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## Presidential Ponders

Hello Everybody,

Despite a few hiccups, we have commenced Semester 1 and enjoyed meeting and greeting both old and new members in our corridors. The start of a year is often chaotic and because of long lock-downs and the need to change class bookings to conform to safety rules, it was more chaotic than usual. Somehow, we are managing but we do appreciate your patience and remember all volunteers in reception are doing their best.

I especially want to thank all the 'new' volunteers who have put up their hand to help in reception. It has been difficult to provide them with the one on one mentoring we usually give, so their learning curve will be longer. If someone cannot answer your query immediately, they will make a note and follow it up when they get the opportunity to ask an 'older' volunteer. **We need more willing volunteers for the front office.**

Please look regularly at our web site at [u3amoorleigh.org.au](http://u3amoorleigh.org.au) as Michael will post information on new classes on the home page. **Friday Fun @ Moorleigh** starts on Friday 4th March on Zoom @ 2pm as a monthly fun variety program. Entry via our web page.

I want to thank all our Committee members who have all been working hard behind the scenes to enable us to open with such a variety of classes/activities. Special thanks to our small group of IT experts Michael Bonacci, Val English and Nick Ancora who have made UMAS and enrollment as easy as possible with a huge amount of behind the scenes work, conducted individual education and class education and posted a variety of IT self help posts on our web site for members and tutors to access. The amount of work put in was enormous and still is

Ciao, Erika Fleming ( President)

***THANK YOU SO MUCH***

A very generous member has made an anonymous donation to U3A Moorleigh of \$1,000. At a time when our membership is still low and we still have considerable bills to meet, this is a marvellous help. We would love to thank you in person but respect your privacy; however if you want to have a quiet word with a committee member, we can organize a receipt for the tax man since U3A Moorleigh is a registered charity.

## Important Dates

Tuesday 1st March at 2pm The Valtones Choir meet face to face

Friday 4th March **Friday Fun @Moorleigh** 2pm-4pm connect via the web site

**Monday 14th March Public holiday U3A closed for Labour Day**

Thursday 17th March 10am Find out the history of McKinnon and surrounds

Thursday 17th March is St Patrick's Day get in the mood & **WEAR GREEN**





# News from The Hub

New cabling and Network Switches now provide faster Internet everywhere - in fact, the whole wing now has fast, free Wi-Fi throughout so connect your device or use ours. Why buy your own, when you can use ours?

If you would like to take part in **Friday Fun @ Moorleigh**, a Zoom event returning on March 4th, but don't have a computer or are unsure how it all works, come to **The HUB** at 1.45pm and an assistant will set you up to watch the program. It's great fun with some pop music clips (usually from our hey-day), a bit of comedy and a trivia quiz plus a short documentary on various subjects with Erika and Michael as your hosts. Non-members can join in too via the website.

Don't forget if you want to learn how to manage your own enrollment on line, pop into the HUB and see if someone has time to show you how to open the website, browse the classes on offer and login to your account. You will never miss out on a new course again

I changed my pass word to "Incorrect". Now whenever I forget what it is, the computer will say, "Your password is Incorrect."

## 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  
**Welfare**.....Olive Collingwood  
 and  
 Cynthia Paciocco Pauline Clark Zeki Toral

Jan Sapir our Events Manager is busy getting donations for the Easter raffle. She would love to talk to members with bright ideas for fun activities that also help raise our profile and funds. Let reception or publicity know.



### EASTER RAFFLE

We will be raffling several prizes donated by U3A and local businesses including an Easter basket full of treats. Tickets can be purchased at reception from **15th March**. Buy a few tickets for friends and family and monies raised will be used to cover running costs.

**DRAWN Wednesday  
 13th April**

## You Know You're Getting Older When:-

Your Knees buckle and your belt won't.  
 Your back goes out more than you do.  
 You look in the mirror and think "That can't be right."

The twinkle in your eyes is the sun on your bifocals.  
 You feel young at heart but slightly older in other places.

# The Business Page

- \* If you have a concession card you can collect a FREE RAT kit. Try your regular pharmacy first.
- \* More good news - you can now access our building from all doors. Continue to QR scan in.
- **Get boosted and beat the bug.** There is a new TGA approved vaccine (NOVOVAX) available.
- Several members have phoned expressing anxiety about returning to the class room. Be aware that everyone in the building is fully vaccinated, GE council have approved our room capacity & it complies with government regulations (2 square metres per person) We are opening doors & windows for ventilation & continue with cleaning all surfaces after use. Some popular classes have been divided into 2 sessions eg. drawing, line dance and strength training so numbers are acceptable. We would love to see you back & getting on with life.
- New guidelines were announced on 18th February for Covid density however we will be cautious and guided by Glen Eira council policy.
- The name change to **U3A BENTLEIGH** has been legally completed but it will take time to update business contacts, signage, the website address and masses of documents. A BIG party is planned to launch our new name probably in time for semester two .
- A reminder that all photo copying must be paid for when it's collected; this is fair for all and costs are very reasonable at just 5 cents a single side page. Give the reception staff as much notice as possible.

## New Classes

Carol Poole from the **Moorabbin Historical Society** will give a **single** session talk about our area and the European families who settled and developed market gardens from 1850's - 1920.

**Course Code; A22 408** on Thurs 17th March at 10.00am - 12.pm



**M22 220 Biology** by Reuben Urban on **ZOOM** Fortnightly Tuesday at **9.45-11.30**

If you ever wondered how different bits of your body work, this is for you! Next class 8th March

**M22 203 Your Pictorial Autobiography** with Avril Lohead

**Weekly Tuesday 1.30-3.15 Begins 19th April**

Join Avril and bring along family photos & learn how to record important memories for the next generation to treasure.

## FIRST FRIDAY FLICK

**4th March at 1pm**

in the media room 41

### **THE MAGNIFICENT SEVEN**

starring

**YUL BRYNER**

&

**STEVE McQUEEN**

A classic- this is a masterful representation of good versus evil in the American West.

Book early to avoid disappointment.



**Keep checking the web site for new class information.**

## The Victoria Travel Group

Is the travel bug beginning to bite? Then the **Victorian Travel Group** has good news for you. This Special Interest Group (SIG) has had its first meeting and come up with a bucket list of get away's in Victoria, ranging from one, two and five day trips. If you are a U3A member you can bring your spouse, partner, friend or family member along for the trip. Here is the chance to have a short break with friends, share the costs and help the local economy. Next meeting is Friday 18th March



What are the other SIG's up to?  
Please let members know particularly if you need more class participants. email publicity



## VALTONES STILL IN HARMONY

In 2004 Val Suhr was asked to start a choir at U3A Moorleigh and she's still singing . Here is her story.

We have been a great group since 2004 singing at nursing homes (before Covid), Probus clubs, and Christmas concerts at Glen Eira, at the Melbourne town hall, and anywhere we are asked to sing. We have celebrated birthdays (usually mine!) anniversaries, weddings, open days and a funeral. We dress up and make the event special; then Covid hit & we couldn't meet to practice. What could we do?

I was not very computer literate but Michael Bonacci from the Hub came to our rescue. He taught me how to Zoom and introduce beautiful music via You Tube videos to enhance our song repertoire. For two years this has kept our faithful group singing together, even when I was exiled in Noosa for five months. I had my laptop and kept classes going. The choir is an extension of my family and each week we would share our ups and downs and we did managed to meet for Christmas lunch between lock downs. We are REALLY looking forward to getting together & meeting for fun friendship, new faces and once more singing together on

**Tuesday 1st March at 2pm**

## Test & Tag Can you help?

Testing and tagging all electrical equipment each year is a costly task, but one which we undertake with everyone's safety in mind. If any members are ex-electricians and are able to donate an approved Test & Tag device for our use, it would be very much appreciated.

## The Expectation Effect

From a recent book by **David Robson** based on research looking at how your outlook as you age, can affect your life span.

Quote- 'People who see the ageing process as a potential for personal growth, tend to enjoy much better health in to their 70's ,80's and 90's than people who associate ageing with helplessness and decline, differences that are reflected in their cells' biological ageing and their overall life span"

Keep on enjoying U3A activities and stay young.



# Book Donations Please

Now the public libraries have re-opened we believe it is time to begin accepting your book donations again.

Books can be purchased by members at a cost of \$2.00 each so we want books in good condition and saleable please. Once we have a good supply of books, we plan to have a stall on 4th Saturday of each month when the Bentleigh Farmers Market is on, in the hope that members of the public will become more aware of U3A. Funds as usual will help pay the bills. Bring donations to reception and if a volunteer would like to help with sorting Ann Watts would be very happy.

**Of course the best donation you can make is to tell your friends about us and bring them along to a class.**



## CROWD CONTROL NZ STYLE

New Zealand crowds, protesting against a government mandate for certain workers to be Covid vaccinated, have been blasted by songs from Barry Manilow in the hope that they will disperse. Unfortunately the plan backfired and despite heavy rain, protesters busted a few dance moves and stayed warm and defiant.



The **LINE DANCING** class has proved so popular that we are **NOT** accepting any more students. If you know of anyone who can teach this fun activity or perhaps Zumba, Tai Chi or Qi Gong, please ask them to contact us. Extra classes would fill fast.

We have many members interested in exercise classes and it would be great to be able to offer more sessions to keep us fit. Email: [courses@u3amoorleigh.org.au](mailto:courses@u3amoorleigh.org.au)

## Enrollment & Withdrawal from Class

If you are confident using the **on-line UMAS** system, please enroll yourself either from home or use a computer in THE HUB. If you get stuck one of the technical folk will be around to assist you.

**If you do not have a computer** you will find two copies of our course guide (one in the kitchen and one in the lounge) for you to read. In that same folder is a form to write your request (best writing please!) then bring the form to reception; if the volunteer cannot enroll you immediately, leave the form and it will be attended to when someone is available.

Alternatively go to the THE HUB & see if the IT folks can **show YOU how to use a computer**. It would be great for you to gain new skills and relieve the volunteers in reception.

If you are withdrawing from (ie don't want to do) a class, please advise Reception.

**UMAS DOES NOT ALLOW STUDENTS TO REMOVE THEMSELVES FROM A CLASS - THIS MUST BE DONE BY ADMINISTRATION.**

Thanks to those class members who agreed to letter drop in their local streets. Not a big effort but it covers a large geographic area & helps to get us known. On **Sunday 13th March** we have a promotion stand at the Rotary Market in the station car park so come and say 'Hello'.

**YOUR**  
Photo  
Poem **Here**  
Story  
Painting



Now we are back to our normal activities, let's make the newsletter more relevant and interesting for U3A members. **PLEASE** email your ideas, experiences or anecdotes to [publicity@u3amoorleih.org.au](mailto:publicity@u3amoorleih.org.au)



### **SPECIAL INTEREST GROUPS (SIG)**

Tell us what you're doing and we'd love some photos too

**My rapid test is positive.**  
What should I do now?

Firstly, if you test positive on a rapid, you don't need a PCR test too. We now consider a positive rapid test result as a probable COVID-19 case.

- Report**  
**A positive rapid is considered a positive case.**  
You must immediately report your positive result to the Department of Health by calling 1800 675 398 or online at: [coronavirus.vic.gov.au/report](https://coronavirus.vic.gov.au/report)
- Isolate**  
**You have to isolate at home for 7 days.**  
You can automatically end isolation after 7 days, and you don't need a test or approval to leave once the period is up.  
And if you live with others, they must also isolate - and you should try to keep away from them as much as possible.  
You can find some more info at: [coronavirus.vic.gov.au/checklist](https://coronavirus.vic.gov.au/checklist)
- Talk**  
**Inform the people you've spent time with.**  
Your infectious period starts two days before you noticed symptoms, or two days before you took the test if you're asymptomatic.  
But we don't call your contacts for you, and it's up to you to inform your family, friends, school or workplace that you're positive.

For the latest government guidelines and what to do if you have been in contact with a Covid positive person, go to your web browser and search for:-

[coronavirus.vic.gov.au](https://coronavirus.vic.gov.au)

[healthdirect.vic.gov.au](https://healthdirect.vic.gov.au)

**phone** 1800 022 2222

There is also a recent poster on the board, near reception with clear instructions on how to manage any symptoms that may occur.

### **Bentleigh Banner?**

Just before I die I want my last words to be " I left a million dollars under the ....."

I really think that tossing and turning at night should be considered exercise.

My luck is like a bald guy who just won a comb!

When this U3A was first established, it was called **Bayside Central U3A** and the newsletter was **The Banner**. I thought it would be a nod to the past and it also has a certain ring to it -

#### **U3A Bentleigh Banner.**

Also does anyone have any ideas for a picture that can be used on the masthead and is recognizable as being Bentleigh? Bayside has the bathing boxes, what says Bentleigh to you? Let publicity know  
Thanks