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Presidential Ponders

Hello Everybody,

I'm sure it was only yesterday that I was writing for the April Messenger and now we are looking at May.

Firstly, just want to thank all volunteers, tutors and members who contributed to such a great day on the 22nd April at our Open Day, especially Ann Watts, who organized and conducted the whole program, arranged the publicity and flyers and then ran around on the day overseeing that all was going well. WOW! Everything was of such a high standard and there were people bopping in the corridors and enjoying themselves. Photos and a couple of videos have been posted on our web site thanks to the efforts of Janet Lee and Michael Bonacci.

There are a lot of one off classes and events in May including, my chat on Wednesday 3rd May, about my parents' journey to Australia in **Tales of Migration**. Wednesday 10th May Werner Depke is giving a talk on **The Spanish Civil War** as part of the 20th Century Wars and Conflicts series and I will tell you about **The Last Australian Cavalry Charge & Bill the Bastard** on 24th May. Keep checking the website and notice board for the latest news.

Friday Fun via Zoom on the 19th May at 2pm features **Mavis Cameron**, talking about being a judge at Melbourne Cup Fashion on the Field. Mavis is a bit of a fashion plate herself and this segment should be interesting.

Jan Sapir from the events committee has sourced vouchers donated from local businesses to give as prizes at various functions. In today's financial climate, many local businesses are doing it tough so please, if you can, support the businesses who are supporting us. These include **Humble Creatures Cafe** in Bignell Road and **Bunnings** in Centre Road. Buy a coffee, lunch etc. and support them as you can.

Just a bit of a heads up: we plan to visit classes, hopefully beginning in May, to ascertain what members believe is **respectful behaviour** - what does respectful behaviour look like?

Finally the winter forecast is for a particularly bad flu season. Please get your flu shots asap. We will be buying and installing air purifiers in all classrooms to try and reduce the level of viruses in the air but it does need members to take care of themselves too, so if you do get sick, consider others and stay home.

Ciao, Erika Fleming

Important Dates

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

Saturday 6th May King Charles III Coronation

Friday 12th May 'Big Morning Tea' 10.30am **Fund raiser for Cancer research**

Friday 19th May Friday Fun at 2pm via Zoom

Volunteer Tutors Sausage Sizzle

On Friday 31st March Erika sliced the onions, Michael grabbed the tongs and Corrie boiled the kettle. Tutors gathered to meet, chat and plan while sitting in the sun and enjoying a sausage sizzle, thanks to the Community Men's Shed for use of the deck.

Tutors are the only reason we have a U3A and we really appreciate the skill and knowledge, effort and commitment that goes into running all the activities that members enjoy. All our tutors are **volunteers** and are the reason that we can offer such a varied program at a low cost.

I'm sure there are many days that they would rather stay home so just remember, if you can't make it to class the least you can do is let your tutor know and **apologise** for your absence.



The Big Morning Tea and Raffle



Raffle tickets \$2 each or 3 for \$5
All proceeds to Cancer research

Have you seen the very generous hamper supplied again by **Pauline Clark** and her family and the oil painting donated by art tutor **Costas Pothoulakis**. All the money raised goes to Cancer research and Jan Sapir was kept busy on our Open Day selling many raffle tickets, so we expect to raise a good amount this year. The raffle will be drawn on **Friday 12th May** at the '**Big Morning Tea**' where you can enjoy sweet treats, a cuppa and listen to this year's speaker **Robert Irvine** talking about The Organ Pipes National Park. Corry and her band of helpers will be there to organize the catering and it's a great opportunity to catch up with friends in **room 39 at 10.30am** and also contribute to a worthwhile cause. The minimum charge is \$5.00 for morning tea but we hope you will give more.

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



Avril Lochhead is officially a multi-media star! She was recently involved in a promotional video with Bolton Clarke, chatting about the advantages of seniors groups like U3A and how we connect with seniors; we'll let you know when this content can be viewed. You or a friend can come and chat to Avril on a Tuesday or Thursday morning at 11am in the kitchen and enjoy a cuppa and cake. Tell her your ideas or have a good wingie! Isolated friends can phone '**Connecting Communities to Care**' for a free consultation. and assessment.
 phone 1800 010 630
 email; enquiries@connectingtocare.org.au

The Business Page

Good news. Some members of the U3A Committee have negotiated with Glen Eira council to delay the payment of charges, for use of the gym, until **1st July** and we can also book in 30 minute blocks giving us better flexibility. Members won't have to pay the \$2 just yet and our hope is that by July, the grant application made by Cynthia Paciocco, will have been approved. Fingers crossed!

Our volunteer coordinator Carole Cheng will be leaving us in July to pursue her other interests. Carole has worked with Cynthia on filling the reception roster, and has to find two reception volunteers each working day; not an easy job when you consider interruptions like health issues, family commitments and holidays. Carole has often stepped in to fill a shortfall herself. Carole took over from Neville Curtis who held the position for over ten years and recruited Carole who is not a U3A member; now that's dedication. We wish her well in her future endeavours.

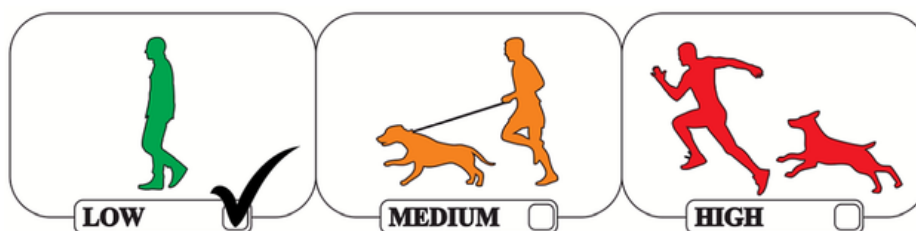
I hope most of you have read the email with the link to the 3 minute video on how to use the Automatic External Defibrillator **AED** (located in the corridor opposite the kitchen). We encourage everyone to view this important link; **you** may be the one in need of help one day. Those without a smartphone or device can use the computer just inside the **Hub**. If you need help, come and ask reception or hub staff otherwise open our website and locate the blue task bar near the top of the screen; select '**latest news**' then click on AED video. You can watch it as many times as you want.

Now we are busier with more classes, please remember to begin packing up 5 - 10 minutes before the end of your class. **Clean desks** and arrange furniture ready for the next activity. Please don't interrupt the current class, but wait for them to leave.

Influenza numbers are on the rise so get your vaccination early. We have a new supply of RAT kits; ask at reception. **Cleaning hands and tables continues** as we try and reduce cross infection. The committee has voted to go ahead and purchase **air purifiers for each room** ASAP, and then apply for a grant to cover the cost. We feel this is much too important to delay.

With a lot of interest shown in the offer from **DanceSport** Victoria, to provide ten weeks of dancing instruction, their executives will be booking the gym (room 84) for sessions in semester two so keep your eyes peeled for further news.

The OH&S team have found 3 great pictures to clearly illustrate the level of activity and fitness needed to safely participate in some classes. These visuals will be added to any active class rolls and the level needed will be ticked. Remember, if you are struggling, stop and sit down. If your tutor feels you are at risk you may be asked to provide a doctors note.



Paul Fullager

Art members of U3A Bentleigh were shocked and upset at the sudden resignation of tutor Paul Fullager, who is now dealing with a family crisis. Paul, a self taught artist, has been at our U3A for 23 years teaching oil painting, water colour and beginners' art (three separate classes at one point). Over the last few years Paul has overcome his own and his family's various health issues but has always managed to come back to his classes. So many members have come and gone, returned and learned from Paul; I recall seeing his very fine and complex pen and ink drawings (one slip and you start again) when he generously opened up his home to display some of his work. We will miss you Paul and send our best wishes to you and the family with the hope that everything improves soon. A bumper farewell party is awaiting you when you are ready so keep in touch.

Recipe of the Month

One Pot Chicken & Rice

30gm Butter
200gm sliced mushrooms
3 green shallots chopped finely
120gm baby spinach
200gm French onion dip X 2 tubs
125mls pouring cream
Roast chicken shredded (left overs ideal)
450gm cooked basmati rice (or microwave pkt)
1 cup each Mozzarella & Cheddar cheeses

Method.

In a large pot melt butter and cook 3/4 of shallots and all mushrooms for 2 mins till soft, then add all the spinach, stirring occasionally.

Add the onion dip, cream and cooked chicken and simmer gently.

Preheat grill on high (alternatively oven 200C)

Heat the cooked rice and place in bottom of a baking dish.

Pour on simmered ingredients.

Sprinkle over grated cheeses and grill (or in oven for 15 minutes) till golden and melted.

Sprinkle remainder of shallots and serve.

Thanks to **Jennifer McKenzie** who sent in this recipe. It's great for left over chicken, very tasty and quick to put together.

New Classes

Wednesday 10th May 1.30pm - 3pm

M23 339 Fall Prevention Room 39

A fall in later life can have a devastating impact on your lifestyle. Rhonda Hill will talk about how to minimize or avoid such an incident.

M23 230 Living Younger Longer (Zoom)

M23 533 Runs Tuesday or Friday at 9.30am

Beginning Tue 2nd May A series of talks from a retired doctor about how your food choices can impact your health and the world. Zoom link will be emailed

Saturday 6th May 1pm - 2.0pm 1st & 3rd Saturday

M23 602 Yoga class in room 39 still has vacancies.

Wear loose clothing and bring a mat. You must be able to get up off the floor unassisted.

Wednesday 17th May 10am - 11.30am 3rd Weds

M23 338 Care for Carers Group. If you are a carer for a family member or friend, it helps to de-brief, take time for yourself and know that others face the same issues. A self help group guided by Gillian Meldrum.

A Bit of Egg-citement

On Thursday 6th April, Vice President Avril Lochhead (seen here on the left) opened the sealed envelope to reveal how many Easter eggs were in the jar. The winning guess of 112 was made by **Helen Campbell** who was in the building having a break between her morning and afternoon classes.

Not waiting for assistance from the Easter bunny, Helen encouraged onlookers to dive in!

The \$65 raised will help with gym fees.



HELP WANTED

Can you help out in reception? It's a great way to understand the 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 learn how to wrangle the photocopier, Umas extension and answer phone inquiries. Supervision and support given.

If you think you would like to give it a try, leave your details at reception for Cynthia Paciocco office manager.

There will be times when reception will have to be closed due to volunteer shortage.

Computer savvy people needed to give assistance in the Hub for casual help. Dot Tane has offered support on Monday between 12pm and 1pm.

Michael Bonacci is a busy man and in for short periods so best to phone 9570 3929 to confirm that someone is in the Hub, before you drop in.

Val English our **Apple IT** specialist is isolating in preparation for her overseas trip. Have a great time Val and come home safe.

Let us know if you can help.

FRAME OF REFERENCE

Physicists define time as the progression of events from the past to the present and into the future. Einstein, however, with his Special Theory of Relativity postulates that "Time is relative" in other words the rate at which time passes depends on your **frame of reference**.

Both these sentences are universally accepted as theoretical constructs; so the truth is we experience the **definition** of time and can have no influence on it.

However what we can and do influence - either in a conscious, subliminal or liminal state, is our **frame of reference**.

We have all, in our lives, had the feeling of experiencing time as in a state of suspended animation; in that the minutes have slowed to seconds and those seconds have gone from milliseconds to nanoseconds and then just liquefied into a quietly ticking mist.

Or indeed the reverse may be true - life and consequence are speeding faster and faster and not at all in our control.

If this happens when we are in a fully conscious state; we may just be aware; and not wish or need to try and alter this continuum.

However if something occurs or is about to occur whilst we are in a **subliminal** state, we may want to in a sense hold back time; or make this time endless.

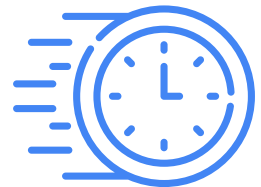
If an event is about to occur while we are in in a **subliminal** state; there can be an effect on someone's mind without their being aware of it; while in a **liminal** state; we may be aware we are on a boundary or threshold- a space between past and present.

On occasions there may be situations in which we may wish to influence the timing; for reasons that are joyous, unknown, frightening or thrilling.

- The shivering anticipation of a first kiss
- Another car approaching at speed and the possibility of an impending accident.
- Recognizing (again!) that first contraction.
- The brutal hand or clenched fist approaching us or a loved one.
- Someone requiring a response; when we know the answer is so close and yet out of our mind's reach right now.
- The chance to take back a hurtful statement said in anger, or the betrayal of a friend's precious private confidence.

In all these situations and countless others we may try to determine if the time is right

- To proceed
- To change an expected outcome.
- To have courage.
- To hold still.



The choice is not always clearly there: or even ours to make, but when it is, we must do our best.

Written by Jennifer Warner from Wednesday morning's **'Creative writing " Class M23 303**

Mornington Get-Away

Offered by the U3A Bentleigh Travel Club is a three night **self drive** break to **Mornington**.

Departs **Tuesday May 2nd**

Returns **Friday May 5th**

Let Pat Cahill know of your intention to join the group then book and pay the deposit to:

Kangerong Holiday Park (who offer a choice of accommodation)

www.kangerong.com.au Phone 5987 2080

Choose your own activities or join in;

Lunch at Dromana Hotel and Portsea Hotels Peninsula Hot Springs or have a game of golf.

Wine and cheese tasting.

Visit The Eagle and Millionaires Walk.

Car pool , bring a friend.

33patC@gmail.com for more information.

Mothering Sunday

Mothering Sunday is traditionally the fourth Sunday of Lent and Christian churches encouraged their flock to attend and pay homage to 'mother Church' and also welcome Spring, the season of re birth. As far back as 1600, domestic servants were given the day off to go and visit their mothers, who they probably wouldn't see for the rest of the year.

In the UK and many European countries this date continues to be celebrated as **Mothering Sunday**.

In the early 20th century an American gift-shop owner began selling **Mother's Day** cards and the commercialization of giving candy, flowers and gifts to mum is now celebrated on the second Sunday in May , a tradition taken up by Australia, so on May 14th

HAPPY MOTHERS DAY TO ALL THE MUMS

Open Day Photos



A gentle stream of visitors wandered in on Saturday 22nd April and listened to a great variety of music provided by U3A members in room 41. The art classes put on a great display with a high standard of work being produced and tutors Elisabeth Golding and Costas Pothoulakis attracted interest as they worked on their pastel and charcoal drawings. Many thanks go to Renate Hubner and helpers who set up and cleared away the art display. Anne Nguyen and Olive Collingwood held the fort in the craft room while, in the card room members played a variety of board games to show just some of what U3A has to offer. Danice Ingliss gave out information on courses and Michael and Janet were kept busy registering 8 new members on the day (welcome and please check the website and notice boards regularly). Hopefully potential members left thinking about joining. We even had the offer of a new tutor. Our intrepid leader Erika handed out leaflets to the passing trade and chatted to visitors. Even a representative from DanceSport Victoria was on hand to tell people what they offer to keep people fit and active. After this information overload, Corry and her assistants Olita and Charlotte served a welcome cuppa. It was a happy and successful day. What a team. (more photos on the web site too).

Murder Mystery

We need more party people for our Murder Mystery event being held on :

Friday 5th May at 2pm
Room 41



Attendees will be assigned a character and given information and clues. We are short of blokes so ladies you can bring your partner (you might get the chance to do him in, if only for a short time!!) The action takes place in a 1920's Jazz Club with a few shady characters so anything could, and does happen. Music, food and mayhem is supplied for the low cost of \$15 per person (pay at reception)

The Events committee have planned long and hard to turn room 41 into a New York Night club and we encourage all participants to get in the mood and dress the part. Long beads and a head band for the women and suit and tie for the men. There will be clues to find and a crime to solve with prizes for enthusiasm!