



Moorleigh Community Village, 92 Bignell Rd, Bentleigh East, Vic 3165

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Presidential Ponders

Hello Everybody

I hope you had a great chocolate filled Easter break. I'm starting a diet on Monday so I can enjoy the Bright Get Away. Eva Schultz and all her crew have been doing a wonderful job organizing this and I for one want to enjoy the fruits of their labours. They are organizing both small and large trips throughout the year so keep an eye out for posters and join in what interests you.

In this Messenger, you will see that we are holding an **Open Day on Saturday 25th June**. The Mayor Jim McGee and Nick Staikos our local State government member will be present but we need a **PHOTOGRAPHER** for the day & hope to have the event featured in the Glen Eira News. If any member or friend can help, let Ann Watts know

publicity@u3abentleigh.org.au

Soon Rosemary will planning Semester 2 courses so if there is something you feel would be a wonderful addition to our activities, or know of a lecturer/teacher who would be willing to give a one off talk, a short session or a long course, email Rosemary

courses@u3abentleigh.org.au. We are always willing to listen to new ideas and suggestions.

There are a couple of things that I need some help with. If someone has a **Murder Mystery** game in the back of their closet, I would like to borrow it & put a Murder Mystery event later in the year, possibly September. Also, if you know an **Antiques** expert in your circle of family or friends, please let me know as we would like to put on an event later in the year and need someone willing to come and provide valuations - email to president@u3abentleigh.org.au.

I want to put out a big thank you to all the members who bought raffle tickets, are buying books and helping us raise much needed money. Thank you especially to Danice Ingliss, & Jan Sapir who have really contributed to the organization of this and especially to Pauline Clark for her family's contribution of 1st prize - excellent work.

Ciao

Erika Fleming

Important Dates

Thursday 12th May Visit to **Lexington Gardens Retirement Village** (see page 4)

Thursday 19th May 10.00am **Big Morning Tea** for Cancer fundraising.

News from The Hub



Friday Fun 2-4pm on 6th May via our website and click on the link, or join in the Hub and challenge your memory with quizzes , music & more.

How to reset your password!

COMPUTER Please enter your new password

USER: **cabbage**

COMPUTER :The password must contain more than 8 characters

User: **my cabbage**

Computer: The password must contain a numerical character.

User: **my 2 cabbages**

Computer: The password must contain at least one UPPER case character

User: **Crikey! Here are My 2 Cabbages!**

Computer: The password must not contain punctuation or space between characters.

User: **CrikeyNowIamgettingReallysickofMy2Cabbages**

Computer: This password is already in use. Please enter your new password.

2022 Committee

President Erika Fleming
Vice PresidentVacancy
Secretary Janet Lee
Treasurer Rachael Golombick
Courses Rosemary Browning
Webmaster Michael Bonacci
Publicity Ann Watts
Events Manager..... Jan Sapir
Welfare.....Olive Collingwood

also

Cynthia Paciocco Pauline Clark
Zeki Toral & Nick Ancora

HELP PROMOTE U3A BENTLEIGH

We need members to letter drop, perhaps when you are out walking the dog, or chat to members of the public at various venues. Local people need to hear about U3A Bentleigh and what we provide.



Easter Raffle Prize Winners



Pauline, Nick (trying not to peek in) and Val

Congratulations to the winners of our Easter Raffle, drawn on Wednesday 13th April by Pauline & assistants. The lovely hamper was won by Val Shaw and the bowl was won by Margaret Pollock. The several vouchers were won by Ann Watts, Gary Lusk, Carol Cheng, Elizabeth Golding and Cathy Jozic. It was warming to see several volunteers among the winners.

The raffle raised over \$550 so well done to all involved.

The Business Page

*Have you met our new helper in Reception? We have been very fortunate to secure the services of Lyn Fawcett who is with us for fifteen hours a week. Lyn has fitted in so well to our routine and has a lovely friendly manner when dealing with everyone. We hope that she will bring some continuity to the office which has always a problem when volunteers might spend 4 hours a week or less at the desk.

*Book sales are keeping up with supply and so far we have raised \$180 so keep them coming SLOWLY!!

*Nick Ancora has been busy designing replacement signs for U3A Bentleigh and we should see some changes soon.

*With winter coming don't forget to have your flu' and pneumonia vaccinations as well as the Covid booster (4 months after the third dose). We want to continue enjoying activities and be confident that we are all as healthy as we can be.

*I almost didn't write about Covid (first time in over a year) but can't resist. The rule about mask wearing has relaxed however if you prefer to wear a mask please do and remember to stay home if you are at all unwell. It appears that Covid symptoms can be mild for some, BUT don't risk infecting someone vulnerable.

Committee Changes

We are sorry to announce that our Vice President, June Berman has resigned from the committee due to poor health. June's daughter has recently returned to her overseas job and June is contemplating a move to be nearer her son in Western Australia. We wish her all the best for her future and 'Thank You June', for your input over the last few months. This leaves the position of Vice President vacant, so if you can commit and support us please talk to a committee member.

Nick Ancora has stepped up to join the committee and will bring special skills with his IT & business background. Many of you will know Nick from his work in the Hub; he's in most days & always happy to help.

CLASS NEWS

M22 205 Learn to play the Ukelele

Beginning on **Tuesday 3rd May at 10am**

If you have an instrument bring it along but if you have always wanted to learn, your tutor John can advise you on the instrument to buy. This is a **brand new course** for U3A Bentleigh.

M22 420 Beginners Bridge

Continuing on the **28th April** after the

Easter break, on **Thursdays at 1.00pm**

This course has been running a few weeks and still has room for 3 more players. If you have played in the past, you will pick up strategies for 'No Trump' bidding and transfers. Get online and enroll now.

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

FIRST FRIDAY FLICK



Released in 2021 this drama is set in Australia. Federal Agent Aaron Falk (played by Eric Bana) returns home for a childhood friend's funeral and stays to investigate a shocking crime.

A Trip to a Retirement Village



Have you ever wondered what it would be like to move to a retirement village? What does it cost? Can I leave if I change my mind? What are the ongoing charges? Well now you have a the chance to have an obligation free look at

Lexington Gardens Retirement Village at 114 Westall Road Springvale on Thursday 12th May at 10.00am till 12.00pm

We are looking for a group of 20 people (not necessarily members) to attend this promotion, look at accommodation, inspect amenities and ask those hard questions, followed by morning tea. Bring a friend & if you need a lift, we will try & help. There will be a list in reception from **Tuesday 26th April** but please only apply if you are **sure you will attend**. This is an important event for us; not only can we promote U3A Bently, but the management of Lexington Gardens Village will make a **donation to U3A Bently** for the attendance of twenty visitors.

Test Kits Available

We still have about 60 RAT kits available for Covid self testing. It was great to know that most members have obtained a supply from their chemist but if you have trouble getting them, we will put a box at a time out with the class rolls, so you can take a couple if needed, till the stock has gone.

Fire Warden Training

A big thank you to Don Robbie and Rob Beswick for agreeing to help Zeki Toral with emergency and fire warden training. If anyone else wants to put their hand training is still available.

The Hub Wants You

The volunteers in The HUB want to keep busy! You don't have to join a class just drop in and ask someone a question. What are you stuck with at home? How do I...??? There's no such thing as a silly question.. Michael B is available for business and Zoom support, and Eric, Nick & Cynthia for all sorts of "stuff" .

If you've had a morning class and have an hour to kill before an afternoon session, pop in & ask for help to set up a game, watch the news, whatever you fancy.

The **Get Connected** program, funded by Federal Government, is designed to teach basic computer skills and can be used in the HUB too. Become familiar with **Umas** and take a load off the office volunteers. Bring your laptop or phone in for help. Did you know that home visits from technical companies charge \$70 + per hour, just think how great the HUB will be for you.

A clean house is the sign of a broken computer.

How do trees use a computer?
They login!

Why did Jack and Jill really go up the hill?
To get a better Wifi connection.



WALKING GROUP

Last year members indicated, via a survey, that they would like a walking group. A number of enthusiasts met at the start of the year but the group has fizzled out, due to lack of a convenor. If you feel you can inject some enthusiasm let Rosemary Browning, our course coordinator know. This activity is out in the fresh air and healthy for physical and social well being. You are not restricted by what room is available so give the matter some thought. We still have members who are nervous of class interaction so this will give them a chance to get back into activities.

Stock Take

Committee members will be doing a stock take of contents over the next few weeks for insurance purposes. If you see people wandering about with a glazed look and counting under their breath, DON'T interrupt, just give them a wide berth!

Withdrawal from Class

If you are confident using the **on-line UMAS** system, please enroll yourself either from home or in THE HUB where one of our technical folk will be around to assist you. It is also good experience for all members to see how the system works and gain confidence in using the computer; we might even convert you from pen and paper!

There has been a U3A Network upgrade to the online system (don't we love them?) and now you **CAN request your withdrawal from a class via Umas.**

Search for U3A Benteigh & login as usual. Click on "My Enrollments" found on the left of the screen. Choose the class you want to withdraw from and click on 'REQUEST REMOVAL' It will ask if you are sure you want to withdraw. The task is completed by a staff volunteer, often Val English who is a wizz at all things technical and gives many hours of her skills to U3A behind the scenes. Once completed you will get an email confirming your withdrawal.

This is Good to Know

Experiencing 'Senior Moments' may be a good sign, research suggests. The time to worry is when you begin to **not** notice memory lapses. Have you ever walked into a room with some purpose in mind and forgotten what that was?

Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an 'event boundary' in the mind, separating one set of thoughts and memories from the next. Your brain files away the thought you had in the previous room and prepares a blank slate for the next locale.



To summarize:

If you remember that you've forgotten something this is a good; just remember not to walk into the next room!

I remember being able to get up without all the sound effects.

I had my patience tested today. I'm negative.

When someone asks what I did over the weekend, I get worried.
"Why, what did you hear?"



The Choir got in the holiday mood with an Easter Bonnet display . Very creative and not one set of bunny ears in sight!

The Biggest Morning Tea

Thursday 19th May at 10.00am-12md

All money is donated to cancer research and a minimum donation will be requested so watch the notice board for further information. If you can help with catering, cleaning up etc. leave a message for Jan Sapir at reception.



ART and CRAFT SHOW

Calling all creative members who want to show visitors, on **Saturday 25th June Open Day** what you can learn at U3A. All art class students are encouraged to frame and present work for sale or show examples of techniques you have learned. We will need help setting up a day or two prior and packing up afterwards, as this weekend is the start of the winter break. Paul Fullager kindly brings stands for displaying work.

Kerry Dugdale's craft people are preparing items for show and sale, again to demonstrate the diversity and opportunities members' have to learn new skills. Kerry will also need help from class members in preparing displays and packing up. Be aware that the committee have decided to take a **10% of any items sold**, so factor this into your sale price .

Val Suhr and her Valtones choir, including members from **Glen Eira U3A**, will be performing, along with the recorder group, to provide some live music. Michael Bonacci is compiling a montage of photos taken over the years, which should bring back happy memories for our long time members.

We also expect the current Glen Eira Mayor, Jim Magee to make an opening speech and State Parliamentarian, Nick Staikos to be present. As you can see a LOT planning and work has been done already.

This will be our first Open Day in two years, due to Covid lock downs and good practice for Seniors Week in October. We will have specific flyers available and we would love your help in distributing some in your local area, closer to the date.

South and Bignell Road Upgrade

If you ever leave Bignell Road at South Road, you will be pleased to see that traffic lights are being installed. Pulling out onto South Road can be a bit scary, with cars often parked, blocking your view and a slight bend in the road. It's a pity there is not the same development at the Centre Road end of Bignell Road, particularly at school time when traffic is chaotic.



Welcome to Tomorrow

Did you know that a petrol or diesel engine has over 20,000 individual parts and an electrical engine has only 20? It will take just ten minutes for a robot to replace an electric engine. For more fascinating future predictions search 'technology predictions.'