



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

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## Presidential Ponders

Hello Everybody,

What a great afternoon we had at Trivia. Our table, which also featured our secretary Janet, managed to scramble in at second place. Everyone was very competitive and a great buzz was apparent around the place. Well done everyone particularly Warren and Jan Sapir.

Michael and I recently made a presentation at Mayflower Residential Care. Michael has been developing great electronic presentations (some with lots of humour) of Bentleigh U3A and this was well received by the residents we talked to.

Nick Ancora has put up a couple of wonderful room names/clip art outside Rooms 64 and 67 so go and have a look, and enjoy them. I think they are a terrific addition to brighten up the corridors of U3A Bentleigh.

Our hard working Fund Raising committee comprising of Danice, Jothi, Marg, Jan, Ann and myself, has been toiling mightily over the last 4 months and have managed to raise nearly \$2,000 with the different activities in which members have participated. This is the equivalent of 40 new members coming and it will make a big difference to our bottom line. We are not finished yet and I believe it is contributing to the social enjoyment of U3A Bentleigh as well as improving our financial status.

Olive has been monitoring the level of cleanliness and we are slowly making progress with the cleaners doing a better job in our rooms.

Heads up!!! SHALL WE DANCE? Golden Oldies **1 pm Wednesday 3rd August** features **The King & I**. Enroll via UMAS or at reception.

Ciao and stay healthy.

Erika Fleming

## Important Dates

Wednesday 3rd August 1 pm 'The King and I.'

Friday 5th August 1pm First Friday Film ('A Good Year' Comedy/romance)

Friday 5th August from 2pm Fun on-line link via the web site (Zoom)

Monday 29th August 1pm Tutors & Volunteers sausage sizzle

## Basic Life Support Class

This single class showing CPR (cardio-pulmonary resuscitation) was well attended. Lecturer Sarah Park, who teaches at the Chisholm campus of La Trobe university, provided an interesting and lively session with interaction from U3A members, using equipment kindly provided by the university. Husband Paul assisted Sarah and members learned that if you have no strength in your arms or are tiring with compressions, you can use a foot! You just never know when this life saving skill will be needed so it's great to have an update.



I've just paid for a twelve month gym membership. The bank phoned to see if my card had been stolen.



## 2022 Committee

**President** ..... Erika Fleming  
**Vice President** ..... Avril Lochhead  
**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, Zeki Toral  
Nick Ancora Margaret Clay

### HELP PROMOTE U3A BENTLEIGH

We need members to letter drop , perhaps when you are out walking the dog, or put a flyer in a community board. Local people need to hear about U3A Bentleigh and what we provide. Flyers available at Office.



## Traffic Lights Activated



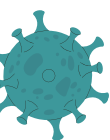
U3A members Avril Lochhead, Jan Sapir and Michael Bonacci joined State Member for Oakleigh, Nick Staikos (on the left) at the newly installed traffic lights at the junction of Bignell and South Roads. This addition makes it safer for drivers turning left onto South Road and gives pedestrians a chance to cross.

# The Business Page



We can't ignore the latest Covid figures and the stress this is putting onto our health system. We can do our bit by ensuring our vaccinations are up to date (fourth dose available for our age group), keeping social distance, hand sanitizing and disinfecting shared equipment. The BIG one is wearing a face mask, preferably an N95 mask. It is the sensible and responsible thing to do by reducing the risk of **you** transmitting a virus to others. If you come to U3A Bently and need a mask we do have a few lower grade masks available. Ask at reception.

If you have a positive RAT test you must stay home and isolate for 7 days and contact the Coronavirus hotline for advice. **Phone 1800 675 398**



Free RAT kits for concession card holders finish at the end of July. Glen Eira council have managed to obtain a limited supply of kits for members so when you have run out at home, we can offer a maximum of two test kits after 8th August. Ask at reception.

At a recent fire drill, all our classes members responded in a timely manner however it was apparent that some members do need extra assistance. If you think you need support, please come to reception and let us know. This is not only for poor mobility but also if you have a breathing, vision or hearing deficit. You may need extra support.

If you have to leave before the end of a class, it is very important that **you circle that date on the roll as you leave**. If there was an emergency we must know you are no longer in the building. It is also good manners to let the tutor or a fellow class member know. Thank you

## FLOW YOGA

We have been very fortunate to secure the services of Mee Kuan, who is filling the Yoga time slot, left on Wednesday morning. Mee is a very busy lady running from another class to get to Bently by 10am. If she is a bit late, please unlock the gym and get the speaker out for her. This is a well attended class so thank you Mee for getting things going again.



A new member has expressed an interest in scrabble. We have a couple of boards and a room available. All we need is a few more people to make up a game, so if you are interested, leave a note for Rosemary Browning, our course co-ordinator and she will do her best to arrange a suitable time slot and venue.

## Non Email members

Are you one of our ten percent of U3A members who don't use email but are reading this? Janet Lee did a search and found that only one member does not attend regular classes so, to save time folding, sticking and posting out the newsletter, we will print off a copy for each of you, to be collected from reception. You will be told in person and on the class board when a Messenger is ready for you. **It's always available during the first week of each month.** The one member who is patiently wait listed will have the information posted out.

The **Bulletin**, which comes out intermittently will **always be posted** to all non email users. The Bulletin advises on NEW CLASSES and is an important update.

I urge you to **check the main noticeboard and the web site** regularly as there are several short & new courses advertised.

There are also two hard copies of current course guides and newsletters in folders (one in kitchen & one in the lounge).



## Trivia Success

Warren Sapir held his very first Trivia afternoon last month ably assisted by wife Jan. There were twists and challenges with a 'Risk' category and a joker to be played, adding to the fun. What a lot of hard work but a terrific session. Food in abundance was all donated and prepared by the catering team led by Corry and assisted by Olita and Olive. An unexpected bonus was two door prizes drawn by Rosemary who is back tearing up and down the corridors!.



## Promotion at Southland

A team of committee members recently attended two sessions at the Southland Shopping Centre, to let people know about our new and recognizable name. We met interested and interesting people, one of them being a published author of the Japanese art of Haiku poetry (3 lines of 5 syllables in the first and third lines and 7 syllables in the middle). Not only did we score an impromptu Haiku (on right) but he will consider a short information session for U3A Bentleigh



Warm inside, cold out  
Through the doorway lots come in.  
Behind masks, smiles hide.

## Spring Get Away

A **self drive** 3 night break is planned for:

**October** Tuesday 25th check in

Friday 28th check out

**Warragul Gardens Holiday Park**

**44 Burke Rd Warragul** Phone (03) 5623 2707

**Website: [warragulcaravanpark.com.au](http://warragulcaravanpark.com.au)**

**If you want to go, book ASAP**

You **must book directly** with the Park and pay a deposit of one night's accommodation (balance on arrival)

The itinerary is still being finalized but places of interest include wineries, tea rooms, a honey farm and Broughton Hall gardens.

**Enquiries or to advise your booking contact**

**[33patC@gmail.com](mailto:33patC@gmail.com)**

## Foreign Language Books



We have been asked if we will take foreign language books and texts. Currently French, German and Italian classes are held at Bentleigh. If you have something that may be of use, please offer it to class members then leave in the glass fronted cabinet in room 66. If you are a language student check it out and If books are not taken by the end of the year, we will dispose of them.

## Survey of male members

Our current membership consists of roughly 75% female and 25% males. Are women smarter or just more sociable?! May be it's because we don't have courses that interest men?? Our industrious President, Erika Fleming, set out to ask them in a recent survey. She received 17 responses and suggestions varied from 60's music, sport, Android computers, Australian and Aboriginal history, model boat building, pornography and meat smoking! We will work on some of those suggestions **BUT it always gets back to finding a teacher to help.** If you have a passion, hobby or skill in any subject, talk to us. Come on you chaps, get more involved.