



University of the Third Age

FEBRUARY 2022

MOORLEIGH MESSENGER

Inc: A0019386L

Barry Neve Wing, Moorleigh Village, 92 Bignell Rd, Bentleigh East, Vic 3165

Office hours: 9:30am-3:30pm Mon-Fri

Tel: **9570 3929** Email: **office@u3amoorleigh.org.au**

Course information: **courses@u3amoorleigh.org.au**

Publicity & newsletter: **publicity@u3amoorleigh.org.au**

Website: **u3amoorleigh.org.au**

Presidential Ponders

Hello Everybody,

At the moment, I feel we are having a reprise of '20 & '21 but the current consensus is that, in Victoria, Omicron will peak in January & be pretty well gone by end of February, with life turning back to a version of normalcy. Previously, none of my friends had Covid. Now it feels like half are infected or having to isolate because of close family contact.

The 'rules' are changing constantly but we keep up and adapt. Please be aware that we might have to close a class, or change it's format quickly as the rules change. If you can, check out our web site frequently as this is where we can get information out to you as fast as possible.

For up to date information go to **u3amoorleigh.org.au**

Thank you to those of you who came to Summer School; for QR scanning, wearing a mask, showing vaccinations status, opening doors and windows and renewing and making new friendships. It is terrific to have your continued support.

The Courses committee has met and looked at everything we are starting in February. Some class starting dates have been postponed so please check the status of your class before February 7th to make sure it hasn't had to be changed.

Currently, it feels as if all U3A's are in the same boat when it comes to attracting members & this includes us. We have been able to get some rent relief (very little) from Glen Eira Council which is welcome but until we build up our numbers, we need to be careful with everyday expenditure. We hope to be successful in attracting grants for things such as furniture etc., but we will also be setting up a small committee to look at fund raising. If you are interested in participating please email **secretary@u3amoorleigh.org.au**.

We cannot, at present, afford to supply free tea and coffee. Consider if each member just had 2 cups per week @50 cents per cup, it would amount to \$50 per year per member and we just can't afford this at the moment, given our low membership fee, member numbers and of course, Covid, so please bring your own drinks with you. I am hoping we can source a drinks machine early 2022.

I look forward to seeing you back during the year.

Ciao,

Erika Fleming (President)

Important Dates

Tuesday 1st February Chinese New Year (Year of the Tiger)

Sunday 6th February Serious Fun Day (See page 3 for details)

Monday 7th February 2022 Classes commence



News from The Hub

The Hub and Media Room 41 receive a face-lift



The IT team has spent a lot of time over the holidays sprucing up the resources and facilities available in both **The Hub** and **Media Room 41**.

New cabling and a new Network Switch have provided faster Internet to all equipment in **The Hub**, and faster Wi-Fi throughout. It's now easier than ever to connect mobile devices to the projectors in both rooms. Internet has been extended to the **Art Room**, and the TV there is now Internet-ready. A new Server will shortly be installed in **The Hub**, with the ability to provide each member with their own personal login and access any PC in **The Hub**, and turn that device into their own "virtual" PC, storing personal and private information that only they will have access to. Why buy your own, when you can use ours!

A new cinema-style sound system has been installed in **Media Room 41**, including a sub-woofer that will blow your socks off. We have made the operation of all equipment easier with step-by-step pictorial instructions on the AV cabinet door. Wi-Fi has been extended into **Media Room 41**, and the hearing aid loop is again operational.

You will notice some new identification signs on both **The Hub** and **Media Room 41** by the time you get back, courtesy of our talented IT Support member, Nick Ancora. Thanks, Nick, they're a real eye-opener!



2022 Committee

President Erika Fleming
Vice President June Berman
Secretary Janet Lee
Treasurer Rachael Golombick
Courses Rosemary Browning
Web Master Michael Bonacci
Publicity Ann Watts
Events Manager Jan Sapir
Cynthia Paciocco, Olive Collingwood,
Pauline Clark, and Zeki Toral

If you value your U3A **PLEASE** consider helping out on the committee. We need energetic members with bright ideas to reinvigorate this club.

Alzheimer's Clinical Trial

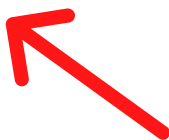
We have been made aware of a clinical trial being conducted by Epworth Centre for Innovation in Mental Health (ECIMH) based in Camberwell.

Researchers are looking for people diagnosed with Alzheimer's to trial the effects of Transcranial Magnetic Stimulation (rTMS) as a possible treatment for this illness. If you are a carer or know of someone who may be interested you can contact researcher

jessica.michael1@monash.edu

Phone 9805 4287

Please note that U3A Moorleigh are not supporting this treatment but are merely passing on the information. Anyone considering research trials should discuss treatments with their GP and specialist.



The Business Page

IF YOU ARE AT ALL UNWELL PLEASE STAY HOME & look after yourself and the community

*We have started the procedure for our name change (to U3A Bentleigh) as it is a legal requirement that the process begins within 21 days of the majority vote (counted at the AGM on 26/11/21); with Christmas on the horizon we could not afford to wait. Our new secretary Janet Lee has met this challenge in her usual efficient way.

* Keep checking the courses list. With changing conditions some classes are being cancelled, postponed or changed to zoom. Enroll on line or a volunteer in The HUB can help you.

*It is important that you **always wear your membership badge** This year your badge confirms that we have sighted your vaccination certificate; a failure to show your badge will slow your entry into a class. You will not receive a badge until you are a financial (paid up) member.

*Room capacity complies with the recent government guideline of 2 square meters per person indoors.

*We encourage all members to follow up with their booster vaccination to help protect not just yourself but others in the community.

*Your **membership number** is on all your emails and your new badge. Too many passwords? I've written mine inside my badge

*Please bring a cool drink with you as the kitchen remains closed for hygiene & cost reasons.

*New blinds were installed in classes making the rooms clean & bright. On a hot day blinds can now be pulled halfway and the **windows & doors MUST be left open** to improve ventilation.

*The good news is the that very entertaining **What's on @ Moorleigh** will resume on the first Friday of each month starting in **March** and accessed via the web site. Even if Covid disrupts our schedule there is always a fun session to look forward to.

South Eastern
**SUICIDE
PREVENTION
NETWORK**
recognise, protect, prevent

Unsure of how to support
someone at risk? You're NOT
alone.....

*Join us for ...
Serious Fun &
Talking Prevention*

RESCHEDULED EVENT
NOW ON: SUNDAY
6 FEBRUARY 2022
11:00am - 3:00pm
- At The Green -
Murrumbidgee
Bowls Club - 10
Blackwood St
Carnegie

LUNCH PROVIDED
DOOR PRIZES
LEARN HOW TO BOW
TIPS ON LOOKING AFTER
YOURSELF & OTHERS

PROUDLY SUPPORTED BY GLEN EIRA CITY COUNCIL

[HTTPS://WWW.EVENTBRITE.COM.AU/E/SERIOUS-FUN-TALKING-PREVENTION-TICKETS-200651513077](https://www.eventbrite.com.au/e/serious-fun-talking-prevention-tickets-200651513077)

Temple Society Australia headspace Wesley Mission

Erika has been working with the South Eastern Suicide Prevention Network (SESPN) to help raise awareness of people at risk from self harm, a particularly relevant topic considering the isolation and stress people have experienced over the last two years.

We are pleased to inform you of the **Serious Fun and Education Day** planned for Sunday 6th February in Carnegie. (boxed lunches provided). Representatives from Lifeline, local government, and Headspace will be there to talk about how to recognize & support a friend who may be at risk. Please show your support and check out their website to book a ticket.

There are activities to improve YOUR mental health as we go into 2022.

ALL THIS MONTHS 'FUNNIES' ARE TAKEN FROM ACTUAL CHURCH BULLETINS.

The Low Esteem Support group will meet this Thursday at 7pm. Please use the back door.

Lakes Entrance Get Away

A group of fourteen U3A members, spouses and friends enjoyed the four day break, down at Lakes Entrance early in December 2021.

Despite a rather wet week we managed to squeeze in Qi Gong exercises with Iamm in the mornings that invigorated us for the day ahead. Trips included a boat trip to Metung, visits to a winery in Nicholson, a brewery and exploration of the Buchan Caves. Local produce, particularly fresh fish and local wines were in demand and we did our bit to help the local economy but not our waistlines.

In the afternoons we gathered in the common room for board games and enjoyed enthusiastic games of Yahzee as well as Rumikin and solitaire. I think we all came away refreshed and relaxed after a disjointed and frustrating year.



Top left: Qi Gong with Iamm
Lower left: dinner on the final night
Right: view from Nicholson winery

LAKES ENTRANCE SWAN SONG.

On our first night at Lakes Entrance we decided to have a short walk out to one of the jetty's to stretch our legs after the long drive down. Our attention was drawn to a black swan who was pulling at a rope with his beak; odd - were there juicy morsels attached? As we walked nearer we saw another swan lying on a pontoon and it appeared distressed and was calling to the mate pulling on the rope. It seemed that this poor swan had an injured leg. Phones came out as we searched for 'Wild Life Rescue.' One member managed to talk to a volunteer but the outcome was that no one would come out till the next morning. This was distressing for all; the police station and vets were closed and staff at the RSL (where we had dinner) had no bright ideas. We had done all we could and were about to walk away when our "injured" swan managed to get to her feet somewhat unsteadily. How do I know it was a female? She had been lying on a broken egg! Well there was relief all round. Perhaps it's just as well rescuers were not racing out as we would all have egg on our faces! The mother remained on the pontoon and stood awkwardly and we heard later that it is not unusual for a swan to dislocate a hip but recover well. Early the next morning someone checked the pontoon and the swan was still there but after breakfast she had gone.

At the evening service tonight the sermon topic will be 'What is Hell?' Come early and listen to the choir practice.

What we are doing to support the safety of members

All classes have been reviewed by the program committee. Most lecture style classes are considered safe with our Covid strategies. Those classes with increased activity or where the wearing of masks (N95 is recommended) is not possible, are being individually reviewed and the tutors and members enrolled in those classes will be told of changing conditions. Final decisions will not be made until we have the latest information in February but please look at our web site for updates.

LATEST NEWS - Glen Eira council has offered two of our Committee members training in the use of RAT (Rapid Antigen Test) kits so they can pass this knowledge on to members. We expect to receive a number of RAT tests from Glen Eira council. No time as yet as to when this will be.

CLASSES THAT NEED YOUR SUPPORT NOW

U3A Moorleigh is offering 100+ classes for 2022. Some are already FULL; many have vacancies. The SIG (Special Interest Group) classes were introduced in response to member's mid year survey however, due to low number's some will not be viable in 2022. Everything will be reviewed in the beginning of February and some classes may have to be cancelled unless they attract more member interest soon. Don't forget, you can bring a vaccinated friend along to a class as a visitor.

Go on-line and enroll now particularly if you intend joining the following:-

MONDAYS

Scrabble - we supply the boards & dictionaries etc.

China - The Past and the Present. Werner finishing lectures that Covid interrupted in 2021

TUESDAYS

Tarot - Mandy has a wealth of knowledge on the history of Tarot and how the cards are interpreted

The Ancient Wisdom - Andrew attracts speakers worldwide for this evening **zoom** class.

WEDNESDAYS

Raccontario in Italiano - If you have some knowledge of Italian, then enjoy using it in a supportive environment

Art of Lawn Bowling - It's outdoors; it's taught / supervised and it's reasonably close

Improve your Language - If English is your 2nd language you know how difficult it can be. Improve your understanding, interpret signs and documents

500 Card Game - Come & learn this trick taking card game. It's great fun to play and interact with friends.

THURSDAYS

Understanding your computer - Patiently taught right from how to turn the thing on!

Duplicate Bridge -Tutor now available. We need at least 2 more interested members - good for your brain.

FRIDAYS

Quilting for Beginners - Carolyn is traveling from Phillip Island fortnightly to do this for us. If you like sewing and creating give this a go - make great presents for grand kids.

Annie's Singalong

Annie would love more people to have fun while singing. Words supplied

Chess - Great for your brain but needs more members to pit their wits against each other

SPECIAL INTEREST GROUPS - Coffee & Conversation; Food & Recipes; Entertainment and Photography These subjects were requested by members and we need like minded members to join and develop to suit your needs.

Meet our Two New Committee Members

This year we welcome 2 new members to the committee bringing fresh ideas and support in what continues to be challenging times with the on-going Covid pandemic & our falling U3A membership numbers. We are always looking for new committee members too.

June Berman arrived in Australia from the UK as a twenty year old & after working as a data entry clerk, she retrained as a teacher, married & became a mum. Her work with primary age disadvantaged (socially, emotionally & intellectually) children has given her good communication skills. June joined U3A Moorleigh in 2011 and has more recently volunteered for office duties. She has experience with committee's & school councils and has put her hand up to be **vice president**.

Jan Sapir has recently retired from her thirty four years as a hospital ward clerk and is not ready to relax just yet. Jan joined U3A Moorleigh four years ago and as well as enjoying her 'Use Your Brain' class, she has also volunteered in reception on Fridays, and wants to be more involved with U3A. She walks regularly and goes to the gym. Jan has taken on the new position of **Event Manager** to help raise our profile and income. If you have ideas or experience in this area please email the secretary.

The church will host an evening of fine dining, super entertainment and gracious hostilities.

The associate Minister unveiled the church's new slogan last Sunday. "I upped my pledge --- Up Yours."

The ladies of the church have cast off clothing of all kind. They may be seen in the church basement.

Pot luck dinner 5.00pm this Sunday followed by prayer and medication.

Desperately seeking VOLUNTEERS

As a result of falling member numbers, we have a need for volunteer tutors, committee members and office helpers. If you have a particular skill, hobby or passion why not come and share your expertise, after all this is what U3A's are all about and an interesting curriculum will attract new members.

Office volunteers are in short supply particularly for reception duties and we may get to the point when we cannot man the phone/enquiries all day. There is heaps to learn with the UMAS system and new phone so take this opportunity to learn what goes on behind the scenes.

Remember-no volunteers, no U3A.

Chinese New Year

2022 is the Chinese year of the tiger & begins on the 1st February this year. The date varies according to the lunar calendar & celebrations continue for 15 days. Families reunite to pray for ancestors, exchange gifts and let off fire crackers. It results in the largest human migration & display of fireworks in the world.

Life expectancy rises in Australia

The Australian National University (ANU) found that the average life expectancy of Australians increased by 8 months (usually just one month per year), in 2020 despite deaths from Covid recorded as 2.980.

The conclusion? Face masks, good hand hygiene, border closures & isolation all reduce disease transmission (like flu) and less road traffic results in fewer accidents, so lock down is good for you! Really?