

Bayside U3A

UNIVERSITY OF THE THIRD AGE

Offices: Beaumaris Senior Centre
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2021 TERM DATES

Term 3 12th July— 17th September

Term 4 4th October—17th December

NEWSLETTER

July 2021



Beaumaris Office:

Monday to Friday 9:30am - 2:00pm

Brighton Office

Monday to Friday 9:30am - 12noon

Snap Lockdown 16th to 20th July

All face-to-face classes are cancelled from Friday 16th to Tuesday 20th July inclusive, in line with the recently announced lockdown. Some classes may move to Zoom. These classes will be notified by email.

We will update you whenever the rules change.

FROM THE PRESIDENT

Tony Aplin

Dear Members

Well I think I'm finally getting the COVID blues! I'm no longer interested in the daily news bulletins and hearing, as has been said several times in the media, "We know what Sydney's going through." I must admit I've been extremely busy with a home project and exhausted by it, I could say "I now know what it feels like to be older," but that feeling has been with me for while! Anyway it's all done apart from a few minor adjustments and the good news is that we're almost back to normal or at least, can operate at U3A near normal. That has to be good.

I think my highlight of the month has been that we have bought two St John Ambulance defibrillators following receipt of a \$5,000 grant from the Federal government.



Tim Wilson MP invited us to apply and the attached photo shows him presenting the defibrillators to Chris Logan and myself on 30th June 2021.

St John's have a backlog of training demands due to COVID so two or three training sessions will be held later in August or when we can get bookings. Look out for emails about this. The training will emphasise that defibrillators cannot kill anyone, are easy to use via voice prompt instructions and that time is of the essence to save a person from heart beat problems.

Defibrillators are an 'insurance' guard - think of it a bit like the COVID vaccinations. We hope they never have to be used but I think we will be very grateful if they do save the life of one of our members. One will be located at Beaumaris (on the kitchen wall) and the other at Brighton Courthouse.

Cheers to everyone! Let's continue to maximise our enjoyment of U3A activities and life in general.

Bayside U3A Happy Hour on Friday 25th June



Helene Redding won the meat raffle at the Hampton RSL - AGAIN! Win Van Den Bossche was a second winner with her selection of a bottle of wine.



45 members enjoyed the hospitality at the RSL for our second return of Happy Hour for 2021.



Bayside U3A Happy Hour

5—6pm last Friday of the month

30th July, 27th August, 24th September, 29th October, 26th November

No need to book/reply. Just turn up!

Drinks: Special \$6 sparkling or house wine, discount beer and some spirits.

Please wear your U3A name badge and bring along your RSL membership card if you have one! Dinner available for those wishing to stay on.



Hampton RSL, 25 Holyrood Street Hampton

Let's do Dinner—June/July

As anticipated, June dinners at the Benteigh Club did not proceed as planned.

Caulfield RSL is booked for dinners in July, although the first scheduled for 3rd July was cancelled. So many scratchings on the day that it became unviable.

A larger group confirmed for 17th July to ensure that the dinner will go ahead. Unfortunately the latest lockdown has forced us to cancel it again!



Proposed future dinners (TBC):

7 th & 21 th August:	Benteigh Club
4 th & 18 th September:	New Bay Hotel
16 th October:	Ricketts Point Café
20 th November:	Cheltenham RSL
No dinner in December	

Further details will be emailed to those enrolled in Course code: 21002.

Convenor, Karen Hall 0402 891 183

COURSE NEWS**Convenor: Sue Steele**

Before the lockdown term 3 had started smoothly. A few more classes came 'home' to their regular venue/room. Others started up in a new location because their original room was too small due to COVID restrictions. And others are still on Zoom for a variety of reasons.



We've been experimenting with *hybrid classes*, where some people are in a hall or room and others join via Zoom. So far three classes are doing this: Modern History, Lunchtime Masterpieces and Armchair Archaeology. We're happy to chat with any tutor who might be interested in trying hybrid classes. A few classes are mixing and matching: some weeks on Zoom and some weeks in person.

In these uncertain times flexibility is key. Each week more of us are fully vaccinated. This week is the first time this year I've seen a few familiar faces at some U3A activities. At the same time, masks are still compulsory indoors and there are a growing number of cases in Melbourne, so we need to remain alert and remember to always check in, wherever we go.

When we return, our groups will need COVID marshalls to ensure everyone checks in. Please consider putting your hand up for this; it will really help us out.

Introduction to Cryptocurrency and Bitcoin

We're pleased to announce a morning talk about Cryptocurrency and Bitcoin via ZOOM.

The session is from 10am to noon-ish on Wednesday 4th August.

Members can enrol online (Course code: 21150), at the office or by emailing baysideu3a@gmail.com

**TINNITUS**

The Bionics Institute (East Melbourne) is seeking volunteers aged 55+ to participate in their Research into TINNITUS. Both male and female participants are welcome who may or may not have suffered from Tinnitus.

Further Information is available from MICHELLE BRAVO (Research Assistant) phone 9667 7500.

SHINGLES

People aged between 71-79 years have until the 31st October to get a free shingles vaccine from your GP. Shingles can be very painful with some long-term side effects. For further details visit:

<https://www.thesenior.com.au/story/7257223/clock-ticking-for-over-70s-shingles-shot/>

Do you know a Bayside U3A member in need?

Contact with Bayside U3A members and families who are in need is available.

If you hear of someone in need of a caring card or phone call, or is isolated during lockdown times, please contact me directly or via U3A.

Karen Hall sidonyhall@gmail.com 0402 891 183 or via baysideu3a@gmail.com

LAWN BOWLS**Convenor: Rob Coulson**

Lawn Bowls held at Hampton Bowls Club, has been very well attended this year, despite the on-off situations we have all had to endure.



So far this year, as long as we were permitted to bowl, there have been few restrictions out in the open air. Miraculously the weather has been kind to us every Wednesday morning.



In fact a number of our students, like sisters Marg and Jan in the picture, are keen to get more involved as their skills build.

In addition, low-key social games on other days are the ideal opportunity for our trainees to mix it with seasoned players and they are relishing the challenge.

As we move towards spring we encourage any new U3A'ers to enrol and join us. It's fun and also good for mind and body.

BASSOON and HORN**Tutor: David Peake**

I am continuing with my classes on the instruments of the orchestra and have combined the Bassoon and the Horn as there are relatively few good videos of each instrument. As before, just click on to the blue https line at the end of each item.



Another splendid overview of the Bassoon by the principal bassoonist of the Philharmonic Orchestra. <https://youtu.be/-kmy-hm3ai4>

Vivaldi - Bassoon Concerto RV 484. This is probably best known of Vivaldi's 37 Bassoon concertos. <https://youtu.be/MoE8RaF8e6s>

Mozart - Bassoon Concerto. This concerto is an essential part of the bassoon repertoire and is given a fine performance by this Polish Orchestra. <https://youtu.be/QfhxZMUy9D>

Weber - Andante & Rondo for Bassoon & Orchestra. Weber (1786 - 1826) was a contemporary of Beethoven and the piece is well performed by the soloist and the West German Radio Symphony Orchestra. https://youtu.be/ITc_fCWtRyw

Rossini - Bassoon Concerto. Rossini is best known as an Operatic composer however he composed a lot of instrumental works including this Bassoon concerto. <https://youtu.be/jjidlqP9kpc>

Yet another fine overview of the Horn by the principal of the Philharmonic Orchestra. <https://youtu.be/cKOUFgnrlqY>

Mozart - Horn Concerto No.3 KV 447. Mozart wrote 4 Horn Concertos and this one is given a fine performance by this Polish orchestra. <https://youtu.be/5-rEtIufKL8>

Schumann - Concert piece for 4 Horns. Schumann's only piece for the Horn is given a delightful performance by this young group. <https://youtu.be/kUkU6HKzoYg>

R Strauss - Concerto for Horn No. 1. Richard Strauss (1864 - 1949) wrote this concerto in 1883. His only other Horn concerto was written in 1942 - almost 60 years later! <https://youtu.be/s68W8KDp5eM>

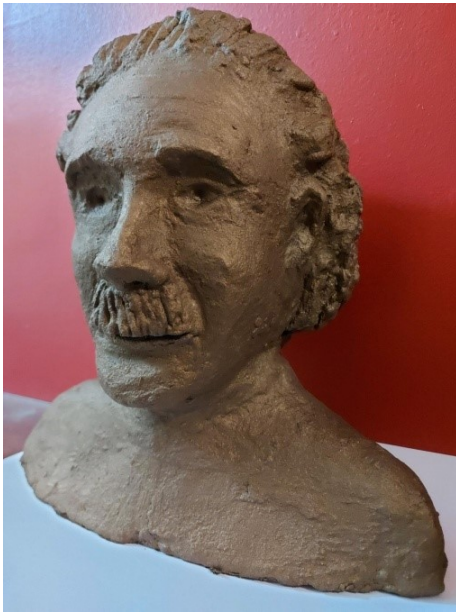


SCULPTURE GROUP

Tutor: Roy Bird

The sculpture group survived lockdown by working at home.

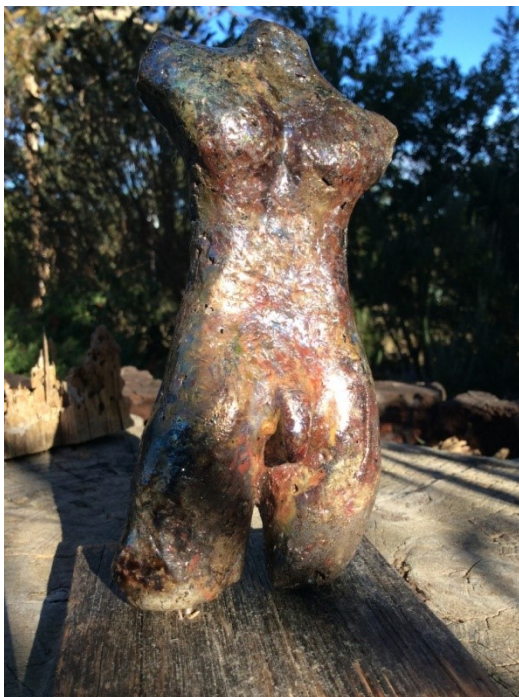
The images of Sculptures below represent a variety of different techniques and materials.



Einstein by Roy: Concrete and Acrylic.



Kruschev and his shoe by Mike: formed in concrete.



Gorgeous Gordon 16cm: by Mike.
Clay, Copper Sulphate, Borax; fired gas flame.



Sorrowing Man: by Jennifer.
Styrene, plaster and acrylic.



Tao Master: by Jennifer.
Styrene, cement and acrylic.

SOCIAL BRIDGE GROUP **Convenor: Barbara Pearce**



Our Social Bridge group on Monday mornings is a great way to practise one's playing skills, have a happy time and make new friends. We usually have 4 - 5 tables, some for beginners, some for the more advanced players.



IT'S BALANCE AND BONES ZOOM!

{With grateful thanks to tutor Helene Redding from participant Jocelyn Wood}

On Tuesdays and Fridays are dates that I keep
I don't snuggle under but out of bed leap
Once showered and dressed with a mug of hot tea
The laptop lights up and your faces I see!

The greetings are cheery as new ones join in
Friends say hello as we wait to begin
We catch up on news for everyone's sake
But sometimes a radio's on by mistake.

With the touch of a button Helene mutes all
A much simpler task than when in the hall
We jog to warm up and then dumbbells we raise
We're not quite the dumb 'belles' of earlier days!

We stand on tip toes then thud on the floor
Our tummies we tighten with muscles galore
We act just like penguins and hitch up a leg
And balance with eyes closed – do you sometimes renege?

In stretches we give all our limited might
Try hard to heed rules and get them just right
Toes must point forward and heads are held high
We all work away till 10 o'clock's nigh.

In relaxation we switch off the world
Hands rest in laps with 'fingers gently curled'
If wakeful at night saying "Letting Go's" good
The tension goes out with the breath as it should.

We B & B Zoomers can't thank you enough
It's clear to us all that you know your stuff
A fit Lockdown mental and physical side
Allowed us to take time alone in our stride.

PAT FLEMING CELEBRATES HER 95th BIRTHDAY IN STYLE

Pat Fleming is among the top 10 oldest members at Bayside U3A. She joined when it first started in Beaumaris, and has participated in many classes, including Current Affairs. Her knowledge is amazing, and some of the stories she has shared about her life and experiences have been incredible.

On 3rd July, Pat celebrated her 95th birthday and since then, it's been a whirlwind of events, including at least two birthday cakes! It started with a family gathering in Middle Park, which is where Pat had spent quite a bit of her life.

On 8th July, the Wine Appreciation Class also celebrated her birthday. Pat has always been an active member of the class and knows quite a lot about wine.

On Monday 12th July, a lovely lunch was held at Milano's where U3A friends and neighbours organised a special day for her. It was a wonderful celebration, with yet more birthday cake baked and beautifully decorated by her closest neighbour. They also presented her with a beautiful plant for her home.

Happy Birthday, Pat and here's to many more celebrations to come!



Chatty Café Australia was created to help connect communities and increase social interaction by getting people chatting, either at their local neighbourhood café or at other local community venues such as clubs and libraries.

The first Chatty Café began in the UK in 2017 and has now grown to over 1400 across the UK. Recently, the founder of Chatty Café UK received an OBE in the Queen's Honour's list.

In late 2019, Chatty Café began in Australia after its managing director Glenys Reid had unexpectedly experienced social isolation for the first time in her life. She noticed a lot of other people in her community at venues who seemed isolated too and that they were keen to chat if Glenys initiated the conversation. Since then, she has worked to develop a network of Chatty Cafés across Australia, despite COVID and constant lockdowns of social venues!

In the City of Bayside, there are several venues in which these Chatty Cafés are located or planning to join the scheme: in cafés, restaurants, pubs, clubs, libraries and community centres, funded by a community grant from the City of Bayside. You don't need to book a place, you just turn up. Tables are easily identifiable by a Chatty Café **"Please join our Have a Chat Table"** sign. Each venue sets aside an amount of time each week for its Chatty Café event.

You can stay for five minutes or enjoy an hour of good friendly conversation, while you drink a brew of your choice and/or eat a snack or meal. At some venues, there are 'Chatty volunteers' who join the Chatty table and help introduce the concept to customers and chat to them.

These simple interactions may help brighten someone's day and also combat social isolation and loneliness, which is a big issue in Australia. Research indicates one in four people experience a sense of loneliness and social disconnection every week.

To find out more go to chattycafeaustralia.org.au. This is also where you will find where your closest Chatty Café is and when it meets. You can also telephone Glenys on 0412 633 304 or email her at chattycafeaustralia@gmail.com or find Chatty Café on FaceBook.

TREE –THEMED WORKS FROM BAYSIDE U3A WRITERS GROUP

Tutor: Cheryl Threadgold



Nimue's Tree

by Margaret Boyes-Pringle

Straddling the fork in my trunk
like a scarecrow from the Dark Ages,
Merlin haunts my veins.
The cold makes him
cringe from the exposure
of my top-most branches
and seek warmth from the earth;
he digs his old toes into
my healthy roots, breaking
joints and elongating flesh
in his craving.

He lived so long amongst men
he suffers as they do.
To bleak winter's chill breath
I groan his muttered lament;
as each leaf is torn from me,
memories are prised from
his ancient cells and, as they fall,
he lives them fleetingly ...

Watching. So do I.

Watch his attempted seduction of Nimue,
watch her abasement at his betrayal,
see the shining mettle of her
as she rose to pass judgement.
Feel that swift, fierce cleaving
as she delivered him in punishment,
my fate manacled to his, each
twist and coil and writhe
birthing the template of time
in my grain.

Cul de Sac

by Peter Lucas

I walked a lane from Babylon St
near the end of days glow.
The lonely sound of my boots
trudged the powder snow

I walked a lane from Babylon St
past naked trees and garden beds
buried in winter sleep
hushed like the breath of the dead

I walked my way through time
an unseen shadow passing by
houses silenced by the cold
their windows faded eyes

I walked my way down the lane
and found a wooden gate
holly clung around its sides
piercing snow like glass

From the gate, fields of white
and hills a flurry of snow
a lone bird called to me
and I did not venture forth

I turned my head towards
home again
and wondered what lay beyond
the deadend lane I wandered on.

TREE-themed works (continued)**Tutor: Cheryl Threadgold****The Healing Power of Trees by Sandra Stirling**

Miss Brown drew a deep breath, enjoying the scent of eucalyptus from the giant gums that surrounded her small house. She pulled the cardigan around her thin shoulders, moving to the edge of the verandah to stare at a sky filled with stars. How happy she was to be home.

Like the brave young men in her country town, she had answered the call to support the Mother country in her time of hardship and war. Joining the Australian Army Nursing Service in 1916, she was sent by hospital ship to the Army camp on Lemnos Island.

Standing here now, in the comfort of her cottage, there were only echoes of the merciless winds that had lashed their tents, the freezing conditions, the lack of food and sleep while trying to treat the endless stream of wounded men.

Only dimly now she recalled staggering from the nurses' tent to the hut where the wounded lay, praying for the strength to perform her vital duties to the young men under her care. And it was often only the camaraderie of the other nurses, with their bursts of laughter and wise-cracking comments that held her intact.

On her return home, she had carefully washed and pressed her uniform, starched her veil and with her cape, folded the end of her service life into the suitcase under her bed. Over the months, she had slowly smothered her nightmares, healing coming from walks through the surrounding bush, the splash of yellow from the wattles, and the remembered carolling of the magpies.

Bill, the timber merchant, had this morning delivered wood, chopped into manageable logs for her fireplace.

"How are you today, Mr Henry?" she had enquired, conscious of the wounds he carried from the war.

"Can't complain, Miss," he'd smiled, raising his cap. "Can't complain." And the wonder was he never did.

She brushed the quick swell of tears from her eyes before turning to walk inside. She was home, and she knew her own recovery was well on the way.

The Tree by John Maddick

I didn't know about moving into Werner's house right from the start. He ran the garage at the Dealership where I work. You'd think, with a father as a mechanic I'd know better. Werner's garage was known for being neat and organised. Me, I don't mind being neat: I managed to live with Carol for 12 years and she was a neat freak. But I was getting used to living in my own flat. Admittedly I tried to spend as little time in it as I could. But I only had to tidy up before the kids came, which was now alternate weekends. They were young enough to top-and-tail on the pull-out sofa.

I must have been separated two or three months before I let it slip at the Squash Court that I could join the others for drinks. No, no-one was expecting me home. Werner was on the team. The night I told them, he waited till everyone had carried their drinks away, then, standing at the bar, he told me he too was separated. I always thought of him as strict, but later that evening he hung back as the others left, and he asked how I was handling the separation. None of the others had bothered.

We chatted more over the following weeks. His mother had died a year ago and he was paying off a big mortgage to buy out his sister. Would I like to come and see his house?

It was roomy. He had two spare bedrooms, one of which was an extension at the back corner of the house. I liked that for Simon and Beck.

The backyard was a big lawn, big enough so I could kick the footy with Simon, my 8 year-old. Carol used to complain I spent too much time playing footy with him, and not enough with his younger sister. But she often joined us, although sometimes I had to tell Simon to go easy. Anyway, at the flats I put up a hoop in the car park, and we'd all go out and practice netball, that is until one of the residents complained. I told them we were careful, but eventually the Body Corporate wrote to me saying we couldn't play out in the car park except when all the cars were gone.

Werner stood beside me looking out the kids' room window. "You'll have to be careful to watch the kids with that tree," he said.

The tree was magnificent - a tea-tree sprawling the length of Werner's back fence. It must have started in the back corner. A thick sinewy limb arched from there until it had reached ground near the garage, and then grew up from there over the roof, and back along the ground towards its base. Simon would be itching to climb it. How could I stand in his way? Already I could see how it was going to be with Werner.

TREE-themed works (continued)**Tutor: Cheryl Threadgold****Trees****by Norah Dempster**

My childhood memory starts with willows, trailing their long fingertips in a salty lake in the South Island of New Zealand.

Then across a narrow track two poplar trees stretch to their grand height, planted by the gold seekers in another century. They stand each side of a wooden gate, the entrance to my old front yard.

Here fruit trees still grow, small golden pippins, green apples for making crumble, and the plums, not suitable for cooking that we were allowed to pick and eat. I often quote an entry in my childhood diary that reads "ate 32 green plums today." But it was often only one bite and if the flavour wasn't right they were tossed away. We were careless children who spent days roaming and exploring, playing our made-up games.

At another gate stands the old hawthorn tree laden with red berries hiding their poisonous seeds inside. Even walking past felt dangerous when we were young.

Further away from the lake tall heavy macrocarpas loom over hard bare ground refusing to allow any grass to grow, but permit children to climb on their thick strong branches.

I also remember a favourite hazelnut tree at my best friend's place where we scrambled together in the long grass searching for fallen fruit to eat. Maybe that tree is no longer. Her house has gone.

Trees are our personal history, they share our life journey and they are embedded in sacred myth.

The little community of houses and small farms I grew up in was surrounded by bushland. And even though it was forbidden, we spent weekends scrambling through a forest of green ferns that curled to our waists searching for the one track that lead to nowhere. The local foresters probably used it but we felt nobody else knew of it and we walked on it seeking adventures.

There were tall totara trees that the early Maori used to build canoes carved with scared symbols. In its season, golden drooping kowhai flowered, recalling the legend that a young Maori man caused the tree to flower on bare branches to impress his young lover.

I live in Melbourne now, a different landscape, and most days I walk in local heathland, ancient and untouched, but I speak to the tall white eucalypts as I pass. They tell a different story to my childhood trees, one that is their very own. However, their spirit is the same.

These tree companions all belong together. Thank you for the trees.

**Tree****by Helen Graham**

Harriet was amazed.

Who would have thought, that in her twilight years, she might be surrounded by important weapons against global warming?

But she read about it in *The Age*, Harriet's go to for the news she considered important. None of that Dr Google rubbish some of her friends talked about. No, Harriet liked things just as they had always been. Her father had sworn by *The Age* and she was proud to do the same.

Today there was an article about global warming and how important dead trees were. Carbon storage. What an odd term, Harriet thought. Wooden house frames, *The Age* said.

Truth is, she's not really sure she understood what they mean by a carbon store or how it works. But *The Age* says it's important and that's acceptable to Harriet.

Looking around, Harriet wondered if all her beautiful antique furniture could be carbon storage, too.

Pieces hewn from mahogany, cedar, rosewood, Huon pine, oak, and maple trees; the sentinels of her family's history. Goodness, she'd read once that cheap timber was used to make house frames.

Does this mean that her carbon storage is of a superior quality?

Perhaps a letter to the Editor of *The Age* might be in order.

WHAT IS FELDENKRAIS?

By: Marie Arendsen
Tutor 'Magical Movement with Feldenkrais'
Physiotherapist & Feldenkrais Practitioner Retired

The Feldenkrais Method is a universal method for improving human life through better movement, sensation, posture and breathing.

Neuroplasticity is central to the effectiveness of the Feldenkrais Method and is based on principles of physics, biomechanics and an empirical understanding of learning and human development.

Moshe Feldenkrais said, *"We move according to our perceived self-image."* By expanding our perception and increasing awareness, we become more aware of our habits and tensions and develop new ways of moving. By increasing sensitivity, the Feldenkrais Method assists us to live our lives more fully, efficiently, and comfortably.



With professional guidance from a Feldenkrais Practitioner, these improvements can be directed towards assisting problems like pain, injuries and neurological issues, as well as assisting peak performance in sports and the performing arts.

Besides these specific benefits, people often find that improving their movement and posture improves their overall health and well-being, leading to better attention, thinking ability, emotional resilience, coordination, balance, and easier breathing.

The Feldenkrais Method is a way of learning: learning to move more freely and easily, to carry less stress in our bodies, to stop doing the things that cause us pain. It is not the verbal/intellectual learning we were used to in school. It is learning through and with our bodies, learning what we knew as a child but lost touch with growing up. Through gentle movement and directed attention, it enhances our self-awareness to put us back in touch with ourselves, with the fluid, easy movement that is our birthright. We call this kind of learning 'somatic' education.

Feldenkrais Method does not treat medical conditions, per se. Instead, it helps us learn to become more self-aware and to move in more efficient, less painful ways. This can help us reduce limitations or discomfort caused by the way we organise our movements and our ways of being in the world. This includes a wide range of limitations, so the Method is widely applicable.

Moshe Feldenkrais said:

"Nothing is permanent about our behaviour patterns except our belief that they are so."

"In order to change our mode of action, we need to change the image of ourselves."

"When you know what you do you can do what you want."

"Make the impossible, possible; the possible easy; the easy, elegant."

"Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself."

