



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

Tel: (03) 9570 3929 Email: office@u3abentleigh.org.au | Website: u3abentleigh.org.au

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,

My absolute intention this year was to enjoy the year and not do so much. HUH!!! That's already gone by the wayside. Still there are a lot of new systems now bedded down that makes time easier to manage so after Easter, I live in great expectations. Also am hopeful that more members will put up their hand to man the Front Office for 3 hours per month.

All tutors and coordinators are invited to a sausage sizzle **Friday 31st March at 12.30pm on the deck**. There will be sausages with or without onions plus tea/ coffee and biscuits with BBQ maestro Michael Bonacci wielding the tongs. There will be a free sausage sizzle for all members in September - date TBA. I might ask the Band to provide entertainment for that as they are sounding very good these days. They would dearly love a drummer.

New courses are starting in April and May - for full details go to our web site then **publications** and tap **class bulletin**, alternatively an updated course list is available on the noticeboard. Enrol via UMAS; in The Hub (help available on Tuesday) or fill out a form and hand to reception. There are more courses scheduled for Semester 2 - so keep your eyes peeled.

If you are absent from a class, you risk being removed so that members on the wait list can join. Not phoning or emailing an apology is very disconcerting to tutors who often put hours of work into their presentations. Please let reception know via UMAS, email, or a phone message if you cannot attend. We will be looking at attendance sheets and start notifying members if we can move them into a class and off the waiting lists. An example is Tai Chi. This course has a big waiting list and if you do not turn up you will risk losing your place. We do understand if you have a health issue; grandparent duties etc. - **just let us know**.

Posters will be going up for a **Murder Mystery** in May and this should be a hoot! Set in a **1920's Night Club** owned by an American gangster's son, anything can happen and does! Murder Mysteries takes a mixture of sneaky brains, a good poker face at times and, most of all, an intention to enjoy yourself. You are assigned a role, big or small, male or female and there will be a moderator there (myself) to answer questions. Come dressed up or not but be prepared to have fun. There will be a \$15 charge to cover food and drinks.

Ciao Erika Fleming

Important Dates

Friday 7th April GOOD FRIDAY **U3A closed**

Monday 10th April Easter Monday **U3A closed**

Saturday 22nd April **OPEN DAY** 930 am - 1.30pm

Tuesday 25th April ANZAC Day **U3A closed**.

Friday 5th May **Murder Mystery** 2pm - 5pm **see page 5**



Your Chance To DANCE

Your U3A is excited to announce that ballroom dancing is coming to Bentleigh. **DanceSport Victoria**, in conjunction with U3A is planning to run a 10 week course of lessons in ballroom dancing covering all styles from Standard (Waltz, Foxtrot) through New Vogue (formerly Old Time) and Latin American (Cha Cha, Jive) and may even include Street Latin (Salsa, Mambo). We anticipate this will commence in **early July and will be FREE** to U3A Bentleigh members.

Dance is an endeavour which improves the quality of life. In its simplest form, it can provide pleasurable aerobic and weight bearing exercise, at the highest levels it can transcend language barriers as music and movement stir the emotions of audiences. In the case of wheelchair **DanceSport**, at least one of the dancers is in a wheelchair.

DanceSport requires no special skill or equipment, except the wish to learn that which is unique amongst the various forms of dance. People of all ages, gender and culture can enjoy the challenges that range from social dancing to competitive action.

We are looking for **expressions of interest** in this course - we would hope that we can attract members of U3A and in conjunction with the Bentmore Men's Shed, make this an enjoyable experience for all. **If you are interested in joining to learn, or brush up your ballroom dancing, please let reception staff know.**

Thank you to **Max Baker** from DanceSport for this great opportunity. Vice president Avril Lochhead met Max through **Connecting Communities to Care**. It is well known that dance, fulfils the important needs of physical, social and mental stimulation.



If you know someone who is isolated and anxious about making that first step back into socialising, and they live in Glen Eira, you may want to recommend they phone **'Connecting Communities to Care'** for a free consultation. and assessment. Phone 1800 010 630
email; enquiries@connectingtocare.org.au

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
Welfare Olive Collingwood
OH&S Officer Nick Ancorra

also

Cynthia Paciocco, Janet Lee,
Dorothy Andrew, Dot Tane

RETIREMENT CHECK LIST

The following suggestions were sent in by **Neville Curtis** after a superannuation meeting, talking about a happy and successful retirement A psychologist adviser said;

Income and home ownership are not the be all and end all in retirement.

Have a sense of control; you are the boss of your life.

Have an identity after your working days finish.

Maintain strong social supports with family & friends.

Keep fit and healthy.

Undertake purposeful activities.

Have someone to love (including pets).

Have something to look forward to.

I think this man had U3A's in mind!

The Business Page

The big news for this month is the introduction of costs for the use of the Gym in the South wing. We have been very fortunate that Glen Eira council had waived charges post Covid, while we grew our membership but from 10th April we will have to pay \$55 for a minimum 2 hour session; at 5 sessions a week that's \$275 for which we could not budget. As you will be aware from Erika's recent email, the fairest way to help cover costs is for members using the gym to pay \$2.00 each time you attend gym class..

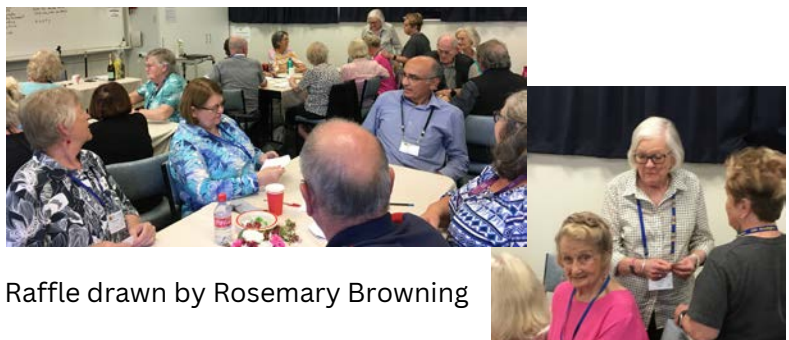
The committee plan to negotiate for shorter minimum sessions and/or a reduced fee. **Cynthia Paciocco** has applied for a grant to help meet costs and she is very experienced and successful, but that takes time and can't be relied on. We will review the extra charge at the end of Semester One. More members will bring more income so tell your friends what U3A Bentlygh has to offer.

STOP PRESS: We have heard today that Glen Eira Council has **waived the Council requirement of a minimum of 2 hour blocks** for rent of the Gym Rm 84. We will keep you apprised via our web site as we learn more. For now we can at least book in 1 hour blocks.

Now we are busier with more classes, please remember to begin packing up 5 - 10 minutes before the end of your class, so desks are clean and in place for the next activity. If you have the next class, please don't interrupt the current one.

Covid numbers are on the rise so keep your vaccinations up to date. We have a new supply of RAT kits; ask at reception. Cleaning hands and tables will continue as we try and reduce cross infection. We will be applying for grants to purchase air purifiers.

The first TRIVIA session of the year was a great success with teams struggling through various categories, including Quiz Master Warren Sapir's favourite subject of geography. Half time nibbles gave participants that last burst of energy and scores were tallied by Jan Sapir.



Raffle drawn by Rosemary Browning

We welcome **Dot Tane** to the Management Committee. Dot was a teacher in her working life and is now enjoying a variety of classes since joining U3A at the beginning of this year.

Dot is the wonderful lady who volunteered to assist during enrolment day and that was before she became a member! She has heaps of energy and is a great communicator.



A big 'Thank You' to Southern FM radio who give us a mention every **Tuesday** morning along with plenty of community information for our area and are well worth a listen. Some of our members have been along to the studio to see how programs are produced.

Summerset Retirement Villages

An invitation for U3A members to a **FREE BBQ on Saturday 1st April between 1-3pm** 52 Golf Road, Oakleigh South at the proposed site of their new village.

See the map and details on our notice board and when you arrive, check out the displays at the village site that were designed by U3A Bentlygh members after an art competition,

How Many Eggs In The Jar?



\$1.00 a guess and if you get the correct number you win them all. The jar and list is in the kitchen area. The result to be announced Thursday 6th April at midday in time for the Easter bunny to distribute them.

New Classes in Semester One

We have exciting new activities coming up. Check out the courses list on line or on the notice board.

M23 231 Exercise and General fitness Room 39
Start date: Tuesday 18/04/23 at 1.30pm - 2.30pm
End date: 20/11/23 **Bring a mat.**

M23 602 Yoga 1st & 3rd Saturday of month Room 39
Start date: 06/05/23 at 1pm - 2pm
End date 18/11/23 **Bring a mat**

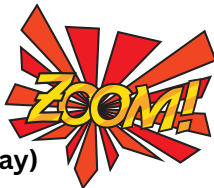
M23 603 Bollywood Dance Room 39
Start date: Saturday 06/05/23 at 2.30pm - 3.30pm
End date 18/11/23 **Wear loose clothing.**

M23 338 Care for Carers (3rd Weds each month) Rm 54
Start date Wednesday 17/05/23 at 10am - 11.30am
End date 15/11/23

M23 339 Falls Prevention One Day Talk Room 39
Date 10/05/23 at 1.30pm - 3pm

Remember that YOU are responsible for recognising your physical ability to safely attend any exercise class. Thank you

New ZOOM Series



M23 230 (Tuesday) or M23 533 (Friday)
LIVING YOUNGER FOR LONGER

Begins on **2nd May** via **Zoom** and runs for 27 weeks on Tuesday 9.30 - 11.30 and repeated on the following Friday. Run By Dr John Beany, the topics are fascinating and range from greening the planet, to healthy eating.

After 40 years as a GP, John lost 24 kilos and began researching healthy eating, food production and its impact on global warming. Time for questions too.
Enrol on line or ask reception

Learn how to play Canasta on Friday at 1pm with Sam Owen. **M23 529 BEGINNERS CANASTA**

M23 337 Tales of Migration begins on Wednesday 5th April (monthly talks) and there still vacancies in this class.

If you are a migrant, do you have an interesting tale to tell; perhaps bring a friend from a similar background so you can tell your tale together. Let reception know that you would be available and we can pass the information on.

Are you a **Spanish** speaker or do you know anyone who can speak Spanish? We have had inquiries for someone to teach Spanish. It would be terrific to add this to or other language classes of Italian, French, German and Mandarin.

If you can help with either of the above please contact Anne Nguyen our course coordinator.

Zoom Friday Fun on line

This month on Friday 21st April at 2pm. - 4pm. A great way for members and **non members** to meet on line and enjoy music, a quiz, some chat and various informative sessions.

Go to the web site tap on "Friday Fun" and then click on the blue text link.

Monthly Italian Film Show

Every month one of the Italian language classes (we have 3) books an Italian Film show in room 41, so keep an eye out for the next show in April- Dateto be advised.

In March members enjoyed a concert by opera singer Andrea Bocelli.

Ukulele Class

Have you been in the building on a Tuesday morning and heard the happy sound of melodies playing ?

John Fitzsimon and his ukulele group are producing some great music and most of his students were complete beginners last year. John is very recognisable in his fancy hats and is seen here on the right in the pink shirt. John can advise you on what instrument to buy at a reasonable cost...you're never too old to learn .



Recipe of the Month

GRANNY'S PEACH COBLER

850 gram tin of sliced peaches
1 Butter cake packet mix 300gm
1/2 cup melted butter or margarine

METHOD.

Pour the contents of the tin into a greased pan 23 x 33 cms & spread the peaches evenly. Sprinkle the dry cake mix evenly over the fruit. Drizzle the melted butter over the mix. Bake 190C for 45-50 minutes.

This recipe was sent in by member Danice Ingliss and came from her 100 year old American grandmother, who kept her 4 bedroom home immaculate, and tended the garden unaided.

Granny also quilted and crocheted, wrote songs and had 3 books of poetry printed.



Jazz Age Jeopardy

Friday 5th May at 2pm room 41
Cost - \$15 for canapes & drinks

Set in a New York Jazz club during prohibition, you will be given a character to play, clues to find and a murder to solve!

A printed description of your character will tell if you're a goody or a baddie and you are encouraged to dress a la 1920's mode.

Sign up at reception.

OPEN DAY Saturday 22nd April
9.30 am - 1.30pm

ART AND CRAFT DISPLAYS

LIVE MUSIC REFRESHMENTS

Showcasing some of the activities available at U3A Bentleigh.

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

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

Pastel students Mark, Leslie and Renate at work on their latest compositions .



HELP WANTED

Would you like to help out in reception? It's a great way to understand the work of day-to-day happenings at U3A and gives you a sense of satisfaction when you know you've helped out.

Shifts are just 3 hours long and you will master photocopying, Umas extension and answer phone inquiries. Supervision and support given.

If you think you want to give it a try, leave your details at reception for Cynthia Paciocco or Carole Cheng the volunteers coordinator.

Challenge Yourself

You might be interested in looking at a free App created by Dementia Australia called

BrainTrack. After some basic health questions, the quiz takes the form of a journey where you meet characters, pack your bags and experience different 'activities'. Once a month you can make a new journey. Each step of the game targets various areas of brain function and gives your results in percentages. It's a challenge but fun and I recommend that you read the tips in **About This App** before you start.

The information page gives health advice about diseases that may increase your risk of dementia and the organization stresses that these tests -

DO NOT REPLACE A FORMAL COGNITIVE ASSESSMENT.

My doctor asked if anyone in my family suffers with a mental illness.

I said "No, we all seem to enjoy it."

Daylight Saving begins Sunday 2nd April. Clocks go **back**. Where did summer go?

Sunset and Stars



It had been a long, hot dusty day in the tour bus, from Alice Springs into the Tamami Desert. Our 'Coach Captain' Rick, was the only driver, so he was anxious to find our camping spot, after traveling nearly 700 Kms. He knew of a clearing ahead, without the spiky spinifex, large enough to set up our 14 tents, the tables and stools and the coach and trailer.

The sun was setting, with the usual grandeur that only the desert landscape can produce, spreading a sparkling red glow, accentuating the clumps of blue-green spinifex and salt bush, against an intense blue sky. Trees here were non-existent, with a seemingly - endless flat horizon, where the sun was majestically sinking into the dusk.

Unfortunately Rick found that the only open camping space was already occupied and spinifex and gibber is not suitable to pitch tents and sleep on lilos. Darkness was fast descending, as it does in the desert, when Rick spotted a neglected dirt track, parallel to a new gravel road. A unanimous hasty decision saw us a half-hour later, the lighting generator chugging, with our tents erected along the dirt track, tables and seating set up and a tantalising aroma of the BBQ dinner by our wonderful caterer was under way. This was our first night in true camping mode - no hot water, or toilets. An ice-cream container for washing and a trowel and toilet roll, constituted our bathroom facilities.

As we were enjoying pre-dinner drinks, a light was coming towards us along the gravel road, away from the main road and two men in a ute pulled up, having a quiet word with Rick. We didn't hear the conversation but Rick came over, with a grim face, saying "We have to move!! We're on a road!" The silence was deafening, until his cheeky grin told us he was kidding. The gravel road was replacing the dirt track to an indigenous settlement and the men were concerned, on seeing our light, that we were the vandals who were stealing the gravel! Convinced that we were only holiday makers, they returned to their settlement, and we enjoyed our dinner under the stars, in the wonderful silence of the outback.

The moon was full, casting a silvery sheen over the now subdued red sand and smooth stony ground. One young man of the group, who was intrigued with the universe, stunned us all by announcing that tonight there was to be a partial eclipse of the moon, and here in the desert without civilised interference, we would have a special view of it.

What a wonderful experience it was, to watch the shadow of the earth passing partially across the glowing moon, surrounded by myriads of twinkling stars, which are hardly visible in our normal built-up surroundings.

The atmosphere was serene, everyone feeling the sense of the wonder of this huge country, and the universe beyond. From the unique sunset, to the one opportunity of the eclipse in a special place, we were so fortunate to have this experience, and to continue our trip up to Broome and the Kimberley, Darwin and Kakadu.

By **Valma Royle** 21/02/23 Member of Wednesday morning '**Creative Writing Group**'. **M23 303**

Gibber-The aboriginal word for stones or small pebbles left behind after the wind and weather have removed everything else.



TRAVEL TO TASMANIA 21st - 28th OCTOBER 2023

Arranged through the **U3A Bentleigh Travel Club** offers a chance to get away with people you know. **Price \$2,470 per person** includes return airfare (Virgin); coach transfers (**Designer Tours**) and twin share accommodation (Tasmanian hotels/motels) and some meals

This price is subject to change after 21st April. so if you are interested put your name forward **ASAP** as a later booking could cost more. There's a registration form is on line or reception can print off a copy

Check the website for the full itinerary and for more details contact 33patC@gmail.com

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).