



BENTLEIGH
UNIVERSITY OF THE THIRD AGE

February 2023

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

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Presidential Ponders

Hello Everybody,

I hope you all had a great Christmas and are coming into 2023 refreshed and invigorated. It's lovely to see members in the corridors over Summer School.

I had the pleasure of listening to the **African Drums** session this morning. Noisy but such great fun was had by all and Ross Rowley has announced that he will run 'African Drums' workshops during the year so keep an eye on the Course Outlines. We are also looking to start **20th Century Wars and Conflicts** from 8th March - just finalizing last minute stuff before posting the notification. Later in the year we are also planning a monthly chat called **Stories of Immigration** and will be approaching members to tell of their experiences of immigration to Australia. **FRIDAY FUN is on every 3rd Friday via zoom - see the web site.** Our first guest speaker is Ian Brittain talking about his book and the process of getting published.

Important Dates has been posted on the web so you can start planning to update your diaries. Just remember, dates are subject to change and this will happen. Up to date information on the Web page and main foyer Board.

One of the committees' plans for next year, is to make the kitchen area more welcoming and inviting for both current and prospective members. To help promote this vision, **Dorothy Andrew** has put up her hand to come onto the committee and take on this task. If you have any suggestions, please approach Dorothy (usually here Friday afternoon) or email publicity@u3abentleigh.org.au - we would love to hear from you.

We are hoping to chat on Southern FM radio soon - when it can be arranged - so keep an eye on the website so you can listen. Community news available on Tuesdays at 9.00am.

Our first 'EVENT' for the year will be the **Welcome to New and recent members** to be held at 2pm on 14th February. **ALL** new members are very welcome to attend. We will dispense information, tea/coffee and biscuits. No need to book, just turn up. It gives us all an opportunity to get to know the new faces.

We have had at least one person pay but not register and we have a few who have enrolled but not yet paid. There will be assistance available 9.45 - 12md **20th - 24th January** if you are having trouble accessing UMAS or need more information.

Thank You Everybody and remember that if you want to talk to a Committee Member, our VP Avril Lochhead holds 'court' in the kitchen area at 11am on Tuesdays. She loves chatting with members.

Ciao from Erika Fleming

Important Dates

Monday 6th February Semester One 2023classes begin.

Monday 13th Labour Day Holiday U3A BENTLEIGH CLOSED

Tuesday 14th February @ 2pm. Welcome & information session Valentine's Day

Friday 17th February Zoom along with Friday Fun 2pm (find the link on the web site)



Smiles, Songs and Sunshine

The sun came out for the Christmas party last year and members gathered to enjoy each other's company, sing carols and learn some Hanukka songs too. It was wonderful to see everyone chatting and catching up with old friends; everything that U3A is all about. From an organizational perspective we were taken by surprise! The last two weeks of term had been very quiet and we thought 'No one knows about the party, lets cater for 50 people and hope we don't have too much food left over'. Around 150 members turned up so we must appologize if you missed out on an ice cream! Big thanks go to Betty (sorry I don't know your family name) who turned up with a plate of bikkies and chocolate to keep us going.

Thanks also go to Michael for setting up the singalong and Annie for leading the Hanukka songs, to Val and the choir for bringing back the spirit of Christmas, to the events committee for setting up and clearing up with extra help and muscle power from Don Robbie and Tom Fleming.



Annie preparing the sing along

Congratulations

Raffle prize winners are:

First prize Big Hamper

Won by Ann & Gotu Tamhane (thank you for the lovely card)

Second Prize Small Hamper

Won by Carol Heenan

Third Prize Hand made foot stool

Won by Rudy Westley

Thank you to all those who contributed towards the prizes and a big thanks to Anne Nguyen who was "sales woman" of the year, for selling so many tickets on the day!



2023 Committee

President Erika Fleming
Vice President Avril Lochhead
Secretary Linda Osborne
Treasurer Rachael Golombick
Courses Anne Nguyen
Webmaster Michael Bonacci
Publicity Ann Watts
Events Manager..... Jan Sapir
Wellfare.....Olive Collingwood
OH&S Officer.....Nick Ancorra

also

Cynthia Paciocco, Janet Lee,
Dorothy Andrew

Welcome to New members

We would **LOVE** you to come along on **Tuesday 14th February at 2.00pm to room 39** and meet other new and recent members and find out more about how things run at U3A. Ask questions and get the most out of your membership. Refreshment provided.

If you miss this date, Avril Lochhead (vice president) will be available for coffee and a chat any **Tuesday morning 11am** in the kitchen area. If you have a friend who's not sure if membership is for them, they are most welcome to come with you or just come and ask questions.

The Business Page

Badges will be handed out to those who attend Summer school and the remainder have been posted, along with confirmation of your enrolment. **DON'T FORGET TO CUT OFF THE BADGE** and place the new 2023 badge in your lanyard, along with your personal information. "Vial of life" is available from reception. It is important that you **always wear your membership badge** when in the building.

If we can't find your badge it may mean you haven't paid yet or the payment hasn't been processed. Payment can be done at the front office (cash or Eftpos) & we know you will be patient with volunteers. Alternatively you can pay directly at any branch of the **Bendigo Bank. BSB: 633 000 Acc: 140 432 915** Don't forget to add your member number or name so we can link the payment to you.

Tutors are the heart of any U3A. If you want to hold a short or long course or a single talk, we would love to hear from you. 'Thank you' to all our current tutors whose dedication and commitment make U3A Bentleigh what it is today. See page 7 for a class request.

Photo copying is available from reception at **10c per a page** (black & white). If you need copies for a class, please try and put your order in early or better still, the week prior. It can get busy in reception in the mornings.

Film show NOW ON 3rd WEDNESDAY let us know what you would like to see; an old classic? recent film? a musical? comedy? We will do our best to accommodate; send your request to publicity@u3abentleigh.org.au

Friday Fun which was started on **Zoom** to keep members connected during lock down, has remained popular and will continue on the **THIRD Friday** from 2pm - 4pm (**next date 17th Feb**) If you haven't tried it, just search (eg: Google, Chrome, Safari) **U3A Bentleigh** and the link is on the home page, just click and that's it. A good way of catching up , learning something plus a bit of fun, all from the comfort of your arm chair.

Monday 13th February is a public holiday (Labour Day Moomba) and we are **CLOSED**.

HELP!!!

In the two years I have been producing the newsletter I have received three letters, one recipe and one story (all went into the mag). While the intention is to keep you informed of changes, it can be a bit boring! Come on let's make this about YOU. Anecdotes, poems, gardening hints, comments, requests - whatever you think will be of interest to members, just email to publicity@u3abentleigh.org.au or written notes for Ann Watts' pigeon hole at reception.

Get creative; make my job easier and your newsletter more interesting.

Men's Book Club

Don't feel left out, overwhelmed or shy all you fella's. Mark Harris is starting a book club **2nd Tuesday of the month** beginning **at 2pm on 14th February** specifically for men. Get in early and have a say in what you read. Great for catching up with other chaps and a good chin wag!

New classes in 2023

All class codes begin with M for Moorleigh) and 23 (for 2023) The next number indicates the day of the week so Monday is 1..., Tuesday is 2... and so on. Have you spotted these new additions to our activities?

105 **Learn to Play Chess** led by Eric Aston
131 **The Band** (jam with fellow musicians)
132 **Health Club**- Better health, longer- fortnightly
133 **Mandarin Chinese** for beginners

228 **Men's Book Club**.- Blokes can chat and discuss

300 **Cities of Islam** (Term one course)
306 **Spirituality & Aging** (short seven week course)
307 **Brushing up on Water colour**.
329 **Knit & Natter** returns with Pauline Clark
333 **Legal Issues** (short course)

405 **Bicycle Adventures in Europe** (short course)

515 **Entry level Drawing** with Con.
529 **Beginners Canasta** learn how to play.
601 **Saturday Canasta or 500 cards**



Introducing two new Executive Committee Members

We are very fortunate, this year to have gained the volunteer support from two new U3A members, who have accepted the challenge of these important roles on the committee.

Anne Nguyen has taken on the role of course coordinator and is being supported by Val English our IT expert and Lyn Fawcett our Front Office volunteer. Anne worked as a public servant in Canberra before taking early retirement and moving down to Melbourne to be near her children. The love of sewing and creating, led her to U3A and she is enjoying her craft work with Kerry Dugdale on a Thursday, when she's not juggling sessions and rooms.



Anne Nguyen and Linda Osborne

Linda Osbourne has accepted the secretary's position with support from Janet Lee. Linda has worked in the corporate world in executive administration and human resources. She is an Accredited Microsoft Applications trainer and was able to juggle her young family around contract work and says she "loved every minute of it."

Learning Italian is what brought her to U3A. "I travel to Italy every year for a month or more and visit the smaller towns where locals are happy to chat and help my Italian conversation. In my spare time I walk my dogs and stay fit by going to the gym 4-5 times a week. I competed in Marathon running until my knees started giving trouble; I finished the San Francisco Marathon and three Melbourne marathons gaining 9th female spot in 1993."

Wow what a story! The committee are so pleased to have you both on-board and it's great to see some youngsters joining.

Connecting Communities to Care

During almost two years of lockdowns, it was recognized that members of the community were facing stress and anxiety caused by social isolation. Possibly those hardest hit were seniors; with perhaps, pre-existing health conditions, often living alone, a lack of access or skill to use technology and limited face to face contact with families, seniors have found that resuming 'life' is a real challenge, now restrictions are lifted.

The company of **Bolton Clarke**, who provide community support for seniors, recognized the need to increase communication and social support for those over 65 years and they have collaborated with **The Alfred Hospital, Australian Disease Management** and **South Eastern Health Network** to fill the gap between health needs and social needs. In addressing non-medical needs the over all well being of seniors can be improved.

Our community at U3A Bentleigh is ideally situated to provide safe and social support.

Avril Lochhead (Vice President) has been attending monthly meetings with other local community groups and **Glen Eira Council**, to work out the best way to promote the **'CONNECTING COMMUNITIES TO CARE'** program.

If you have a friend who is in need of social support, who lives in Glen Eira and perhaps has a chronic physical health condition, is becoming withdrawn, anxious or isolated and wants to improve their life but is unsure what to do, **Free Call 1800 010 630** or email. **enquiries@connectingtocare.org.au**

This is a free service aimed at assessing non-medical needs of seniors and improving their over-all well being.

Members of U3A's already know the value of social interaction and the feeling of belonging to a community.

THANK YOU

At the end of the year, tutors Paul Fullager (Oil & watercolour painting), Ken Marriott and Renate Hubner (Monday drawing) got stuck into tidying up the art room. Members can now reach easels and boards thanks to Nick's new storage cupboard, and the white board no longer blocks the doorway! Well done AND there's still room for the urn and a cuppa. (due to OH&S now relocated near the water source).

Also thanks to Olive Collingwood and Ann Watts who cleaned surfaces in all rooms and tidied furniture. If you re-configure furniture for your class would you

PLEASE RETURN THE ROOM TO HOW YOU FOUND IT.

ENROLMENT 2022

Are you one of the 106 members who came into the building on the first morning of enrolment? We have only 36 members without email contact and wonder why so many people are still coming into the building to enrol.

Did you lack confidence to enrol from home? Did you give it a try and get stuck? What can we do, so that next year we don't have the same problems? The committee are meeting soon to thrash out a better plan for 2023 Enrolment Day but your comments would be appreciated. Email publicity with your feedback publicity@u3abentleigh.org.au

A HUGE 'Thank You' to **Dot Tane** who came along to join as a new member and helped organize the flow of members into the Hub - much appreciated.

Chinese Lantern Festival



Celebrated on February 5th in 2023, this festival marks the end of the two week Chinese New Year holiday and welcomes the arrival of spring. There are many stories about why the lantern festival began; here is one.

The Jade Emperor's favourite crane was killed by villagers and the Emperor was so angry that he decided that the village should be destroyed by fire at the end of the lunar year. His daughter was very upset about this plan and informed some of the villagers.

A wise man was consulted and he advised the villagers to hang lighted red lanterns throughout the houses and streets to give the impression that the village was on fire. The Emperor was fooled and the village saved.

2023 is the year of the rabbit the symbol of peace, longevity and prosperity - lots to look forward to.

Want to in join in the conversation?

Do your friends talk about the latest cricket scores, googlies, LBW and spin bowlers? Do you want to have a better understanding of the game? The following information may help;

There are two teams; one in the field and one out.
Each player from the side that's in, goes in until they're out.
The next player then goes in till they're out.
This continues until everyone who was in, is out.
Then side that was out, then goes in.
The first side that was in, tries to get the new 'in' side, out.
Sometimes you might have players who are still in, out.
When both side have been in and out twice, the game is over.



I'm sure this will increase your understanding and enjoyment of the game!

A History Lesson

I recently caught up with Patricia McBride who, along with her husband Peter, was a founding member of the U3A network in Victoria. The U3A concept began in France in 1973 and the idea soon spread to other countries. By 1984 a steering committee formed in Victoria, to establish guidelines and promote public meeting. In 1985 the first three U3A's began in Melbourne City, Hawthorn and **Monash** which is now **Bentleigh**. The following quote is taken from their first anniversary souvenir brochure 1986:-

"Third-Agers....reject the notion that older people have reached the end of their useful life at retirement. They also reject the notion that they should be completely disengaged from community life.....retired people have skills, knowledge and experience to develop the organization."

Peter McBride held the position of vice president until ill health forced him to stand down in 1991 however Patricia continued to help with administration tasks and is now an honorary member of Bentleigh and still attends classes. Patricia recalls the early days when activities were held at the rear of Monash University or in people's homes. This was followed by a move to Moorabbin TAFE (now Holmesglen). Another change came when TAFE wanted their rooms back and after some temporary venues, Glen Eira council offered us our current rooms. Along with these changes in venue came name changes, from Monash U3A to Bayside Central, then Moorleigh and finally, last year, to U3A Bentleigh.

Right from the beginning enrolment numbers quickly reached 250 then 400. By 2000 we were bulging at the seams with close to 1,000 members and more accommodation was desperately needed. What to do? With around 50% of our members living in the Bayside municipality, support was sought from that council to lease more rooms and in 2012 the U3A Bayside established a separate, new campus. Even back in 2000 it was noted that, for U3A Bentleigh to be financially viable we needed 500-700 members. (We are getting there post Covid).

Patricia recalls the early days as being very social with frequent lunches and dinners, day trips and get-away breaks, all still happening almost forty years later.

The first computer edition of the newsletter was produced in September 1988 with the comment "Like a baby we are experiencing teething problems and need comforting!" No email then, so post was a laborious and an expensive exercise.

Thank you so much Patricia for the chat and for dropping off all the memorabilia.

Why is English is so hard?

English, probably the universal language for travelers, businesses and politicians is so tricky & random.

The plural of box is boxes so why isn't the plural of oxoxes?

A goose with friends become geese so a moose with friends should be meese.

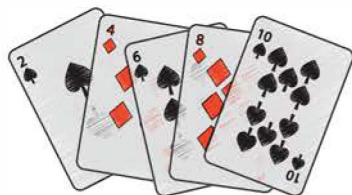
More than one tooth are teeth so why isn't more than one booth called beeth?

Can you think of more? So glad English is my mother tongue!

Covid (again)

Still with us and although there are no longer mandated rules, we hope that if you are unwell in any way, you will remain at home and look after yourself. We still have some free RAT kits available at reception. Government guidelines still recommend social distancing, wearing a mask if you can't distance, maintaining good hand hygiene and improving ventilation where possible.

There is hand sanitizer in all rooms and more available from reception. Windows must be opened in class rooms and if not too noisy, the door too. Most of the rooms have air conditioning available just remember to switch it off when you leave. At the recent defibrillator education, the facilitator spoke about how surfaces are easily contaminated (and because our cleaners don't wipe surfaces) we ask you to continue to disinfect tables after use.



For the first time we are offering a class on alternate **SATURDAY** afternoons, (we pay rent on our rooms 7 days a week). Maureen Bradley has promoted the idea and we have good numbers to begin on

4th February at 1.00pm.

Canasta and 500's is available.

If you have any other ideas for using the rooms on Saturday (no tutor needed) let us know. **Alert:** try to arrive 10 minutes early as we need to secure the door once class begins.

Popular Classes

Tai Chi and Yoga classes are always popular and fill quickly. Do you know anyone willing to volunteer their time and expertise for 1 or 2 hours a week? (not a Friday) We would love to be able to offer another class.

YOGA for seniors, **TAI CHI** or **QI GONG** or a similar gentle **EXERCISE** program.



Our President Erika has advertised through the Glen Eira volunteers program and with your help too, we may succeed.

Contact courses@u3abentleigh.org.au if you can help

Promoting U3A Bentleigh

During the summer break, the committee members have been busy preparing rolls for semester one, cleaning and tidying rooms and also promoting our organization with sessions at Bunnings, Southland and a local bowling club.

We already have a fair number of new members, so we are getting the message out there. Last year people were still tentative about socializing but we did grow. It's wonderful to see our loyal members returning but terrific to see a lot of young people (yes that's you with a 6 at the front of your age!) discovering the joys of U3A.

Class Monitors

This year we will be asking 2 members from each class to volunteer as monitor. This takes the load off our volunteer tutors and helps the class run more efficiently. Duties are as simple as collecting and returning the class roll and recording who is present, collecting photocopying, as requested by the tutor, turning of fans and air conditioners at the end of class and directing members to the closest exit in an emergency.

We look forward to seeing your smiling faces and hearing all your holiday news in **2023 - The year of JOY.**



Where are you Mary?

A payment has been made by **Mary T Gilligan** but she has not registered any details, so we have no way of contacting her. If you know Mary, please ask her to phone or visit reception so we can register membership and enrol her. Thanks

Remember, if you have been a past member and are joining this year, you have an existing membership number (on your 2022 badge). Log in with your details and check first. We do have some members who have generated more than one number. Aahhhhhh, the wonders of technology!

SOUTHERN FM 88.3

Have you listened to Southern FM radio recently? They play a lot of emerging Australian music along with stuff we know. There are frequent interesting and varied interviews and local information. On Tuesday mornings 9.00 - 10.00am you may even hear about U3A Bentleigh on 'Community Capers'. They provide a good mix of multi cultural information too.



Have you heard this one?

Three older golfers, all with hearing problems, were playing one spring morning.

One remarked "Windy isn't it?" The second replied "No, it's Thursday today." and the third chimed in. "Yes, I'm thirsty too. Lets go get a beer."

Two profoundly deaf men were signing. The first man was relating how he had arrived home very late one evening a bit worse for drink and his wife began a tirade. "What did you do?" signed his mate.

"I turned off the light."

**DON'T FORGET TO BRING
YOUR CUP FOR TEA/COFFEE**