



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

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Office hours: Mon-Fri 10am-3pm (closed weekends & public holidays)

Course information: courses@u3abentleigh.org.au | Publicity & newsletter: publicity@u3abentleigh.org.au

Presidential Ponders

Hello Everybody,

First of all, a special **WELCOME** to those members who have just joined U3A Bentleigh. It was lovely to see some of you on the 14th February at our 'Meet and Greet' session and introduce you to some of the Management Committee. I had a chat with a new member who told me that she came on our bus trip to Bright last year and has now joined our U3A Bentleigh family. Excellent!

There are a couple of new segments to the newsletter on page 6. A **Recipe of the Month** and a **Help Wanted** section. Share your favourite easy recipe or post something in the Help Wanted. Do you need the name of a good plumber or a medical specialist that another member could recommend? All inquiries and entries to publicity@u3abentleigh.org.au

Apologies to those members who had difficulty getting into our 'Friday Fun' last month. We didn't know that **zoom has upgraded** so please update your Zoom app and join us on 17th March. If you have a problem, please see one of our IT gurus - best day Tuesday morning.

At the beginning of the year with new members and activities etc. the Front Office VOLUNTEERS have been swamped. A notice has gone up outside the front office asking members to please try to;

1. **Enrol from home**
2. **Leave your name & contact details at reception for an IT helper to phone you back**
3. **Access the Hub on a Tuesday morning.** We **MUST** reduce the workload for our reception volunteers.

All exercise classes have been assessed for their activity levels. Some classes have been designated at activity level 3 (high) and we ask all members to self assess their own ability to safely join such a class : you may need to get down to floor level and then get up **without help**; you may need to move freely, lunge, etc. A person who uses a walker cannot move freely and lunge. Class descriptions are posted on the web site and indicate that the course has been deemed a Level 1, 2 or 3 activity.

Keep checking the noticeboards and web site for new classes. We are working on having a 'Care for the Carers' group meeting once a month to offer support to this member group. More news soon.

Lastly, the **Military series will commence on Wednesday 8th March 1 -3pm**. Please enrol in this fortnightly history series asap so we have some ideas of numbers.

Ciao from,

Erika Fleming

Important Dates

Friday 10th March **TRIVIA QUIZ** at 2pm see page 3 for details

Monday 13th March **Labour Day Holiday** U3A BENTLEIGH **CLOSED**

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

THE BAND are rocking the room!



Monday at 10am **The Band** are jamming and bopping along, so if you play an instrument bring it along and see if it's your bag!

Starting on 21st April at 10am you will be able to join the **African Drumming** circle. Some hand drums are available or bring your own; the summer school session was great fun. All we need now is a lead singer and some doo-wop backers and we can book Hamer Hall!

Get in the groove.

M23 131 to enrol in The Band

M23 531 to enrol in Drumming

Fitted for work

Now your working life is done and you've swapped the grey suit and heels for jeans and a tee shirt, don't throw out your corporate clothes. Consider donating to **'Fitted for Work'** who provide a free service to women wanting to get back into the workforce. The organization will help women with a resume, mentoring, interview practice and workshops all designed to boost the self esteem of women and then provide an outfit suitable for interview. We have brochures in the building and their web site;

info@fittedforwork.org

'When a woman is fitted for work, she is fitted for life.'

Network: Repairing your fishing net

Internet: Where the caught fish go.

Netscape: What the fish do when there's a hole in the net.

2023 Committee

President Erika Fleming
Vice PresidentAvril Lochhead
SecretaryLinda Osborne
Treasurer Rachael Golombick
CoursesAnne Nguyen
Webmaster Michael Bonacci
Publicity Ann Watts
Events Manager..... Jan Sapir
Welfare.....Olive Collingwood
OH&S Officer.....Nick Ancorra

also

Cynthia Paciocco, Janet Lee,
Dorothy Andrew

Thank
you!

Isn't it great when you can say "Thanks" to someone? Our members help in many ways and recently we received **another** generous monetary donation from **Marjorie Brown** who said that U3A has given her so much and now that she is

unable to volunteer, this is her way of continuing to support us.

Thanks also go to **Peter Lowe** who answered the call when we needed some muscle power to relocate a rather tall and heavy cabinet up the ramp. I thought he would be squashed at any minute and was very relieved to wave him off to the physio for further punishment!

Thanks also to **Margaret Nelson** who responded to my call for contributions to the 'Messenger' and dropped off some jokes which are great to fill out and cheer up this epistle. Michael from the HUB was impressed with the helpful IT hints!

Spread the word

If you have a friend who is unsure what U3A is all about, invite them to pop in for a coffee and chat in the kitchen area any **Tuesday or Thursday morning at 11am**. During our promotion sessions, we learned that U3A is not a well known organization and that the use of 'university' in our name can be misleading and off putting. Our membership is growing post Covid and with new tutors and members joining we have a so much to offer.

The Business Page

Membership payment can be made at the front office (cash or Eftpos). Alternatively you can pay directly at any branch of the **Bendigo Bank. BSB: 633 000 Acc: 140 432 915** or on-line. 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. We are still seeking a tutor for gentle exercises like Tai Chi. Please consider your own mobility limits when you enrol (guidelines are on the course description). If the tutor has concerns about your ability to safely participate in their class, you may be asked for a GP assessment and letter.

While we are considering mobility, try and keep seats near the door free for those with wheeley frames. and late comers. Thanks

Photo copying is available from reception at **10c per 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.

Friday Fun which was started on **Zoom** to keep members and their friends connected during lock down, has remained popular and will continue on the **THIRD Friday of each month** from 2pm - 4pm (**next date 17th March**) Non members can join in and get a feel of what we're about, just search **U3A Bentleigh** and the link is on the home page, 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 March is a public holiday and we are **CLOSED (Labour Day/Moomba)** Sorry about the boo boo last month. Classes went ahead as usual so possibly no-one reads the newsletter!

Please **Switch off your phone** or put it on silent mode before you join a class. If you are expecting an important call, step into the corridor to answer.

Class Apologies

It is important that you notify your class if you are unable to attend.

If you know in advance just mark the roll with

AP for the relevant date otherwise;

You can phone and leave a message.

You can log in to Umas and follow the prompts to register absences

You can email office@u3abentleigh.org.au

This may sound like a lot of work but if we don't hear from you and your class is wait listed, we assume you are not interested and the next person on the wait-list will be moved into your spot.

Oakleigh **ROTARY** Market

Here's Erika and Olive promoting the benefits of U3A. Thanks to **Warren Fricke** and his **Rotary** helpers, we had safe parking and a table provided for displaying some craft work. A lot of interest was shown from members of the public.

TRIVIA QUIZ Friday 10th March 2 - 5pm in the Media Room 41

Always very popular and great fun. Your host **Warren Sapir** has added a twist to the event with bonus points and "sudden death" questions; one round you're ahead but with one rash answer you aren't!

Pay \$2.00 and sign up at reception.

Bring a **small plate** of food to share & your mug for drinks which are provided.

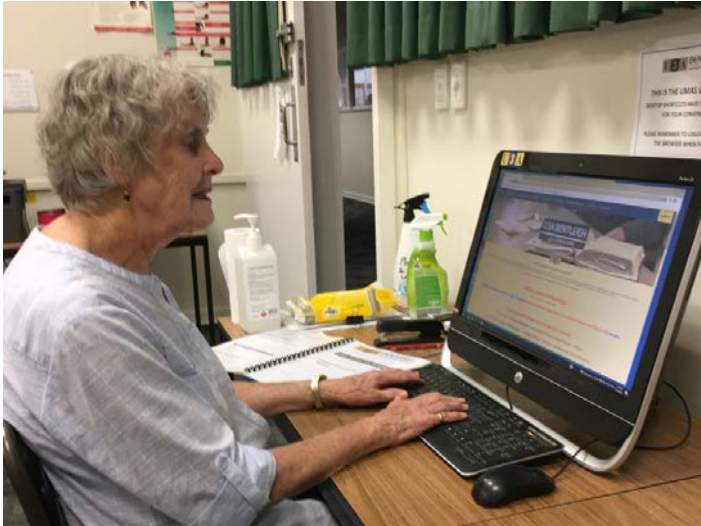
Don't worry if you are on your own - join a table and make new friends.



Umas Tips and Hints

Umas is the online system used across U3A networks and is designed for members to find out about new courses and enrol themselves, read U3A news, change passwords or join as a new member.

Most reception staff do not have administration access and CANNOT REGISTER, ENROL or WITHDRAW you from the system. If you cannot get online yourself, you must fill out bits of paper and your request is delayed until an administrator is available to do what is a fairly straightforward process. We encourage you to try the system yourself (I agree it's difficult if you only have a small screen like a smart phone) Michael and Nick have set up a dedicated computer on the left of the door as you enter the HUB.



Marie Nailon testing out the new Umas computer

Press **any key** and you will see the Umas options, displayed with the Chrome ikon, at the top left of the screen. **HINT** because you are **always** wearing your badge in the building, slip your password in the plastic pocket on your lanyard

A manual is next to this computer with a step by step guide and not to be removed.

Choosing a class is like online shopping; browse the catalogue, add your class to the cart and confirm your choice. An email will be sent to you confirming your enrolment to the class or entry on a wait list.

Become familiar with the system and gain confidence. The worst thing that can happen is you forget to log out but the system will automatically do this if the screen is not used for a few minutes. Copies of the course guide can be found in the lounge, kitchen and next to the HUB computer.

Tuesday is a good day for computer help: Val English for Apple devices & Nick & Michael for all other questions.



DEFIBRILLATOR

Have you seen our top-of-the-range defibrillator on the LEFT of reception window?

Thanks to a very generous donation from an anonymous benefactor, we have been able to purchase a fully automated device. An information session was held during summer school and more sessions will be arranged.

Once opened the machine will show you graphics and talk you through each step, assess the patient's heart activity and automatically discharge a 'shock' **only if needed**.

There's good video information on line; search 'AED'. & look for St John's tutorial. **You** may need someone's help one day.

Combined with CPR, this is a life saver.

At a respected cardiologist's funeral, the casket was decorated with a magnificent floral tribute in the shape of a heart. Following the eulogy, the floral heart parted, and after the casket rolled from view the heart closed. The mourners were impressed but concerned that one man was clearly trying to smother a laugh. Looking rather embarrassed, he explained that he was a gynecologist! The proctologist nearby looked very pale.



Let's Do Lunch

Popular with members who meet on the third Friday of the month, this large group of gastronomes recently enjoyed lunch at the Arcobar in Heatherton and caught up with friends and all their news. I'm told that John Suhr picked at his main course; he was obviously saving himself for the double scoop!

I don't know if Val got to have a lick!

If you have not enroled in a class you are NOT a member of that class.

We have noticed that members are writing their name on a class roll and joining the group. This is possible if you are **VISITING** the class to find out if it suits you, then you need to follow up and **ENROL**.

Class numbers are set for safety or at the tutor's request.

DO NOT ASK THE TUTOR IF YOU CAN JOIN IN!!! ENROL

If you have been in a class for several years you are not automatically still in that class. ENROL

Perhaps give others a chance to try popular classes and challenge yourself with something new.

WEAR YOUR BADGE in the building. Fill out your 'vial of life' so we can quickly contact your next-of-kin in event of an emergency. Keep your Umas password in the plastic pocket to remind yourself when you need to login.

You may know that a fellow class member is "Mary" but which Mary??

If you are not happy with U3A policy, or have other concerns, we do have a grievance procedure. Come and ask reception if you can speak to a committee member.



APRIL Activities

A **Murder Mystery** event is planned

Date **Thursday 13th April**. It involves role play, an Agatha Christie disposition and dressing up in character! Sounds interesting and Erika and Jothi Nelson have spent a LOT of time researching and preparing for this event. **More information next month**

OPEN DAY Saturday 22nd April Time TBA

We aim to have activities in every room, art and craft on display and live music.

This date coincides with the Bentleigh East Farmers Market and the Garden market so we have many prospective new members in the village on this day.

The early date still gives anyone joining U3A, good value for their \$50.00 membership.

A Sign of the Times?

A group of work mates, in their 40's were planing a night out and decided to go to the Italian restaurant on Centre Road because a shapely young waitress there wore a mini skirt.

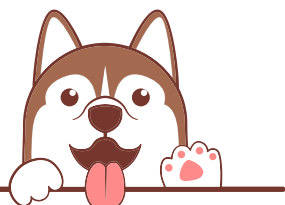
At their reunion ten years later, the 50 year olds chose the same venue because the restaurant offered a varied menu and the beer selection was great.

Forward another ten years and the men, now in their 60's discussed where to dine and again chose the 'Italian' because there was plenty of parking, a quiet atmosphere and it was good value.

As 70 year olds, the men had to decide where to meet and again Centre Road was chosen because the restaurant had wheelchair access and a disabled toilet

The recent reunion of 80 year old mates was held at the Italian restaurant in Centre Road because they hadn't been there before..

HELP WANTED



House/Dog sitter

Do you know of someone who can house sit (East Benteleigh address) and dog sit for 2 to 3 weeks in September? Must be able to walk the dog twice per day. Please send email to publicity@u3abenteleigh.org.au

Saturday Cards

We have had a great turn out for the first and third Saturday Canasta or 500 card games.

If anyone wants to start another board game like scrabble, dominoes, Mah Jong etc. there is another room available.

TRAVEL TO TASMANIA 21st - 28th OCTOBER 2023

Organised by U3A BENTLEIGH TRAVEL CLUB

U3A Benteleigh Travel Club announces the Itinerary for a Tasmania trip in October 2023

Price \$2,470 and includes a return airfare (Virgin); coach transfers (Designer Tours) and twin share accommodation (Tasmania hotels/motels).

This price is subject to change after 21st April. so if you are interested put your name forward ASAP for this price. You can book later but may incur an increased air fare.

The tour includes Launceston, Hobart, Cradle Mountain, a cruise on Gordon River, Port Arthur with harbour cruise, Queenstown, Richmond, Swansea; Sheffield etc etc etc. Pickup and return from/to RSL Benteleigh (Centre Road) A cooked breakfast and some other meals are included.

All inquiries to publicity@u3abenteleigh.org.au will be passed onto Pat Cahill the organiser.

PS you don't have to be a Travel Club member, just a U3A member or a friend of a member (U3A members will have priority if numbers are too large).

FREE STORAGE CABINET

Tall, two door metal cabinet and shelves, would suit a garage or shed for tools etc.

If you're interested ask reception to check it out in room 40. You will need to get it home yourself.

Power Bonus Rebate

If you haven't compared your power supplier and claimed the **\$250 rebate** you have until 30th June 2023 to do so.

The ladies at Moongala In the South building are able to assist you and they receive \$10 for their service. A win for everyone.

Phone 03 9570 3468

Recipe of the Month

THAI PUMPKIN SOUP

- 1 x 3 second oil spray or 1/2 teas olive oil
- 1 medium brown onion coarsely chopped
- 1 butternut pumpkin - cubed
- 1 or 1.5 tbl spoons Red curry paste
- 2 cups or 2 stock cubes - Chicken stock
- 1 small tin light coconut milk

Method: Lightly spray a large saucepan with oil. Add onion and pumpkin. Cook and stir for 5 minutes. Add curry paste - stir for another 1 minute. Add stock + 500mls water. If using stock cubes add 1 litre water. Bring to boil. Reduce heat and simmer uncovered for 30 minutes. Cool, add coconut milk and blend. Check salt/pepper levels. Will freeze.

Low cost; low calorie; vegetarian. Tasty +++ EF