

Bayside U3A

UNIVERSITY OF THE THIRD AGE

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CLOSED

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CLOSED

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Bayside U3A Facebook group - members only. To join, follow the link above and click on the join button and enter your name and member number. Your application will show as 'pending' until it is processed.

NEWSLETTER

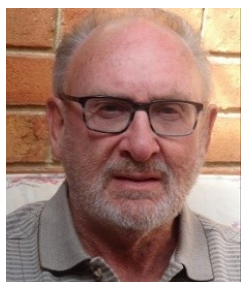
Special Edition No. 15



[Coronavirus Notice:](#)

[Bayside U3A Closed until further notice](#)

FROM THE PRESIDENT:



Dear Members

Yes, I've been reading yet another book that puts our COVID times into perspective – this time The Great War by Les Carlyon, another book that has been waiting on a shelf for 'the right time'. And it certainly did put things into perspective. I knew the basics of the Anzacs in WWI and quite a few stories and 'themes' – how Monash was our best General, how stupid and apparently incompetent many of the Generals were, the machine gunning, the artillery barrages, the gassing and the mud, but this book really opened up on the crass stupidity of the whole thing, the misery and the bravery. What I hadn't really grasped was the virtual total lack of information, vision, control et al. The Allies mission and raison-d'être was, not surprisingly, to push the Germans back to Germany, so attack, attack, attack – no matter the cost in allied lives.

Unlike a hundred years before, the Generals were not heroically on a hill overlooking the battlefield but miles away out of artillery range (sometimes 30 miles!). Telephone cables were always laid 'at the front' but were invariably cut by shell fire so even the battalion commanders often had no idea until wounded returned about what was going on. Many of the Generals of the 'old school' (and for them the Boer War was the 'last show') wanted and persisted in believing that a (or many) cavalry charge(s) would do the job after the infantry some-how had 'opened up a gap' - this never happened! Many of the Generals never went to 'the front' even to see it before ordering an attack and clearly had no idea whatsoever of the conditions, let alone what was the enemy strength or position. Much was based on misplaced gut feeling, myths, bias, prejudice, false reports and poor intelligence etc. Anyway enough of that – for this very, very low episode of human endeavor, very widespread devastation, total barbaric misery and slaughter (including many hundreds of thousands of civilians) was followed, as I've noted before by the 'Spanish Flu' so analogous of our current 'plague'.

But here we are starting to see the light at the end of the tunnel (will I run out of clichés in this blog?). It's still a time of doing the right thing – sticking to the rules, which I believe are backed by solid scientific and modern public health practice, acting in the best community interest. Getting 'towards the end' seems to intensify the argument of 'economy' vs 'health' (or cases/deaths) primarily should we open now or wait? This is 'civics' not 'politics' but to my mind the first example of this was when the Victorian and other state governments took on 'hotel quarantine', putting economy first in the view that this would help the hotel and services business sector (jobs) and perhaps give the state some say and control. In my view the states have absolutely NO responsibility for quarantine (see the Parliament of Australia website) and no experience or expertise. The Commonwealth government has the responsibility, the experience and resources and the facilities for immigration and quarantine!

That off my chest I'm looking forward to a challenging but great 2021 – it will, no doubt, be a 'COVID - normal' for quite some time but we will persevere and carry on to enjoy our classes, company and fellowship!

Tony Aplin

A NOT TO BE MISSED END OF YEAR EVENT

Celebrate the end of the Bayside U3A year with Melbourne Personality Denise Scott

On **Thursday night 26th November**, commencing at 7:30pm, **Denise Scott** will be entertaining the members of Bayside U3A via **Zoom**.

Winner of the 2017 Melbourne Comedy Festival People's Choice Award for 'Disappointments', Denise has also appeared regularly on TV on the ABC's 'Spicks and Specks', Channel 10's 'Have You Been Paying Attention', 'The Project', 'Dancing With The Stars', 7's 'Winners and Losers' and 9's 'House Husbands'. She is also a successful author.

Mark the date in your diary and register early for this one-off opportunity to see Denise Scott – contact Bayside U3A **by Friday 19th November** to receive an invitation to join our Zoom event.

**An evening with Denise Scott
Thursday 26th November at 7:30pm**

In the safety of your own home

To register, contact Bayside U3A on: *baysideu3a@gmail.com*



Course News - Sue Steele

Renewing membership

We'll email an enrolment reminder to all current members on about 1st November and you can pay your renewal any time after that. The reminder will include how to renew and how to pay membership fees via PayPal, bank transfer (or cheque). Members without email will be posted a renewal/enrolment pack.

Fees remain the same: \$50 for single members, \$90 for a couple at the same address and \$30 for associate members.

Enrolling in 2021 classes

So far we have 135 fabulous classes on offer for 2021; details will be online by early November.

Enrolment opens on 8th November. Once you have paid for 2021 you can enrol either

- online
- by emailing us a completed enrolment form or
- via Australia Post.

There is no need to enrol on the first day. There is a 3 week enrolment period and ALL enrolments received by 30th November are treated equally. **It is not 'first come first served'.**

Calling for volunteer Zoom mentors

We are looking for people to assist some of our members who may have problems connecting to Zoom classes. Please email the Office if you can help out.

Bayside U3A Online Sessions for Bayside 2020 Seniors Festival

Last chance – don't miss out!

Have you been reading more books over the lockdown?

Share your good reads or pick up some ideas for others by joining the Book Chat session to be held by Zoom on Friday, 30th October from 10.30 till 11.30.

Register now by emailing baysideu3a@gmail.com



CONVERSATION HOSTING

Many members have dropped in to meet new and old friends on Zoom at Friday's Happy Hour or the morning/afternoon chat sessions. You may bring a friend or partner who is not a current member and meet others for a COVID-free, light-relief chat.

FRIDAY NIGHT HAPPY HOUR -- 5:00pm – 6:30pm

Your Committee Members hosts are Stephen Le Page, David Hone and Carol Sieker

CHAT SESSIONS

Tony Aplin	Tuesdays 3:30pm – Afternoon Tea and Chat
Sue Steele	Thursdays 3:00pm - Afternoon Tea and Chat
Carol Sieker	Thursdays 10:00am –Morning Tea and Chat
David Hone	Thursdays 4:00pm –Afternoon Tea and Chat

Register now with Chris on baysideu3a@gmail.com for any of these events. Zoom invitations and instructions will be sent in ample time.



Good News from Helene Redding

Two fairly new participants to Balance and Bones recognized each other in the chat room prior to the class. They had been good friends but had lost contact details due to illness. Helene was able to put them in contact again, they have since caught up and are both very happy.



Sculpture Group - Roy Bird (Tutor)

The Sculpture Group has continued to work from home. The images below are part of a challenge to sculpture something about nature.



Air dried clay plaque with pod indents and painted
By Tanya



Ammonite fossil in black clay
By Janice L

A MOTIVATIONAL ADDRESS

Do you want to put your dreams into action and reach your full potential?

Achieving personal growth in 2021

It is not true that people stop
pursuing dreams because they grow old
They grow old
because they stop pursuing their dreams.

Alan Arkin

Ian Marchment will inspire you to put your dreams into action and reach your full potential.

There is no passion to be found playing small, settling for
a life that is less than the one you are capable of living
Nelson Mandela

ZOOM presentation 24th November at 2 pm (30 min)

To register, contact Bayside U3A on: baysideu3a@gmail.com

Writers Group - Cheryl Threadgold (Tutor)

The word of the month was 'Silver'

Silver Years by Norah Dempster

Out there – on the train –
 Scarves, so very carefully
 and nicely arranged,
 dingle dangle earrings
 silver chains,
 collections of bling
 hung on wrinkled skin –
 one's chewing gum
 for goodness sake –
 concession cards tap,
 they're impatient to be moving –
 old women meeting
 no longer caged.

Alone at home –
 the old men sit –
 with a cat on their knees
 and a history book –
 reliving every battle
 wishing they'd been there
 they'd have stopped Napoleon
 fought the Battle of Algiers- -
 the stress of all that struggle
 makes them fall asleep,
 silver hair across their forehead
 in a tangled heap.



Silver by Gwen McCallum

She worked diligently
 all day
 precisely, cleverly
 crisscrossing at intervals.
 No compass
 or engineering degree
 would make it
 more correct.
 When the moon came out
 a light mist turned the web
 into a silver masterpiece.
 She sits in the center
 of her shimmering jewel
 patient, still and deadly.

Silver by Margaret Boyes-Pringle

With tumbling aerial antics
 and guttural call,
 a silver-eyed raven visits
 our spring garden for
 bread and company.

*Bird of darkness, bird of ill-omen,
 Harbinger of death*

In proud strut, and with folded wings,
 he inspects the shed, the grass, the bird bath ...
 himself for fleas.

*Spy of Odin, riding on his shoulder as
 Thought or Memory ... trickster spirit to the Japanese**

Head cocked to one side, he
 will fly up to the window for a chat,
 will deign to bill a bit of bread
 then bury it near the loose fence paling.

*'As I was walking all a lane
 I heard twa corbies makin a mane :
 The tane unto the other did say
 Where shall we gang and dine the day ?'****

Washing in the bird-bath,
 relishing spray and water, he'll
 beat his black wings
 creating rainbows in the air.

*Ghost spirit, companion to souls crossing-over,
 Morrighan, Goddess of War, swooping over battlefields,
 calling men to their deaths ...*

**varied sources on mythology*

***verse one of an old Scots ballad, 'The Twa Corbies'. Author unknown.*

Intermediate Italian - Domenica Tarquinio (Tutor)

You could say food has been a favourite Italian topic during lockdown.

Students particularly enjoyed their Italian homework recently which involved making "biscotti al limone", following the recipe in Italian. We proudly showed our biscuits, or what was left of them the following lesson.

One student made amaretti and we have included the recipe in English for you. Happy cooking and Buon appetito!



On being Peaceful and Joyous - Judith Vennell (Yoga Instructor)

Forming a smile on our face...

When we flex our facial muscles into expressions of joy ...
we produce the effects on our nervous system that go with real joy.

Peace and happiness are available if we can only quieten our distracted thinking long enough to return to the present moment and notice the awesome sky, the child's smile, the beautiful sunset.

If we feel peaceful and happy, we smile and everyone around us will benefit from our peace.

Conscious Breathing

As you breathe in, say to yourself 'I breathe in'.
And as you breathe out, say 'I breathe out'. Just that.

This technique can help you keep your mind on your breath.
As you practice, your breath will become peaceful and gentle,
and your mind and body will also become peaceful and gentle.

Our breathing is the link between body and mind. By concentrating on our breathing, 'in' and 'out', we bring body and mind together.

Source: Thich Nhat Hanh, 'Peace is Every Step'



Thanks to Verona Pirani for these beautiful watercolour paintings. They are truly inspiring.



Vale Bill Soding

Bill Soding with his wife, Margaret, were the initial Tutors for Mahjong when Bayside U3A commenced classes in 2013. They took classes at Moorleigh U3A before moving across to Bayside where they continued tutoring until 2016 but then stayed playing with the rest of the class. Bill was an old fashioned gentleman with a lot of patience who taught many of us who are still playing today. Bill and Margaret often said that they thought the social side of attending the Mahjong class was just as important as playing the game so it didn't matter if you were a really good player or not.

Sadly, Bill passed away recently at the age of 93. Our sympathies go to Margaret and their family.

The Funeral Mass for Bill Soding will be webcast live on Tuesday, 27th October 2020 at 11.30am.

To access the Webcast, visit [Tobin Brothers Funerals website](#) and search for William (Bill) Michael Soding in the Funeral Notices/webcast search bar.

Shirley Martin couldn't resist responding to Vivienne's poem in the last edition:

Dear Vivienne,
Thank you for ringing me last week
And asking me just how I cope
Your call made me suddenly realise
I've almost given up hope!
My cupboards aren't tidy or sorted
Decluttering maybe a crime
My garden's growing weeds profusely
I seem to sleep most of the time

I have coffee down by the foreshore
And watch panting runners go by
I'd rather watch all the seagulls
And think of the days I could fly

As for the cooking and drinking
I'd rather have bubbles each day
In my bath, in my glass and at mealtimes
It helps lockdown thoughts go away

So thank you dear friend for asking
You can see I'm quite in a mess
But please keep ringing my number
It helps to relieve my distress!



Thanks to Sally Mort for this contribution to the newsletter:

The street where I lived as a teen in Jamaica

As the years have rolled by, I now realise what a privileged teenager I was, living in Jamaica, land of mountains, rivers and magnificent beaches. We had maids to wash our clothes and just about everything we wanted out of life, despite not being well off.

Our home in the hills was probably the smallest on a rambling mountain road. But we had the most wonderful view across lush green gullies and mountains. The house was perched on a terraced mountainside, and the carport had a 20-foot drop at the end! My mother had the foresight to put a few big pot plants at the end. Suffice to say, a few were pushed over the edge from time to time! Mum was known as 'moth-er' due to the quantity and size of insects she regularly had to dispose of, as well as sweeping out the many lizards who seemed to love our house. Earthquakes were a part of life and only in later years I began to realise how dangerous they were and not just exciting! Hurricane seasons brought torrential winds and rain. Sometimes the roads would be washed out, water would be cut off and we once had to shower under waterfalls at the end of the road! We became immune to power cuts and always had torches and candles on hand, as well as a kerosene stove for cooking. The phone would often be dead for days, but life went on.

We had an amazingly talented gardener. David built rabbit hutches, mended fences, repaired furniture and all sorts. We also found out he had other amazing talents and despite being in his late 40's, was proudly renowned for impregnating almost every maid in the area!

Further up the hill lived our landlord who was a doctor, his wife, his 'aunt' and 4 children. Once the doctor brought us two kittens. When my mother made it clear we would only have one, he said, "Well, one is a male, one's a female but I don't know which." Pretty worrying for a doctor!

Susie was a most affectionate, loving cat and I often used to have her, the dog and the rabbit together in my room. She was a little promiscuous and over a number of years produced 52 kittens! She always came to me when she knew she was about to give birth and I would sit up with her, whatever time of day or night, until the first one was born. I would also administer a teaspoon of gin or rum to help ease the delivery!

The next house along on the mountain top was owned by two wonderful widows and their elderly mother, Granny. They had 6 children between them, and they were to become a very important part of my life. I spent most of my days after school at their house which had a wonderful view of the mountains, the city and the sea beyond. It also had an incredible swimming pool and there were many parties full of people having the most amazing time in our teen years.

I was terrified of their cook, Esther, who was larger than life, used to yell a lot and had fearsome bristles on her chin! She and Granny ran the household while the two widowed daughters worked very hard in their car parts business. They often screamed derogatory things at each other, but deep down they had a wonderful relationship. If Esther was ill, Granny would be in her room feeding her soup and watching over her.

When I came to Australia in 1971, this same family had settled in Perth and took care of me until I settled in. They were always and still are, my second family and we are still in very close contact.



Thanks for Sheila Ward for the this contribution to the newsletter. She is sure it will bring back nostalgic memories to many of you!

Notes for the milkman

Home milk delivery was once a regular service that the 'older brigade' will no doubt recall. The milkman often carried eggs and other items. Here is a collection of notes left by householders inside milk bottles by the front door:

- * Dear milkman: I've just had a baby, please leave another one
- * Please leave an extra pint of paralyzed milk
- * Cancel one pint after the day after today
- * From now on please leave two pints every other day and one pint on the days in between, except Wednesdays and Saturdays when I don't want any milk
- * Sorry about yesterday's note, I didn't mean one egg and a dozen pints, but the other way round
- * Please leave no milk today. When I say today, I mean tomorrow, for I wrote this note yesterday
- * Please don't leave any more milk. All they do is drink it
- * Please cancel milk. I have nothing coming into the house but two sons on the dole
- * Sorry not to have paid your bill before, but my wife had a baby and I've been carrying it around in my pocket for weeks
- * Please send me a Government form for cheap milk, for I have a baby two months old and did not know about it until a neighbour told me
- * Please send me details about cheap milk as I am stagnant
- * My back door is open. Please put milk in 'fridge, get money out of cup in drawer and leave change on kitchen table in pence, because we want to play bingo tonight
- * When you leave my milk please knock on window and wake me because I want you to give me a hand to turn the mattress
- * Milkman, please put the coal on the boiler, let dog out and put newspaper inside the screen door. PS Don't leave any milk
- * No milk. Please do not leave further notice.

milk at No. 14 either as he is dead until



Recipes

Thanks to Carole Holding for this recipe:

RECIPES FOR CORNED BEEF WITH PARSLEY SAUCE AND HEDGEHOG SLICE

A couple of tried and tested recipes thought you might like to try.

Corned beef

- 1.5kg of corned silverside (I cut in half and freeze the other)
- A couple of bay leaves.
- A few peppercorns or a shake of black or white pepper.
- 1 onion.
- 1 carrot.
- One tablespoon of vinegar (brown or white).
- ¼ cup of brown sugar.
- 1 Litre of vegetable stock

Place all ingredients into a saucepan, add the litre of vegetable stock. You can add some more water to fill saucepan. Cook for an hour or until beef is tender.

The stock from the beef is delicious. I add further vegetables for a soup.

Parsley sauce

- 30g butter (1 ounce).
- ¼ cup plain flour.
- 1 cup of milk or more if you want sauce thinner, just add.
- 1/3 cup of grated cheese.
- 1/3 cup of chopped parsley
- One tablespoon or less if you want of mild mustard

Add butter and flour to saucepan, when thickening then add milk till it boils then add cheese, parsley and mustard. Stir.

I serve this meal with mashed potatoes and broccoli mixed in. Voila

HEDGEHOG SLICE

- Two packets of Marie biscuits or similar.
- 250g butter
- 3 tablespoons of cocoa.
- 3 tablespoons of shredded coconut.
- 1 tin (397grams) of sweetened condensed milk

Crush biscuits until there is a combination of fine and chunky pieces. Add the cocoa and coconut and mix. Melt butter and condensed milk together and add this to the dry ingredients. Place into a slice pan and refrigerate.



Tip: I used one packet of biscuits which made the slice more creamy and moist but it is up to you. Also I put half a teaspoon of vanilla extract into it. This is a particularly delicious slice.

As rhubarb just came into season Anne Swiers shared her favourite cake recipe. Simple and easy to make but moist and delicious as either a cake or sweet. She has on occasions served it as a sweet with extra poached rhubarb.

RHUBARB and COCONUT CAKE

1½ cups (225g) self-raising flour
1¼ cups (275g) caster sugar
1¼ cups (110g) desiccated coconut
125g butter, melted
3 eggs, lightly beaten
½ cup (125 ml) milk
½ teaspoon vanilla extract
1 cup (or more) finely chopped rhubarb
2 or more stalks rhubarb, extra, cut into 5cm pieces
2 tablespoons Demerara sugar

- Preheat oven to 180° (160° for fan forced) and grease deep 20cm round cake pan. Line with baking paper.
- Combine flour, sugar and coconut in large bowl.
- Stir in butter, eggs, milk and vanilla until combined.
- Spread half the cake mixture into the prepared pan.
- Scatter chopped rhubarb evenly over cake mixture
- Spread remaining batter over rhubarb.
- Arrange rhubarb pieces over top of cake and sprinkle with Demerara sugar.
- Bake in a moderate oven for approx. 45 mins –1 hour
- Cover top of cake loosely with foil if overbrowning.
- Stand cake in pan for 5 minutes.
- Turn onto wire rack to cool.

Serve warm with cream as a dessert or at room temperature as a cake.

Suitable to freeze.





NETWORK VICTORIA
UNIVERSITY OF THE THIRD AGE

Interested in being involved in a Technology research project?

Volunteers needed for RMIT University and U3A Network Collaborative Research

U3A Network Victoria has an ongoing collaboration with RMIT University in seeking to understand better how technology use supports seniors' connectedness and enhances social inclusion and participation.

Previous research can be found here: <https://www.shapingconnections.org>

The next stage of this research is about to begin.

The objective of the project focuses on understanding the lived experiences, practices and perceptions of risk around ICT use for seniors.

The research will also involve surveys, workshops and co-design opportunities where U3A members will have role in creating guidelines to address security risks.

U3A Network Victoria is looking for U3A members to participate in this research. Initially this will involve interviews with researchers which will be recorded and used in the public domain.

The research team need diversity in age, gender, ethnicity, location (metro/rural), IT skill.

If you are interested please **respond by forwarding the following information to vicepresident.glen.wall@u3avictoria.com.au by Friday 30 October, 2020.**

Name

Age

Gender

Ethnicity

Location (City/town)

Email

Phone number

IT Literacy level





Webinar - The Aging Brain and Neuroplasticity, Professor Anthony Hannan, Florey Institute

The Florey Institute of Health Neuroscience and Mental Health has long been offering Melbourne City U3A with access to its expertise. Now the Institute is partnering with U3A Network Victoria to offer this expertise to all U3A members. The partnership will be launched with a webinar on The Aging Brain and Neuroplasticity presented by Professor Anthony Hannan.

The webinar will be held on Thursday 19th November from 11am to 12 noon.

To find out more about the webinar and the registration process go to:

<https://www.eventbrite.com.au/e/the-aging-brain-and-neuroplasticity-tickets-121657186921>



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. We will move to less frequent newsletters as the Melbourne COVID restrictions ease and recess over the summer break. Any contributions, feedback or ideas for future newsletters will be gratefully received. Entries for the next edition will close midday Wednesday 4th November.

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



Member Feedback

Just a note of congratulations on your latest newsletter. Terrific content and thanks for including the Bayside U3A Writers Group

Cheryl Threadgold

Thank you for the beautiful pictures and fun remarks. Stay Happy.

Joan Dyring

Thank you so much for such wonderful Newsletters - they made me feel that there was still a world out there - I appreciate the enormous time and energy the team has put in for each and every edition.

Koral Denholm