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## Presidential Ponders

Hello Everybody,

Thanks to the 2 members that answered my call on ideas to help with us keeping connected in the ups and downs of living with Covid. Angela proposed developing phone buddies - will be discussed at our next committee of management meeting and Jenny proposed adding cycling to our outdoor activities. A cycling and coffee group will commence Monday mornings starting 2nd August. Both great ideas.

I want to acknowledge our hard working Marketing/Publicity team leader Ann Watts. Not only is she editor of Messenger but she has been spruiking the benefits of U3A Moorleigh to the general public in our area with stands at Carnegie Shopping Centre, a Farmers market and Bunnings. We have had articles promoting The Hub in the Glen Eira News, Seniors magazine and over Golden Days radio. This is on top of leaflet drops when she goes for a walk and making sure a flier ended up in the post box of every retirement village in Centre Rd. She is indefatigable - WELL DONE ANN.

A big thanks also to Cynthia who has kept our U3A going, often working 3 or 4 days a week as well as teaching in the Hub. Cynthia is multi tasking to ensure that reception is manned and phones are answered as we have navigated the lockdowns and restrictions we have endured. WE ALL THANK YOU.

Ciao,

Erika Fleming

## Important Dates

**Apology: Last month's date for the SESPAN event was wrong.**

**( See page 3)**

**Tuesday 10th August      Census night**



# News from The Hub

STAY CONNECTED @



- **New equipment now installed**
- **Wi-Fi service upgraded**
- **Technical assistance available at *The Hub***

Just as we finished getting all the new equipment installed in ***The Hub*** ... we had a lock-down!  
Talk about bad luck. Never mind. All is working well and now we just need **YOU!**

With the installation of new equipment, we have also taken the opportunity to upgrade the internal Wi-Fi system. You'll find it faster and more responsive. Remember to look for the **new** Wi-Fi settings:

Radio Station (SSID): **THEHUB** | Password: **moorleigh**

One of our IT team will be on duty at ***The Hub*** all day every Monday, looking forward to helping any members who have questions, need some basic training, or brings in their own device to use or for some technical advice. We are working towards having someone available in ***The Hub*** every day Mon-Fri. So, if you have technical expertise and would like to assist, please register at Reception.

In the meantime, Stay Connected ... and see you @ ***The Hub***.

## Shingles Vaccine

Did you know that 70 year olds can get a free shingles (herpes zoster) vaccination from their GP but if you are between 71-79 years old **this offer is only available until the end of October 2021**. After this date you will have to pay around \$200-00 (depending on the pharmacy charge) so get in quickly. Shingles causes a painful blistering rash along a nerve route, is debilitating and can take weeks to resolve. If that wasn't bad enough the sufferer may experience neuralgia along the infection site for months and possibly years after. Shingles often strikes the older frailer population so it is important to have that conversation with your doctor.

Does it feel like you need another arm for all these vaccinations?



# The Business Page

**# THE COMMITTEE ARE CONSIDERING A NAME CHANGE FROM U3A MOORLEIGH TO U3A BENTLEIGH. THERE IS MUCH TO DISCUSS & IF WE PROCEED, THE RESOLUTION WILL BE BY MAJORITY VOTE. READ ABOUT ERIKA'S EXPERIENCE ON PAGE 5.**

# How are you finding the relocation of our reception office? Our volunteers are learning where everything is kept so I'm sure you are all being patient. This is a trial move so if you have any feedback (good or bad) please let us know.

# The city of Glen Eira are now operating a mobile vaccination clinic. To make a booking phone **9575 5333**. You can talk to someone to clear up any questions you may have & Pfizer or Astra Zeneca vaccine is available. You can even arrange transport to 89 Murrumbeena Rd. What could be easier than that?

**#YOU must wear/carry a mask as regulations change. Sanitizing your hands & maintaining social distancing will be long term. Scanning in at each visit is a requirement,** either with your smartphone or at the KIOSK.

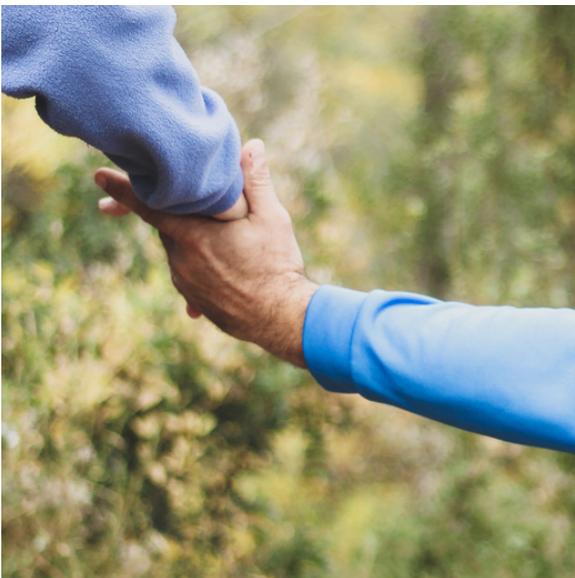
# Check exposure sites at [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au) and stay safe.

# Remember the fee for semester two is only \$35.00 so tell your friends.

# Have you considered the short 4 day break at Lakes entrance? Details are available at reception and don't forget you can bring non-members with you. It will be a great way to meet other U3A members who attend on different days.

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## Moorleigh Hosts a Community Event



On **Friday 10th September 11:00-3:00pm** Moorleigh Village will be the site of an educational fun day run by the South Eastern Suicide Prevention Network (SESPN). Did you know that social isolation plays a large part in suicidal risk? If you are part of a community, life begins to have a purpose & you have the chance to communicate with others. and make friends; your mental health improves.

Many of Glen Eira's organizations will be showcasing their activities & providing information. There will be live music stalls & displays all MC'd by personality **Libby Gore**. U3A Moorleigh is providing refreshments and rooms for quiet talks. Come along and bring a friend; they may not be interested in joining U3A but another organization could offer just what they want. This is a great opportunity to let people know about Moorleigh Village.

**PREVENTION THROUGH CONNECTION**

# Farewell and Welcome

After three years on the U3A Moorleigh committee, most of them as treasurer, Don Jayanithie has decided the time is right to resign and concentrate on his other activities. Don's calm demeanor and willingness to help in all aspects of administration will be missed however he remains a volunteer and you will see him around reception helping out. Don is a wonderful artist and has produced beautiful watercolour portraits the most recent one being of Meryl Flynn who assisted Don with MYOB. Meryl also remains a volunteer in the back office doing data entry. Thank you Don.



Welcome Janet Lee to the committee. Janet was born in South Africa and after completing 7 years of secondary school as a boarder, where she became Head Girl, she worked in the accounts departments of several companies. Janet and husband Peter emigrated to Melbourne in 2007, to join their two children and four grandchildren who live locally. Unable to gain work in Australia doing accounts, Janet was snapped up by a business centre as receptionist and office administrator where she remained for ten years until retiring. In 2019 Janet and Peter traveled for three months around Australia in their caravan (what great timing!!) and now enjoy the benefits of membership at U3A Moorleigh.

Janet has been invaluable help in the front and back offices and is learning heaps from our secretary Cynthia Paciocco. When not volunteering, her interests are reading, gardening and researching her family history. You will see Janet at table tennis & canasta but never sewing or knitting!

A taxi passenger tapped his driver on the shoulder to ask a question. The poor driver screamed & lost control of the cab and after several near misses, eventually came to a halt. Looking ashen he turned to the passenger and said. "Sorry mate. You scared the daylight out of me. I've spent the last twelve years driving a hearse!"



## Power Bonus for Pensioners

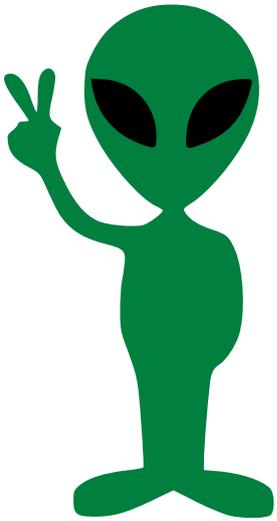
*Pensioners may be entitled to a one off \$250.00 bonus payment.*

*Check out [compare.energy.vic.gov.au](http://compare.energy.vic.gov.au) and find your best energy provider (unbiased site) then see if you qualify for the payment to your bank account. Remember that the folk in the HUB can assist on Monday. For phone advice about the bonus call 1800 000 832*

*The money will go a long way to helping to pay the heating bills.*

**Thanks** to Ian Baker's contacts in marketing and his generosity we have a new, professionally designed flier which will be ready for you to distribute once the current stock has been used HINT HINT.

# You're from **Where?**



Ann was muttering "We need to get out and tell people about Moorleigh; go where people shop, like Bunnings, IGA, markets and shopping centres."

Great idea, let's do it. Fliers tweaked, banner dusted, car loaded and we're off. Fill the trolley and take the lift up to the first floor at Carnegie Central, our first foray and a prime spot outside Aldi..... great. The centre manager supplied table & chairs; we're in business. Banner erected and fliers in hand, First pick your target, over fifty five year olds (not so easy) flattery is everything. "I'm not sure if you're old enough but...."

The most common response was, "What is U3A? No I don't want to do exams." "Where is Moorleigh? Never heard of it. Oh yes I know Bignell Road, that's not far from me." "Yes I know about U3A I go to Glen Eira. I didn't know there was another U3A nearby."

We had chats with lots of people and interest was shown. One strange conversation was with a lady who told me very seriously "Did you know that Barack Obama was an alien and Michelle is really a man pretending to be a woman?" "No I didn't know that!" ..... Uh oh did I tell her where Moorleigh is? Oh well if she enrolls, maybe she can run a class on Modern Conspiracy Theory!

All the above really happened! By Erika Fleming

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## **HAVE YOUR SAY ON THIS VERY IMPORTANT ISSUE**

In 1996 U3A Bayside Central proposed their name be changed to U3A Moorleigh, to reflect the location of their main venue in Moorleigh Village. Moorleigh High school closed in 1986 & the site is now owned & run as a community centre, by Glen Eira council.

Why are we considering a change to U3A Bentleigh?

The above experience was repeated in all our promotional locations (apart from the alien theory! thank goodness!)

**A majority on the committee believe that if our U3A is to thrive, we need a name that is recognizable and that non-members have an idea of where we are located.**

Once the committee has considered all the pro's & cons we will provide a printed hand out to help you make an informed choice. Please talk to other members, listen to their reasons to keep our name, the reasons to change our name. What do YOU think? Resolution will be by a majority vote at a date to be advised. This is a BIG decision.

**What is better for our future?**

# Letter to the editor

*Please convey to the whole of the committee a big "Thank you" for a job well done & for keeping us open. The positive vibrations can be felt as one reads the MM. Hearing about the improvements and keeping us Covid-19 safe & open, offering short courses & a get away to Lakes Entrance.*

*Change is uncomfortable but to live in our day-to-day world we have to move with the times. Thank you all for the many hours you have all put in to Moorleigh.*

*Regards Angela S*

**Reply** Our first letter & what feedback. It's great to know that all our hard work has been appreciated. Thanks so much

IT MAKES YOU WONDER.

**Me;** Why don't you pack grocery bags any more?

**Cashier;** To reduce the spread of Covid.

**Me;** But the shelf packer & other customers have already handled these items. You have picked it up to scan it. How is putting my stuff in the bag more risky?

**Cashier;** Confused .... no words.

**Me;** Why is the payment keypad covered in plastic?

**Cashier;** To protect customers from Covid

**Me;** But doesn't everyone touch the plastic!

**Cashier;** No answer.

You know you're getting old when.....  
You can only burn the mid-night oil till 9pm  
Your back goes out more than you do.  
It feels like the morning after but  
you didn't have the night before.

Drink responsibly means  
don't spill any!

The older I get, the earlier  
it gets late!

I run like the winded!

Millennials (those aged between 25 & 40 years) have listed what they see as the behaviour of 'old 'people.

Among these are:

Using cash.

Putting a hankie up your sleeve.

Getting bills by post.

Writing a list with pen & paper.

Smoking.

Reading an actual book..

Using Satnav or a camera.



As I faced the door to freedom,  
I knew that if I didn't leave my  
bitterness and hatred behind  
I would still be in prison.

*Nelson Mandela*

## Useful Numbers

Vic State Health 1300 650 172

National Seniors Australia 1300 76 50 50

My Aged Care 1800 200 422

Older Persons Advocacy Network OPAN  
1800 700 600

Glen Eira e-news at

CEngagement@gleneira.vic.gov.au