

Bayside U3A

UNIVERSITY OF THE THIRD AGE

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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. 6

June 2020

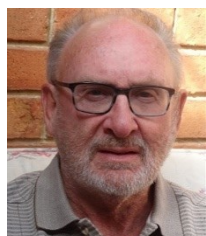


Coronavirus Notice:

Bayside U3A Closed until further notice

This newsletter covers COVID-19 restrictions as at 21 June 2020. As the restrictions are frequently changing please ensure you keep up to date.

FROM THE PRESIDENT:



Dear Members

Reopening? As I foreshadowed (as they say in all the COVID-19 announcements) in the last newsletter, it's looking more and more likely we won't start 'indoor classes' at the Beaumaris Senior Centre and Brighton Senior Centre until sometime during Term 3 at the earliest. We have formed a 'Reopening' subcommittee - the Exec Subcommittee plus Chris Logan (office matters) and Judy Sinclair (handling Council liaison). We have a raft of questions to be answered, lots of actions and are working towards a detailed plan. Unfortunately, we have had no further details on requirements and who's responsible for what from Council (as mentioned in the last newsletter we received the 'COVID-19 Reopening Information' document from Council on 6th June).

NOTE: We are vividly aware that Medical Officer advice is still for over 70s to continue to stay at home, and we are very much in the very vulnerable demographic.

Tutors have been canvassed by email as to their willingness to restart classes, with some positive responses. There are many, many issues, requirements and criteria to consider and plan for and assess classes for suitability for restarting before we canvas members interest in attending face to face. These include:

- The ability to social distance (including the 1.5m separation and 4m² per person rules)
- The requirements for separate entry and exit from classrooms
- The need for cleaning/sanitising between classes (and thus changes to start, finish and duration of class times) - the more shared things there are to clean (ie tiles, cards, etc) the less likely these classes can restart
- The need for at least daily cleaning of the building and facilities. We are looking for Council to confirm that they will be conducting daily cleaning at Senior Centres and Community Centres but as we lease the Brighton Court House the onus is on us to comply with the DHHS and Council requirements. We are paying \$125 per clean twice a week for cleaning at the Court House but I suspect that daily/nightly 'sanitisation cleaning' will be more expensive per clean and thus considerably more in total. This means that 'BCH' classes will not be included in the initial ones restarting. We understand that our Public Liability Insurance may not be 'valid' if we don't completely comply with the DHHS/Council criteria.

And the good news - well on 20th July the 50 people per internal space 'relaxation' may come into effect - BUT under the 4m² rule our largest room (the main hall at BCH) can only accommodate 25 people AND also a 'group' limit of 20 we now know applies. We are waiting on Council advice and/or plans re Beaumaris Senior Centre and other venues about 'people limits'.

Any activity, including outdoor activities such as the walking and cycling groups cannot restart until we have a signed agreed plan with each tutor/class leader. The tutor/leader has to commit to comply with the requirements before they can officially start.

See over

FROM THE PRESIDENT (Continued)

We are working on templates for these plans/protocols but it will be the responsibility of the tutors to have these in place. There is reason to hope that the social-spacing rule may eventually be reduced to 2m² per person (which, for example, would increase the limit at the Brighton Court House main hall to 50) but we cannot plan for this until a timeline is announced.

The requirement for an approved plan/protocol will apply to all Bayside U3A classes/activities and will include the need and commitment for class volunteers to undertake cleaning/ sanitisation of anything that could be touched (including toilets etc). The class roll, for example, will need to be more rigorous including the need to note who has got the COVIDSafe app activated on their mobile phone.

Chris has been contacting the Beaumaris office volunteers as to their willingness to return and under what conditions and/or expectations (eg separation/isolation from members and/or willingness to help with sanitisation). A 2-hour time limit inside will apply to office volunteers as it does to class members.

The subcommittee is working hard on these issues and requirements - bear with it - we want us all to get back and safely.

Tony Aplin

COURSE NEWS - Sue Steele (Course Co-Ordinator)

It looks as if some online classes and activities are with us for a while yet. We are busy working our way through the stringent requirements set out for a return to any face-to-face activities. We are all familiar with the current 4m² per person limit for indoor spaces. This is just one of the things we need to consider. There are also a lot of requirements around cleaning and sanitising, equipment handling and people management.

At the moment people over 70 and others considered 'at risk' are still advised to stay at home. This group represents more than 70% of our membership. A number of you may be reluctant to return to indoor face-to-face activities. We may need to look at hybrid class models to deal with this and with the sheer number of classes we have and the large number of members enrolled in many of them.

Stay well and keep Zooming along.

New Zoom Seminar - Self-Care in COVID Times

Thursday 2nd July 9.30am to 11.30am. Course 20167 [Self-Care in COVID Times](#)

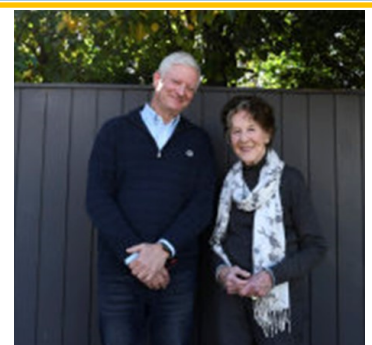
Christine Easdown has put together a 2 hour seminar called Self Care in COVID times. This seminar focuses on specific strategies to support health and well being as a response to the Covid 19 contagion. It explains the concept of immunity from an oriental medicine perspective, nutritional guidelines which support the organs that assist us to resist disease, as well as some specific Qi Gong exercises that benefit the mind and body.

Donation Gives Court Service a Reprieve

David Baer, a member of our gardening and mahjong groups, has generously donated \$130,000 to Court Network to save this volunteer service that supports domestic violence victims in court. Court Network has trained volunteers to work across all courts in Victoria for 40 years. They walk the floor, approaching people to ask if they need help to navigate the courts, sitting with those in distress, supporting witnesses giving evidence and referring victims.

Mr Baer agreed to make his name public to encourage others who have the means to give to organisations in need, particularly during the coronavirus health crisis.

"If people can afford to do it, now's the time to step up," he said.



David Baer with Court Network's founder Carmel Benjamin

Exploring Meaning in the Beatles' Lyrics - Bob Mason (Tutor)

We have just completed the sixth of eight 90-minute sessions in our first semester investigating the Beatles' lyrics.

So far we have

- Identified the difference between a history and a story about the past - the nature and treatment of sources, memory, etc.
- Shown that the Beatles are a contested territory with many conflicting dimensions in their claims regarding their songs.
- Identified the nature of the Beatles' writing - a private conversation in a public domain - via the song 'Picasso's Last Words' that Paul McCartney wrote during his early solo years.
- Investigated the three songs the Beatles wrote and presented in their Decca audition, and established the relationship between them and Paul's first song 'I've Lost My Little Girl'.
- Examined the three songs the Beatles presented at their first Parliaphone session. Looked in detail at their first two singles and the song that George Martin wanted as their first single.

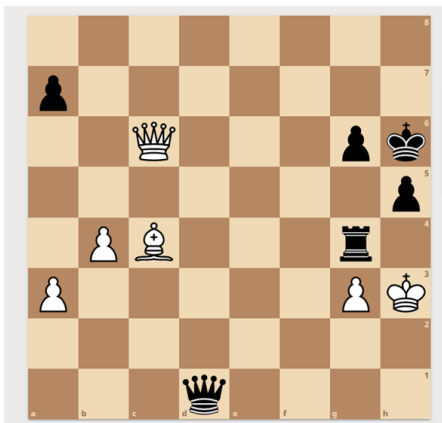


We have started on their first LP and hope to be able to finish it this semester. It may not sound like a lot but there is a great deal to discuss in their early songs.

In the next semester we will be examining their first two mega-hits and their second LP. We may make a start on their third LP. While the first semester has been via Zoom, the second will begin after it is safe to meet in person. If there is demand, I would be happy to present the first series again, in person.

If you have an interest in the Beatles' music, popular culture, modern music (including a touch of music theory), and the history of the Beatles, please join our group.

Chess - Suzanne Frankham (Tutor)



Thanks to a wonderful interactive chess editor, the chess class has gone digital.

The class can see the chess position on Zoom and I can move the pieces as they watch. For those interested, the above position is an example of an OVERWORKED PIECE. The White Queen on c6 is guarding the White Bishop on c4, but it is also stopping a checkmate by the Black Queen on h1!

As well as Zoom classes once a fortnight, students have been playing one another using an online chess programme. FUN.

Member News

Joan and Lisa Bolt are isolating at home, entertaining themselves with Mahjong.

Feel free to share with us how you are keeping busy while social distancing.



Balance and Bones and Mobility Classes - Helene Redding (Tutor)

There is now a very loyal following of both classes. Many participants are joining in 5 days a week. I have heard that they are benefitting from doing the Balance and Bones classes twice a week, which is possible on Zoom. I open the class 15 minutes beforehand and we all have a lovely catch up and share a laugh. I think we have all got to know each other better.

I will be continuing classes online, as it is not feasible to go back to real classes yet and many participants are enjoying doing it on line. Many participants have bought their own weights.

On a personal level I enjoy not having to leave home at 8:30am!

Any member who is interested in joining in is very welcome. Contact Bayside U3A and they will forward your name and email to me and I will contact you.



Lets do Dinner Update – Are we back soon? - Karen Hall (Convenor)

I am encouraged to read of the recent easing of isolation restrictions related to cafes and restaurants. After 20th July when hopefully the restrictions are further eased, up to 50 patrons may be allowed, providing the regulatory distance is observed. RSL's may be able to accommodate higher numbers.



However, when I read about the High Risk Categories, relevant to many of our members, Victoria's Chief Health Officer says we are still confined to quarters except for the main 5 reasons to escape.

Unfortunately, this means that our dinners remain on hold until we are free to break bread in public together again.

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

Our group is not yet able to start riding together but are very hopeful that we will be able to start our monthly rides in the next few months. Some of our members have continued to be out on their bikes.

Barbara Larkin has been riding the bike path along the Dingley bypass, then along Springvale Road and either back through Braeside Park or into the Edithvale Wetlands and up through Mordialloc.

Evelyn Cronk stayed in Everton, north east Victoria, over the Queen's Birthday Long Weekend and enjoyed some great rides in cool but kind weather:

Day 1. Rode Everton to Myrtleford and return

Day 2 Beechworth area and back to Everton.

Day 3. Myrtleford to Bright and return.

Thanks to Barbara Larkin for sending in the Cycles of Life.



Art Appreciation - Diana Stock (Tutor)

Our group has had a focus on The Renaissance for the past two terms. A general quiz was held recently and many fine entries were received.

The winner is Lyn Bishop who correctly answered all the questions. The prize, a bottle of bubbly, will be hers to enjoy.

Writers Group - Cheryl Threadgold (Tutor)

We were unable to include all the submissions in the last newsletter. The remaining contributions for the word of the fortnight 'Delicious' are included in this newsletter.

Delicious

Delicious by Helen Graham

Heather sat back in her chair, sipped on her tea and rested her feet on the footstool. Thank goodness she thought to herself. Her first post COVID lock down girl's lunch was a success, well, as successful as it could be, given her guests. Jane was her usual self, always disapproving, pursed lips ready to form into what Rosie called her CBM, which was code for chook's bum mouth. Obviously, the time alone had given Jane even more time to consider expanding her already long list of foods she couldn't possibly eat, let alone enjoy. It's getting to the stage where she will only be able to partake of triple filtered water, Heather decided.

Rosie was in fine form today. Rosie, purveyor of all things enjoyable, especially good times, food and wine. Her excesses were cleverly hidden in yet another flowing creation, her beautifully tinted hair swishing in harmony, as she made yet another point in her animated conversation. Everything about Rosie was luscious, even down to her sinuously curved, banana yellow Volkswagen, which, these days was presenting even more of a challenge for her to get in and out of. Rosie was aglow, for Rosie had yet another new man in her life.

Marie, quiet ever dependable Marie, who immersed herself in romantic novels to escape the jarring boredom of her married life, was agog, demanding to know all about Rosie's latest. What would Marie have made of her life, if her mother had not been so focused on her only daughter marrying a man of means and good standing, Heather mused. Funny how Marie's mother's failure to marry such a man had driven her to thwart her daughter's career ambitions and convince her to wed instead. But Marie had made the best of it, living out her dreams through her books.

When Rosie announced that her new man was 'delicious, edibly delicious', Jane's mouth grew even tighter and her back even straighter. Marie, on the other hand was entranced, leaning forward, wanting to know more details. Rosie's description painted a picture of a man with the looks of actor Sam Neill, with the wealth of Rupert Murdoch. Jane commented that she hoped that Rosie's description wasn't the other way round; one, which was greeted with much merriment, even though Heather suspected that this was not Jane's intention.

Heather felt a pang of sadness as she remembered. It had been too long since her man had died, their shared dream of a long and joyful retirement, gone in an instant. She needed to start living again.

Wriggling her toes and taking a deep breath, she decided that she wanted some of Rosie's deliciousness in her life, starting right now.

ICE CREAM KISS by Geoffrey Dobbs

In the soft darkness of the cinema
Our arms just touching
My fingers long to stretch and
Entwine with hers
Yet freeze just short
Gripping the hard armrest instead.

Our heads draw together, our hair mingles
Her scent envelops me
Does she too yearn for touch?

Then before the main feature
In half light comes the ice cream girl
'Would you like ...'
And back I come with two tubs
Fingers now frozen again

Lights fade screen expands
Music drowns our ears
She turns to me
I to her
Both smiling
And then
As if by accident
Our lips collide, seek each other's shape
And mould together
I breathe her breath
taste the thick, stickiness of lipstick
And on her pressing lips
Rich, creamy slithery joy
The sweetest kiss I shall ever taste.
Delicious!



Delicious – A True Tale By Norah Dempster

We were country schoolkids aged about ten or eleven years. There were seven, maybe eight of us, who hopped on a school bus every Wednesday afternoon and were taken to the nearby town of Milton. At that time the education gurus, whoever they were, insisted that every New Zealand child had the opportunity to learn the arts and skills of Domestic Science and Woodwork. Gender appropriate classes, of course, it was the early fifties, after all. The girls learnt Domestic Science and the boys learnt Woodwork.

There were twenty children in our two-roomed wooden school perched on a hill overlooking the lake. In Milton, Tokomairiro High School stood, built of dark stone during the 1856 Goldrush days, and well resourced with a large playground, tennis courts, rugby fields and, importantly, a classroom specially appointed to teach cooking skills. In this Cooking Room a series of stoves stretched along one wall, sinks for washing up along another, and small benches throughout that two students stood at to learn.

On Wednesday, children from the smaller surrounding schools like ours arrived to be trained by the Cooking Teacher. Now reflecting back, I realise she was probably quite young herself and to be confronted by noisy or sullen youngsters who were already working on local farms and certainly helping their mothers in their kitchen must have been quite a challenge.

The day I particularly recall, the day of delicious, was the day we learnt to make coleslaw. We knew how to make a summer salad, chopping home-grown lettuce finely, adding slender-sliced tomatoes, spring onions or radish and the carefully stirred egg mayonnaise or salad dressing as we called it. But, to be expected to chop raw cabbage finely, and add raw grated carrot, was the equivalent of travelling to the moon. No-one had heard of it. We knew cabbage should be cut fresh from the garden, washed, checked for grubs, then well-boiled and served beside meat and potatoes at the family dinner table.

"Coleslaw is delicious," said our radical young Cooking Teacher, presumably determined to drag us children into some level of sophistication and awareness.

"You don't eat cabbage raw," we whispered to each other. "You might die," someone said. "It will be poisonous," said another. "I'm telling my mother," said the youngest. But we had to do it. We spent the afternoon chopping and grating.

"Fine girls, fine, the leaves must be chopped fine," chanted the Cooking Teacher.

At the end of the afternoon our large bowls of unevenly chopped cabbage leaves and carrot with the bits we got tired of grating hidden underneath, were inspected by the Cooking Teacher. "Now add two and a half tablespoons of mayonnaise," she cried. But it wasn't the creamy egg mayonnaise we were used to at home but a rather pink substance that we had each made in small pots with ingredients I don't recall. "It will be delicious," the Cooking Teacher repeated.

At leaving time we gathered at the large school gate sulkily clutching our containers of coleslaw waiting to board the bus home. We were indignant by then. We were ready for revolution.

The bus set off down the Main Road of Milton. Later it would wind through wet gravel roads but here the main South Island route was properly sealed with neat houses and town buildings along each side.

"Delicious," someone said again.

I don't know who did it first. A window was wound down.

"I'm throwing it," one girl said. "It's horrible. Raw cabbage, yuk!"

"What?" said the woodwork boys. "Ya can't eat raw cabbage."

"Cabbage gotta be cooked."



And each one of us from the cooking class wound down our windows and tipped our coleslaw from the moving bus out onto the middle of the road.

"Delicious," we cried. "Delicious. Goodbye."

Why do I remember this? And still have a slight feeling of discomfort? A trickle of guilt that I also felt at the time, even though I joined the giggles and laughter the rest of the way home.

I do eat coleslaw now. And as I do I often remember.

Birthday by Greg Every

The theme this month is birthday.
Please do keep them coming my way.
These short rhymes can be fun.
Why not try to write one?
You could create your first in a cafe.



Birthday by Juliet Charles

"Is that all I get for my birthday"? The righteous indignation of a person who has reached double figures and is denied the due acclaim!

What occasion was so momentous that my tenth birthday was forgotten?

For at least two weeks prior to my birthday, as soon as I awoke, I would drowsily creep into my parents' bedroom to check on the bag at the foot of their bed. If it was still there, IT hadn't happened. As the oldest of three girls, it was my self-appointed duty to be the bearer of news to my sisters, aged eight and five.

Sisters! I suppose we were just like other kids, favouring our own friends and either ignoring or suffering our siblings. And my sisters so *irritated* me! One was a tomboy and played 'footy' and 'allies' with the local lads. The other one *drew on my book!* Yes, she was five, but she *promised* me she had not scribbled on my treasured book of the royal family. How I adored the pictures of the young, beautiful Queen Elizabeth, her handsome husband, two little children and glamorous sister, Margaret. I made the five-year-old confess, swearing I would not punish her for telling the truth, then promptly hit her when she did.

Our grandmother arrived a week before my birthday. She shared my small room, which was equipped with twin beds. I was happy to have her company as she was much loved – and at least – as 'senior sister' - I had my own room most of the time. That was one perk of being the oldest.

The day before my birthday, I slept so soundly that I failed to do the usual check on *that* bag. The next thing I remember was my grandmother gently shaking me awake. "Julie, your mother has had a little boy. You have a new brother!" So, in the night, my father had whisked my mother off to hospital, the bag of nighties and other necessities accompanying her. I woke my sisters in excitement, and I vividly remember all of us jumping from bed to bed in my room, ecstatically shouting "It's a boy! It's a boy!"

Dear Reader, you may assume I resented this tiny usurper of my breathlessly anticipated tenth birthday celebrations. Au contraire! Oh yes, the next day dawned to a lack of presents. My father had forgotten to buy my gift and I was momentarily miffed. Even worse, the frozen ice-cream cake had not been removed from the freezer in time for my birthday tea. I recall a hacksaw being futilely employed. Eventually – not that day - a present was produced. I don't even remember what it was.

What I *do* remember is rushing home from school, day after day, to help my mother bathe, feed and tend to my very precious and deeply loved little brother. I couldn't wait to cuddle him. To this day, I ring him on the 21st October to wish him happy birthday and he rings me the next day to return the favour.



Though many, many years have passed, I will never forget my extraordinary tenth birthday.

Birthday Girl by Gwen McCallum

'I'm ninety' she said,
like that explains everything,
well maybe the trembling hands
and near-sightedness
but not the attitude.

*She saves brown paper bags and elastic bands,
every night at sundown she stands
watches the man across the street
reel down the Australian flag.
She doesn't understand jingoism
but knows what makes her feel good.*

She refuses to acknowledge our judgment
there is a stubborn insistence
to keep a point of view, she holds us up.
Please fit in.
It is all planned
we are very busy
we have put ourselves out
can't you see.
Well it must be cancelled.

I'll send a card.



Classical Music Virtual Class No 11 - David Peake (Tutor)

This is the second class devoted to an instrument. This time, by request, it's the Cello. Not my favourite instrument I must say - I find it rather lugubrious and mournful - however I accept that in a Master's hands and in the right company, it can be very enjoyable. With that in mind, I have prepared the following You Tube items for your delectation.

This is a splendid explanation of the Cello by the No. 2 cellist of the Philharmonia Orchestra (PO). The PO have generously put out 24 of these Instrument You Tube clips, including one on the Banjo! I discovered that there are a number of classical banjo CDs available - one of them is 'Bach on the Banjo'!

[Instrument : Cello](#)

18:57

The items I have chosen are more or less in chronological order so it is fitting that this one features Pablo Casals, the Spanish master who taught and mentored many young cellists in the 50's and 60's.

[Casals Master Class a 2of3](#)

10:14

Next is Paul Tortelier, the French master playing the 1st movement of Elgar's Cello concerto in the early 60's.

[Paul Tortelier - Elgar Cello Concerto](#)

7:19

This concerto is indelibly associated with Jacqueline Du Pré who is featured in the following item. The piano accompaniment is by her mother, Iris Du Pré.

[Jacqueline Du Pré, F. Mendelssohn - Song Without Words](#)

4:41

The next is the complete Haydn Cello Concerto No. 1 by Mstislav Rostropovitch with the Academy of St. Martin in the Fields filmed in the early 80's. He inspired and taught many of the present day cellists and was a towering figure in the cello world.

[Haydn, Cello Concerto Nr. 1 C Dur Mstislaw Rostropowitsch](#)

24:31

This one is a superb 2004 performance of Beethoven's Triple Concerto with Lynn Harrell on the cello, Anne Sophie Mutter on the violin and Andre Previn on the piano and the London Philharmonic Orchestra under Kurt Masur. Sadly, Harrell and Previn died quite recently

[Beethoven Triple Concerto C Major Anne Sophie Mutter Andre Previn Lynn Harrell](#)

35:19

Finally, an inspired and passionate rendition of Saint-Saen's cello concerto by Gautier Capuçon with the Frankfurt Radio Symphony Orchestra (FRSO) filmed in February this year. The FRSO are altruistically making just about all of their concerts available for free on You Tube - with excellent sound and picture quality.

[Saint-Saens: 1. Cellokonzert hr-sinfonieorchester Gautier Capuçon](#)

21:08

Note that all of my previous 10 classes are in the newsletters on our website. Your comments and requests/suggestions are most welcome.

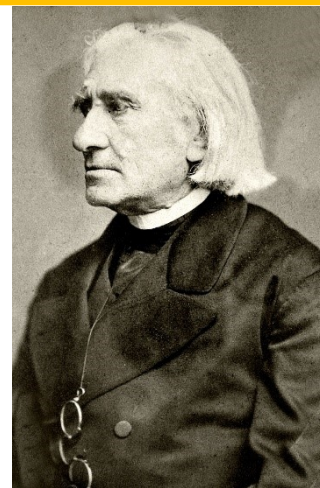


Classical Music Virtual Class No 12 - David Peake (Tutor)

I am giving this class the title 'Mostly Liszt' which it is. It's a collection of Eastern European music, much of it having folk music origins or influences. Liszt and Kodaly were Hungarian, Enescu Romanian and Dvorak Czech. Once again, I have been spurred to prepare the class by a request - this one from a long time class member, Christine Korvema.

I would like to have started with a documentary/biography of Liszt but I could not find anything suitable. Anyway, I think that his music speaks for him very eloquently.

The first item is an all-too-brief excerpt from his Piano Concerto No. 1 played by the phenomenal Hungarian pianist George Cziffra in the mid 1970's. The orchestra is conducted by his son George Junior.



[George Cziffra plays the Scherzo and Finale of Liszt's Concerto No. 1](#) 7:58

Next, the complete Piano Concerto No.2 played by the Georgian pianist, Khatia Buniatishvili with the Verbier Festival Orchestra in 2015.

[Khatia Buniatishvili Liszt Piano Concerto No. 2](#) 20:28

The third item is his Mephisto Waltz No.1. nicely played by the South West German Radio Symphony Orchestra. Liszt wrote 4 Mephisto Waltzes. This (the best known one) and No. 2 were written for the orchestra and Nos. 3 and 4 for the solo piano.

[Liszt: Mephisto Waltz No. 1 Tito Munoz/SWR Symphonieorchester](#) 11:42

The fourth item is his Hungarian Rhapsody No. 2 played by another German orchestra, the Cologne New Philharmonic.

[Liszt Hungarian Rhapsody No. 2 Volker Hartung](#) 11:12

Next, a lovely piece by Romania's greatest musician, George Enescu - his Rumanian Rhapsody No. 1. Enescu (1881-1955) was not only a fine composer, he was one of the greatest violinists and teachers of all time. His star pupil was Yehudi Menuhin whom he taught in the late 1920's and early 1930's.



[George Enescu: Rumanian Rhapsody No. 1](#) 12:29

The sixth item is Dvorak's Slavonic Dances played by that truly superb Slovakian Youth Orchestra. There are a lot of Youtube videos and not a dud among them. The proper name for the orchestra is the Gimnazija Kranj Symphony Orchestra.



[A. Dvorak: Slavonic Dances \(standing ovations\)](#) 18:58

The seventh item is Kodaly's Dances of Galanta by the London Philharmonic Orchestra at the Proms in 2011.

[Kodaly - Dances of Galanta - Jurowski](#) 15:23



Finally, Lang Lang weaves his magic on Liszt's Liebestraum at Carnegie Hall in 2003.

[Lang Lang: Franz Liszt - Love Dream \(Liebestraum\)](#) 7:06

I hope you like my selections. AS ALWAYS JUST CLICK ON TO EACH UNDERLINED ITEM AND YOU WILL GO DIRECT TO THE VIDEO.

Short Story Competition

The Friends of Paynesville Library are inviting our members and friends to enter their Short Story Competition.

The Friends have a website: www.friendsofpaynesvillelibrary.com which has a brochure that can be downloaded.

They hope you might accept their invitation to write a short story and wish you hours of enjoyment thinking up an interesting story.

PLEASE NOTE—Stories must be in hard copy and entries close 28th August.
Emails not accepted.

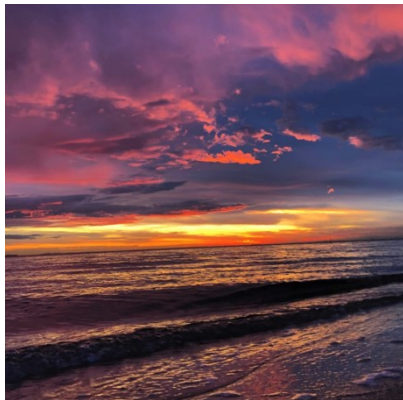


The Florey Institute has a new lecture coming up - online through Zoom:

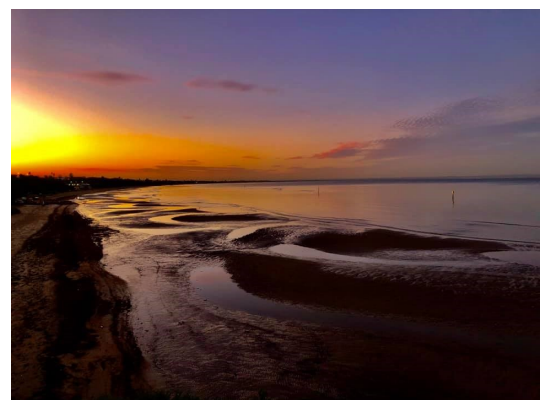
Wednesday 15th July @ 11:00am *Ageing & Alzheimer's Disease: the search for the cure*

Click on the link for more information and to register.

Thanks to Sally Mort for these beautiful sunrise/sunset shots and a reminder to shop local.



Sandy Beach sunset



Mentone Beach early morning

Research Project - Please participate

Francisco Regalado, researcher and student of the Master in Multimedia Communication at the University of Aveiro in Portugal, is studying the habits of online news consumption by senior citizens. This research fits within the project SEDUCE 2.0 - Use of Communication and Information in the online community miOne by senior citizens.

If you are interested in participating the questionnaire is available in the following link:

<https://bit.ly/questionnaire-miOne>.

Please note that all answers will remain anonymous and will be a great help in advancing the ongoing research.

Comedian Rod Quantock OAM Gets Serious About Ageing, Discrimination & Elder Abuse

Southern Melbourne Primary Care Partnership (SMPCP) and the Elder Abuse Prevention Network (EAPN) is pleased to announce the launch of the podcast '*Rod Quantock gets serious about ageing*'.



Light in tone yet addressing a serious issue, the podcast delves into the hidden issue of age discrimination and elder abuse. Listen to the podcast on Spotify <https://spoti.fi/2A9oPG5>

Rod Quantock, comedian and social activist, made the podcast for young and old alike because we as a society need to step up to challenge ageist and sexist attitudes and to empower older people to know their rights and act on them. The podcast features Rod Quantock interviewing Gerard Mansour (Commissioner for Senior Victorians and Advocate for Elder Abuse Prevention), Gary Ferguson (Community Education Co-ordinator - Seniors Rights Victoria) and Michelle Lord (Elder Abuse Prevention Network Project Lead - Southern Melbourne Primary Care Partnership).



Cost: FREE

Course opens: 7th July, 2020

For more information and to enrol:

<https://mooc.utas.edu.au/index.php>

Enrolments are now open for the Understanding Dementia MOOC free online course commencing on 7th July. This course is run by the University of Tasmania.

Course duration: 7 weeks

Estimated effort: 3 hours per week

Course access: Day or night, on your smart phone, tablet or computer

Course closes: 18th September, 2020 (content is accessible across 10 weeks)



This year the Festival is being brought straight to your home through online performances, zoom interviews and story-telling.

"2020 is the 38th year the Festival has run and we are delighted to get *in the groove* - with performances by many of your favourites and some new performers we think you will enjoy."

Tristan Meecham and Bec Reid are welcomed as the hosts. They are the dynamic duo *All the Queens Men* who the Festival has worked with on The Coming Back Out Ball and the LGBTI Dance Clubs. With strict social distancing rules in place, Bec and Tristan meet and host the performers from the comfort of their own homes using technology in ways the Festival never knew were possible. The organisers have had a lot of fun creating and reimagining the Festival for you, and they hope you enjoy it - and sing along!

Leave them a comment on their website or through social media, and get *in the groove*!

For more information and to watch the performances go to

<https://www.seniorsonline.vic.gov.au/festivalsandawards>

88.3 Southern FM has published the below about the Bayside U3A Writers Group Radio plays

The Bayside U3A Writers Group has been very proud over the years to hear its radio plays broadcast on 88.3 Southern FM, usually on the third Tuesday morning of each month around 9:15 AM.



Originally, the plays were heard in *Kaleidoscope* presented by Terri Adams OAM, a former professional radio presenter who pioneered the creation and production of radio plays in Bayside and Kingston.

More recently, Pauline O'Brien is broadcasting one play per month in her *Community Capers* program.

The U3A Writers Group is continuing to meet via online video conferencing during these days of COVID-19 isolation. In fact it is now meeting more regularly - weekly instead of monthly, and with a membership of 20 writers, the group covers all writing genres in the sessions.

Exciting news is that joining the six existing talented radio playwrights: Joy Meekings, Jan Storey, Norah Dempster, Colleen Dewis, Sandra Stirling and Juliet Charles, are five new interested writers. They're meeting separately via online video conference sessions to create their very first scripts in the challenging yet fascinating genre of radio play writing.

The first new play, just completed by Helen Graham, will be workshopped in a future online session with the whole group, with members reading the roles.

When it becomes possible, hopefully in a few months' time, the Bayside U3A Writers Group hopes to have several new radio plays ready for casting local actors and recording with its Technical Director, former ABC technician, Raymond Simms.

Dr Cheryl Threadgold OAM
Convenor, Bayside U3A Writers Group

NEWSLETTER

Thank you to all our members who have helped to create our great newsletters through the years. It is always a delight to receive your articles and photos.

We have been producing a newsletter every 2 weeks since the beginning of April and hope to continue to do so until face-to-face classes recommence.



Any contributions, feedback or ideas for future newsletters will be gratefully received.

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

The feedback we receive from members is much appreciated:

Thank you for the newsletter. It is wonderful to have all the ideas of what to do, as well as the links.
Trish Smyth

Somehow you make each newsletter at least as good if not better than the previous one.
David Peake

My sincere thanks to all those wonderful people who have contributed to Special Editions, great idea! So many creative people with extraordinary imaginations - I have clicked into and enjoyed a number of websites.
Dawne-Marie O'Farrell