

Bayside U3A

UNIVERSITY OF THE THIRD AGE

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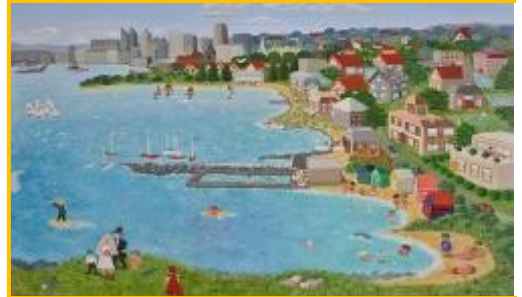
Email: baysideu3a@gmail.com **Web:** baysideu3a.org.au

2023 TERM DATES

Term 1 30th January - 6th April 2023
Term 2 24th April - 23rd June 2023
Term 3 10th July - 19th September 2023
Term 4 2nd October - 8th December 2023

NEWSLETTER

November 2022



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

Brighton Office
Monday to Thursday 9:30am - 12noon

FROM THE PRESIDENT

DAVID HONE

We are certainly getting back to the good old days before Covid and learning to live with it.

October saw us have two big events. Our 10th Birthday Lunch held in the Old Brighton Town Hall and the Art Show held in the Brighton Court House, in conjunction with the Seniors Expo in the Brighton Town Hall. I could not attend the latter but I have heard rave reviews and I am told we drank all the left over wine from the lunch at the Art Show Opening!



As for the Birthday Lunch it was magnificent with the Town Hall nearly filled to capacity with wonderfully decorated tables. The Mayor, Alex del Porto, fittingly was the Guest of Honour as it was the Mayor who officially opened Bayside U3A ten years ago. I know that many of you, too numerous to name, worked hard to organise, set up, run and pack up these two events, but I want to specially thank Mary Downie, Karen Hall and Judy Sinclair for their leadership.

It is relevant to mention that we have divided the old marketing committee into two separate committees. Mary Downie is now the Chair of the Events Committee while we are still looking for a Chair of the Marketing Committee. At the moment, with our membership back to pre-covid level of 1500, we are placing less emphasis on canvassing for members but this will once again be important in 2023.

It is with some disappointment and some concern that I need to report, we will not be represented on the Billilla Advisory Committee. I will be talking to the Council about this as I think we had a lot to offer. However, this does not change our great interest in using Billilla in the future as a venue for events and classes.

Trish Smyth, our very active Fundraiser, has managed to procure a large grant from the Bendigo Bank to buy four air purifiers. Your COM hopes that these will encourage more of you to feel it is safe to attend indoor U3A activities in person. I have no doubt that there is no comparison between a ZOOM experience and getting out of the house to attend a class in person for those who still have the mobility and health to do so. However, ZOOM does allow people to join in a class if they cannot because of distance or health issues.

I cannot finish this message without mentioning Sue Steele, Chris Logan and all the office staff who work so hard at this time of the year and who have had the added challenge of using the new U-MAS database, payment online and by credit card.

I wish you all a very Happy Christmas and a Happy New Year!

David Hone

2023 ENROLMENT

Convenor: Sue Steele

2023 enrolments are well underway. To date more than 850 members have enrolled for next year!

Currently all members are restricted to enrolling in 5 classes. (Enrolling in social activities are not included in the restricted number of 5.) Only one or two enrolments will be permitted in certain categories of language, exercise and some other classes.

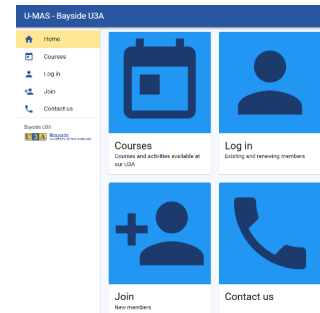
We will ballot the popular (zero capacity) classes between 2pm and 5pm on Friday 9th December, so if you want to be included, get your enrolments in before then!

Members can [enrol online](#), in person at our office, or by completing and posting printed forms.

From 6pm on Friday 9th December, you will be able to enrol in up to 10 courses (not counting social activities) and category restrictions will no longer apply.

ENROL IN CLASSES ONLINE :

- 1) Log in to [U-MAS](#) and check your personal information is correct.
- 2) Click on [COURSES](#) in the left hand menu.
- 3) Scroll down the list of classes to the one you are interested in.
- 4) Click on the class and you will see more details.
- 5) Click on [ADD TO CART](#) to enrol in the course.
- 6) Add all the classes you want to enrol in to your cart (repeat 3-6).
- 7) Click on [CART](#) in the menu and you will see your list of classes.
- 8) Click on [CHECKOUT](#) to enrol in the class/es.



MORE FABULOUS COURSES JUST LISTED

Check our website regularly as new classes and activities are often added. This week we have added three courses.

MORNING MEDITATIONS: START THE DAY WELL

Join Stephen Le Page on Zoom weekdays at 7.30am sharp for a half-hour meditation and well-being program - comprising a ten-minute instruction on breathing and meditation and then a twenty-minute meditation session. People may attend regularly or as they find time. [Course: 23HEA011](#) commencing 16th January.

THEATRICAL INC - SHORT COURSES

Theatrical Inc is a not-for-profit arts charity using performing arts to combat social isolation by promoting community connections through skills sharing and creative expression to foster productivity and positive mental health and wellbeing. Each year they run three full scale musical theatre productions at Chapel Off Chapel and The National Theatre. Every production requires many theatre costumes and props. There is a team of volunteers who make and purchase costumes and props for shows.

◇ THEATRE COSTUME MAKING

Making and sourcing costumes is a fun way for people to explore an interest in sewing and designing garments, repurposing used clothing or purchasing costume items. At the end of the 5-week course, participants will be given the opportunity to put their skills to use as a costume volunteer in a production.

[Course: 23ART009](#) 2-4pm Thursdays commencing 16th February.

◇ THEATRE PROP MAKING

For a lot of people the Props Team is a fun way to apply their interest in crafts. Learn the art of making props and the skill of converting everyday objects into items that can be used in a musical theatre production. At the end of the course, participants will be given the opportunity to put their skills to use as a prop making volunteer in a production. [Course: 23ART010](#) 2-4pm Tuesdays commencing 14th February.

TRAVEL WITH US... WITH REFRESHMENTS!**Convenor: Claire Andrews**

'Armchair Travel' is taking a slightly new format from 2023 and will include an opportunity, should you so wish, to enjoy light refreshments and an informal group chat with Q&As after the presentation. Next year there will be a new tutor to the group, Claire Andrews, who is also new to U3A, but has been a Bayside resident for many years.

Claire is looking forward to meeting existing Armchair Travel members, plus welcoming new ones. She is also asking for volunteers to share their travel experiences with the group, by presenting at one on the monthly meetings. Claire can assist with the presentation preparations, if required.



Armchair travel starts 24th February 2023, 10.30am-12pm and runs on the fourth Friday of each month, with the last meeting in November. It will be held at the Beaumaris Senior Centre. All welcome whether you have little or no travel experience. Claire can be contacted with any questions by emailing U3A at members@baysideu3a.org.au If you are interested in this course, enrol in [Course: 23HUM011 Armchair Travels](#)

U3A Rockhampton will host the 2023 U3A Network State Conference

Did you know that the first U3A was founded in Toulouse France in 1973
and that 2023 will mark 50 years of U3A worldwide?

'U3A Yesterday, Today and Tomorrow' is the theme of the May 2023 conference.

Henry Cope, Chair of the 2023 Conference Planning Committee announced that "local, national and international guest speakers have been invited to speak on ways to promote lifestyles in the third age community, enabling them to not just live longer, but do it with vigour and enthusiasm." For more information, check out the U3A Rockhampton Conference website: u3arockhampton.org.au or their Facebook page for more information.

VICTORIAN U3A 2022 TUTOR EXCELLENCE AWARDS

In 2022, an annual Tutors' Excellence Award was introduced to recognise the significant role Tutors play in the U3A movement. The award recipients were announced during Network's AGM in September. They are:

Dina Burgess, U3A Waverley	Danielle Chamley, U3A Prom Coast
Jane Davies, U3As Banyule and Nillumbik	Janet Oliver, U3A Mornington
Helene Redding, Bayside U3A	Nola Skey, U3A Alpine
Sue Van Winden, U3A Bright District	Steve Walsh, U3A Ballarat

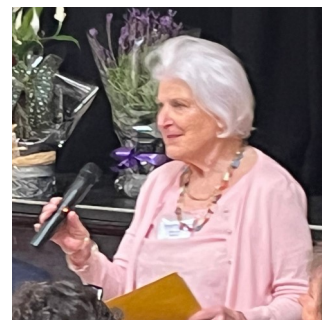
A new gallery on the U3A Network's website provides information about the eight Tutors who received Excellence Awards in 2022. [Click here to view the gallery and citations.](#)

***The President and Committee of U3A Network and Bayside U3A,
take pleasure in presenting the 2022 U3A Tutor Excellence Award to***

HELEN REDDING

Tutor for weekly fitness classes for many years.

- ◇ For many years of dedication and generosity in providing the skills and motivation to our members to keep fit, strong and flexible.
- ◇ Increasing participation through the COVID lockdowns and beyond via online classes held up to five times weekly throughout the entire year.
- ◇ By personally welcoming every new enrolment, Helene ensures their participation is safe and challenging. Her patience with seniors coming to terms with online technology has been inspirational.
- ◇ For encouraging ongoing social connection among members by organising regular face-to-face gatherings and online catch-ups before each class, enhancing well-being and reducing feelings of isolation.



A remarkable job well done by keeping many Bayside seniors fit both physically and mentally, as well as recruiting and mentoring tutors for additional balance and strength classes to meet the needs of our members.

FRENCH FOR ABSOLUTE BEGINNERS

Tutor: Patsy Morrison

This is a photo of the French for Beginners class, studying hard for their lesson on *Le Café!*



BAYSIDE U3A BUS TOURS

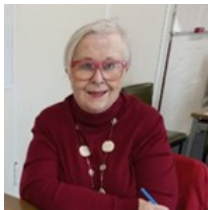
Convenor: Joan Gibbs

Tour to the Werribee Park Mansion and beautiful Rose Garden was enjoyed by like-minded friends. For itinerary enquiries email joanlgibbs37@gmail.com



SCRABBLE

Tutor: Christine Eichler



We welcome new and experienced players at Scrabble on Wednesdays. We enjoy forming words using two to seven letters. There is much excitement when a player makes a 'Bingo' using all seven letters on their rack!

Last week Joy, our newest Scrabbler, was thrilled to do this creating the word 'painters'. Having two blanks certainly helps! It was a good day for Bingos, with Jocelyn making 'wattling' and 'piglets' in the same session. The smaller words which help in joining, are also very valuable.

Come and join us have fun with words!
If you are interested in this course, enrol in

Course: 23GAM006 Scrabble



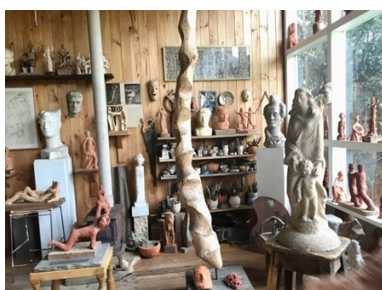
SCULPTURE FOR PLEASURE

Tutor: Roy Bird

The sculpture group visited Duldig Studio Museum and Sculpture Garden at the former home and artists' studio of sculptor Karl Duldig (1902-1986) and his artist and inventor wife, Slawa Horowitz-Duldig (1901-1975). The Museum is in Burke Road, Malvern and is only open at certain times.

Karl Duldig was:

- ◆ **Winner 2018 Victorian Museums Archival Survival Award for Small Museums** - Reaching Out to Our Communities – expanding public programs
- ◆ **Finalist 2016 National Museums and Galleries Awards** - Interpretation, Learning and Audience Engagement Award
- ◆ **Winner 2016 Victorian Community History Awards** - Historical Interpretation Award
- ◆ **Highly Commended at the 2014 Victorian Community History Awards** - Historical Interpretation Award



The Duldig Studio offers visitors the experience of the working environment of a distinguished sculptor and his wife, an equally talented and interesting artist. It gives an insight into the cultural life of Melbourne and Australia at a time of enormous change, politically and artistically. This is a profound lesson in the experience of migration transforming the life of the nation. Here are images of the Sculptures to be viewed at the Museum.



HAPPY HOUR ON FRIDAY 28TH OCTOBER

Convenor : Karen Hall



More than 35 souls braved the cold, wet and windy conditions to celebrate Happy Hour in October. A special welcome to the 2 new members who attended!



Unfortunately, Lady Luck was not on our side this time – not one raffle winner so we all had to buy our own lamb roasts this month!

The BAYSIDE U3A HAPPY HOUR is on the last Friday of the month!

Please join us at the first Happy Hour for 2023

5pm Friday 27th January 2023 at the Hampton RSL



25 Holyrood St Hampton VIC 3188

- * No need to reply—just turn up!
- * Drinks: Special \$6.50 sparkling or house wine, discount beer and some spirits.
- * Please wear your U3A name badge.
- * Bring along your RSL membership card if you have one!
- * Dinner is available for those wishing to stay on. One table of 8 is permanently booked for U3A ... ***BUT to confirm a booking, call the Hampton RSL on 9598 0460.***

Do bring along some cash to support the RSL raffle. It's a worthy cause and we historically have an enviable high rate of prize success! Everyone is welcome any time, including the partner of U3A members!

If you enrol in [Course: 23SOC004 Bayside U3A Happy Hour](#), you will get a reminder email closer to the day.

RICKETTS POINT WALK

Convenor: Denis Young



16 Bayside U3A members came along and joined Elizabeth Walsh, Jill Orr-Young and myself for the 1-1/2 hour walk around Ricketts Point. We shared birdlife, (18 species identified), information about the Marine Park, Indigenous History and Culture and local vegetation with the group. There was much interest and lots of questions and discussion.

Some asked if we were doing it again next year. Maybe!

U3A SPEAKER SERIES

Musings of a 10 pound Pom - Joy Meekings



Fifty lucky members attended a heart warming and amusing presentation by Joy Meekings of her experiences as a '10 Pound Pom'. The audience was also entertained by Joy's funny and thought provoking poetry. Many thanks to Joy for her wonderful presentation!

From Richard Potter

**FOR YOUR DIARY....our next Speaker Series is on
Wednesday 22nd February 2023 at 2.30pm**

GET MOVING!

Tutor: Jim Swinden

The British Journal of Sports Medicine has recently published an article on the impact of aerobic exercise and strength training in 400,000 adults from the United States.

The study used information from US National Health Survey from 1997-2014 to examine the relationship between aerobic exercise, strength training and mortality risk. The study “controlled” for a range of factors including age, sex, race-ethnicity, income, education, marital status, smoking status, body mass index and chronic conditions.

What they found was:

- Significant mortality risk reduction for aerobic exercise (moderate or intense) performed 1-3 hours a week.
- Muscle strengthening exercise 1 or 2 times/week, independent of aerobic exercise has an additional impact on mortality risk.

These results are from a very big sample and provide a strong indication that, on average, longevity is impacted positively by exercise. Maybe that’s not a surprise!

However, living longer is only part of the equation. Maintaining strength, stamina, balance and flexibility will maximise functionality in everyday life. Bending over, picking things up, walking, reaching, balancing

Bayside U3A offers a number of opportunities to participate in activities that will improve these aspects of your overall fitness and possibly even your longevity! If you are active and want to stay that way, include fitness classes in your weekly routine.



If you are interested in this course, enrol in [**Course: 23FITB06 Fitness Balance and Strength**](#)

Reference

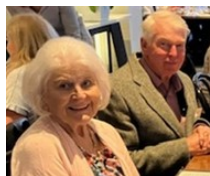
Coleman CJ, McDonough DJ, Pope ZC, et al

Dose–response association of aerobic and muscle-strengthening physical activity with mortality: a national cohort study of 416 420 US adults British Journal of Sports Medicine Published Online First: 11 August 2022. doi: 10.1136/bjsports-2022-105519



LET’S DO DINNER - NOVEMBER 2022

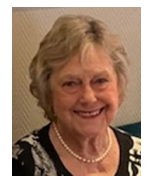
Convenor: Karen Hall



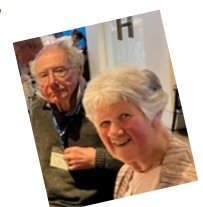
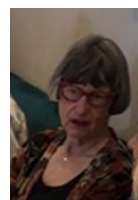
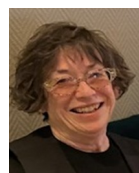
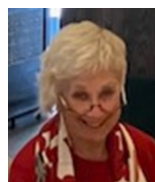
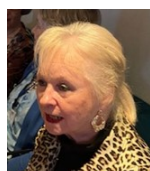
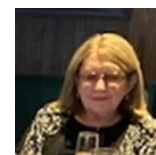
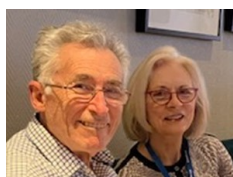
What a difference two weeks can make! Both dinners were held at the Hotel Brighton with 13 attending on the 5th November and 18 people on the 19th November. One dinner was quiet whilst the other was very noisy, thanks to a rowdy crowd celebrating and shouting in the Sports Bar! Fortunately, the food got a ‘thumbs up’ both times!



The final dinner for the year will be held at the Cheltenham Moorabbin RSL on the 3rd December.



All are welcome! If you wish to be included in future dinner invitations and reminders, please enrol in [**Course: 23SOC003 Let’s do Dinner.**](#)



BAYSIDE U3A WRITERS GROUP**Convenor: Dr Cheryl Threadgold****STILL****by Geoffrey Dobbs ©2021**

*Sky hosted a ceremony of clouds
in barred, still procession,
horizon to horizon.*

*Light glazed the empty land below,
fixed and held it in a steely beam.*

*Silence, deep as stone,
possessed trees, fields, hills.
Wind held back its breath as if*

*some calibrated point had come,
in a sequence stretching back
beyond man's time.*

*Some ancient ceremony of earth, sky, and wind,
blind to human life.*

*Then wind stirred as if awoken from a trance,
poised all its pent-up power in
a hanging wave that
broke in one vast gust.*

*The point of time moved on.
To wild gestures of trees and grass,
the congregation of clouds dispersed,
to await another rendezvous,
in another time not ours.*

CONVERGENT OR DIVERGENT?**by Tom Valenta © 2022**

The counsellor rocked back in her chair. 'It's clear to me that one of you is a convergent thinker and the other is a divergent thinker,' she said slowly and emphatically.

Maryanne and Eric shifted uncomfortably on the couch and eyeballed each other. In their years together, they had never heard these terms. This was their second counselling session, and both were hoping to gain some understanding of why their partnership had struck a rough road full of potholes in recent times.

'Please explain,' asked Maryanne.

'It's when you are confronted with a situation that requires a solution. The convergent thinker analyses the problem, applies logic and reaches a clear, unambiguous resolution, based on a series of steps all aimed in the same direction,' said the counsellor.

'On the other hand, the divergent thinker looks at the same situation and sees creative and, at times, illogical and scattered ideas. They may see several solutions to a simple problem and yet have no clear pathway to achieve the resolution.'

'As you know, I'm a partner in an international professional services firm,' said Maryanne. 'Eric is a freelance film and television director. From what you have just told us, I'm assuming you have assessed me as the convergent personality and Eric as the divergent one?'

'Let's not get hung up with stereotypes,' said the counsellor. 'I strongly recommend that you discuss this topic - and other matters that I will raise shortly - this evening or at the weekend. If you are able to understand and appreciate each other's strengths and weaknesses, you may overcome those potholes, or at least steer around them.'

As Maryanne and Eric walked out of the counsellor's city clinic and strolled towards the railway station, Maryanne glanced at her watch. 'The next train leaves in nine minutes. If we walk quickly, we can catch it and be home in less than an hour,' she said.

Continued overleaf

'Do you think we could encourage the relevant authorities to consider using all those blank walls at the station for street art? Just imagine how many more people would be attracted to the station if there were magnificent murals on those huge, brick walls,' mused Eric as they entered the station precinct. 'What's more, I suspect I could encourage a producer to shoot some footage there and use it in a local production or two.'

On the trip home, they sat silently, the only people in the carriage. When they were two or three stations from their southern suburbs home, Maryanne finally asked; 'So Eric, what did you think of today's session with the counsellor?'

'Absolutely fascinating,' replied Eric. 'Let's book more sessions.'

'Does that mean you believe we can resolve our differences?'

'Yes, I do. I can also see these sessions as the basis for a script for a television series. I'll draft up an abstract and offer it to a producer who I know is looking for some inspiration. He's asked a few of us to come up with some concepts. I've even thought of names for the main characters in the series – Di and Con Vergence!' What do you think?

PRISON LOGIC

by Norman Beck © 2022

'Ok you're the newbie in this hutch so listen up, these are the ground rules.'

'But, but but, why have I been plonked in here?'

'Kid, get smart, humans do things irrationally. Though I did hear them talking, they're hoping for a bit of convergence between us. But first, our game is to get back.'

'Ok, what should I do?'

'First, follow orders. Don't make it easy on them. If they are going to incarcerate us in this hell hole of a boring hutch, they deserve everything we can toss at them.'

'I'm listening, all ears.'

'Of course you're all ears, you're a rabbit, and ain't no way you're gonna change it. That's a song I think.'

'Haven't heard it.'

'So, this is what we do. be selective about the food you eat. Train the dumb humans to worry and give you only top shelf leaves, and no shrivelled carrots.'

'Good, we get the best.'

'Well yes, but that's not the point. What we want to do is increase their anxiety, stress them out. If they are going to lock us up, the first rule of the jungle says don't make it easy. Keep them on their toes thinking about what they need to do for us. Get them worrying about our welfare twenty-four-seven.'

'I've got it. The second rule is?'

'Now you're learning. Second rule is when they let you out for a run-around, frustrate the hell out of them. Hide under a bush, make them call out your name, make them panic and then hop out casually as if it is all their fault. And also, dare I say it, wait to crap inside, watch their faces when you make them work at cleaning up. It can be really weird. Do anything you can to get them to earn those pats.'

'Geez you're smart. I think I can play this game.'

'Kid you're a fast learner, you'll get on as long as you realise these Neanderthals can be trained.'

'Haha, when we're locked in, let's plan, let's get even.'

'Yeah, and let's pander to them by playing the convergence game.'

'Oh, I get it and wipe that silly grin off your furry face. I'm still at the twitching ears and nose stage. Let's start slow by playing the will they, won't they game. Get the humans excited, build their anticipation.'

'Kid, I know this will be a partnership made in heaven.'

'Those humans better start building a bigger hutch.'

JUSTIFICATION**by Lynette Payne © 2022**

'Why are you doing this?'

'For the best of all possible reasons.'

'More details please. What reasons?'

'I can't explain. I haven't got a choice.'

'We always have choice. You could stay. Live here.'

'No. You're gone. I can't stay.'

'What will you do with the stuff?'

'I don't know. It's overwhelming.'

'Then stay.'

'I can't. It's your stuff. You left it behind.'

'There are 1200 sheep with lambs.'

'I know.'

'35 cows with calves at foot.'

'Yes.'

'25 chickens, 6 ducks, 12 geese. A shed full of tools. 155 bales of hay. The back dam has failed and the chimney is starting to crumble. The electric fence is broken and the cows are getting through. They're walking all over the railway line. It's a legal hazard. Weeds need spraying too. A lot of thistles in the back paddock! There's a lot of work to be done, mate.'

'See! I can't do it. I have to sell.'

'Excuses, excuses! It can all be fixed. Call John.'

'John's dead. His pacemaker failed. There's no-one else I trust.'

'Damn. I didn't know. About John.'

'Of course you didn't know. You're dead too. There's nobody to help. I can't pay the bills. You had three fridges running. It's all too much.'

'I didn't think you would be so unfeeling about it.'

'I'm not unfeeling. I'm fragmenting. Everywhere I look there is something to do and something that has to be fixed. It's been two years now. The fence is falling down. The weeds are waist high. The electric wires are sagging. We're in drought and the dams are empty. There's something hurting in my chest. A small bird. It's crying. This can't go on or there'll be nothing left. I have to do it now. It's falling apart.'

'You're just justifying selling. I know you never liked the place.'

'That's not true. God, I thought you might have a bit more insight where you are now. Can't you see how hard it is? What you left behind? You didn't even clear out the sheds when you knew you were on the way out.'

'I had too many appointments. Doctors, chemo, the podiatrist.'

'Then you could have got John to do it. He was around then, eating his lunch off newspaper and hiding his beer in the fridge. You're just making excuses, justifying how you lay about in bed and didn't get up till noon. You just sat in the armchair and listened to the piano competition.'

'Well, I was sick. I told you I wasn't feeling well. Remember you had to call the ambulance?'

'That was after you went to the pub in your pyjamas.'

'I had to say goodbye to my mates.'

'Just another excuse to go to the pub. You looked like a ghost. Someone told you to eat more vegetables.'

'Yes, well, they didn't have much medical knowledge at the pub.'

'I have to sell the farm. I'm not a farmer, you were the farmer. I can't manage the leaking tank and the cattle getting out. Everyone is talking about it. "Payne cows on the railway again." I can't manage the bills from the hardware for the feed and the gas and the wire and the salt licks. I'd rather go to Toorak Road and buy some shoes, drink a few lattes, have my nails done. Instead of that I'm herding donkeys, catching sheep, trying to fix the gate. I keep bursting into tears. You're everywhere here. Everywhere and nowhere. You're in the air and in the house. When I come inside I see you fading up the hallway. I thought I heard the tractor start. Footsteps. You're haunting me.'

Continued overleaf

'No time for haunting up here, mate. Too many music lessons and trying to manage the wings.'

'I need you. I need you here.'

'Sorry love, I had to go. When your number's up, it's up. All that stuff you're saying. None of that matters where I am. You don't have to justify anything to me. Just do it.'

'How can I possibly sell the farm? It's in my blood and in my bones. I can't let it go. I cry when I think of it. There was life and laughter here. Now it's silent and it's falling into ruin.'

'Hey, none of that emotional stuff. Let it go. No excuses, no justification. Just let it go.'



COMMUNITY RADIO 88.3 SOUTHERN FM



Convenor: Alina Skoutarides

Bayside Community Hour— 4th Tuesday monthly, 3pm to 4pm.

The October interview was focused on literature, with Cheryl Threadgold discussing her role as an organiser and coordinator of the *Bayside U3A Writers Group*.

In the last 2022 November interview, Karen Hall and Sally Mort outlined their respective contributions to the Bayside U3A's social life: *Let's Do Dinner* and *Bayside U3A Happy Hour* organised by Karen and *Wine Appreciation* organised by Sally.

MISSING PAINTING

This painting was hanging in the Brighton Courthouse, but it is no longer there! It went missing between 2pm Wednesday 16th November and 11am Tuesday 22nd November.

It was painted by Bayside U3A artist, Janice Richardson and is her interpretation of a 'Girl in a Melanese Dress' by Albrecht Durers (C 1505).

Please contact the Bayside U3A office on 9589 3798, if you know any details of its whereabouts. We would love to be able to return it to Janice before we close for the holidays.

Thank You!

