



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

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Presidential Ponders

Hello Everybody,

Middle of winter and the air purifiers have finally arrived, so hopefully, we can get them put together, plugged in and running before Semester 2 starts on the 10th July. A big thank you to Avril Lochhead our VP for getting this done and to Dorit Tane for helping her shop. Please remember to switch them on as you arrive in class and switch them off as you leave. This cannot become another 'job' for our Front Office Volunteers.

We held a farewell, thank you lunch for some of the reception volunteers who left in Semester 1. We were able to thank Marie Nailon and Lyn Fawcett in person but unfortunately Carole Cheng and Felicity Wigg couldn't make it on the day. We will miss all of you and a deep and heartfelt thanks for your help over the years. Pauline Clark has volunteered to help in the back office and will be on board once she learns the ins and outs of UMAS. Welcome! As usual the catering ladies Olita, Charlotte and Corry did a lot of preparation and clearing up. See photos on the web page.

If you are caring for a family member or friend please consider joining the **Care for the Carers Group** that meets once a month on a Wednesday morning and is aimed at giving support to you in this endeavour. A problem shared is a problem halved.

There have been apologies but also many people just not turning up for classes. I can understand that especially in winter, people are much more inclined to want to stay home but it is very soul destroying for tutors and facilitators who go to a lot of effort to present their classes. I have asked our assistant secretary Janet Lee to send out emails to members to remind them of the classes they have enrolled in and the dates the classes re-commence in Semester 2.

We will have a new magazine rack in the kitchen area and permanent sun block out on the high windows in room 41 thanks to the efforts of Nick Ancora. YEAH!!!!

For the first time we are holding a fund raising morning tea for **Australian Wildlife Conservancy** on **Friday 11th August at 1030**. Nathan Browne and his team do wonderful work, conserving, protecting and just generally looking after our 'at risk' Australian wilderness and its native animals. Come and support this worthwhile cause, put the date in your calendar and then listen to Nathan as he tells you what AWC have done and their plans for the future. So important to us all.

Ciao Erika Fleming

Important Dates

MONDAY 10TH JULY Semester 2 Classes resume

Saturday 15th July Classes resume

Friday July 21st Fun Friday at 2pm on zoom via the link on the website.

Saturday 22nd July 1pm Christmas in July Indian Banquet

Covid Update

At our last Management Committee meeting we discussed the purchase of air purifiers - where will they be set up and how to manage their day to day use in class rooms. This led to general talk about RAT results following symptoms and a positive reading. Recently a committee member with a positive result waited five days, felt well and re-tested and had a negative RAT result. When ready to return to U3A a few days later she wanted to confirm the 'all clear' and although feeling quite well, the test came back positive! What was going on? We know that RAT kits and technique can be unreliable but what about 'shedding'? What does it mean?

Here is information from the **Coronavirus Victoria** web site. To back track, as with most viral infections you feel well during the incubation period of around 48 hours and you are often unaware that **you are spreading disease ie. contagious**. Once the infection has overpowered your cells you feel sick and at this point you do a RAT which gives a positive result. That's when we isolate, however the virus has already spread to others. Once the Covid virus has invaded your body's cells and been overcome, the weakened virus, now unable to grow, sheds via respiration and also is excreted in faeces. In a healthy person this takes around 5-7 days (an immune compromised person 10 - 14 days) and at this point you feel better. A RAT can return a positive or negative result but you no longer have an infection. **The Covid fragments (weakened cells) that are shed cannot infect others but may still show a positive RAT test.**

This confirms the importance of mask wearing, distancing and good hand hygiene. Once you have symptoms it's too late to wear a mask. Because of our age group, we expect that anyone with symptoms of a contagious illness (fever, chills, cough, sneezing) will look after themselves at home. This includes the flu and head colds.

YOU MAY NOT FEEL TOO UNWELL BUT YOU DON'T KNOW THE HEALTH STATUS OF THOSE AROUND YOU PLEASE DO NOT COME TO CLASS AND RISK POSSIBLE SERIOUS ILLNESS TO OTHERS.

Look for information regarding air purifiers when you return to class on Monday 10th July.

Christmas in July Indian Style



Sue Chawla and her enthusiastic group of Indian cookery students are offering a fantastic banquet lunch on **Saturday 22nd July at 1pm in room 41** to celebrate Christmas in July. The menu is on view on the notice board and in the kitchen. A **payment of \$25** per person can be made at reception but you better be quick, as we are almost fully booked. and the list closes on Friday 14th July. This is a wonderful opportunity to catch up with other U3A members, bring a friend along and enjoy some warm and tasty food during this chilly weather.



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

Claim your Power Saving Bonus at Moongala

Moongala Women's Community House in the South wing of Moorleigh village, are able to process the **\$250 Victorian government bonus**. Best days are Monday, Tuesday or Wednesday between 10am and 2.30pm. Take a recent electricity bill and bank details, if you want the money to go directly into your bank account.

It makes your life easier and Moongala receives \$10 for each application they process so it helps their funding too.

Julie took 10 minutes to do my paperwork, I got email confirmation a week later and after another week the bonus was in the bank. EASY!!

The Business Page

Volunteers Needed

We said fare well to 4 **reception** volunteers at the end of semester one. Our lovely Lyn Fawcett has reached retirement age and that alone leaves eight shifts a fortnight to cover.

Corry Veroen has been leading the **catering** team for over twenty years and is ready to hand over and the well equipped computer Hub is deserted between classes because Michael and Nick have other commitments. **U3A does not exist without volunteers** and we want to continue offering a great amenity to members.

Reception Staff Duties include opening and closing rooms, phone inquiries and taking messages, finding information on a read only computer and some photocopying. The shifts are just 3 hours, ideally once a fortnight when we have enough helpers (morning 0930am - 1230pm or 1230pm - 3.30pm) An experienced reception member will double with you until you are confident. We welcome three new volunteers **Meryl Flynn, Jennifer McKenzie and Carolyn Bryant** and I'm sure you will be patient when you come to reception for help. We need to cover alternate **Monday afternoons** and alternate **Wednesday morning** plus some flexible relievers. During September we have several volunteers away on holiday and reception may have to close over some of this period.

Catering Supervisor Our social events through the year always involve food and drink. We need someone to coordinate setting up, and clearing up, purchasing foodstuff (reimbursed) and directing helpers to various tasks. This person will be assisted by members of the Events Committee who usually pitch in to help with running these occasions. If you are a good communicator and an organized person you would be ideal. You don't need to be a cook!

Computer Support Person We are looking for people to be in the HUB for short sessions, to answer those tricky questions that we non technical people get stuck on, like setting up an email address, attaching a photo, something has disappeared from the screen -- stuff that really stumps our progress! If you can commit a few hours, members can book in for help. If there are common questions, you may even want to run a session for a few members.

If you can offer help with any of these volunteer jobs please come and talk to reception staff or better still email office@u3abentleigh.org.au and tell us what you can do.

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

Do you tick the class roll every time you attend class? Do you have a monitor who does this? If you leave before the end of class, do you tell someone and circle that day's tick? It is important that we know who is in the building at any time in case there is an emergency BUT also **if office staff see that a class of 24 people has a regular attendance of 9-12, we will remove members not attending so those wait listed and new members can join.**

The next **Third Wednesday film (19th July at 1pm)** will be the 2008 release **'The Boy in the Striped Pyjamas'** About the friendship between an eight year old boy, who is the son of the concentration camp commander and a Jewish boy inside the camp. There has been poor attendance to our film sessions this year so don't forget the date.

Have you scored a free loaf of bread from the kitchen? **Baker's Delight** in Bentleigh East donate what hasn't sold at the end of the previous day. The bread is delivered to Moongala and they very kindly bring some over to U3A.

Recipe of the Month

Impossible Citrus Pie

- 4 eggs & 1 cup sugar
- 1/2 cup melted butter
- 100 grams slivered almonds
- 1 cup desiccated coconut
- Grated rind of 1 orange & 1 lemon
- 1/2 cup orange juice & 1/2 cup lemon juice
- 1 cup milk
- 1/2 cup sifted SR flour

Method

Heat Oven 180C (less for fan forced)
 Mix all ingredients thoroughly in a food processor a for a minute.
 Pour into a well greased 28 cm pie tin.
 Bake 1 hour then allow to cool and set.
 Delicious served with cream

Recipe supplied by Rosemary Browning and great for using up all those lemons in the garden.

R-E-S-P-E-C-T

Find out what it means to US! I hope most of you have had a visit from some members of the committee about what is respect. I've seen some great comments on class boards that members have come up with and it has triggered some thoughtful conversations too.

We all know what respect is but there may be times when we've had a bad day, misunderstood someone or just don't stop and think.

If we don't communicate well there is redress through a complaints process as a last resort. So allow time to find parking and get to class on time, turn your phone to silent and listen - truly listen- to others.

See below how poor communication can get out of hand!!!



Sixteen years ago Stanislav arrived in Australia from Poland. He was a hard worker and soon learned enough English to woo Cheryl a dinky-di Aussie lass. They married, bought a house and settled down. Like all marriages they had their ups and downs but life was pretty good. However last month Stan contacted a lawyer and wanted to commence divorce proceedings immediately. After lengthy quizzing to establish reasonable grounds, the solicitor was still unsure why Stan was so determined to leave Cheryl. "She want to kill me." said Stan. "How do you know this?" asked the lawyer. "I see in bathroom cupboard. She have bottle. It say POLISH REMOVER."

Thanks to **Pat Mitchell** for the above and I apologise for drastically shortening the joke.

Farewell to Paul Fullager



Neville, Paul & Renate



Judy and Paul

The art students put on a great farewell party for their tutor Paul Fullager who has been teaching voluntarily for twenty three years at U3A Bentleigh. Paul's wife Judy came along for the occasion and could see how much her husband is appreciated and will be missed. Paul and Judy have family in country Victoria and an on site holiday cabin for long get aways so I'm sure they have already escaped the chill of Melbourne for warmer spots.

We are advertising for replacement tutors and in the meantime the Tuesday art students are supporting one another by attending class and making use of Youtube tutorials.

A Tale of Unrequited Love



The sound of silence was shattered by the high pitched shrill of our Queen of the Banshees, Hag of the Mist, as she swept down from the darkening clouds in her black chariot to visit her very dear friend, the indomitable Blarney McNob, the greatest of all Leprechauns.

Hag was in her happiest mood and her alarming screeching was her version of singing; at the highest decibels, and with prolonged use, it could and does damage normal hearing. But not to our intrepid Leprechaun Blarney, far below the Earth's surface. Tap, tap. Can you hear it? Lay your ear close to the hill. Do you not catch the clamour, the busy click of an elfin hammer? The voice of the Leprechaun singing shrill as he merrily plies his trade.

"Are you there Blarney, my dearest?" shrieks Hag. "I have come to visit you", she shouts down a hollow log that is the entrance to his home. He looks up from his work, "Oh begorrah, it's Hag." If only he had known, he would have made a magical disappearance but now Hag would find him since she also had special powers. Not as good as me Blarney puffed, but not too bad. "Okay, I'm coming" he called and popped into her view. "What do you want Hag? Nothing to do? No Banshee duties at present?"

"No Blarney." For a moment Hag appeared to blush; on her translucent ghostly face a slightly red flush appeared. "I've come to ask you to marry me. I realize I have been in love with you for hundreds of years."

Blarney was slowly starting to boil up with rage. "I never picked you for being idiotic. Our friendship has been based on treachery, mischief, cunning, and slyness; all the attributes that Leprechauns admire, certainly not love. "No Hag, you are a fairy and I am an elf. We don't experience love like humans. You have spent too much time with people, warning them of impending death. We don't marry, you know that. All Leprechauns are male and all Banshees are female and never the twain shall join. Get back in your chariot and be off Hag."

"Oh you vile, ugly little elf. I hate you," spat out Hag "I'll put a death curse on you."

"Don't bother Hag. I'll live forever and so will you. Glad to see you're coming to your senses; that way we'll stay friends for ever."

As she flew off Hag continued to rein abuse and insults at Blarney shrieking as she left "I detest you, you egotistical little runt. Do you ever think of anything nice?" Blarney McNob chuckled to himself and softly said, "Yes, making shoes, being mischievous, gold coins, shamrocks and everything green."

Written by Margaret Radford member of Wednesday morning's **Creative Writing Class**. The topic set was "If only he/ she'd known."



Legend says that all the snakes were driven out of Ireland by Saint Patrick. I was thinking, it would be awful hard to get the seat belts on all those snakes.

FOR THE GRAND CHILDREN

Leprechauns are a type of Irish fairy usually described as being small and wearing green clothes and hats.

According to folklore they spend their time making shoes and they can hide pots of gold at the end of a rainbow.

If you ever manage to catch a leprechaun they may grant you three wishes then you have to release them.

What happens if a leprechaun falls into a pond?
He gets wet.

Why did the leprechaun stand on the potato?
To stop himself from falling into the Irish stew.

What do leprechauns call a fake diamond?
Sham rocks.

Why do leprechauns love to re-cycle?
Because they're green.

Good Bye Marie and Lyn

Friday 21st June was not only the end of Semester One 2023 but also the day when we had to say farewell to some hard working volunteers and a helper. Carole Cheng was busy volunteering elsewhere and unable to come; Carole not only organized the reception roster but worked to fill a lot of gaps when people were away. A valuable person and we will miss her help and organizational skills.

Felicity Wigg has been at the reception window for many years but now has increasing family commitments. Felicity couldn't make the farewell as she was recovering from a minor procedure. We hope your recovery is going well and you know where we are, so pop in for a cuppa and chat.

Marie Nailon is another of our long term versatile volunteers who initially was on the committee as treasurer then assisted in reception for several years. Despite also having family responsibilities, she was able to catch up with members and we hope to see her popping in from time to time especially for choir and taking advantage of the activities on offer.

Finally we are sadly losing Lyn Fawcett who hasn't been with us long but she's certainly made her mark.

Lyn came to us as a New Start helper and just fitted in right from the beginning. Always cheerful, chatty and well informed, she had to travel one hour on public transport to get here. Lyn went over and above the needs of the job and was invaluable helping out in the back office as well as reception. Happy Birthday and a long retirement.

Many big shoes to fill so if you have big feet perhaps you can offer to help in reception! Ann Watts will be covering Carole's position so if you want to find out more about duties, come and talk. Ann was not an office person in her working life but says she enjoys the interaction with members and tutors and has learned heaps along the way.



Left Lyn, Erika and Marie
Below Avril and Lyn



Did You Know?

If you hang a small bunch of eucalyptus leaves in the shower, the steam from the shower will activate and release oils that help with congestion, stress, inflammation and headaches. Smells lovely too.

A study has shown that sniffing a bunch of rosemary may increase your memory by 75%.

Eating pistachios before bed time helps with sleep as they are rich in melatonin.

Thanks to Cynthia Paciocco for these hints with the caveat, 'Don't know if they work'.

Australian Wildlife Fund Raiser

Australian Wildlife Conservancy (AWC) is a science based leader in conservation and land management that delivers high impact results when it comes to protecting our unique habitat and native animals.

AWC aims to protect the huge wilderness areas of Australia. Come and listen to ecologist Nathan Browne, a passionate environmentalist, talk about his work and dreams.

Look for information at reception later in the month to book in for a morning tea at **10.30am** followed by the talk at 11.30am and the chance to win a raffle prize..

Book the talk now on Umas or at reception

M23 534 Friday 11th August at 11.30am