

# Bayside U3A

## UNIVERSITY OF THE THIRD AGE

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

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

Telephone: 9589 3798 Mobile: 0404 524 028

Mail: P.O. Box 7269 BEAUMARIS 3193

Email: [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com)

Web: [baysideu3a.org](http://baysideu3a.org)

### 2021 TERM DATES

Term 4 4<sup>th</sup> October—17<sup>th</sup> December

## NEWSLETTER

November 2021



### Beaumaris Office:

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

### Brighton Office

Monday to Friday 9:30am - 12noon

*The offices will be open for manual renewals and enrolments, 10am-12noon next week as follows:*

**Beaumaris Senior Centre:** Monday 15th November, Wednesday 17th November and Friday 19th November

**Brighton Courthouse:** Tuesday 16th November and Thursday 18th November

## FROM THE PRESIDENT



Dear Members.

Enough of philosophising, although I do hope my meanderings entertained you a little. Now we're down to the nitty gritty of who's with us next year. You should have all received your renewal email or letter with 'what to do' and I'm encouraging everyone not to leave it, but 'do it' (renew your membership) very soon. And tell your friends and family to get on board!

I say this not because we're trying to build a mega-org (or should it be Meta?) but because we believe that U3A is the best thing around for seniors. We are so fortunate that for 2022, along with a few new tutors, almost all of our 2021 tutors are on board again! We are offering 135 classes across many subject areas and probably more to come, so I'm hoping everyone can find a few things that suit their temperament, needs and availability. We would like to offer even more so don't forget that you don't have to be an expert in anything to take a class, just have a little bit of leadership and organisational skill. Like me with 'Armchair Travel' and 'Crime Night', I'm in it to learn and experience different things.

Well what a year! Last year we were thinking and saying that 2021 will be a year of recovery and revitalisation but alas, it was not to be. Even now I'm concerned that we have not unexpectedly become blasé in many ways: firstly, the behaviour that led to and certainly exacerbated this last outbreak and now, the seeming indifference to the ongoing death toll (I hope I'm wrong). By the time you read this, we will know if the expected 'jump up' in cases and deaths from the cessation of lockdowns is happening and how badly.

So we start again with renewal. The U3A Committee of Management will be doing our best to encourage participation. We will have an event for volunteers in December and you may look forward to really good events for our Opening at the end of January and our AGM in March.

It seems by contrast, that our social life has gone from zero to a gallop as we are getting into 'that season'. It's a little too early to wish you 'Season's Greetings' and its entire ilk, but nevertheless all the very best to everyone.

May we enjoy our freedoms safely and happily.

**Best wishes, Tony Aplin**

**LOCKDOWN HAS ENDED!**

**WHAT DOES THAT MEAN FOR BAYSIDE U3A CLASSES?**

From Monday 15<sup>th</sup> November, Brighton Courthouse and from Monday 22<sup>nd</sup> November, Beaumaris Senior Centre and within Bayside City Council, COVID-safe regulations including QR log in, the 4 square metre density limits, double vaxed participants and wearing masks indoors remain.

From then, Bayside U3A rooms may be accessible for some activities.

**Unless otherwise informed, classes will continue UNCHANGED for the remainder of Term 4.**

Contact with Bayside U3A members and families who are in need continues to be available. Details below.

**Bayside U3A Happy Hour**



**It's on!  
Last one for the year!  
Hope to see everyone there.**



**5pm - 6pm 26<sup>th</sup> 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**

**Convenor, Karen Hall 0402 891 183**



***Our final dinner for 2021 is going ahead, hooray!***

***Saturday 20<sup>th</sup> November: WEST WING, Cheltenham Moorabbin RSL***

No dinner is planned for December.

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

**SOCIAL MEDIA OFFICER NEEDED**

We are seeking a social media officer to join our team of volunteers, to manage all aspects of Bayside U3A's website and Facebook.

We require a dedicated individual with knowledge and skills in these areas.

If you, or someone you know, can assist please contact Jenny at [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com) or call and leave a message on **0404 524 028**



**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](mailto:sidonyhall@gmail.com) 0402 891 183 or via [baysideu3a@gmail.com](mailto:baysideu3a@gmail.com)

**MEMBERSHIP and ENROLMENT for 2022****Convenor: Sue Steele**

2022 membership and enrolment is now open. **You must be a 2022 financial member to enrol in classes.** Enrolment does not carry over from year to year. You **must** re-enrol for 2022 if you want to continue a particular class.

All enrolments received by 30<sup>th</sup> November will be included in the ballots for popular classes. During the enrolment period we do not operate on a 'first come first served' basis, so you can submit enrolments any day until 30<sup>th</sup> November to be included in class ballots. Enrolments received after 1<sup>st</sup> December are processed as received and will be placed on a waiting list if the class is already full.

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 or enrol in person.**

**ONLINE RENEWAL**

1. Select the [Login](#) link from our website.
2. Enter your email address (the one where you receive your newsletter and U3A emails) and password\*\*
3. Until you are a financial member for 2022, you will be asked to **Renew your membership now**. Click on *Renew your membership now* and it opens details with a link to PayPal and our bank details. Credit card payments can be made via PayPal.
4. If you pay via PayPal, your payment is recorded and you can enrol in classes immediately.
5. If you pay by bank transfer it may take up to 48 hours to hit our bank account and be processed.
6. You may post a cheque if necessary, but it will take longer to be processed.
7. You can pay with cash once the office is open.

**ONLINE ENROLMENT**

1. Once you are financial for 2022 you can login as per steps 1 and 2 above and click on **Enrol in a course**. A long list of available courses will be displayed.
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.
4. You will also see the **Join** button has changed to **Enrolled in process** next to the course you chose.
5. Repeat these steps to enrol in additional classes.

**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. We prefer bank transfers to cheques.
2. Email us that you have paid by bank transfer. We'll update your records within 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. If you prefer you can post us the enrolment form.
4. Please phone Chris on 0404 524 028 if you have any issues.

**MANUAL ENROLMENT**

1. Download, print and complete a renewal form and an enrolment form. If you need a form sent to you, please call Chris on 0404 524 028.
2. Post the completed forms with your cheque to Bayside U3A, PO Box 7269 Beaumaris, VIC 3193

**POPULAR CLASS RESTRICTIONS**

- There are some limits on the number of classes you can be enrolled in.
- Exercise-based classes - members are limited to a total of two classes of different types. You can only 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)

**\*\* TROUBLESHOOTING THE ONLINE ENROLMENTS SYSTEM**

- \* Your email address is a unique identifier for your U3A database entry. If a couple share 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** and follow the instructions.
- \* You cannot change your email address in the online enrolment system. Please phone 9589 3798 or 0404 524 028 or email us if you need to do this.
- \* Please phone or email us if you have any issues or problems paying or enrolling.

## NBN Education Sessions

### NATIONAL SCAM AWARENESS WEEK

**8<sup>th</sup> – 12<sup>th</sup> November 2021**

As part of NBN's commitment to helping communities stay safe online and be scam aware, a series of education and information sessions will be hosted during National Scams Awareness Week,

These community education events will:

- ⇒ Alert you to popular NBN themed scams
- ⇒ Share top tips for protecting against scammers and staying vigilant
- ⇒ Provide advice about how to stay safe online

SESSION TITLE	DATE	TIME	REGISTRATION
Let's Talk Scams	Monday 8 <sup>th</sup> Nov.	2pm - 3pm	<a href="#">Register now</a>
Tuesday Tips and Tricks	Tuesday 9 <sup>th</sup> Nov.	11am - 12pm	<a href="#">Register now</a>
Lunchtime Lure	Tuesday 9 <sup>th</sup> Nov.	1pm - 2pm	<a href="#">Register now</a>
ScamsFit Workout	Tuesday 9 <sup>th</sup> Nov.	2pm - 3pm	<a href="#">Register now</a>
ScamsFit Workout	Wednesday 10 <sup>th</sup> Nov.	10:30am - 11:30am	<a href="#">Register now</a>
Let's Talk Scams—over lunch	Thursday 11 <sup>th</sup> Nov.	1pm - 2pm	<a href="#">Register now</a>
Thursday Tips and Tricks for Business	Thursday 11 <sup>th</sup> Nov.	10:30am - 11:30am	<a href="#">Register now</a>
Stay safe online and ask anything	Thursday 11 <sup>th</sup> Nov.	7pm - 8pm	<a href="#">Register now</a>
Business Cyber Safety and Scams	Friday 12 <sup>th</sup> Nov.	3pm - 4pm	<a href="#">Register now</a>

## HOW TO LINK YOUR VACCINATION CERTIFICATE ON YOUR SMARTPHONE

### FREE Training via Zoom

As Victorian businesses and services reopen, people will need to be able to provide a copy of their COVID-19 Vaccination certificate. The Victorian State Government has produced a flyer entitled *Proof of COVID-19 Vaccination*, providing information on ways to show proof of COVID-19 vaccination. See pages 10 and 11 for this information. The flyer contains links to videos, frequently asked questions, websites as well as a 1800 telephone number for those people who do not have a smart phone.

Healthy Ageing is hosting a free training session on Monday 15<sup>th</sup> November to assist people with the process.

This training session will demonstrate how to set up your Digital Vaccination Certificate on your Smartphone. It is suitable for all Smartphone users. You will learn how to:

- ⇒ create a MyGov account;
- ⇒ link to the Express Plus Medicare app;
- ⇒ download your vaccination certificate to the Services Victoria mobile app;
- ⇒ import your certificate into other apps on your phone.

**Date:** Monday 15<sup>th</sup> November

**Time:** 10.30am - 12noon

**Where:** Online via Zoom

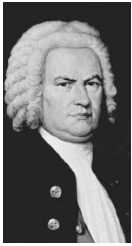
**Bookings essential:** [www.trybooking.com/824265](http://www.trybooking.com/824265) or call Healthy Ageing on 9599 4373





**CLASSICAL MUSIC****The Bach family****Tutor: David Peake**

As you can see, this is another Bach Family program. A number of you told me how much you enjoyed the first one so I figured that another one was in order.



JS Bach

The 1st item is a performance of JS Bach's (1685-1750) Double Violin Concerto by David Oistrakh and Yehudi Menuhin with a French Radio Orchestra in Paris in 1958. The picture quality is, not surprisingly, indifferent but the sound is good and these 2 masters of the violin are superb.

[https://youtu.be/DJh6i-t\\_I1Q](https://youtu.be/DJh6i-t_I1Q)

JS Bach's Keyboard Concerto in A Minor BWV 593 is played on the Organ by the Latvian Iveta Apkalna accompanied by the Chamber Orchestra of the Frankfurt Radio. <https://youtu.be/UBnN4MNvxEs>

WF Bach (1710-84) - Sinfonia in D minor P65. WF Bach wrote relatively few orchestral works. This one features 2 flutes and is agreeably performed by a French Youth Orchestra at the Valetta Baroque Festival in 2013. <https://youtu.be/zoPuLlvTMfU>

WF Bach - Harpsichord Concerto in D Kk. 41. This performance by the Croatian group, Varazdin Chamber Orchestra highlights just how unjustly neglected he is. <https://youtu.be/cqWdwVFgV-o>



WF Bach

CPE Bach (1714-88) - Concerto for Flute in D minor Wq 22. CPE Bach wrote mainly for the keyboard however he also wrote concerti for various instruments and symphonies. This is another performance by the French Youth Orchestra at the 2013 Valetta baroque Festival. CPE is my favourite Bach - I find him to be more interesting than JS. <https://youtu.be/mc1QtunT93Q>



CPE Bach

CPE Bach - Oboe Concerto in B flat Major Wq 164. A polished performance by the soloist and the Bach Collegium Munchen under Christopher Hogwood in 1998.

<https://youtu.be/B1wUaqaw1dg>

CPE Bach - Cello Concerto in A minor WQq170, 1st movement. This performance by an American group the Voices of Music is suitably stirring. <https://youtu.be/j3YdRHocF4w>

Johann Christoph Friedrich Bach (1732-95) - Piano Concerto E Major Wf 11.1. A virtually unknown Bach, he was as you can hear, a very capable, original composer. His entire working life was spent as court composer to a minor German principality, Bückeburg. <https://youtu.be/6HW7oE-PBj06>



JC Bach

***I will continue to send class program emails even if face-to-face classes recommence as I know that some of you are unable to attend actual classes.***

***Please send me your program requests and suggestions - they are so useful.***

**BALANCE and BONES****Tutor: Janneke Casson**

Our Balance and Bones Zoom class on Thursdays (9.00am - 9.45am) continues happily.

Numbers vary between 20-26.

It is a wonderfully enthusiastic group of men and women.

We welcome newcomers and anyone who applies for a spot, it is always open!

With regional travel now allowed, I presume numbers will change a bit.

I thank all my class members and hope the next year will be similarly joyous and strengthening.

**BAYSIDE U3A WRITERS GROUP****Tutor: Cheryl Threadgold****Word of the month LAUGHTER****LAUGHTER by Geoff Oscar**

People are funny sometimes. Adversity can bring out the unexpected, not always shared by everyone. To be the butt of a joke is a sacrificial role – one should just grin and bear it. To go down as a legend in family lore is possibly something to aspire to.-- Let me tell you how to go about it.

The city slickers have driven down to a family member's cattle property, enjoying two days of invigorating rural life and much catching up. The kids are in their element with their cousins and assorted farm animals. The two-man fencing jobs have been done, bales of hay put out, unending gates opened and shut by the passenger in the ute. A noisy, generous family roast had been shared at the long timber table in the kitchen, comfortably warmed by the Aga - appetites whetted by nibbles, beers and G&T's, rounded out by the copious big reds.

"I've got a cow down in the homestead garden, wouldn't mind if you came out to see if we can get her up on her feet," says John.

"Of course not, what's been the problem?"

"A spot of milk fever and low calcium levels. I think the Calciject has done its job and she will be OK now."

So it was that the entire family trooped out, surrounding the reclining bovine comfortably resting by the wire fence. "I'll take her head; you help get her backside up as we urge her onto her feet."

"Fine," says I. A bit of huffing and puffing and the job is done. The cow is on its feet, shaking its head. And then... A back foot lashes out and catches me on the right shin. Agony. A staggering lurch back into the electrified fence. Shock. An involuntary reflex spasm sends me reeling back towards the thankless beast. This time it is her other back foot that lashes out and kicks my left shin. Another staggering lurch back again into the electrified fence and yet another dramatic recoil, me almost sobbing with pain, nervous system shattered and suffering grievous bodily harm.

Where was my comforting "There, there, it'll be alright"? A gentle hug? At least from the senior nursing sister in the audience or my beloved?

Sympathy was conspicuously absent. Instead, through the mist and pain, all that could be seen were bodies rolling around in uncontrollable laughter. Then came the chortling inexcusable request, "I didn't see it properly, could you please do that amazing rebound off the fence again?"

(From the miscellaneous memoirs)

**A HOUSE OF STICKS by Margaret Boyes Pringle**

They are knocking down the house next door. A big yellow excavator with hungry jaws is licking its lips, rearing up in a wild roar and tearing at the roof and the walls. We can hear the thunder of his stomping paws, the thrashing of his giant limbs pounding the earth in his urgency to destroy and get to the sweet flesh within. We can smell his hot and choking breath redolent of the sins of centuries. As casually as if he were cuffing the sky, the chimney stack is decapitated, the redundant torso collapsing in a sudden shudder of dust and noise.

Screaming in agony, the guttering is toyed with and tossed in the air before his swallowing, but it is our house that is shaking. Our walls are shuddering, windows rattling, even the coffee pot on the stove has the jitters. So do we.

Feeling safer outside we decide to watch for a while. From a distance we huddle in the shadows with our neighbours. It's shocking to see how quickly the demolition takes place. Rooms where their two boys grew up, mates visited and grandchildren came to stay are all gone. The bullnose verandah Paul built has been bulldozed. The windows that held Christmas lights, and the doorstep that held pumpkins at Halloween, will never delight children and neighbours again.

As the men pack up for the night they leave the house half gutted. Hanging out of the roof like an untethered umbilical chord, a section of heating duct waives aimlessly in the hot wind. Like a ruptured womb, pink bats muscles bleed around it. It's the sight of this that makes a slow, increasingly maniacal laughter rise within me. A home has gone.

There's a big bad wolf in the neighbourhood and he's come to blow down a house. There's no-one left inside to obey his cry to 'let (him) in'. No one left to flee. Built in the 1950's, it's a house made of sticks not bricks, and cannot withstand his huff and his puff ...

**A MOCKERY****by Vivienne Player**

I'm not a ruthless operator. Just keen-sighted, and focussed on putting this company first. Smart enough to see when a plan or a partnership's not working. There's no point in letting sentiment get in the way of good business. It's the first lesson you learn if you've got any sense.

Actually, my judgment is impeccable. I have the highest IQ of anyone in the company, I can assure you. A genius IQ: don't you worry about that. And, of course, I have the interests of our customers in mind. They're always my priority. They know that, and they trust me. I'm the best CEO the company's ever had – or ever will have. I'm here for the long haul. No question.

Granted, there are always less talented people trying to undermine me. It's the tall poppy syndrome. Sneaky Deirdre and Dopey Dave, they were both after my job, but neither of them had what it takes: the gravel in their guts, the brilliant brain, the foresight. Deirdre, I hear has stepped down, got a job with another outfit. Good luck to her! As for Dopey Dave: to think he could run this place: What a joke! I'm the one that built it up – D.T. Chemicals, c'est moi!

There are all these ratbags out there claiming our products aren't environmentally friendly. It's all untrue. Ignore them – what would they know! Carcinogenic? On the contrary. You could drink our fertilizers and they'd get rid of your cancerous tumours in an instant. I've tried them myself and I can vouch for them.

Honest? Of course I'm honest. And smart. Have I told you I'm smart? Misogynist? I don't even know the meaning of the word. Most of my best friends are women. I'm surrounded by women, beautiful women who know how to play their cards right. They can't get enough of me. And I help them with their careers. Receptionists, secretaries, they're all lookers. That's important in a company like ours.

But what's this about some directors wanting me to stand down? Dopey Dave is trying to pull a fast one, I hear. So what, if I got one of the office girls pregnant? Everyone knows about that, and nobody cares. Silly little tramp she was anyway. And they're saying I cooked the books. Let them prove it. I'm too smart to be caught by any of their crooked investigators. It's all false rumours and phony reports. A majority of the staff are on my side. They love me. They believe in me. They know on which side their bread is buttered.

If Dopey Dave is appointed in my place, I've got my supporters lined up to protest. They've got their banners ready and they'll stage a strike for me. It'll be no holds barred. No, of course, I won't condone violence - but I may turn a blind eye. That's business. But it's not my role to participate in any way.

I'll be watching from the sidelines. And I'm already laughing.

**JANICE****by John Maddick**

Janice was folding the baby clothes into age-groupings marked on the children's table, half listening to the other two women in the far corner. Marge had told her their names when she brought her into the room, but she hadn't been able to take them in. She'd waved her hand over the table as Janice's introduction, and dashed off. The other two were sorting out bags of women's clothes. They seemed to be catching up on each other's adult children. Just as well really. Much too hard today.

"Why do you want to volunteer?" Marge had asked, when she rang.

"I need to get out of the house."

"Oh very good. You'll be right at home here. Most of the volunteers are here for the same reason."

It all seemed so simple. Just what Janice needed.

As she pulled the baby clothes from the bag, she wondered how the mothers discarded their baby's clothes so easily. Some of Jerry's were still up in the top cupboard. From forty years ago. Time she started dealing with things.

There was a burst of laughter. The dark-headed one was holding up a black cocktail dress against herself.

"Oh yes Julie. Definitely suits you," said the plumper one with the blonde frizzy hair. So she must be Shelley. Looked friendlier.

"Yes. Definitely you," said Marge, arriving through the curtains. She walked past Janice with a packet of Tim-Tams.

"Time for a cuppa girls."

Janice was colour matching the last few baby clothes from the bag. It was fun. By the time she finished Marge had gone and the other two were carrying mugs over to the table in the other corner. Janice sat down opposite.



Shelley met her eye.

Janice managed to smile back. "You two been coming here long?"

"Forever," said Julie.

"Gets us out of the house. I lost my husband ten years ago, and Julie..."

“Told mine to get lost.”

“And you Janice?”

"I lost my son last year." She was surprised she said it.

"Oh Janice. I'm so sorry to hear that. Jules knows what that's like." They told her how Julie's son had been hit by a motorist when he was in Primary School. "It's such a long time ago," said Julie.

"So what happened with your son?" asked Shelley.

She told them he'd had a stroke. *Intracerebral haemorrhagic stroke*. She was so used to hospital talk. It would be different now.

“He was in a coma. They told me he might be able to hear. So I took in stories, his favourite music.”

"That must have been hard."

"No, actually I liked it. I got to spend that time with him. I'm sure he could hear." It was the first time she'd talked about him since the hospital last year. Her voice sounded stronger than she'd expected.

## ***LAUGHTER-YOGA***

Laughter and humour share a cause-and-effect relationship. One leads to another. In comedy, one has to 'get the joke'. Your cognitive and conditional judgement is used for humour, which then leads to laughter.

Laughter yoga, known as body-mind medicine, is non-cognitive, enabling a person to laugh unconditionally without the need for jokes, a sense of humour or comedy. It is playful, joyful fun and a great stress buster, leaving participants feeling liberated and happy. Laughter Yoga is a complete wellbeing workout that uses laughter exercises integrated with short bursts of yogic breathing.



So when people say “I am depressed”, “I cannot laugh”, “I have no sense of humour” or “I don’t feel like laughing”, we say, “It doesn't matter. Just bring your willing body and we will get you laughing.”

For more info about laughter and humour visit

<https://laughteryoga.org/relationship-between-sense-of-humor-and-laughter/>

You can Zoom into daily Laughter Club sessions for FREE. Click on this link for the schedule and the person to contact to obtain a link to join the session. Why not give it a go?

<http://laughteryoga-australia.org/skype-laughter-club/>