

Bayside U3A

UNIVERSITY OF THE THIRD AGE

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

Old Brighton Court House
63 Carpenter Street, Brighton (behind the Town Hall)
CLOSED

Telephone: 9589 3798 Mail: P.O. Box 7269 BEAUMARIS 3193

Email: baysideu3a@gmail.com Web: baysideu3a.org

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. 17

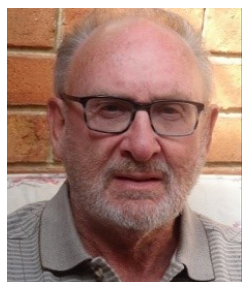


Coronavirus Notice:

Bayside U3A Offices Closed until further notice.

Contact mobile: 0404 524 028

FROM THE PRESIDENT:



Dear Members

As you may have gathered from my last blog, I came to the realisation that I've been more anxious over our COVID period than I may have appreciated. Definitely not so much about restricted personal freedoms, in fact we adapted and accepted and agreed with 'What was needed', but 'When would it end', 'What was going to be the new COVID normal' and 'What is the future of Bayside U3A'? The added madness of the USA political scene and its possible impact on the world including us, definitely increases the tension. Hopefully that uncertainty will be over very soon.

As to our Bayside U3A COVID-normal, this is still emerging and has a significant impact on how our classes will be conducted in 2021. There is no doubt that the gathering of people **inside** for any length of time is the most risky COVID-infection scenario. And the more people there are in one space and length of time they are together and if they do or don't truly 'social-distance' (and sanitise, wear masks etc) also impacts the risk. Our November committee meeting is in the week I'm writing this and subject to what is announced re COVIDSafe, the Committee is likely to be working hard over the summer to ensure as much as can be offered to our members in February will be. It may include 'blended' classes where some members are at our venues and other participants are online. This technology mix is not easy to arrange and we will be working with our tutors to make them comfortable presenting to two audiences at once. U3A Network is working on various options (there is no one solution) and I'm working with RMIT myself to see what the best arrangements might be. I can imagine that there is a wide range of feelings about returning to classes, and whilst Bayside U3A has been one of the most successful U3As in the number of, and participation in, Zoom classes, I'm also aware that only about 60% of our membership have participated.

Our re-enrolments and new member numbers so far indicate it is very likely that our membership in 2021 will be down on this year – although many may be holding off to see what happens re classes. Do note that whilst we have grown to be one of the largest community organisations in Bayside, our mission is to be able to offer the classes and activities of U3A to as many of our 'senior community' as possible. Having said this, there is no doubt that we do provide a unique and very affordable contribution to senior health and wellbeing. Spread the word to friends and family. New members are always welcome.

Finally a heartfelt thanks to all the tutors who are returning (we have about 140 classes so far) and to all our volunteers and especially the committee who have stuck to the tasks of getting us through this very difficult year. On a lighter note – well, sorry can't think of a suitable joke – please insert your own, OK Trump jokes as a last resort.

Our last newsletter for the year will be out in mid-December. Until then keep well, be happy. Cheers Tony Aplin

Membership and enrolment for 2021

2021 membership and enrolment is now open and we are very pleased that we already have over 700 people who have renewed or joined for 2021. All enrolments received by 30th November will be included in the ballots for popular classes. **Ensure you enrol before the ballot cutoff date - 4th December.**

Please renew and enrol online if you can. You can also enrol by completing forms and emailing or posting them to us. Our offices are still closed so you cannot pay and enrol in person.

You can phone the office or mobile 0404 524 028 for assistance weekdays between 10am and 2pm. One of our volunteers will help you.

Online renewal

1. Select the [Login](#) link

from our website

Bayside U3A BAYSIDE U3A ▾ About Us ▾ Course Info ▾ Join Volunteer ▾ News ▾ Contact Us Login My Home ▾



2. Enter your email address (the one where you receive your newsletter and other U3A emails) and password - see instructions below if you have not yet set a Bayside U3A password **
3. Until you are financial for 2021 you will be asked to **Renew your membership now**. Clicking on *Renew your membership now* takes you to payment details with a link to PayPal and our bank details. Please pay by PayPal, credit card or bank transfer if you can. The Pay Pal link allows you to pay by credit card without creating a PayPal account.
4. You may post a cheque if necessary but it may take some time to be processed. If you pay via PayPal your payment is recorded and you can enrol in classes immediately. If you pay by bank transfer it may take up to 48 hours to hit our bank account and be processed.

Online enrolment

1. Once you are financial for 2021 you can Login as per steps 1 and 2 above and click on **Enrol a course**. A long list of available courses will display.
2. Carefully choose the class you are interested in and click on the green **Enrol** button on the right hand side of the course information.
3. Wait a moment for the screen to refresh and you should see the **Your enrolment request has been received** above the course list. You will also see the Join button
4. Has changed to **Enrolled -In process** next to the course you chose.
5. Repeat these steps to enrol in additional classes.

** Troubleshooting the online enrolments system

- Your email address is a unique identifier for your U3A database entry. If a couple shares an email address they cannot login and enrol online.
- You'll need to set a U3A password before you can use the online enrolment system for the first time. To do this, go to the Login screen, click on **Forgot password**. The next window requests your email again and you need to once more click **Forgot password**. You should receive a 'change password' email. This may take up to half an hour. Please check your Junk folder for the message if it is not in your Inbox.
- You cannot change your email address in the online enrolment system. Please phone or email us if you need to do this.

Please phone 0404 524 028 between 10am and 2pm if you have problems paying or enrolling.

Membership and enrolment for 2021 (Continued)

Email renewal and enrolment (baysideu3a@gmail.com)

1. Pay by bank transfer to Bendigo Bank: (BSB 633 000 Account: 147 195 721) Make sure you include your name (and member number) as the reference. You may also make a deposit to this account at any Bendigo Bank branch with name and member number as reference.
2. Email us that you have paid by bank transfer. We'll update your records within about 48 hours.
3. Once you have paid you can complete an [enrolment form](#) and email it to us **OR** include full details of your enrolments in your email message.
4. Please phone us on 0404 524 028 if you have any issues.

Manual enrolment

Please complete a [renewal form](#) and an [enrolment form](#). Post the completed forms with your cheque to Bayside U3A, PO Box 7269, Beaumaris, VIC 3193

Popular class restrictions

There are some limits on enrolment in popular classes..

- **Exercise-based classes.** Members are limited to a total of two classes of different types. You can enrol in one Yoga class and one Balance and Bones class, for example.
- **Languages.** You can enrol in a maximum of three language classes in two or more languages. You cannot enrol in two similar classes in the same language
- **Mahjong.** You can enrol in ONE Mahjong class
- **Bridge.** You can enrol in one year-long bridge class (you may enrol in the beginners short course and social bridge, for example)
- **Painting.** You can enrol in ONE painting class

Tuesday Walking Group - Jane Alcorn (Leader)

After a long break over the COVID Lockdown the Bayside U3A Tuesday Walking group started back last week. What an isolating time we have been through. A walk along the Bayside Trail from St Kilda Beach was planned as it is definitely one of our favourites.

Unfortunately we had managed to coincide with Melbourne Cup Day holiday plus beautiful warm beach weather. Our original plan evaporated when we arrived we found that the public holiday had drawn quite startling crowds (the gentlest way I could describe the throng of joyous beach-worshippers throwing frisbees, kicking soccer balls, running up and down the sand, etc.). Change of plan: we about-faced and walked the Elwood Park instead. The walk was such a joy. It was absolutely marvellous to see our walking friends again even if we were all wearing masks.

My photo shows some of our walking group at the end of our walk. I'm afraid that with their hands in the air plus their masks on their faces, they look more like a group of demonstrators who have been rounded up by the Anti-COVID Demo police force.



A NOT TO BE MISSED END OF YEAR EVENT

This event is sponsored by Bayside City Council and is open to the Bayside and wider communities.

Tell your friends and family and invite them to join in.

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 and the wider Bayside Community 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 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



Proudly supported by



From Irritation to Calm

When the Great Zen Master Thich Nhat Hanh was in Montreal to lead a retreat, a friend drove him across the city to the mountains.

He noticed that every time a car stopped in front of him, the sentence “je me souviens” was on the number plate. It means “I remember”.

He was not sure what they wanted to remember, perhaps their French origins, but he told his friend he had a gift for him.

“Every time you see a car with that sentence, ‘je me souviens’, remember to breathe and smile. It is a signal of mindfulness. You will have many opportunities to breathe and smile as you drive through Montreal”.

Today, while driving, we think about arriving. Therefore, every time we encounter a red light we’re not happy. The red light is perceived as a kind of enemy that prevents us from attaining our goal.

But as with “je me souviens” we can also see a red light at a signal of mindfulness, reminding us to return to the present moment.

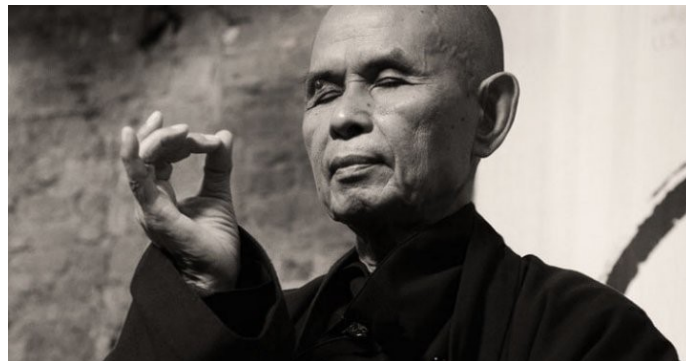
The next time you are caught in a traffic jam or stopped by a red light ... sit back and smile to yourself and return to your conscious breathing:

“Breathing in, I calm my body. Breathing out, I smile”.

It’s easy to transform a sense of irritation to a pleasant feeling.

Source: Thich Nhat Hanh, “Peace is Every Step”

Judith Vennell, Yoga Teacher



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

Intermediate Italian - Domenica Tarquinio (Tutor)

Continuing our positive outlook in our Italian lessons, students recently told the class about their favourite flower. We heard about mughetto, tulipani, rose, orchidee, l'albero rosso fiamma, gelsomino, narcisi, fiore della passione ...

Can you match these names with the images?

Bravi!!

It was great to hear the story behind each flower choice.

We have shared many stories in Italiano during lockdown and we are grateful that we were able to continue our classes using Zoom.



Russian - Vladimir Metter (Tutor)

Vlad's fight with illness is nearly over and he will soon start to continue tutoring his Russian class.

During his absence (nearly one month) his students have met each other every week and continued to study Russian by themselves. Vlad said "I really appreciate such initiative and see it as a good example of dedication to all students participating in our classes".



Aussie Breadtags for Wheelchairs

<https://ozbreadtagsforwheelchairs.org.au/our-story/>

Please keep on saving your bread tags!

Aussie Breadtags collect bread tags nationally in Australia. The tags are recycled locally, raising funds to buy wheelchairs for disadvantaged people in South Africa.

Early in 2020, U3a started recycling bread tags for charity. Until we can return to our Beaumaris or Brighton premises, please continue to save your bread tags at home. Hopefully it won't be long until you can leave your collection at the office.



A Brief Introduction to Mindfulness Meditation - Louise Williams

We hear the term mindfulness a lot, so it's helpful to ask what it actually means.

Mindfulness is a way of bringing our attention to the present moment. When we add Meditation to this, then for a time we just stay in this moment, accepting, and being with whatever is happening right now.

Without judging, without any goals and without even trying to accomplish anything.

Simply being aware of the moment.

Because, to paraphrase an old saying, life is what happens while we are worrying about the future or ruminating on the past. As a consequence we miss out on what is happening right now.

For example you have probably noticed that when you eat in front of the TV or at the computer you hardly remember tasting the food let alone feeling satisfied when you've finished.

So in Mindfulness Meditation we practice the skill of staying still and being aware, watching as all our thoughts and emotions come and go. These can be compared to clouds moving across a clear sky – the clear sky of our awareness.

Practicing Mindfulness Meditation has many advantages – we can strengthen our inner resources to cope with stress, communicate more effectively, and simply enjoy all the benefits of relaxation. It's a worthwhile part of healthy living and self-care.



Thursday Current Affairs Discussion Group - Ralph Levy (Tutor)

We have been so very busy the past few weeks that we are negotiating to have live world wide broadcast of our discussions into next year. Members only tickets will be in great demand just like footy grand finals tics.

In the past weeks we have welcomed Rob Gell, the famous presenter of TV weather for over 31 years. Rob spoke with great authority on climate and climate change, the science and effects on our planet. A wonderful discussion was had as Rob explained all and cast aside many common misconceptions and answered all our questions.

We also welcomed Rod Horin from Joseph Palmer and Sons. Rod clearly explained and we discussed all of the mine field of options when looking for and negotiating entry to aged care facilities. No easy task especially as few of us prepare in advance for the possible transition. Rod's advice was priceless and we all became far more informed. You don't know what you don't know until you know it.

Each week we discuss different issues that effect us from COVID, hotel quarantine, government responses both successes and failures. Our own in house medical experts assist with understanding all current medical issues. Even Mr Trump and his great mates, the Democrats, have had their chance to spread the word. So who did win???

Join us each Thursday at 1:30pm to join the discussion and have your say as your voice matters YVM.

Next week just for all footy fans as a year end celebration we will be welcoming 'ozzie' icon Mike Brady "Up there Cazaly". For this week bring your singing voice to join in.

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
by Janice L



Beach and Stained Glass Mosaic by Roy



Face masks can make communication difficult

We want to know more about the impact of face masks on spoken communication for adult listeners. And we want to know what helps to make communication easier. We want to hear from any adult, with or without hearing difficulties.

Take our online survey: [University of Melbourne survey - Impact of face masks on communication](#)



MODERN TRENDS Compiled by Stephen Le Page**Robots and Humans**

Robots have been freely interacting with the public for several years, but they are no longer gimmicky. Robots and other automated innovations are delivering experiences that are increasingly useful, and are effective for social distancing, maintaining hygiene standards and reducing human contact. In Singapore robot 'Ella' makes 200 cups of coffee an hour, and 'Spot' the robot dog is enforcing social distancing in parks and also performs cheerleading routines at Japanese baseball games. This Halloween, a chocolate manufacturer released a robot candy dispenser into US neighbourhoods. The 2.7metre, remote-controlled robot provided a socially-distant, trick-or-treat experience for kids, with operators controlling the robot from kilometres away. The robot looks like a door/vending machine and emits lights, smoke and Halloween music. Using voice detection it released a king-size peanut butter-cup candy bar from its mail slot when kids say 'trick or treat'. Consumers are ever-more-likely to further engage with robots in the future.

Can we tell what's true?

Deep-fakes are becoming ever more common and it's difficult to believe what we see, and we need to spot and flag fakes early in their on-line life and identify the sources quickly. One visual option is to apply invisible watermarks or other proof of provenance when a photo is taken and create photos with cryptographically-sealed provenance data whose authenticity can be verified by recipients. When taking a picture, a phone user simply selects secure mode. Data about where and when the photo was taken is automatically added, along with a way to track if pixels have been changed. Website and app builders can then implement features to read that data. This will be useful in second hand or online markets too and for example, buyers can verify that second-hand car photos are real and undoctored and it's possible also for profile pics. A fight for 'true facts' is on: the more divided people become, the more likely they are to believe their own version of the truth and they resonate in an echo chamber. Fake and doctored photos and videos are common and more convincing and pose a threat to democracy and commerce. We need ways to help consumers tackle digital misinformation and rebuild trust

Catering to Individuals and smaller groups

At Starbucks' new Signing Store in Tokyo, customers point to items on a menu or use speech-to-text voice recognition to place their orders while interacting with deaf or hard-of-hearing employees. In addition to employing people who are deaf or hard of hearing, the Signing Store also incorporates sign language and other elements of deaf culture in its design and artwork. Digital displays not only help customers track their orders, but also show commonly signed phrases, encouraging everyone to try communicating in sign language. Tokyo is the fifth city to have a Starbucks Signing Store. Plenty of opportunity for smaller chains and independent retailers, too. First step? Reach out to your local deaf community and strike up a conversation.

Censorship is Here

Twitter and the other social media giants are editing and selectively portraying what we say. Many writers are finding their Tweets are visible to themselves but not visible to others – these are writers that social and mainstream media deem 'controversial' not necessarily according to one or another political persuasion. It's not a matter of so-called fact-checking (which in itself is selective censorship) but where the writer is critical of policies which the elite apparently deem as 'preferred.' In other words, social media, just like the mainstream media always has, is censoring what is being said on the basis of their own preferences. It's not a matter of protecting the truth as that is and always has been relative. It is the direct interference in our society's social communications to ensure the predominance of the views found most acceptable to a small number of technical and business entrepreneurs. We have seen this in recent months with mainstream media interrupting Trump and speakers in his camp to claim that what has been said is a lie or has no basis or cannot be validated. Some of the journalists involved have also claimed that: "We need our media to interrupt speeches by Johnson (UK) and others and point out to viewers their lies". Whatever happened to free speech? Rather than have big media decide what's good for us, whatever happened to the 'on-off' switch where we decided whether to watch or listen. We have a capacity to censor ourselves, don't we? As Media Lens in the UK says: "If giant, profit-maximising, advertiser-dependent corporate media decide it is their job and right to censor political leaders like Trump and Johnson, they will have no qualms at all about censoring you, us and everyone else. Is that what we want? What on earth qualifies Big Business as an arbiter of Truth?"

NEWSLETTER

Thank you to all our members and tutors who have helped to create the newsletters that have been published every 2 weeks since April. It has been great to receive your articles and photos and has made my job very much easier.



This is the last of the Special Edition fortnightly newsletters. There will be one more newsletter before the end of the 2020 Bayside U3A year and contributions will be gratefully received. Entries for the next edition will close midday Wednesday 10th December.

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

I would like to take this opportunity to thank Chris Logan whose eagle eyed editing of the newsletter is very much appreciated.

Hopefully, next year we will be able to go back to our once a term newsletters. Little did I realise, when I agreed to continue with the preparation of the newsletter in 2020, that I would need to produce so many!

Deb Stephenson

Member Feedback

Thank you to everyone who contributes and keeps us connected with the Special Edition Newsletters. How wonderful you all are. Tony to your column this month I am sure means you can read my mind, expressing your thoughts and feelings so openly to us all definitely 'clicked' with my own. Thanks also to you for your thoughtful and insightful columns.

Robyn Roth

Thankyou to Bayside U3A Committee, Newsletter Editor, and contributors for the fortnightly newsletters since April. I appreciate the commitment involved and the interesting articles, photos and information. Finding the new edition in my inbox each fortnight has been very welcome!

Vicki Cowling

I would like to express my sincere thanks and gratitude for all your kind efforts and generosity for keeping us updated. Grasp the opportunity to wish you all a very happy Christmas and New Year 2021

Amal Diab

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.





ST VINCENT'S
HOSPITAL
MELBOURNE



ARE HEALTHCARE INTERVENTIONS EXACERBATING ALZHEIMER'S DISEASE (AHEAD)?

ARE YOU 60 YEARS OR OLDER?
HAVE YOU NOTICED A CHANGE IN YOUR
THINKING OR MEMORY?

We are seeking participants for a study looking at memory in older adults. We will ask you to complete some questions and puzzles at various time points. Due to the ongoing COVID-19 pandemic, assessments are able to be conducted over the phone.

To be eligible for this study, you must have noticed some changes in your memory or thinking skills.

EXPRESS YOUR INTEREST
CALL KELLY ON 9231 2251
EMAIL:
COGNITION@SVHA.ORG.AU

PRINCIPAL INVESTIGATOR
A/PROF LIS EVERED
RESEARCH CO-ORDINATOR
MS KELLY ATKINS

THIS TRIAL IS FUNDED BY THE NATIONAL HEALTH & MEDICAL RESEARCH COUNCIL (NHMRC)