



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

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Presidential Ponders

Hello Everybody,

Hopefully, a few people have noticed that we have a new treasurer, Brian Quintal. Brian seems very open to having new ideas considered, so if there is something about our U3A finances you would like to discuss, please have a chat with him e.g., is there something we need to consider purchasing? We will be reviewing our cost structure in the Committee of Management soon and one of the things we will be looking at is going back to not having to collect monies for tea and coffee next year as well as setting a fee that will cover the continued use of the gym in 2024. Any other ideas, let Brian know asap.

I want to thank all the very generous members who have donated extra monies to our coffers over the last 2 years. Many have done this anonymously and very quietly. This helped us to weather the perfect storm of the last 2 years where member numbers went down, the cost of utilities rose and we tried to upgrade parts of our infrastructure to make things easier for members and office volunteers e.g., a new phone system, directory board etc. **Thank you.** We appreciate what you have done and as most of these donations were given anonymously, I hope you accept this as a pat on the back from all of us.

We now have a good number of new members started at U3A Bentleigh, our costs have stabilised and though we will be putting up our membership fee for 2024, we will keep the fees as reasonable as we can to cover our costs only. As you all know by now, we received a Facilities Grant from Glen Eira Council to cover the costs of the Gym fees for the rest of this year. Such a relief and a **big thank you to the Council.** Our application was successful in large part due to our grant application which was put in by **Cynthia Paciocco.** Well done Cynthia, you certainly know how to put a successful application together. Great stuff.

Our band, now called Re-Take will be playing at the sausage sizzle on the 22nd September and please put aside Friday 1st December from 1030 -12 for our Christmas get together cake and ice-cream again I think.

Welcome aboard to our new Front Office volunteers. Lovely to have you. We still will be a bit short over September as a number of regulars are taking time off so be patient at the window. Remember, we are all volunteers and are doing our best.

Finally, I want to thank Nick Ancora and his dad who do a lot of work 'behind the scenes.' They fixed the table tennis tables, put up block out in Rm 41 that is actually staying in situ and not peeling off, they have finished a new magazine rack for us to put in the kitchen area, etc. All good stuff. Many people do lots of things behind the scenes, all contributing to a great U3A Bentleigh. Sometimes, we don't individually thank these people but we do appreciate this communal effort.

Ciao

Erika Fleming

Important Dates

Friday 15th September Friday Fun 2pm on zoom via the link on the website.

Friday 22nd September 12.30 pm **Sausage Sizzle** for all members on the deck

Friday 29th September **CLOSED FOR PUBLIC HOLIDAY (Footy finals)**



Thanks to all the members who donated food and raffle prizes for the fundraising morning tea last month. We raised \$193 which is a pretty good effort, as member response wasn't great. The catering team worked hard setting up and packing up. This team of four work really hard for all our social events. Thank You.

Victorian Seniors Festival in October

Keep Friday **13th October 1pm** free for **Warren Sapir's** popular **TRIVIA QUIZ**. Prizes and fun to be had and a booking form will be available closer to the date.

OPEN HOUSE at U3A Bentleigh from **Monday 16th - Friday 20th October**. As part of the Victorian Seniors Festival we invite seniors to drop in and see what's available at U3A so expect visitors to classes.

A special event on **Friday 20th October** at 12.15pm we welcome antiques specialist **David Freeman** from **Amanda Addams Auctions**. David will give a short talk and then provide information and valuation of your two small treasures.

On Monday **October 23rd 6pm - 7.30pm**, U3A Bentleigh members have been invited to an **art exhibition** at **CLASSIC RESIDENCES** to enjoy complimentary canapes and bubbles and view the stunning work of local artist **Antionette Ferwerde** with her exhibition focusing on Flowers and Springtime. Again a booking form will be available closer to the date.

VALE

It is with great sadness we note the death, on the 2nd August, of our ukulele tutor **John Fitzsimon**. Recognized by his flowing locks, decorated hats and mellow singing voice, John introduced the ukulele to us last year and class numbers gradually grew under his direction. John had indicated recently to his class that he was ill and would be unable to continue teaching in term two, however he did pop in to see how Larry Finn was managing his musicians. The class has been supportive of John and I get the impression that John found comfort in both music and the company of members. Our condolences to his family.

Concentrating

2023 Committee

President Erika Fleming
Vice PresidentAvril Lochhead
SecretaryLinda Osborne
Treasurer Brian Quintal
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

Ode to 'I'm on a Committee'

Oh, give me your pity - I'm on a committee
 Which means that from morning to night,
 We attend and amend, we contend and defend
 Without a conclusion in sight

We confer and concur, we defer and demur
 And reiterate all of our thoughts.
 We revise the agenda with frequent addenda,
 And consider a load of reports.

We compose and propose, we suppose and oppose
 And the points of procedure are fun!
 But though various notions are brought up as motions,
 There's terrible little gets done!

Thanks to **Cheron Rimmer** for the Ode.
 Not a comment on our committee I hope!

The Business Page

You will all have heard the great news that U3A has been successful in getting a 'Facilities Grant' from Glen Eira council, and this will cover the hire the gym for the remainder of this year. I would anticipate that when the management committee review the membership fee for 2024, they will have to consider the extra cost in hiring the gym; so important for our age group to continue with these different weight bearing exercises.

More good news! We have a new office recruit **Ulrich Seydel** who is computer savvy so he can assist with IT problems as well as take the load off the reception roster. He will be available all day Monday and Wednesday.

Margaret Littlechild who has worked in reception on Wednesdays for many years, has taken this opportunity to have a break from her duties. Margaret travelled here by public transport (a mammoth job in itself) and has wisely decided that donating her time as tutor of the recorder group will keep her busy enough. Thank you so much Margaret for all the hours you spent handling all those tricky enquiries.

Val English has returned from her European trip so **the Hub** can offer 3 morning sessions for those who need help with technical issues. You **must book in at reception** and days available are **Monday, Tuesday** and **Wednesday** mornings with an hour allotted for each session. This is also your chance to check or re-set your **login pass word** on Umas and practice scrolling through courses in readiness for next years enrolment. (date Dec.5th) This takes a load off volunteers and ensures you have the best chance of getting into that popular class you missed this year.

Course coordinator, **Anne Nguyen** has sent out requests for expression of interest, to current tutors willing to take a course or talk next year. As you know we rely on the enthusiasm and dedication of volunteer teachers to provide the great range of activities offered. If you have a passion or skill that others would enjoy, now is the time to email Anne at courses@u3abentleigh.org.au

The next **Third Wednesday film on 20th September at 1pm** is the 1957 film **An Affair to Remember** with Cary Grant and Deborah Kerr. A couple meet on a transatlantic voyage and although they are romantically involved with someone else, they arrange to meet six months later in New York.

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

Glen Eira council have produced a great brochure listing useful **contacts in the community**. It's a handy resource and if there aren't any left near the notice board or kitchen, let reception know and we'll get some more.

On **Friday 22nd September** we have arranged warm, dry weather so members can enjoy a **sausage sizzle** out on the deck. This is a **free event** and a chance for members to socialize and enjoy live music from the band who have come up with the name **RE-TAKE**. No need to book just arrive at 12.30 and relax.



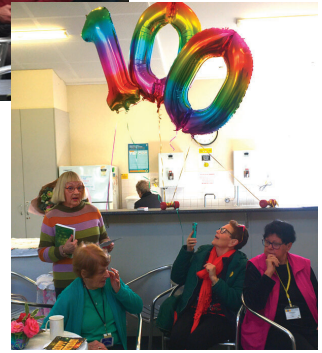
If you drop or spill anything in the kitchen, there is a dish cloth for wiping up spills and tea towels under the sink for drying your cup. Thank you.

With the end of the year rapidly approaching we have now offering a reduced membership of just \$30, so if you have friends who may be interested, now is their chance to visit a class and see what's going on. This fee will provide membership till the end of November and ensure that they receive all notifications for the 2024 program.

PUBLIC HOLIDAY - FRIDAY 29TH SEPTEMBER WE ARE CLOSED FOR FOOTY FINALS NO CLASSES HELD

The last two weeks in September are school holidays but not for us. Classes will continue as usual unless your tutor has advised other wise.

Happy Birthday Pamela



Lorraine Harris and the Wednesday Creative Writing class pulled out all the stops and turned our bland kitchen area into a welcoming tea shop with table cloths and fresh flowers to help **Pamela Nichols**, accompanied by her son Stephen, celebrate Pamela's 100th birthday. Danice performed a feat of engineering to get the balloons facing forward and the pink iced sponge was delicious!

Patsy's Chair

Aunt Myra, at 92 years of age, was moving into a hostel. Her mind was fine but her body was frail and she couldn't manage at home any longer. Sitting in her favourite easy chair that she inherited from her mother Kathleen, it was worn but if upholstered it would be a nice antique piece, she looked at all her possessions and recalled all the memories of her long life. She devised a plan; she couldn't just get rid of it all as her son suggested; the girls, her daughters and nieces may want some of it.

Myra decided she would organize a last afternoon tea in her home, a chance for a final girls get together in her house but she didn't want to cause unnecessary conflict; what if two or three girls wanted the same thing? Patsy and Maureen both liked old stuff and the other four would be polite and take something as a keepsake. Her plan was, if more than one person wanted an item, she would ask them to talk about it, share their memory of it then the group could decide who should have it. All her treasured crockery would be up for choosing and what's left would go to St Vincent's De Paul.

On the afternoon of the tea party, the best crockery came out to be used for this special occasion and afterwards anyone who wanted, could take some or all of it. Myra ordered scones and slices from the bakery but she needn't have bothered as everyone brought something. They all had a lovely time talking about the old days and then Myra asked them to choose or declare interest in an item and she wrote it down so she wouldn't forget. The 'girls' as she called them, even though they were in their sixties and seventies, were reluctant at first but Myra insisted and wanted it done so four agreed to divide up the crockery, so their children could also have a keepsake. Others selected what they wanted then it came to grandma's easy chair that Myra sat in.

Both her daughter Maureen and her niece Patsy, expressed interest in the chair and Myra's instinct was to let her daughter have the chair but she was glad that the group would decide. Daughter Maureen started with her reasons why it should go to her; Myra had been Kathleen's youngest daughter and Maureen recalled how the chair had been used through out all the years and although the kids weren't allowed to use it, (it was covered and sat in the sun room) it was reupholstered in the 1970's when orange and brown coloured furniture was 'in'.

Patsy said that she remembered sitting on granny Kathleen's knee when she lived with her for two years while her mother was hospitalised. Granny would read to her every evening before she went to bed. She remembered a grandmother who was very strict through the day, being gentle with her, sometimes singing, sometimes reading to her. Patsy often cried before going to bed as she missed her mother and granny would comfort her and talk about the time when she was a girl in Belfast.

The group decided the chair should go to Patsy who reupholstered it and it took pride of place in her living room. Patsy would sit there while knitting, watching TV and supervising her granddaughters while they practiced piano.

This contribution from **Danice Ingliss** a member of Wednesday's Creative Writing group.

Recipe of the Month

Smale Byrdys y-Stwyde

Take smale byrdys an pullee hem an drawe hem clene, an washe hem fayre an schoppe of the leggyys, and fry hem in a panne of freyshe grece ryet wyl, than ley hem on fayre colthe an lette the grece renne owt.

Take oynonys an mynce hem smale an fry hem an fayre freysshe grece an cast hem on an earthen potte.

Take a gode portion of canel an wyne an draw thorw a straynoure an cast in-to the potte with the oynonys. Than caste the byrdds therto, an clowys an maces an lytil quantyte of powewe pepir.

An lette hemboyl to gederys y-now. Caste ther-to whyte sugre an powder gyngere, salt saffron an serue it forth.

A medievil recipe recommended by guest speaker Helen Rayson-Hill who spoke about Eleanor of Aquitaine

Small Stewed Bird/Chicken Casserole

Collect your pre-prepared chicken from the supermarket, pat dry and cut into portion sizes.

Brown the portions well in a hot pan then set aside to allow any fat to run out.

Finely chop your onions and fry till translucent then place in a casserole.

Warm some wine and add cinnamon and gently infuse then strain and add this spiced wine to the pot. Put chicken portions in the pot and add powdered cloves, mace and pepper, cook slowly in the oven till tender.

Prior to serving add ginger, saffron and salt.

PS: I think I would put all the spices in with the wine and let them cook together.

Our Duty of Care

Last month a class member became unwell. Feeling faint, clammy and looking pale, this person was attended to, by class members. Fortunately the situation quickly improved and the member insisted on remaining in class and stated they would drive home. This put management in a difficult situation as we are responsible for assessing and following through with support.

Volunteers contacted the ambulance service to explain our concerns and with the assistance of **Olive Collingwood**, an assessment was carried out over the phone. They deemed there was no need for them to attend in person which was reassuring to hear.. The next of kin was informed and, to ensure that the member got home safely, **John Van Der Wyk** drove the member home and **Corry Veroen** followed to drive John back.

Well done to all involved and it's good to know that the ambulance personnel can make an assessment over the phone and support everyone in a similar situation.

P.S. If you think you need assistance in an emergency, please let reception know. The evacuation team can provide help once a PEEP form is completed.

Are you aware that, at the end of the corridor opposite the art studio, **Bayside Community Emergency Relief** have a store room for donated new goods that are distributed to people experiencing hardship and tragedy. This volunteer run organization only launched on New Years Day 2020 and by the time the bush fires hit, they had thousands of items they were able to donate to those in need.

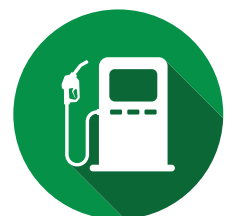
I'm telling you this because a couple of weeks ago their founder **Deb Brook**, handed over a large bag of prescription glasses, (she had noticed our collection point at reception.) **Margaret Nelson** picks up these glasses on behalf of Kiwani's who then pass them on to a Lions Club. The specs get cleaned, assessed and donated to people in need, both in Australia and overseas. Margaret says she has collected over 20,000 pairs in the fifteen years she has been involved.



I asked Deb what items does she need; warm adult scarves and beanie's, gloves and children's activities, coloured pencils and textas, toiletries etc. Also old phones are used for women's refuges. There is a donation box at their door for NEW items. **Baby clothes not needed!**

RACV Member discount

If you have an RACV roadside membership card, did you know that you can get 5 cents per litre off your fuel (maximum 100 litres) if you fill up at an **EG Ampol** service station? This is as well as the savings on your Woolworths Rewards card. I just happened to see a banner at my local service station. To claim just scan your rewards card and the bar code on the RACV card for a **daily** discount. If you also spend \$5 in the store, there's a further saving making a total of up to 13 cents per litre.



Wednesday's Water Colour Class Outing



Last month, Wednesday's water colour class visited the Glen Eira Gallery to see works by the **Twenty Melbourne Painters Society**. Tutor Kath Rawings has studied with several of the exhibitors and as well as her knowledge of technique, we were also lucky enough to meet artist Herman Pekel who guided us around the gallery. The Society was established in 1918 and is the home of traditionalist and realist art. The group left inspired.

A CLASSIC RESIDENCES INVITATION

Crystall Mousious, the Community Connect Manager from **Classic Retirement Village** has extended an invitation to U3A Bentleigh members to attend an information session on **Superannuation and Wills** followed by a question and answer session. Also being offered is a complimentary lunch and a tour of the village. This will be a popular event so please sign up **ASAP** at reception and indicate if you need a lift from U3A. Details are:

Date **Tuesday 5th September 11.30am - 1.30pm**
Venue **3 Brewer Road Brighton (entrance nearest Thomas Street)**
Parking **On site and In Brewer Road**
Speakers **Terri Bradford from Morgans Financial**
Susan Bonnici from Burke Lawyers

CARE FOR THE CARERS GROUP

We are very fortunate to have the services of **Gillian Meldrum** who runs a small group session, once a month on a Wednesday, for members who are involved in that very tricky area of being either the primary carer or contributing to the care of a loved one. Gillian listens and has a lot of practical advice that she shares with her group.. I know there are members of U3A Bentleigh who are in the situation of 'carer'. Not easy at our age. If you are not sure if this might be of help to you, have a quiet word with Val Suhr or Jenny Stone and enrol via UMAS or ask at reception. We need to take advantage of having access to someone of Gillian's caliber.



The Drumming Circle

Returns on Friday **1st September** at 12.15pm

Beat a path to room 64

Many of term one's members have re-enrolled.

Get with the beat, have fun and get a good work out too!

Thoughts to ponder - Sent in by Cynthia Paciocco

"In style" clothes are those that still fit you.

"On time" is when you get there.

The biggest mistake? I don't need to write that down. I'll remember.

Growing old should take longer.

I wish we could put ourselves in the clothes dryer for 10 minutes and come out wrinkle free.

If you still haven't learned to act your age, well done.