



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,

You are all invited to come for **A SPECIAL EVENT**. For the first time, U3A Bentleigh is hosting a money raising event for the support of our **Australian Wildlife**. All monies raised will be given over to this very worthwhile cause where it will be used to build rabbit and feral cat free enclosures where our endangered species can be re-introduced into the wild. Morning tea starts at 10.30 on the 11th. where members will be asked to give a 'Gold Coin' donation to enjoy the goodies in room 39 donated by our volunteers. There will be a raffle and then Nathan Brown will speak at 11.30 in room 41. Please support this wonderful work.

We would all like to say a big Thank You to **Rachel Golombick** who stepped up and has been fulfilling the role of treasurer during those very trying times over the Covid pandemic - Thank You Rachel. And we welcome our new treasurer **Brian Quintall** who is joining our team. We look forward to his input as we go through, what I predict, will be a wonderful period of consolidation. Welcome.

Our **'Sausage Sizzle'** for **all members** is booked for the deck at 1230 on the **22nd September**. Master Chef, Michael Bonacci will be flipping sausages, Corey and her gang will be on hand providing tea, coffee and a biscuit. Hopefully, the Band providing live music and me of course, giving a speech. This is a **free** event for all members of U3A and we hope the rain gods are kind to us and stay away.

The Band have been toying with what to call themselves for a wee while. Are there any creative members who can come up with a great name? Email publicity or give your suggestion to one of the committee members and it will be passed onto them. It can be smart but keep it clean.

After much discussion, Yakov Elgart and I have decided to end the Monday Health Club. Thank You to the faithful few who supported this idea.

With the War and Conflict series - Eric Aston will cover Kokoda and Milne Bay on the 9th and Warren Sapir will cover the Middle East Wars on the 23rd. New attendees always welcome.

We are still looking for someone to lead the oil painting and water colour class on a Tuesday. Anyone know anyone, please let Anne Nguyen or myself know.

I hope everyone has a look at our web site now and again. Not only is it FULL of information on what we do, the events coming up etc., but it also has a picture segment. Have a look at the photos that we have posted there of our recent Christmas in July - Indian Style. Thank you Sue and everyone for a terrific event.

Every U3A I've heard about recently is struggling with members willing to volunteer. Some are closing for some sessions, some are not taking any more members. When a heavy load falls on a very few, those few become exhausted very quickly. Even a commitment of 3 hours a month would help. If you can help in reception see Ann Watts asap.

Ciao

Erika Fleming

Important Dates

Friday 11th August 1030am Wildlife Fund raiser

Friday 18th August Friday Fun 2pm on zoom via the link on the website.



**Friday 11th August at 11.30 am in room 41
M23 534 Australian Wildlife Presentation
Fund raising MorningTea & Raffle @ 10.30**

We are very fortunate to have land protector, Nathan Brown come and talk to us about the work that his not for profit organization is doing to preserve and improve wilderness areas in Australia. With a Master's degree in Environmental Management, Nathan and the Australian Wildlife Conservancy (AWC) takes a science based approach to land care and this in turn improves the habitat and growth of our native animals. Prior to the talk at 11.30am we encourage you to come along at **10.30am for a morning tea**, provided by U3A volunteers, and make a generous donation to the AWC. There will be prizes to win too. Any improvement we can make to our environment now will benefit the unique and wonderful flora and fauna for our grandchildren.

DanceSport Victoria - First Class

Max and Lorraine have started their ten weeks of dance classes in the gym. Max says a great crowd is turning up and he's happy to see some men amongst the numbers plus some experienced dancers. At present the plan is to spend an hour at each session, but as people improve, there will be a break for a hot drink then the class will continue. It's pretty cold in the gym so wear a warm outfit and keep moving. We are very lucky to have been offered this great experience by the professional instructors at **DanceSport Victoria** so make the most of this opportunity. Thanks Max and Lorraine for the photos.



Max Baker
Supervising
→



Getting the hang of it

2023 Committee

- President** Erika Fleming
 - Vice President**Avril Lochhead
 - Secretary**Linda Osborne
 - Treasurer** Brian Quintall
 - 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



Pat in her garden

VALE

Patricia Miles Passed away 20th July 2023 at her aged care facility in Cowes. Patricia joined U3A Moorleigh in 1995 and was a valued office volunteer for many years. Her daughter Christine, says Pat loved working with the office people and made many friends who she missed when she left her house in 2022. Our condolences to her son Steve, Christine and families.

The Business Page

During the mid winter break, committee members caught up with cleaning, paperwork and a general tidy up. We must thank Don and Peter for carrying all the old chairs out, for hard rubbish collection and to Megan from the Moorabbin Toy Library for the loan of a trolley. We have had great support from the library staff particularly when classes are being held on a Saturday.

Members were emailed, advising that we will not hear until September, if our application for a 'Facilities Grant' from Glen Eira council, to cover the gym hire, has been approved. Due to all the fundraising done by the events committee, we are in a position to cover the cost of the gym hire at present and hope that the grant is approved. If not there will be a cost to users of the gym, from the time we hear.

The next **Third Wednesday film 16th August at 1pm** will be the 1944 film **CASABLANCA** which a number of members have requested. A classic film starring Humphrey Bogart and Ingrid Bergman. Set during WW2, night club owner Rick, helps his former lover and her husband escape Casablanca. Old feelings get rekindled.

You will have noticed air purifiers in most class rooms (some we still have to wrangle the base off so we can put the filter in!) The purifier must be kept upright on a flat surface and dry. Reception staff are usually too busy to turn these on each morning so if you are attending a class and the machine is not running, please switch it on/off when you attend or leave. We suggest that where possible use the power point on the wall to turn on/off. The switch on the machine is low down at the back and difficult to see; (probably designed by an expert!) When it's turned on you will see a blue light on the top and hear it humming.



Did you hear Avril Lochhead (VP) chatting to Pat Watts and Pauline O'Brien on **Southern FM 88.3** radio? She had a great session talking about the activities happening at U3A Bentleigh. If you want to listen to other sessions, use the community radio app, select the station then go to 'programs' and scroll to Tuesday's **Community Capers**. The presenters always give us a good wrap. Well done Avril and thanks Southern FM radio.

Check out the new course guides and notice board as there have been a few class cancellation due to poor response. Eric Aston had a good attendance at his short course 'Beginners Chess' last term and he did such a good job that no one else needs help. We had no enrolments for the Men's book club so thank you Mark Harris for offering to run a class. We thought you chaps might enjoy some bonding time.

If you are a tutor and you are unable to hold a session, **please let reception know** as well as your class members who often phone asking if such and such a class is 'on'. If we don't have a note in the diary we are likely to give out the wrong information. Thanks

Reception staff are an endangered species! "Thank you" to volunteer **Beth Jones** for her many years of help on Wednesdays. She is off to Perth to be nearer family and we wish her all the best; such a big change. **During September, 5 reception volunteers are taking holidays at various times. It is most likely that reception will be frequently closed as the team is already short of five staff.**

If there is a class running in the computer Hub, would you please **wait until the session is over before entering. Thank you.**



England, the 60's & Triumph of the Beatles

M23 236 Tuesday 15th August at 10am in Room 41

Get in fast for this terrific 4 week course with David Hutt and re-live those marvelous days when you had hair, mini skirts and flared pants and you could actually sing along to the songs (if the screaming didn't drown you out.) Enrol on Umas or hand your request slip in to reception.

Happy Birthday 100

On Wednesday **August 16th** the Creative Writing Class are helping **Pamela Nicholls** celebrate her 100th year birthday. Pamela has been in the group for 26 years and walks from the main door to room 39 with just a walking stick, contributes to the discussions and gets her cuppa during the break. If you know Pamela, pop in and say congratulations.

Lorraine Harris, tutor of the **Creative Writing** group has obtained this potted biography from Pamela's daughter Laura Sykes.

PAMELA'S STORY

Pamela was born in 1923, attended Loreto Convent Mandeville Hall for her schooling. She enrolled in Melbourne University to study journalism but when the 2nd World war broke out she enlisted in the Australian Navy and became an officer. She was deployed to Canberra and Townsville where she deciphered codes from Japanese submarines in the area off the Australian coast. She was acknowledged by Bletchley Park in UK for her effort in the war.

After the war she married John Nicholls in 1947 and she returned to university but had to leave not long after because she became pregnant with her first daughter Carolyn. In those days a woman wasn't allowed to attend university if pregnant. She subsequently had 4 children in 5 1/2 years and spent the rest of her life as a home maker.

She traveled extensively throughout her life. In 1956 she and her husband left the 4 children in the care of their aunt and grandmother whilst they spent three months traveling in Europe. They returned for the Melbourne Olympics in 1956 and hosted the Cuban team. Pamela spent all her life traveling and boasts having been to every continent on the planet except Antarctica.

John and she purchased an apartment in Threadbo in 1961 and spent many happy holidays there skiing with their children and friends. In their retirement they traveled widely around Australia in their Camper van. They loved the natural habitat and bird watching. When her husband John died in 1984 of cancer she continued to travel on her own. She was adventurous and often went to remote places off the well-worn tourist destinations such as:

South America, Jordan, Turkey, Russia, Mongolia on the Trans Siberian railway, Africa, India and North America up the NW passage.

Pamela has always read avidly being a regular borrower at the Cheltenham library. She attended U3A Bayside Shakespeare class since its beginning and for about 3 years was the class leader/facilitator. She still attends this group as a participant at the age of 99 years. Pamela says she's always been blessed with good health and good fortune. She has 5 grandchildren, 5 great grandchildren and 6 great-great grandchildren. She has always been a lover of the Arts, Theatre and Opera.

She still attends and is a much valued member of U3A Benthleigh Creative Writing group having joined on the 1st February 1997, 26 years ago. She has written her memoir, self published called "Whispering Wattles", primarily about her childhood on her family's sheep farms and her over seas travels.



Pamela on her 99th birthday

I googled tips for living a long and healthy life. Here's what centenarians have said-

Eat a healthy diet and avoid fast food, get plenty of sleep, everything in moderation, don't let things upset you, mind your own business, never retire, love what you do, be nice to everyone, have friends and socialize, exercise and plan ahead.

If you belong to U3A you have a head start.

Recipe of the Month

Syrup Dumplings

DUMPLINGS

1 cup SR flour
1 tbl spoon butter
1 egg
1/2 cup milk

SYRUP

1 cup water
1/2 cup sugar
1 tbl spoon syrup
1 tbl spoon butter

To make the dumplings, rub the butter into the flour.

Add the beaten egg and milk to form a stiff dough.

For the syrup place all ingredients in a heavy saucepan and bring to the boil.

Drop in table spoons of the dough mixture and simmer for 20 minutes - no longer.

Serve with cream or ice cream.

Go on a diet next week!!

Thank you to **Olive Collingwood** for this delicious contribution

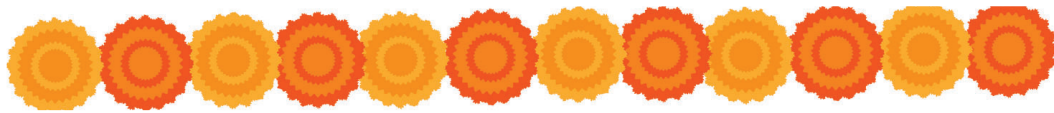
Changing of the guard

With the end of the 2022 - 2023 tax year we say farewell to our treasurer **Rachael Golombick** who has balanced the figures for the last 2 years. After lots of paperwork she has handed over to new volunteer accountant **Brian Quintall** and she can now relax and enjoy the benefits of U3A membership.

Brian is a member of the choir and as treasurer, he now automatically becomes a Management Committee member.

We thank Rachael for all her hard work and we welcome Brian who will be supported by Rachael until he is

up to date with the mysteries of MYOB.



Sunila (right) tutor & organizer of the celebrations



Indian Feast



After hours of planning, days of preparations and the physical effort in setting up then clearing up, it was all worth the effort. Led by **Sunila Chawla** and assisted by her students from the Indian Cookery class a magnificent banquet was served to around 45 members and friends. Sue will be putting her feet up for the rest of the week but cooking classes return on Tuesday 1st August at 1pm. Thanks also go to the other volunteers from the events committee, the catering group and the heavy lifting squad.

If you need to talk to **any** office staff, always go to the **reception window** in the main corridor

The door is open for ventilation not visitors.