothes. My husband instantly replied, “You might have your God, Neville, but Ruth has her washing” as if that explained everything and no more needed to be said.

Now caravan parks are a thriving industry in Australia, servicing an increasing number of grey nomads and tourists and, of course, in these places there is a need to have customs and conventions, rules and regulations, not the least of which are that caravans must be lined up in rows like dunnies at country picnic races. For safety, parks always display large signs stating things like speed limits and swimming pool rules. This suited my obsessive-compulsive personality. However, it is hard to abide by rules if you don't know they exist and it is at this point I become dizzy with anxiety, as there are no notices on laundry etiquette ever in view. I am destined, therefore, to have problems. The laundries are peopled by the self-appointed matriarchs of caravan parks, who will soon let you know they've 'been everywhere'. These intimidating women come in all shapes and sizes, they have mouths like coal scuttles and no time for small talk. They dispense their wisdom and knowledge like cups of soap powder usually with their heads buried in the bowl of their machine or with a mouthful of pegs. They are on a mission and very focused.

Let me describe the first of many visits to the park's laundry in far North Queensland. On arrival there you will usually discover all the washing machines are taken. You know this because all the lids are down, some with a basket sitting, like a guard of honour, on top. So back to the van you go lugging your laundry bag. Back you trudge some time later in the hope of a more successful outcome. Yes, you are in luck.

Next is to determine what coins are required, as there is no such thing as a free scrub. Will it be \$2 x 2 or \$1 x 4 or a mixture of both? Every caravanning washer woman must be prepared, like a boy scout, with a ready supply of coins of all denominations, but not me. Back to the van I trek again, then back to the laundry only to find I have broken the unwritten rule by not leaving a clear indication I was next in line. My vacant machine has a new mistress.

Unwritten convention, I quickly learned, stipulates there is no pushing in, no taking ownership of a machine before your turn or tossing somebody's washing out and quickly shoving yours in. No - that is not done and you must wait your turn, however long that might be.

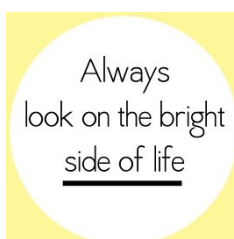
Although there is no signage telling you how long the wash will take, being tardy is not appreciated by the ever loving sisterhood. You are in trouble if you are not back by the allotted time, so you need to place a bag or bowl on the lid of your machine and hope some kind person will unload your 'finished' wash and not dump a mountain of your wet clothes elsewhere. However, laying a finger on another's washing is a risky business – washer women are very protective of their laundry, I noticed.

Washing is a vocation in caravan parks. If you don't know the customs and conventions, passed on by word of mouth, it is to your detriment. The result may be a very sharp retort, or worse, the silent treatment.

Back to my washing machine where, after all the setbacks, my laundry is complete and I am dizzy with happiness. I optimistically head for the clothes lines but, guess what, they are full to overflowing. My sisters have beaten me, yet again! But with the song, 'always look on the bright side' ringing in my ears, I tell myself this is an opportunity to write a manual entitled “How to survive in a caravan park laundry”. It would be a best seller!



Ruth Rolls



Fun and Fitness with Dance - Marie Feigl (Tutor)

It's great to see so many activities continued on-line. However, our group is not suited to that platform as the character of our style of dance (multicultural or international) is mostly circle dancing. As we dance, we move through each others' space, which makes it impossible to maintain social/physical distancing. We are all looking forward to starting up again with our dance classes. It has been very difficult for most of us to socially isolate, especially those of us who are sole dwellers. For those who have grand children, not being able to see them and collect our much treasured hugs and kisses, has been a difficult part of all this. It is wonderful now that some of the restrictions have been eased, but as we have been told time and again, we still have to be very careful, keeping our 1.5 to 2 metres distance from each other. We Australians can be very proud of ourselves for strictly observing the 'rules' of hygiene and social distancing, as this is what has made us one of the most successful nations in the world for drastically reducing the infection rate and maintaining it so low. The ABC charts of infection rate shows us third lowest, behind Taiwan and New Zealand. We can beat this if we keep up the vigilance.

Meanwhile, back at Fun and Fitness with Dance, members have been directed to Youtube where there is a professional dance teacher (Gadi Bitton) teaching and demonstrating some of our dances, with the help of his very beautiful and talented dance group. They are presenting the dances in their dance studio, which looks great, and is easy to follow.

To access the dances on You Tube, enter the following:

For Israeli dances: Google Gadi Bitton beginner dances, where you will find the following dances:

Nigun Atik, Od Lo Ahavti Dai, Tzadik Katamar, Mayim Mayim (Maim Maim), Debkah Lahat, Hora Chadera, Hora Medura, Sham Haray Golan, Ve David (partner dance), Yesh Lanu Tayish (partnered long set dance), Ma Na'avu (or Manavu)

For Cafe Alhambra: Google Cafe Alhambra with Shlomo Maman (Youtube)

International Dances: Not all our international dances are listed here because there are often more than one version of the dances, "depending on which side of the mountain you're from". The suitable ones to watch are as follows, often with several entries:

Hasaposerviko (Greece), not to be confused with the hundreds of Zorba choreographies and flash dances, which, by the way, are worth looking at.

Kalamatiano (Greece)

Chaj Zibede (Albania)

Pata Pata (South Africa) - as this is an original choreography (by Marie), it is not on YouTube, but it is a joy to watch the late, great Miriam Makeba (Mama Africa), performing this and other songs. Miriam had a very interesting career, which is worth Googling - Wikipaedia.

Shekhani (Kurdish and Assyrian) - unfortunately, you won't find our version, but still very interesting to watch the other versions, mostly also with different music. Bounce off to the weddings from that part of the world to watch how the people enjoy their cultural dancing.

Stay safe, well, happy and keep dancing.



Bloomsday in Melbourne

Frances Devlin-Glass has been teaching James Joyce's fiction for the last 12 years at Melbourne City U3A (and at Deakin University for 30 years before that), and running a theatre-based Bloomsday in Melbourne since 1994. Bayside U3A has received the below from Frances:



"This year we have a Bloomsday which might interest those of your members who enrol in literary courses - an online Bloomsday.

Let me explain how it came about: how do you celebrate James Joyce's great modernist novel *Ulysses* in a time of plague? This year the annual 16th June celebration can't be in a theatre, as Bloomsday in Melbourne have celebrated for the past 27 years. Instead, we are creating 18 films, one for each of the book's episodes, and playing them out across the big day on Facebook. The film director is the very talented Jennifer Sarah Dean (founder of Melbourne Shakespeare Company).

Our cast of 20 comes together from around the world for a virtual celebration. Narrator and guide is the peerless Max Gillies and we have a team of young, keen actors, led by Jennifer, who are relishing the challenges of rehearsing and filming via Zoom. It's free and we'd love people to join us for the craic online too.

PS Because we're celebrating online, Melbourne gets a head start on the rest of the world, including Ireland!"

Please see Bloomsday in Melbourne [website](https://www.facebook.com/groups/bloomsday2020) for more detailed information about the three related activities on 16th June, Bloomsday.

ULYSSES IN PLAGUE TIME
A SOCIALLY DISTANCED FILM FESTIVAL IN 18 EPISODES
Tuesday 16th June 2020
www.facebook.com/groups/bloomsday2020

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 to the members who provided the below feedback regarding our newsletters. These are being produced every 2 weeks while classes are cancelled but will be back to once a term when classes recommence.

Another terrific Newsletter. Well done all.
Reg Shields

You've done it again ! You have excelled yourself - they continue to get better and better. The input from tutors seems to be on the increase which must be very gratifying for you.
 I much appreciate your including my classes and I am forever amazed at the really superb illustrations and photos that you add - they enhance the classes very nicely.
 David Peake

Many thanks to everyone for contributing to the last newsletter! It is great to be so well informed of all activities still in progress!
Faye Burns

Congratulations on a wonderfully informative newsletter. Thank you to the lecturers for making such an effort to keep us all in touch. It must be very reassuring for many members in isolation.
 Sue Wright