

Bayside U3A

UNIVERSITY OF THE THIRD AGE

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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. 8

July 2020



[Coronavirus Notice:](#)

[Bayside U3A Closed until further notice](#)

FROM THE PRESIDENT:

Dear Members



Help! I'm running out of clichés, aphorisms and homilies to try and keep us (and me) buoyant and happy and motivated! Yes a sad and trying time – but we shall overcome (reminiscent of my hippy youth) – well I did live through that period! I've still got jobs left from the first lockdown and now have invented a few more to keep me busy. I've spent a LOT of time on Zoom with our Bayside classes, meetings and a host of Network and Region meetings and webinars. And we have masks – 'cottage industry' (ie home) made, fabric with or without a further filter – will get used to them I guess – if we go out!



In early June Bayside U3A established a Reopening subcommittee who until this week have met via Zoom weekly to plan and organise getting back to class (or blended or hybrid classes). We have called a pause on this until we have a better idea on what may happen in August. We need to accept the situation we're in (and that it may get worse before it gets better) and just try harder to keep fit and engaged – and I encourage all of us to keep and become more involved in Zoom classes. Many are accepting more members as we have done with Crime Night, and to keep in touch with each other and particularly for tutors to reach out with contacts and innovative ideas! The Bayside U3A committee is, and will be, looking for more good ideas to enhance and expand these opportunities – so do email me or any Committee member with any suggestions.

Please keep happy and safe – and I'm confident that our members are holding up our end in the community in setting particularly good examples of personal responsibility.

Tony Aplin

SAVE THE DATE

Bayside U3A Committee is planning a big event on Wednesday 12th August at 7:30pm.

This will be a 'not to be missed' Zoom event so mark the date in your diary and more information will be provided once the event is finalised.



COURSE NEWS - Sue Steele (Course Co-Ordinator)

As we settle in for another period of isolation in lockdown why not take up something new. Check out our [growing list of classes that are running](#), mostly on Zoom. Perhaps something will pique your interest. Or try searching YouTube for instructional videos on almost any topic/hobby you can think of.

Just listed

[Love Peace Harmony Transforms Life: Changing life with radical positivity](#)

Course: 20170.

Commencing Thursday 30th July at 10:30am

Nivedita Saraswati is offering this weekly online course that will help you to harmonise your life with positive messages and meditation

[Modern History enters a new phase](#)

Course 20015.

Thursdays from 10am.



On Thursday 23rd July David Hone's Modern History series moves from the Russian Revolution to **Australian History 1847 to 1900. The Strange Development of Colonial Democracy.**



Creative Conversations - Sandra Groves (Tutor)

Sandy Cartledge has made this queen size quilt for her niece in Sydney. Like many of the Creative Conversations group, lock down has provided a perfect hiatus from other tasks to complete lots of the 'Unfinished Objects' that we were stacking up. The Japanese design, features a black, white and red theme.

The Creative Conversations group usually has a rail trip to Bendigo each May. We go to the Art Gallery, have lunch and armed with our carry bags, head for the Bendigo Woollen Mills. This year with restrictions, we haven't been able to go, but as you can see from the note below from the woollen mills, online ordering has kept them very busy and our crew well armed for the creation of some fabulous items.

A little update from Bendigo Woollen Mills:

As you all know, we have been extremely busy...but do you want to know how busy??

Here are some figures that will blow your mind (they blew ours) ...

- In the last month, we have made 45 tonnes (45000 kg) of yarn
- We are selling an incredible 2.1 tonnes of yarn a day. That's 300kg an hour, or 5kg a minute
5kg is enough to make a decent size blanket, a large adult cardigan, 5 scarves, 6 beanies and 3 kids jumpers

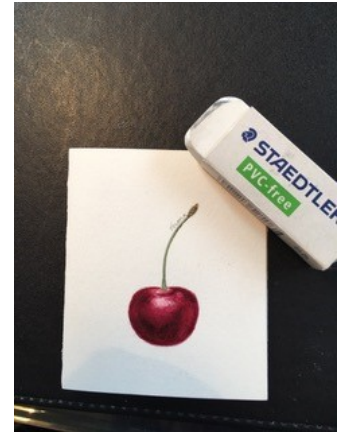
We knew you were all busy knitting, crocheting and crafting during lockdown, but we did not realise you were that busy!!

Thank you for keeping these wonderful crafts alive, for sharing all your amazing projects with us and for keeping us so busy that we do not have time to think about anything but making yarn for you.....our wonderful customers!!



Painting and Drawing - Verona Pirani (Tutor)

Again we are being asked to stay home and I cannot see us getting together for a long time. Thankfully we can take healthy walks around the neighbourhood, have Zoom to chat to family and friends, plus paint and draw to pass the hours in isolation. Instead of collecting a lot of watercolour paintings I have decided to paint a collection of cards to give to friends. A little thank you card tied to some flowers goes a long way. I am sure your friends would appreciate originals on a small card and I definitely would love to see some of your work.



To all the Bayside U3A family who are interested in Art and Drawing, I would recommend you look at a program that is on SBS. The show is called 'Life Drawing Live'. You do not have to be an experienced artist but just somebody who would like to learn. This show has life models and you will learn the basics of drawing - Negative Space, Foreshortening, Tone and Light. If you wish you can start streaming on SBS On Demand.

Fun and Fitness with Dance (Multicultural) - Marie Feigl (Tutor)

Now that we have been put back into Stage 3 restrictions (as outlined in the Victorian Emergency app, Victorian Government emails, newspapers, TV, radio, etc), most of us are feeling a bit disappointed for the backwards step. At the same time, we know that we have to do this if we are going to get through it. Fortunately, there are lots of Zoom virtual classes being offered by Bayside U3A, thanks to those tireless tutors.

I am still of the opinion that it doesn't work for me to teach social dancing via Zoom from my living room. Much of the atmosphere and enjoyment in multicultural dancing is that we are dancing together, enjoying each other's company and interacting with each other. This is very difficult to do via Zoom, which is why I have directed you to watch multicultural dances on YouTube, if you want to 'keep your toes on the boards'. Gadi Bitton has many Israeli dances for beginners and there are also many international dances, some taught and some not. In my newsletter article (Special Edition 5), you can find them on YouTube, they are taught and demonstrated professionally in a dance studio, with a beautiful young group of proficient dancers. If you are interested in having a go here is the link to [Special Edition 5](#), go to page 11.

I would be most interested to get any feed back from anyone who has ventured into these sites. You can email me on marie.feigl@gmail.com

I miss our classes and am anxious to get back to dancing with you, but will only recommence when absolutely safe to do so.



Lunchtime Masterpieces - Sue Steele (Tutor)

Lunchtime Masterpieces has been looking at the impressionists. Thanks to Vicki for contributing the below:

John Peter Russell: Australian Impressionist - Vicki Cowling

John Russell is considered by some to be the only Australian artist who genuinely matches the description of 'impressionist'. Russell was born in Sydney in 1858, and left in 1883 to study art in London and then Paris, where fellow students included Toulouse Lautrec, and Vincent van Gogh. Russell and van Gogh became friends and in 1886 Russell painted van Gogh's portrait (Van Gogh Museum, Amsterdam). Russell also counted among his friends Monet, Matisse and Rodin who completed several sculptures of Russell's wife. While overseas Russell corresponded regularly with fellow Australian artist Tom Roberts, with whom he had visited Spain soon after leaving Sydney,

The Art Gallery of New South Wales (AGNSW) presented a major exhibition of Russell's work in 2018 and information is still available on their website. That gallery has a number of his works, as does the National Gallery of Victoria, the National Gallery of Australia and the Queensland Art Gallery. The paintings can be seen on gallery websites. The Musee d'Orsay also has a collection of Russell's works which hang in the Museum of Morlaix in Brittany.



John Russell: *In the Morning, Alpes Maritimes from Antibes* (1890-91), National Gallery of Australia

John Russell was expected to go into the family engineering business, but had an early love of painting. The death of his father meant he could follow this enthusiasm and his inheritance meant he could live comfortably. In Paris he married Marianna who had 12 children; six children lived, a girl Jeanne, and five boys. A painting of three of the Russell sons playing on the beach hangs in the Museum at Morlaix – *The Painter's Sons Playing with a Crab*.

After visiting the small island of Belle Isle off the coast of Brittany in France, Russell built a house and moved his family there. He was host to Monet who enjoyed the meals prepared by Russell's cook.

Russell 'went at his profession with a rare dedication', painting the rugged coastline and storm clouds, and rocky pinnacles along the Belle Isle coast. His changing use of colour and freer brushstrokes have been attributed to Monet's influence. Later, Russell encouraged Matisse to paint with 'pure colour'. Antibes, in the south of France, offered a different maritime environment with Russell's paintings of this coast reflecting the luminous colours of the landscape and sea.

Russell left Belle Isle following the death of Marianna. He remarried and WWI saw the family relocate to England. In 1921 Russell returned to Sydney; he died at his home in Watsons Bay in 1930.

Russell is not as well known as his artistic peers partly because he lived overseas for nearly 40 years and lived quietly when he returned, but also he did not paint the 'essential features' of Australia, as did Streeton, Roberts, McCubbin and others - their paintings recorded rural and outback life at that time.

Thea Proctor, artist, printmaker and teacher, was Russell's cousin and following his death was influential in gaining recognition of his work through acquisition by galleries and entries in histories of Australian painting. Several exhibitions which included or focused on Russell's work have been presented since 1977. The 2018 exhibition by AGNSW offered an extensive survey of his career.

References

- Adcock, Michael. *John Russell, Australia's French Impressionist*. Academytravel.com.au 10 August 2018
- McDonald, John. *Visual Art review: Australia's only genuine impressionist John Russell in focus*. The Sydney Morning Herald, 10 August, 2018
- Mendelssohn, Joanna. *From Monet to Rodin, John Russell: Australia's French Impressionist maps artistic connections*. The Conversation, 23 July, 2018
- Smith, Bernard. *Australian Painting 1788-2000*; Oxford University Press, Melbourne, 1962 (Updated 1971, 1991, 2001).
- Turnbull, Sarah. *First Impressions*. Good Weekend/The Sydney Morning Herald. 13 July, 2018

Classical Music Virtual Class No 14 - David Peake (Tutor)

And now for something completely different - a classical class devoted to the Trombone! Not usually associated with classical music, the trombone, under various guises, has been around for 500 years. Way back, in a simple form, it was known as the Sackbut. The modern instrument sounds quite similar to the French horn. There are 2 forms of Trombones - the slide trombone (the most commonly used one, particularly in classical music) and the valve trombone (played in Jazz now and then).



So, let's consider this week's videos. First up, another of the Philharmonia Orchestra's splendid mini documentaries on an instrument.

[Instrument: Bass Trombone](#)

8:30

The next is a nice arrangement of one of Handel's best known oboe concertos for the Bass Trombone. The soloist is very good, the orchestra not quite so.

[G.F. Handel: Trombone Concerto in F Minor](#)

9:53



The following three videos were all composed between 1755 and 1770 for an Austrian trombone virtuoso. Leopold Mozart (1719-87) was Wolfgang's dad and was a fine composer in his own right.

[Leopold Mozart - Alto Trombone Concerto](#)

11:23

Wagenseil (1715-77) and Albrechtsberger (1736-1809) were also very capable composers. Albrechtsberger is best known as having been a teacher of Beethoven.

[Wagenseil - Concerto for Alto Trombone](#)

10:00

[Albrechtsberger: Concerto for Alto Trombone - Andras Palfry](#)

15:22



Ferdinand David (1810-73) and Ernst Sachse (1810-49) were mid 19th century German composers best known for their trombone works.

[Ferdinand David: Trombone Concertino Op.4](#)

17:10

[Tomer Maschowski plays the Ernst Sachse Concerto in F major](#)

13:12



The ninth item is Rimsky-Korsakov's (1844-1908) only trombone concerto which is a pity because this one is rather good.

[Rimskij Korsakov Trombone Concerto](#)

10:25

The final two items are trombone solo bits from Mahler's (1860-1911) Symphonies Nos. 3 and 7. Mahler was a master of the very long symphony - No. 3 goes for about 95 minutes and No. 7 for about 80 minutes. He is a very individual and interesting composer - I have become a fan in recent times.

[Jeffrey Kant - Mahler Symphony No.3](#)

6:15

[Bass Trombone and Tenor Horn solo from Mahler Symphony No.7](#)

2:34



Classical Music Virtual Class No 15 - David Peake (Tutor)

I am calling this week's class 'Piano Revelations'. The items consist of works by little known composers and I hope that they will be a revelation to you. Most of you will have heard of Paderewski but as a pianist not a composer. I know that many of you, like me, are big fans of the piano in it's many forms. I am concentrating on piano concertos as I find that format to be the most interesting.



The piano was invented c. 1700 in Italy but it was not until the early 1760's that it had evolved in to an instrument that was clearly superior to the harpsichord. From then on it rapidly ousted the harpsichord and by the 1790's had become the major musical instrument in all areas - a position it has never relinquished. Mozart adopted it in 1772 and his genius, well demonstrated in his 27 keyboard concertos, ensured that the piano was front and centre. When I was doing my research for this class, I listed 23 lesser known composers for consideration. Obviously, I could not present items by all of them but I think that the 6 items I have chosen are a good cross-section.

So, let's run through them. The first item is a delightful concerto by Leopold Kozeluh (1747-1818), Czech contemporary of Mozart and Beethoven.

[Kozeluh, Piano concerto for 4 hands](#)

28:52



The second is one of Johann Nepomuk Hummel's (1778-1837) eight piano concertos. He was highly regarded in his time as both a pianist and composer and influenced Chopin and Schumann. The young 'up and coming' Russian pianist, Dmitry Shishkin gives a fine performance.

[Dmitry Shishkin plays Hummel Concerto No. 2](#)

33:01



Fauré (1845-1924) is a fairly well known composer. However his Ballade for piano and orchestra is rarely played which is a pity.

[Gabriel Fauré - Ballade for Piano and Orchestra](#)

20:07



The fourth item is the first movement of one of Moritz Moszkowski (1854-1925) two piano concertos. He was a well known pianist and teacher.

[Moszkowski Piano Concerto/Miloslavskaya/Giraud Ensemble](#)

13:42



Ignaz Paderewski (1860-1941) only wrote one piano concerto. He was immensely popular for most of his long life. From 1919 to 1921 he was Prime Minister of Poland. This performance took place in the Melbourne Town Hall in 2016 as part of a Polish festival. It is not a perfect performance - the pianist is fine but the orchestra less so. However as it is an amateur community orchestra playing a difficult piece it is commendable.

[Paderewski, Piano Concerto in A Minor, Op.17](#)

36:11



The final item is a nice performance of Albeniz's (1860-1909) Spanish Rhapsody. It is an assured effort by a fine pianist and orchestra. I love Spanish music so I find the combination of the piano and Spain particularly attractive.

[Lubov Timofeyeva plays Albeniz Spanish Rhapsody op.70](#)

18:39



Opera Virtual Class - Sue Garratt with minor input by David Peake

During the last few months of virtual Classical Music classes, I have received a growing number of requests for Operatic items. I have never included Opera in my class as, although I enjoy operatic music, the singing bits leave me cold. However, I have been able to enlist the help of an avid and knowledgeable opera lover, Sue Garratt to put together an Opera Class that I am confident will be approved of.



Sue is very busy with family matters and as both a tutor and student at a number of our U3A classes but has very kindly made time to research suitable items. She has gained most of her opera knowledge attending the Bayside U3A Opera classes run by Dr Patricia Armstrong-Grant. Patricia is not in good health at the moment and we wish her a speedy recovery.

The first item is another splendid BBC documentary. Lucy Worsley is a delightful and entertaining presenter. Part 1 covers opera from it's very beginning c. 1600 to Verdi in the mid 19th century.

[Lucy Worsley's Nights at the Opera Part 01](#)

58:52



Our second item is a 2015 outdoor summer concert in Munich. Outdoor concerts are a major feature of the music scene in Germany and Austria and as you can see are very popular. As usual, this is well filmed with great sound and camera work. The introductions are in German and there are no subtitles but that is a minor matter with such a fine and varied presentation.

[Netrebko, Kaufmann, Abdarazakov, Humpson - Summer Night Music in Munich](#)

88:14



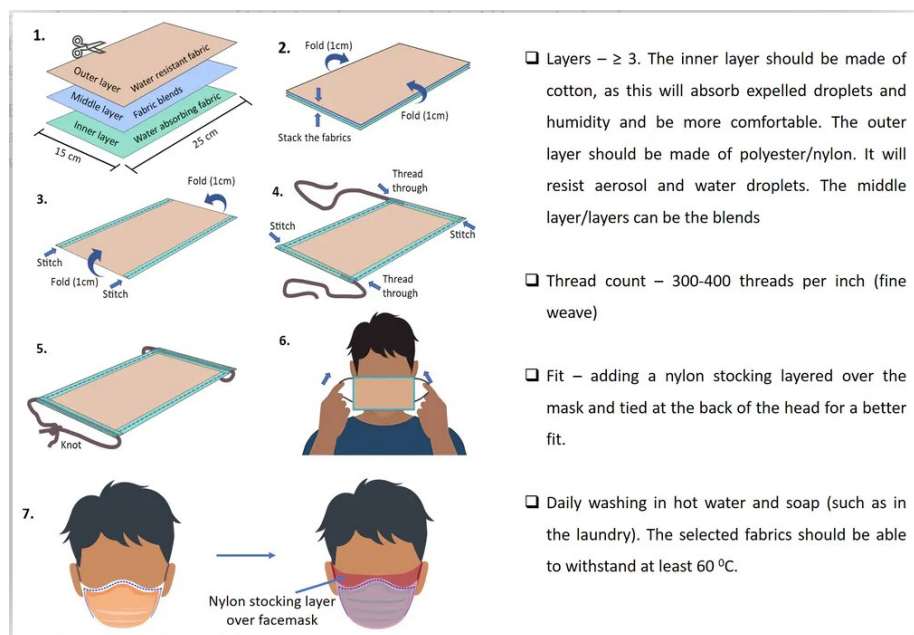
Sue has provided enough material for a second class which I propose to make available next month. It will include Part 2 of Nights at the Opera.

AS WITH THE CLASSICAL MUSIC CLASSES, JUST CLICK ON TO THE UNDERLINED TITLES ABOVE AND YOU WILL GO DIRECT TO THE YOUTUBE VIDEO.

Victorians, and anyone else at risk, should now be wearing face masks.

Cloth masks can vary widely depending on the material and design – a single or even double-layered mask or bandanna is likely not protective at all. A cloth mask should have at least three or four layers, including a water-resistant outer layer, a fine weave and high thread count and should be washed and worn fresh each day. It should fit snugly around your face or air will flow through the gaps on the sides. A nylon stocking over the top can help.

Research shows a 12-layered cloth mask can be as good as a surgical mask, although you may not have the time or inclination to make a homemade version with 12 layers. The Department of Health and Housing Victoria has issued this pattern - [Click on this link](#)



Susan McCarthy has provided the below information regarding masks she has been making:

This is the link to the face mask she used and gives a good explanation about the purpose of a mask. This includes a link to the pattern.

<http://www.fabricpatch.net/face-masks-for-covid-19-relief.htm>

Some comments:

- Sue found the sizes on the small side so used the 'man' pattern for herself and enlarged it to fit a person bigger than her!
- An important point in making the mask is to use an iron interfacing to create a more effective barrier
- Sue tried several different ways to secure the mask as she found elastic around her ears uncomfortable. Her personal choice is the one continuous piece of elastic where it's threaded through pockets either side of the mask in a U then tied - purple mask in the picture

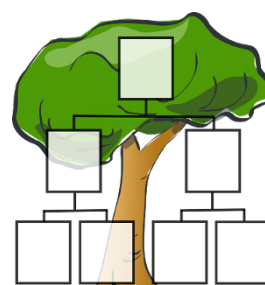


Family History

Thanks to Helen Hook for advising that while our local libraries are shutdown some family history resources are available online.

Ancestry and Find My Past databases are available from the comfort of home.

Just email the library for how to access them using your library card.



Recipes

Barbara and Barry Shying have suggested we include a recipe page in our newsletters - a great idea. They have sent in a recipe to kick this off and the editor has included a family favourite. Please send your favourite recipe to baysideu3a@gmail.com for inclusion in future newsletters.

Barbara and Barry Shying's Stop Gap Recipe - extremely easy

Cook some pasta of your choice. Add some chopped smoked salmon with some chopped spring onions and a little dash of white wine and some cream. Stir together, serve and enjoy. Sprinkle with chopped parsley or chives.

Stephenson Family Favourite

Add a tin of drained tuna in springwater and a can of drained corn kernels to a cheese sauce. Sprinkle grated cheese and bread crumbs on the top and bake until golden. Serve with rice and vegetables/salad.

Steve's Exotic Mindful Rum Balls – Stephen Le Page

This is an absolute cracker of a concoction and a sure winner at Christmas --or any time of the year. They're larger than the run-o-the-mill stuff and have the most delicious texture and rummy taste. Not for the faint-hearted... and usually rationed by she who must be obeyed.

¾ lb + orange or plain Madeira cake ex Coles or Woolies –crumbed finely
 2 x rounded tablespoons of coconut
 2 x rounded tablespoons of cocoa
 ½ cup of castor sugar
 ½ cup of sultanas
 ½ cup of seeded raisins, finely chopped
 1 x tablespoon of crystallised ginger, finely chopped
 ¼ cup of glacé cherries, minus seeds and finely chopped
 ¼ cup of blanched almonds, finely chopped
 1 x teaspoon of almond essence
 4 x tablespoons of dark rum
 ¼ cup of melted copha
 Chocolate non pareils or sprinkles

The work in chopping, slicing, and dicing is very important – do it mindfully and the tedium can be very focusing. All measurements are of the items after cutting so it's better to err on the positive side for the measures in the first place. There's plenty of leeway. The secret is in the mixing and firm pressure on the balls.

Crumb the Madeira cake well into a large bowl and then add the coconut, cocoa and castor sugar, **mixing very well after each addition**. Then add the raisins, sultanas, ginger, cherries and almonds, **mixing well after every addition**. Leave it on the bench for half a day covered in cling wrap.

Combine the almond essence and copha in a small saucepan and heat gently. When melted remove from heat and add the rum, slosh it around and combine with the mixture so the moisture is well spread. Using your hands firmly roll into smooth round balls of about 1¼ inches. Roll the balls well in the non pareils or sprinkles so they are covered liberally. Refrigerate or freeze.



Sonnet For A Time Like No Other - COVID-19

The virus health checks on a cruise were lax
 A whole new world with plans all gone awry
 The last six months have now slipped quietly by
 In Lockdown each another's company lacks.
 The nursing staff has been stretched to the max
 And folks have lost their jobs in numbers high
 The social distancing that some defy
 Has meant no one of us should now relax.
 'We're all in this together' I hear said
 Worldwide we would agree this is the case
 But somehow in this time there's hope that's shared
 A smile exchanged while walking near your base
 One checks to see how kith and kin have fared
 Let's hope before too long we can embrace!

July 14 2020 during Melbourne's 2nd Lockdown. Jocelyn Wood

Writers Group - Cheryl Threadgold (Tutor)

The word of the month is 'Run'

Run by Cheryl Day

I have never been able to run. As a chubby schoolgirl I was always last in any race. Mind you I was pretty hopeless at any sport. The only sport I was even competent at was tunnel ball. Not sure if standing splay legged while pushing a basketball between your feet should really be considered a sport in any case. After all you don't even really move. If the sport involved movement I was hopeless at it.

And as an adult I remained a non runner. Running for a train or a bus or a late appointment caused me any amount of consternation. Of course when I say I can't run I don't mean it literally, what I mean is that my running style is so ungainly and awkward I find it an embarrassment and I seem to take longer to cover any measurement of ground than anyone else. To cover my embarrassment I soon adopted a 'Running is so unladylike, why would I do it?' pose.

Throughout my life I have stuck to this mantra and I just don't run – nor do I want to, or so I say. I watch Olympic athletes with long lithe limbs stretch and put one foot in front of the other and move at a pace we lesser mortals can only achieve in dreams. I admire their grace and their strength, but I am not envious of their ability to run.

Until now that is: because right at this moment I sit looking out of my window at the bleak Melbourne winter sky, a pair of crutches and an unread pile of books by my side. Modern medicine has made many advances (or should I say 'strides' at this point) but the only way it can repair an arthritic knee is by 'replacing' it with metal and plastic. And that is what my unathletic body has been through. I ache, I move and I ache some more, I stretch and ache some more. Yes I should do my exercises – my physiotherapist has devised a number of stretching and bending exercises specially designed to cause the utmost agony in my battered knee – or so it seems. I have come to the conclusion that it takes a certain kind of sadistic temperament to become a physio. They actually gloat as you moan and say things like 'yes, you're going well, just a little bit more'. A little bit more! Are you kidding!

But as I wistfully gaze out the window I have only one thought.

I can't wait to walk unaided and yes to RUN!



Run by Ilse Zipfel

Here comes RUN:

Stoic grammar ran away
from overuse and stereotype
phasing out the many phrases
on its disciplinED
solstice run

swinging words seek anchorage
as he sang of Cinderella
until Disney treated lyrics
as another chase-and-run

Christmastime
for Snowflakes to fall between hills and dales and
houses
the children catch these wonders running
during Europe's Winter happening
Soft to touch a handful are
of thousand novel reflections

Run by Joy Meekings

Used to run when I was young for the School Athletics
Team

Also played lots of tennis, Wimbledon was my big dream

Time has passed, my body's changed, not like it used to
be

So nowadays I'm walking, doing Pilates and Tai-Chi.

Most people I see running, unless they are fit and able

Look like they are heading for an operating table!

Bright red faces, huff and puff, does not seem like fun

I'm just happy having memories of when I used to run!

WALK DON'T RUN by Sandra Stirling

There is a ritual attached to my morning walks in Winter. I wear sensible shoes and raincoat, together with navy-blue gloves stitched with tiny red flowers and a rather stylish grey cap with a bow at the side.

Crossing Beach Road with the lights, an absolute must for the over 70s, I enter the bush track at the top of the cliffs, just wide enough for one. I stroll past ancient ti-trees that throw dappled shadows across my path, and twisted banksias that bear colourful fruit, much loved by a variety of birds. Occasionally, the bushes part, and I see the wide expanse of blue-grey sea that backs on to a sky of silvers and greys, flecked with blue. Suddenly, the sun comes out, highlighting water drops on leaves and the wondrous glimpse of a delicate cobweb.

The pathway twists and turns and I am careful where I walk. However, sometimes a runner decides to pound along the track, spraying me with perspiration as I attempt to stand aside. And this morning, a male runner, intent perhaps on reaching a goal of how fast he could run, failed to see the large root stretched across his way. And with a loud thump, he fell. I stretched out a concerned hand and asked, "Are you all right? Can I help?" And while the offer was well meant, it was meaningless, as there was no way I could help this man of considerable weight to his feet. With a sheepish look and a mumbled thanks, he struggled up and slowly limped on his way.

As I continued home at my leisurely pace, I allowed myself a gentle smile of superiority - and sympathy, of course.

Run by Margaret Boyes-Pringle

*Run like a ladder in her stockings
Run like a mouse within a maze
Run traffic lights to meet appointments
Run to be the first to break the tape
Run until you feel your heart is pounding
Run like the dead in no man's land
Run to meet the bullet that's a-waiting
Run ...Run ...Run
Don't expect to understand*



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. Entries for the next edition will close midday Wednesday 29th July.

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

The feedback we receive from members is much appreciated:

*Very grateful for the fantastic newsletter, lots of things to view study and take part in. Much appreciated.
Cynthia Parsons*

It was a lovely surprise to receive my copy of the newsletter tonight and I had to read it before I went to bed. Thankyou to everyone concerned with it's production.

It was a disappointment to learn that we are still in U3A lockdown but I quite understand the difficulties that you / the committee are facing.

I have been attending the Masterpieces Zoom class, thank you Sue, and our wonderful English Literature Teacher, Barrie Shepherd, has kept us on our toes with a variety of poetry to read and discuss. Sometimes it is a challenge, but before we jump ship he is there to steer us through a difficult passage or prevent us drowning in sonnets and sagas.

Life has become a little less confined and for that we must be grateful. And, of course the very fact that we are well and all our family too.

I do hope all of you, everyone on committees, tutors and their helpers, keep well and that we will soon be able to pat you on the back and say hello, thankyou for a job very well done.

Until then please keep up the good work .

Much appreciation
Kate Moffatt

*Really appreciate receiving the special edition newsletters. It is great to catch up with all the news and information from the different classes. I know we all appreciate our tutors and our Zoom classes, this not only keeps our brains active but it also allows us to 'see' each other at this time of isolation. A very big thank you to all on the Committee.
Heather Ffrench*

My sincere thanks to you and all the Bayside U3A Tutors and committee members. You are doing a fantastic job in keeping us in touch and feeling less isolated. The increasing range of courses and connections suggested in the Newsletter is enticing!

Shirley Martin

HAVE **YOU** GOT THE **COVID BLUES** ??

Feeling like a bit of a natter? Feeling a bit hamstrung with no-one to talk to? Would like a bit of light human contact? Make new friends?

Well ...have we got a treat for you!!



No –It's not a charter flight to a remote FIJI paradise....the next best thing ...**Good conversation!**

Here's the Offer.... We're looking for people who like to talk –and those who like to listen.

For the next month or so some of your committee (we have to start somewhere) will host Zoom morning and afternoon teas –and even a few twilight drinks-- for members seeking sociability in these rough times. We're organizing small gatherings to talk about life and family, what's happening locally or around the world, who've ideas for how to fix the world, and any other topic which might come to mind.

Imagine its High Tea at the Ritz -- only we talk by Zoom. Drink your favourite beverage (that's what makes it Ritzy), eat your favourite snack in the comfort of home and wondrous conversation.... Our hosts are opening their homes and hearts to members –what an opportunity!

Your Hosts this month! Starting..... Monday 27th July

Lyn Windsor	Mondays 10.30 am --Morning Coffee and Chat
Tony Aplin	Tuesdays 3.00 pm – Afternoon Tea and Chat
Sandra Groves	Wednesday 11.30 am –Morning Coffee and Chat
Alina Skoutarides	Wednesdays 2.30 pm --Afternoon Tea and Chat
Carol Sieker	Thursdays 10.00am –Morning Tea and Chat
Sue Steele	Thursdays 3.00 pm –Afternoon Tea and Chat
Judy Sinclair	Thursdays 5.00 pm --Drinks and chat (Happy Hour)
Stephen Le Page	Fridays 5.00 pm – Drinks and chat (Happy Hour)

How about it? Want to give it a try? Email baysideu3a@gmail.org.au or phone 9589 3798 and tell us who'd you like to have coffee or whatever with. We'll connect you up.

It's first past the post for each event --places are limited to only 5-7 participants --so everyone gets to talk and listen and find new friends! Come on –this is where friendships are made!!



Stephen Le Page