

# Bayside U3A

## UNIVERSITY OF THE THIRD AGE

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

Old Brighton Court House  
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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. 9

### August 2020



[Coronavirus Notice:](#)

[Bayside U3A Closed until further notice](#)

### FROM THE PRESIDENT:



Dear Members

When it gets near to Christmas I dread hearing various comedy versions of 'the 12 days of Christmas' over and over. For some weird reason (it's that sort of time we're in) the 'daily numbers of Corona virus' seem to trigger the same response but at the same time are 'essential' knowledge. With '12 days' at least I know come 25<sup>th</sup> December it will all be over – '12 days' no more! But here we are with the next 'Emergency' period ending on 18<sup>th</sup> August but no surety what will happen! With the dreadful situation with Aged Care it's hard to stay 'up', confident and resilient. But we must!

And if you haven't, please try a Zoom class as they're fun and engaging!

Any issues? Send me an email at [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com) (Attn. Tony) – it'll get to me. I've also had my first Zoom Chat (see article in the last newsletter and page 13 of this newsletter for those of you receiving the online version) – and it was bright, breezy and fun.

I'm getting a lot of joy from our various Zoom encounters. Gail and I are going well and quietly getting through this – and my twice weekly golf-exercise is a welcome distraction. It's enough – and I sincerely hope all of you are coping and we'll come out the other side even better people, with an even greater sense of personal responsibility. Something that's obviously been in mixed supply through our greater community.

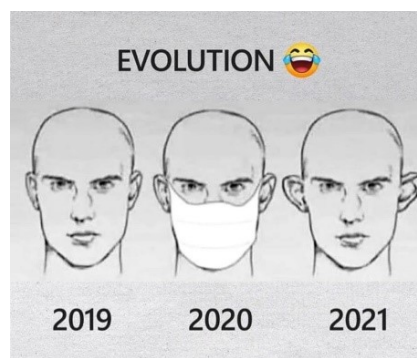
Please stay safe and happy. I'll even listen to '12 days' at least a couple of times!

Tony Aplin

See how COVID-19 affected the Swimmer (by Jeffrey Wilkinson) at the Art Trail Brighton



Thanks to Karen Hall for sending this to us:



## COURSE NEWS - Sue Steele (Course Co-Ordinator)

We are blessed with a broad range of classes and activities that have moved online during the pandemic. This is only possible because so many of our tutors have stepped up and embraced a new way of running their courses. We are enormously grateful to each and every one of them, and to all the participants who have also adapted.

[Lunchtime Masterpieces moves to St Petersburg](#) Course: 20087

Tuesdays 12:30pm

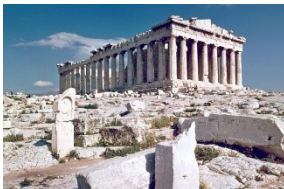
We've finished looking at the Impressionists and will start on The Hermitage on 4<sup>th</sup> August. The documentaries are a mixture of discussion of the buildings and the works exhibited.



[Armchair Archaeology Studies Cities of the Ancient World](#) Course: 20112

Wednesdays 12noon

For the rest of the year we will look at a different ancient city each week. Some are familiar names such as Athens and Rome, others not so well known such as Kahun and Olynthus, so there's something for everyone.



## A Light-Hearted Evening With Rod Quantock

We are pleased to announce that on **Wednesday night 12<sup>th</sup> August**, commencing at 7:30pm, special guest **Rod Quantock** will be joining us via zoom for a Q&A session.

Described by The Age newspaper as 'a **living treasure**', comedian, actor and author Rod Quantock will share his thoughts on matters such as 'living with lockdown' and 'growing old gracefully'.

We will also be running a **trivia quiz with some prizes**. In this time of COVID-19 lockdown, we could all do with some humour in our life.

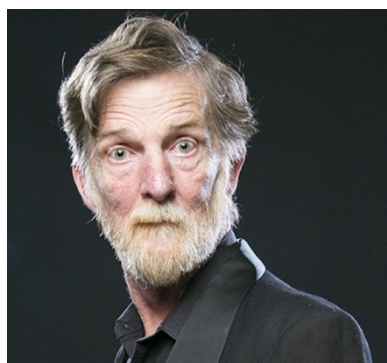
**Numbers are limited so you will need to register early** by emailing to [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com) by **Friday 7<sup>th</sup> August** to receive an invitation to join this Zoom event.

**An evening with Rod Quantock and Bayside U3A members**

**Wednesday 12<sup>th</sup> August at 7:30pm**

**In the safety of your own home**

**To register, contact Bayside U3A on: [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com)**



### Thursday Afternoon Current Affairs Discussion Group - Ralph Levy (Convenor)

The group has continued to meet every week via Zoom with very lively discussions on all manner of topics. While COVID-19 and lock down issues have been discussed we have very spirited discussion on all manner of other current issues.

Every one is welcome and every one is invited to express their views after all Every Voice Matters!

### Fulfilment in Retirement - Ian Marchment (Tutor)

As some members have recently lost their job due to the Corona Virus, Ian Marchment is prepared to chat over the phone to work out a plan to cope with the unexpected change.

Ian can be contacted on 0411 863 875 [ian@marchment.com.au](mailto:ian@marchment.com.au)

### Bridge - Sam Arber (Tutor)

I run the U3A Bridge in Brighton and have been sending a daily problem to my students with the answers the following day.



### Shakespeare Reading Group - Peter Summons (Tutor)

Every Monday at 2.00 pm we keep in touch through our Zoom meeting. We have a regular number of seven participants who enjoy catching up with each other to read and discuss Shakespeare's plays. So far in the lockdown we have read and discussed 'Julius Caesar' and 'Othello'. We are tackling 'A Midsummer Night's Dream' next!

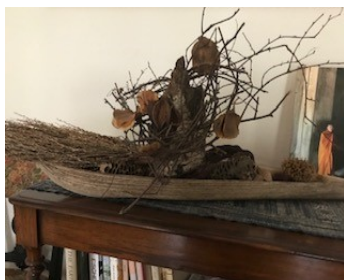
It has been great to communicate through the Zoom meeting to pursue our interest in Shakespeare and also to show off our wonderful pet dogs and cats on screen!

### Sculpture Group - Roy Bird (Tutor)

The sculpture group has continued to work from home. See our latest creations below:

#### Still Life

Dried seed pods of various kinds and birch twigs  
by Janice Lawton



#### The Player

Air dried clay and acrylic paint  
by Cerise de Gelder



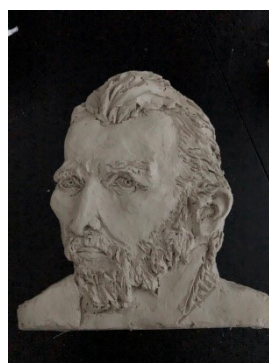
#### Abraham Lincoln

Bronze painted plaster  
by Roy Bird



#### Van Gogh

Clay relief plaque  
by Tanya Salehian 20cm x 18cm





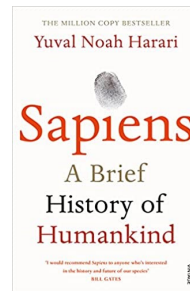
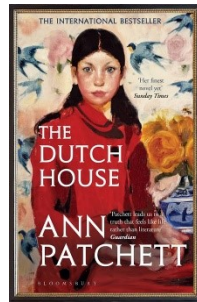
### Beaumaris Book Lovers Groups - Marilyn Hubbarb (Tutor)

Both the book groups have been continuing throughout the lockdown using Zoom.

This month we discussed *The Dutch House* by Ann Patchett and next month's book is 'Sapiens - a brief History of Humankind' by Yuval Noah Harari. As is shown by the titles, we are reading a wide variety of genres.

In between scheduled meetings I am also holding interim sessions where members of the groups catch-up and discuss other books they are currently reading.

It has been disappointing that a few of the original members have decided not to join in but overall our numbers have remained constant. New members are always welcome.



### Photos for MacBook- Browyn Perry (Tutor) - written by Barbara Stewart

The short online course 'Photos for MacBook' has now finished and I want to thank Bronwyn Perry for her time and expertise. I found the course very helpful and informative. And I love her photos!

This computer course was ideally suited for Zooming. Bronwyn shared her computer screen with us and we were able to see what she was talking about as she displayed and explained.

I thought I was a good, experienced user but a new world has opened for me. At the very least it is something to do in Iso during COVID!

I have purchased a small photo scanner and now intend to digitalise all my old photos, edit them, put them in digital albums and give each family member copies.

Thanks Bronwyn

### Painting and Drawing - Verona Pirani (Tutor)

The Hellebores are out in my garden and whilst walking around the neighbourhood it is lovely to see the blossom with the promise of Spring to come. I have also added to my gift card collection to give away after our isolation.



## Brighton Wine Appreciation - Stewart Burn (Tutor)

Seven intrepid members braved the perils of the internet to come together for what was more of a pleasant catch up, rather than appreciation of fine wines. I am finding that I am actually getting to know my fellow attendees much better over Zoom than I ever did in the face-to-face gatherings.

This month we sampled the highest rating wines on Vivino (a wine selection app) that retail for under \$25. Interestingly we all selected the reds. The Teusner Riebke Shiraz, ranking 4.1, \$20.90, that Marg and I had was nice, but nothing really special. I wouldn't buy it again.

However all the people who had the Thorn-Clarke Shotfire Quartage Cabernet Blend, ranking 3.9, \$19, raved about it. So much so that I decided to take the plunge and order 3 bottles from Dan Murphy's. I was actually surprised how efficient they were. I ordered them on Saturday and they were delivered first thing Monday morning. Unlike Sue Steele who managed to get her single bottle delivered for free, they charged me \$6.90 for delivery. I thought this was pretty good as I didn't have to go to Parkdale and navigate the intricacies of Dan's who have stopped sorting wines alphabetically.

We will be holding another virtual tasting this month and I am sure we have room for a couple more. Email [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com) if you would like to join us.



## Muscle helps to build a healthy immune system

"If you have a healthy muscle mass across the lifespan then you have a reserve of amino acids that helps your immune system respond quickly to infection and disease," says Dr Craig Wright, senior lecturer at Deakin University's Institute for Physical Activity and Nutrition (IPAN). "As we age, those with more muscle mount a better immune response which leads to less time being sick."

As we age our muscle mass starts to decline – if we let it. But maintaining it with strength training helps shore up our immune system. "In older people, the combination of shrinking muscle and declining immunity – often compounded by excess fat – is a perfect storm for a compromised immune system," says Professor Rob Newton, Professor of Exercise Medicine at Edith Cowan University.

According to Dr Kate Edwards, Associate Professor in the Discipline of Exercise and Sports Sciences at the University of Sydney, strength training using weights or resistance bands is the obvious way to build and maintain muscle. But it also helps to fit muscle-strengthening moves into our daily lives. Stair climbing is one, fast walking uphill is another, so is using a sit-stand desk. "The benefit isn't just that you're not sitting all the time but the action of moving from a standing to a sitting position and back again is the same as doing a squat," she says.

As for walking downstairs, leading with your heel rather than your toe pays off not only with safety (it reduces tripping) but also helps strengthen and lengthen the quadriceps muscles, adds Melbourne-based exercise physiologist, Darcy Smith, a spokesperson for Exercise and Sports Science Australia (ESSA), the peak body for exercise and sports science.

Helene Redding is offering Balance and Bones online. Email [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com) if you would like to join.

## Library in Your Lounge

Explore the services, collections and programs from the comfort of your home.

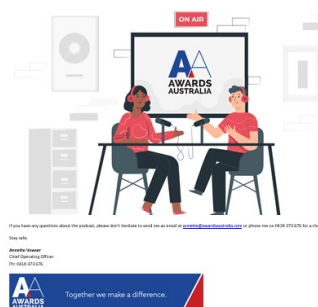
[Library in your lounge](#) from the State Library

**Inspirational.Australians Podcast** was launched on the 20th July. The link to the podcasts is at <https://awardsaustralia.com/podcast/> where you will also find the trailer (it sits underneath Episode 1) which is a short one minute introduction and then the first 3 episodes if you want to 'binge listen' which apparently is a podcast thing.

They will release a new episode each Monday morning where they chat with inspirational Australians making a real difference in their communities, Australia and often the world. Be inspired by ordinary Australians achieving extraordinary things!

Inspirational.Australians  
by Awards Australia  
Podcast

*Together we make a difference*



## Pedal for Pleasure - Deb Stephenson and Ian Lacey (leaders)

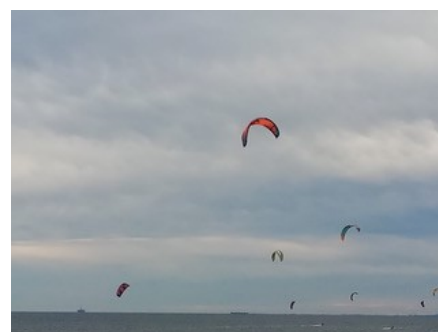
Thel Wiltshire pedalled to Mentone to buy elastic for sewing more face masks.

Martin and Lyn Curtis cycled to Albert Park along the Bay Trail from Sandringham. "You can see the mist lifting behind us on the track. Surprisingly there was not a lot of commuter traffic along the path. While we enjoy our rides with the cycling group it is still great to get out there in pairs and maintain fitness levels in lockdown. We look forward to cycling again with the group on the other side of lockdown".



Evelyn Cronk has been able to get a few rides in:

- Brighton to Mordialloc return approx 33km
- Brighton to the city via Westgate Park and Docklands area and return via light rail trail to Port Melbourne and home via beach. 45km
- Last Sunday, she 'rode her postcode' by circumnavigating 3186. The trip came to 19.66kms. We are fortunate that if it comes to truly not moving outside our postcode, most of us have a stretch of foreshore as our western boundary and that makes up for a lot when we can see out to sea and watch kite surfers.
- Using her bike for all small local trips to shops is her contribution to cutting down Co2 emissions by not using the car for short trips.



Ian and Robin Lacy rode to Station Pier on the first day we were required to wear masks. Drizzle one minute, sun the next. Typical Melbourne!

Ian Lacey rode with Howard Brownscombe to Parkdale for coffee

Deb and Paul Stephenson have been trying to ride once a week at least and like Evelyn have been using their bikes to do local trips rather than using the car. They also rode to Port Melbourne one weekend. It was much warmer wearing a mask but Deb struggled wearing sunglasses as they fogged up.



## Creative Conversations - Sandra Groves (Tutor)

Janet Weinstock has completed the needlework she adapted from a poster 'La Plage de Monte Carlo' by Michel Bouchaud 1929. As well as completing the article itself, she has stretched and framed it.



**Writers Group - Cheryl Threadgold (Tutor)** The word of the month was 'Solitude'.

**Solitude by Joy Meekings**

So many people rush and tear  
Never stop, become aware  
of the wonderful feeling of being alone  
The peace and quiet when you get in the 'zone'  
Your heart rate drops, your blood pressure too  
Why isn't it something more people do?  
Many think solitude must be a lonely place  
I find it refreshing, puts a smile upon my face!  
So if you haven't tried it yet, why not give it a go?  
Step outside your comfort zone because you never know  
You could become a convert, make it a daily practice  
Go on, just do it once, I know you'll feel fantastic!

**A reply to Sandra's experience on the beach track:**

**On the Other Foot by Norah Kaplan**

There's one of them again,  
can tell by her straight back,  
a confounded old lady  
on my running track.

Geez, they do annoy me,  
their heads bent down and slow,  
footsteps going carefully  
watching where they go.

Wish I had a bell  
Ting a ling! Ting a ling!  
Still they wouldn't hear me coming,  
too deaf to hear a ring.

Should be in a care place,  
having scones and cups of tea,  
with all the other oldies  
watching afternoon teevee.

Not out on the beach track  
with the sea wind on their face,  
breathing in my fresh air.  
Don't they know that life's a race?

Stuff em all, I'm coming through.  
My fitbits up and counting,  
my heart is beating loud and strong,  
can't she hear me panting?

I'm gonna pass this one,  
got my elbows out and ready.  
Oh too, too late -- crash splat!  
Ouch! Ouch! Help! Help!  
I've hurt my back.

She's helping me get up,  
looking with real concern.  
What a sympathetic face  
Have I something new to learn?

Be nice to the elderly?  
I used to think that sucks,  
But I will from now on,  
they're really kind old ducks

**'Letter in a Time of Lockdown' - Sandra Stirling**

Now that we're all isolated,  
Life as we know it has changed.  
We've adapted to a new way of living  
That our leaders have wisely arranged.  
And while knowing it is for our own good  
And for others too, of course,  
We're missing our friends and our families  
Though we meet through another source -  
Such as Facebook and Twitter and What's App  
And texting, and the old mobile phone.  
But I've got a couple of pigeons  
With notes on their legs - flying home?  
But still there is room for laughter  
When trying on face masks and such,  
Or doing a jigsaw or potting up plants  
Or cooking - well, not that so much!  
So greetings from this beachside suburb  
To you on the leafy wide streets.  
There will come a time in the future  
When, with hugs and a smile, we shall meet.  
Au revoir...

**'And gaze upon that inward eye ...'**

**by Margaret Boyes-Pringle**

No bliss here.  
No pastoral, daffodil swoon ...

Instead, think of the eye as  
a camera and slow the film down, right down.  
Pivot it so it rotates in lazy circle.

See people surrounding you melt into a wave  
of blurring flesh ... fat faces, thin faces, old faces, young  
smiles and grimaces and blank stares of  
preoccupation, dislocation, (heading for a destination) ...

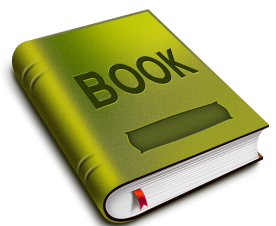
Then speed things up, to a Wall of Death ride,  
while you spin alone in a vortex of light and sound  
soaring or diving the centrifuge  
like a red kite riding the thermals. (Or falling.)

In that silence, as the grotesques scream  
beyond human hearing, take a glass  
from the Hall of Mirrors

that you might meet yourself.

**SPECIAL NOTICE**

**Bayside Library** hopes to  
restart their home book  
delivery service to Library  
members who currently have  
books on reserve. Delivery will  
be contactless.





**Classical Music Virtual Class No 16 - David Peake (Tutor)**

A few weeks ago, I was wondering what to present this week when an email came through from Michael Kenyon, a friend and long time class member, enthusing about a couple of YouTube items by the Slovenian Youth Orchestra that I featured back in the good old days of actual classes. It so happened that I had shown both items last year (when Michael was overseas I think - remember them - overseas trips!). Anyway, they gave me the idea of a class by Youth Orchestras. So, here it is - showing excellent orchestras from all over the world.

First up, very appropriately, Benjamin Britten's Young Person's Guide to the Orchestra. Composed in 1945, this is a fine performance by the National Youth Orchestra at the Proms in 1998. Rostropovich is clearly having a great time conducting.

[Britten "Young Person's Guide " - Rostropovich conducts the NYO](#)

20:13



Not long after the Christchurch earthquake in 2011, the Melbourne Youth Orchestra showed their support for the city with this concert alongside the Christchurch Symphony Orchestra.

[Melbourne Youth Orchestra with Christchurch Symphony Orchestra - Mahler 2nd Symphony 1st movement](#) 22:52

This is the Slovenian Youth Orchestra I have been talking about. They are quite superb, as demonstrated by this lovely performance of a Rimsky-Korsakov piece.

[Capriccio Espagnol ; Gimnazija Kranj Symphony Orchestra](#)

14:59

Yep! It's them again. I couldn't resist giving you this exciting piece by the Mexican composer, Arturo Mrquez.

[Marquez: Danzon No. 2 \(Amazing Gimnazija Kranj Symphony Orchestra\)](#)

10:18

The Simon Bolivar Youth Orchestra has been an outstanding group for many years. From the 2009 Proms, this is a fine performance of the Argentine composer, Alberto Ginastera's piece.

[Gustavo Dudamel - Ginastera Estancia Suite](#)

12:52

This orchestra is based in Vienna having been founded by Claudio Abbado in 1986. They showed their abilities with this playing of Richard Strauss's tone poem at the Proms in 2009.

[Strauss : Also Sprach Zarathustra / Nott . Gustav Mahler Youth Orchestra](#)

35:10

This short film gives some insights into the interaction between the 'adult' orchestra members and the youth orchestra members

[San Francisco Symphony Youth Orchestra](#)

8:06

As you can see from this class, I need your input - feedback, requests/suggestions - to give me the ideas I require.

I hope that you are all aware that all of my previous 15 virtual classes are in the Special Edition Newsletters complete with the direct click-on links. Edition number 8 also included an Opera Class. This was made possible by invaluable input from Sue Garratt, an avid Opera lover.

So, chin up everybody - things can only get better !





**Classical Music Virtual Class No 17 - David Peake (Tutor)**

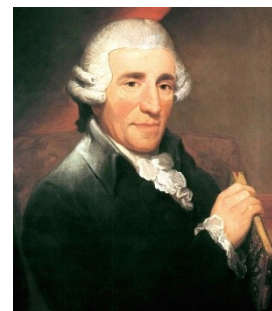
A mixed bag this week with no particular theme. In these tough times I've tried to select rather cheerful items that may give you a bit of a lift.

The first 3 items are all the one concerto. It's attributed to Joseph Haydn but many people believe that in fact it's by his brother Michael. Either way, it's a fine piece well performed by the Norwegian Chamber Orchestra.

[Joseph Haydn - Oboe Concerto in C Major - 1. Allegro Spirituoso](#) 11:14

[Joseph Haydn - Oboe Concerto in C Major - 2. Andante](#) 5:30

[Joseph Haydn - Oboe Concerto in C Major - 3. Rondo/Allegretto](#) 5:21



Borodin's Polovtsian Dances are always fun and well played by another fine youth group, the Polish Music School's Orchestra in 2015.

[Alexander Borodin - Prince Igor : Polovtsian Dances](#) 13:07



The Intermezzo to Mascagni's Cavalleria Rusticana is another fun piece, performed by the Filarmonica Della Scala in a Roman theatre in the shadow of Mt Etna in Sicily.

[Mascagni - Cavalleria Rusticana : Intermezzo](#) 4:18



The sixth piece is the Norwegian Chamber Orchestra's performance of one of Handel's Concerto Grosso.

[Georg Friedrich Handel : Concerto Gross in B Flat Major](#) 15:00



The seventh and eight pieces are fine performances of the overtures to two of Rossini's operas by the orchestra of the restored La Fenice Opera House in Venice.

[Rossini - Guillaume Tell, Ouverture \( Georges Prêtre\)](#) 11:49

[Rossini - L'Italiana in Algeri, Ouverture \( Georges Prêtre\)](#) 8:59



To wrap things up, it's the usual fine and enthusiastic performance of a very British piece at the Proms in 2010.

[Fantasia on British Sea Songs - Original Henry Wood 1910 Version](#) 19:13



As I always ask - please send me your feedback and requests/suggestions - I rely upon them for ideas.

Stay warm & healthy,

Borodin: Polovetsian Dances (themes)



**HORSES FOR COURSES: One Person's Experience of Lockdown. By Geri Colson.**

We thought we were going so well. How could Victoria's reputation have been so sullied? After all, we are the sober, hard-working economists, not the hedonists who live up north, nor the miners and bankers of the west, nor the cosmopolitans up in Northern Territory. Yet, here we are, numbers growing, back in lockdown. And here WE are - the fortunate ones. Mostly secure and looked after by the System. Hopefully staying well. So. What to do?

Pre-COVID and in happy retirement, I could fill hours, days and weeks talking and laughing with friends, sitting in favoured cafes, seeing movies, walking with my dog, Meg, slowly along the Bayside foreshore. Through U3A, I met with others trying to remember French verbs, or stretching my mouth into unfamiliar Spanish words, or being told – by incredibly patient people – how to hold a croquet mallet. I learnt to play snooker by inviting others to join me once a week around a billiards table in the hope that one or other of them knew how to play. This ruse didn't go down well. I was not the leader who knew all the tricks, I didn't even know how to score. Eventually, writers' groups and community networks gave me opportunities which opened up a new world. With the skills of people whose professional lives had been spent in theatre, radio and the performing arts, plays were produced and recorded, stories and poetry published, and many of us grew and changed and honed words and skills. This led finally to self-publishing, what a hoot! The confidence gained then led on to an invitation to others to listen to my experiences, and over a year I met lovely people who told their stories and shared the joy of remembering and writing.

Then came lockdown! It gave me pause. Not being a machinist, I've made no masks. For me, cooking is drudgery, say no more. The garden is lovely to sit in, but with creaking and aching, the hours of weeding on my knees, talking to magpies and plants, are no longer on my schedule. There's still the computer keyboard – and no excuses. It needs only a soft touch, causing little disturbance to fingers and wrists. The room it sits in becomes a trigger. In the ambience, things happen. The quiet of lockdown has enabled me to find the keyboard and the blank page to fill. Memories, stories, lies and truths emerge - the odd, the shameful, the exciting, the anguished, the funny. It's as if I have nothing to do with it.

Lockdown has become the most incredible gift. To let go of the pressure to always 'get out and do something', and instead drift through hours of abstraction, living in my brain without interruption, responsibilities, duty, pressure, anything. Without a reason, a goal, or a structure, nor anxiety about what eventually appears on the page. It is of no consequence really. It may never see the light of day. The joy is in the connection, the conduit from brain down to fingers and keys. I want everyone to know that U3A gave me the confidence and lockdown has been the catalyst, and I am actually achieving a lifelong ambition. How lucky is that?

***In the Name of Theatre: The History, Culture and Voices of Amateur Theatre in Victoria***

is now available for \$49.50 (incl. GST) at Beaumaris Books, Thesaurus Bookshop in Brighton and local bookstores.

Cheryl Threadgold has self-published and distributed this book to ensure it has a hard cover, colour images and a reasonable selling price. The book is A4 size with 354 pages. All profits go to The Victorian Drama League and the Music Theatre Guild of Victoria.

Part One contains the history of amateur theatre in Victoria, commencing in New South Wales in 1788, condensed from an award-winning PhD thesis completed in 2019 at Swinburne University of Technology.

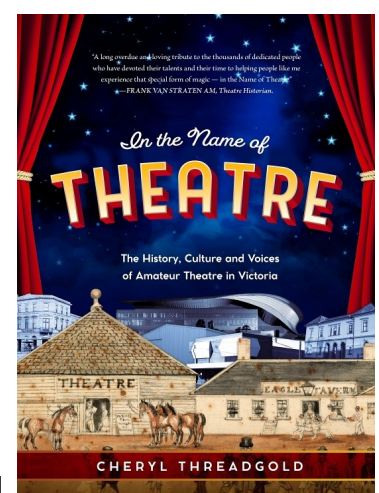
Live cultural performances presented by First Nations People in their communities for over sixty thousand years are respectfully acknowledged.

Part Two features the culture and voices in stories from 129 currently operating amateur musical and non-musical theatre companies in regional and urban Victoria. Local companies include Beaumaris Theatre, Brighton Theatre Company, CLOC Musical Theatre, Friends of Black Rock House (*The Jewel by the Sea* site-specific production), LOTS Theatre, Mordialloc Theatre Company, Aspect Inc. and MLOC Productions.

Past known amateur theatre companies are also listed to pay tribute to their existence and some analytical research data is included from field research interviews.

Theatre historian Frank Van Straten AM is officially launching the book on Zoom on Saturday, 5<sup>th</sup> September at 2.00pm.

Contact Cheryl Threadgold on [thrdgld@optusnet.com.au](mailto:thrdgld@optusnet.com.au) if you are interested in attending the launch or for any queries about the book.



## POETRY

Thanks to Barbara Cohen for sending in this poem written when she returned to South Africa many years ago:

### The call of Africa

Africa calls, she screams, she yells.....

From the chirruping of the smallest bird

To the trumpeting call of elephants

She beckons you back.....

Her flora, her fauna.

The veld after the rain.....

Its smell.....

Magic, indescribable.

Your heart is torn

Your senses reel

She pulls the strings that bind you

Tighter, ever tighter.....

Struggle as you might, she'll win.....

Again and again!!!!

You will return to her bosom again and again.

The tendrils never let go

Fight, curse, desist.....

She wins!!!

Back you come

Again and again.

As with Africa

So with the Creator

Fight you may,

But back into this enveloping presence you go.

Rest now my darling

Sleep peacefully

Your long struggle now is over

We are left to ponder

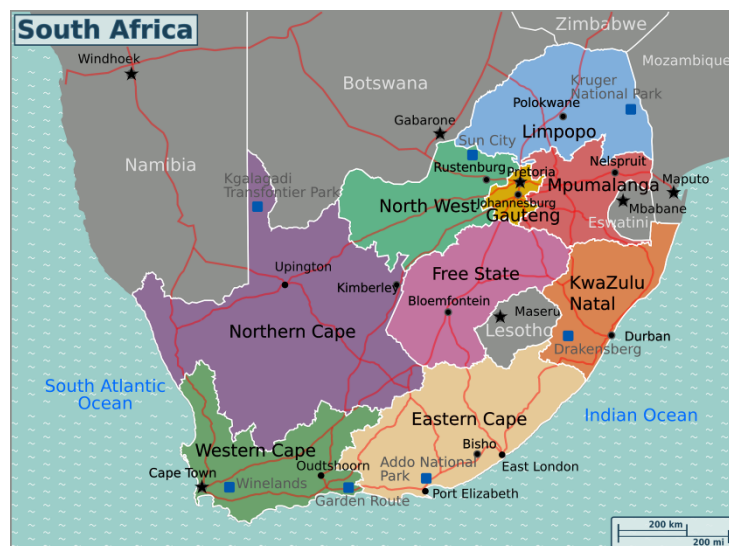
And come to the realisation that in the scheme of things

We are but an infinitesimal part.

Your memory will live in our hearts forever.

We will love you always.

G-d speed and a safe journey





## Recipes

The ABC radio recently called for three ingredient recipes which you might like to try:

<https://www.abc.net.au/radio/melbourne/three-ingredient-recipes/12453312>

### Pea Soup - Barbara Cohen

In a slow cooker:

#### Ingredients

1 pkt dried peas  
3 large carrots  
1 sliced onion  
5 Smoked Kosher Sausages or any other smoked sausage sliced  
1 Bay leaf  
Black Pepper  
Vegetable stock cube  
Salt  
Water



#### Method:

Place all the ingredients in the slow cooker and cook on high for approx 6 hours  
Strain the soup into a bowl  
Set aside the sausages  
Whizz [or using a "Wand"] the remaining ingredients and once smooth  
Return the soup, sausages and vegetable mixture into the slow cooker  
Stir. Cook on high until hot. Serve with the sausages and fresh bread.

## 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 12<sup>th</sup> August.

Please email to [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com) - attention Newsletter Editor.



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*I have just read the Newsletter and it is wonderful. Many congratulations to all at the U3A on your contributions and what a great idea for the COVID Blues Chat Rooms.*

*Pauline O'Brien*

Congratulations to the President and Committee for the wonderful job they are doing keeping the 'U3A show on the road'. Times are very trying for everyone but I am sure that U3A courses are keeping many of us sane.

A special thanks to Sue Steele, the course co-ordinators and the editor of the newsletter for all their work.  
*Joan Neyland*

*So impressed with the job U3A are doing in these difficult times, very innovative and inviting.*  
*Richard Potter*

## 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 and around the world, who has 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 Ritzzy), 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!**

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

**How about it? Want to give it a try?** Email [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com) or phone 9589 3798 for further contact details 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 is able to talk and listen and find new friends! Come on –this is where friendships are made!!



Stephen Le Page

## Research Study - Tai Chi

This is the **digital link** for potential participants to directly access:

[https://rmit.au1.qualtrics.com/jfe/form/SV\\_cSblrZdMe6qxq0B](https://rmit.au1.qualtrics.com/jfe/form/SV_cSblrZdMe6qxq0B)

RMIT Classification: Trusted


### Study:

## Psychosocial wellbeing among healthy older adults practicing Tai Chi

Dear Potential Participant,  
I am currently looking for volunteers who:

- Are aged **65 years and over**
- Are currently practicing Tai Chi
- Are proficient in English
- Or, are doing minimal to no physical activity
- Are in good general health
- Are living independently

Participation involves **completing a survey** which takes approximately **25-35 minutes** to complete.

➤

**Visit the link below:**

[https://rmit.au1.qualtrics.com/jfe/form/SV\\_cSblrZdMe6qxq0B](https://rmit.au1.qualtrics.com/jfe/form/SV_cSblrZdMe6qxq0B)

## Research Study : The effectiveness of face-name memory training in older adults

### *What is the study about?*

This research is being done to learn more about the effectiveness of memory training for remembering names to faces in people over 60 years old. We are looking at whether learning specific strategies improves their ability to remember names, and what factors might influence this. The study is being conducted online (i.e. on the Internet).

### *Why are we doing this study?*

Forgetting names is one of the most common memory difficulties, and can lead to people withdrawing socially, reducing quality of life.

### *Who can participate in this study?*

Taking part in this research study is optional. We are looking for people who are:

- Aged over 60 years old
- Able to read and speak English proficiently
- With normal or corrected-to-normal vision and hearing
- Have access to a computer and the Internet
- No current diagnosis of neurological disorders (e.g. dementia) or psychiatric disorders
- Capable of completing the tasks independently

### *What does the study involve?*

- Complete two questionnaire packages on the Internet, two weeks apart
- Practice learning names every day for two weeks
- Depending on which group people are allocated to, they will be provided with information on different memory strategies

**If you are interested in participating, click this link to start the questionnaire:**

[https://latrobe.co1.qualtrics.com/jfe/form/SV\\_cZI8WMK5o0LUBj7](https://latrobe.co1.qualtrics.com/jfe/form/SV_cZI8WMK5o0LUBj7)