



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

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Presidential Ponders

Hello Everybody,

The 2024 Members Survey is now out and we would love it if a lot of members filled it in and returned it to us by the end of September. Thank You to Nick Ancora who developed the electronic version and is the 'keeper' of your electronic returns; to Michael Bonacci for getting the information out so quickly and to reception staff for collecting the hard copy versions. Yes!! We are catering to those members who prefer a pen and ink version. Copies of the survey are outside reception and a basket has been placed there to collect your responses. Not all suggestions can be acted upon but those we can act on are taken on board as Anne Nguyen develops her course plans for 2024. Great planning so far Anne.

I have written a longish screed on page 6 about our likely fees for 2024 and this will be proposed at our AGM scheduled for the **24th November**. To endorse the fee and candidates for the Committee of Management 2024, we ask you to either come to the AGM meeting and vote or put in a proxy paper vote. You can only vote once so choose which method you wish to pursue. The AGM is also followed by lovely tea/coffee and biscuits and this will be one of the last functions when **Corry Veroen** will be managing the catering. I think you will all agree that she has done a great job over many years and this would be an opportunity for people who have know Corry for a long time to say thank you.

We will be holding our Christmas function on the 'deck' 1030 - 12 on **Friday 1st December**. The choir has been booked and we will have a lot more cake and ice-cream to distribute. In other words, we will expect a big crowd and will cater accordingly so I hope to see you there.

Some of you know already that I will be stepping down from the Presidents Role at the AGM. Avril Lochhead, our current VP has nominated for the Presidents spot subject to agreement at the AGM. It's always great to get new blood and new thinking into a role and I thoroughly endorse her nomination. I have put my hand up to take over the 'publicity' role and try to fill the big shoes of Ann Watts. Ann threw herself into this role 3 years ago and has done such a fabulous job with Messenger, posters and with getting the name of U3A Bentleigh out there. The amount of new learning especially using new technology, she has grown to embrace has been phenomenal. **THANK YOU ANN**. Hope I can do half as well.

Lastly, a big Thank You to all those new reception volunteers. Lovely to see you all settling in.

Ciao

Erika Fleming

Important Dates

Friday 13th October TRIVIA at 1pm in room 67 Book ASAP

Monday 16th - Friday 20th October OPEN HOUSE for VISITORS

Friday 20th October Friday Fun 2pm on zoom via the link on the website.

Friday 20th October Antiques Appraisal at 12.15pm

For full information - www.seniorsonline.vic.gov.au/VicSeniorsFest

To view the the activities program Victoria wide

Free public transport from 1st till 8th October for seniors

This year we were not contacted by festival organizers so you won't find us among the contributors however, we do get a mention in Glen Eira's program. For other activities in our area also check the neighbouring council web sites of Kingston, Monash, Stonnington and Bayside.

Victorian Seniors Festival at U3A Bentleigh

TRIVIA & AFTERNOON TEA

Keep Friday **13th October at 1pm** available for **Warren Sapir's** very popular **TRIVIA QUIZ**. and **afternoon tea in Room 67. (No need to bring food, there will be plenty for everyone who attends)** Playing your Wild card and sudden death adds to the challenge!!! Loads of fun to be had so book and pay **\$5.00 at reception**.

OPEN HOUSE

Monday 16th - Friday 20th October as part of the **Victorian Seniors Festival** we are inviting seniors to drop in and see what's available at U3A. Please encourage your friends to pop along and if you are going to be in the building and enjoy chatting to people, we would love to have you as an **ambassador**. There will be a list of morning and afternoon time slots on the notice board. A guided tour of the various rooms, classes and costs etc followed by a cuppa will let visitors know what a valuable and friendly place U3A Bentleigh is..

RE-TAKE PERFORMS

Monday 16th at 10am in room 39. Our very own musicians will be jamming so come along to hear the hits of our youth. Tapping, clapping and grooving along is encourage.



WEDNESDAY FILM

October 18th at 1pm in room 41 **Point Break** starting at 1pm. Visitors are welcome so bring a friend along.

WHAT'S IT WORTH?



Friday 20th October at 12.15pm in room 41, auctioneer **David Freeman** will chat about his experiences over 39 years as an antiques expert and appraise and value your 2 small items. See the poster for details and register at reception. David is generously donating his time to U3A.

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

Committee 2024

If you care about U3A and it's future and want a say in how Bentleigh is run, then consider nominating for next year's committee. There will be changes with some current members leaving positions. These include :

Erika Fleming President
 Janet Lee Assistant secretary
 Ann Watts Publicity

If you're interested come and talk to a current member, and pick up a nomination form. We have made great strides post Covid so let's grow some more with fresh ideas and enthusiasm..

AGM is scheduled for NOVEMBER 24th

The Business Page

If you have booked a session in the **HUB** with one of our computer experts, please don't forget to come. If you have an unexpected emergency, you can leave a phone message at reception. Bookings are made at reception and days available are **Monday, Tuesday and Wednesday** mornings with an hour allowed 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 year's enrolment. (Dec.5th) This will take a load off volunteers and ensure you have the best chance of getting into that popular class you missed out on 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 18th October at 1pm** will be **'Point Break'** the 1991 original version with Keanu Reeves and Patrick Swayze. An action packed film involving an FBI agent who infiltrates a surfing group involved in bank robberies. The final scene is set in Bells beach (but unfortunately not filmed there). Please bring a friend along to celebrate Seniors Festival.

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

Absences on the class roll are followed up by back office volunteers because this record should reflect current membership of that particular class. It is not our intention to "hassle" you and if something untoward occurs we realize that the last thing on your mind will be to contact U3A. If we see a class member has not attended or apologized for six or more weeks, we wonder why. Have you been unwell, have you been on holiday but intend returning to class, perhaps the class isn't interesting and you haven't bothered to withdraw? Your feedback is important and up to date information helps to plan our future schedule. Do we need a smaller or larger room? Can someone on the waiting list be offered a spot? Class monitors are invaluable in recording correct attendances and save us a lot of office time.

We have 5 Rapid Antigen Test kits available. Glen Eira council may be able to supply more. The virus is still with us so stay home and test if you are unwell.

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

We need a **Catering Manager** for next year. After shouldering the responsibility as team leader, shopping for supplies, setting up and clearing up **Corry Veroen** has thrown in the tea towel! She has been magnificent in running all our catered events for over twenty years. There is a team of volunteers awaiting a new leader and if we can't find anyone we may have to reduce our social events or ask everyone to 'bring a plate'. Speak to reception staff or email office@u3abentleigh.org.au if you can help.

We usually print off 30 newsletters to cater for the few members who don't have email however if your device is a smart phone, you will find it impossible to read all the gossip. For this reason there are 2 or 3 current copies in plastic folders in and around the kitchen for you to read while you have your coffee.



If you are on the electoral roll you must vote on **Saturday 14th October**, in the **referendum** which asks citizens to recognize the First Peoples of Australia and give them a VOICE to make representation to Parliament on matters that relate to Aboriginal and Torres Strait Islanders.

This will change the constitution.

For more information search aec.gov.au:referendum

Reflections

Her opinion of herself as an optimist, even a cock-eyed one, may be misplaced, but she does try to look on the bright side most of the time. Frank Sinatra, the crooner, never a modest man, believed he was second to none, other than Tony Bennett. When Tony sings “Come Next Spring” that achingly beautiful song about a man who, after deserting his wife fifteen years previously, believes he is going home to find her waiting for him; and being Hollywood of course, he does. So when ‘Spring does Arrive’ it evokes so many sensations and memories for her; happy, sad and joyful.

The Spring rains washing away the snow. Even the snow had its beauty. Bitterly cold, still nights when a fresh fall covered the black coal slag heaps and where the brilliantly lit starry skies provided a wonderland for boys and girls to throw snowballs, frolic and toboggan. These toboggans were in essence sleds made out of any old wood and metal that the boys would cobble together with their fathers.

When the Northern Hemisphere’s Spring arrived in 1971, she was leaving everything and everyone she knew and loved, to travel 13,000 miles to the Southern Hemisphere. The moorlands surrounding her village were ablaze with bluebells, purple heather and thistle when she said goodbye to her much loved parents and traveled to Australia.

Within a couple of months she had met an Australian man, married him and so began the most fulfilling and lovely times of her life. However in the Melbourne Spring of 1974 as the daffodils, tulips then roses were blooming, she received news that her parents, particularly her mother, were in poor health. so with a heavy heart she said farewell to her husband and journeyed back to Scotland, not knowing how long the separation would be.

She found her mother a shell of what she had been and her ever stoic father, trying to take care of her to the best of his ability. She nursed them both back to a semblance of health and after consulting with her husband, sister and other family members, it was decided to take her parents back home to Australia. So, to the Australian Immigration Department she applied. Six months later with the aid of the marvelous Australian Embassy, she brought mum and dad back to meet her husband for the first time and to also be reunited with their other daughter (her sister) son-in-law and grandchildren. Here they lived out the remainder of their days. Spring 2023 brought the darkest period of her life and she sought solace in the only way in which she had become accustomed all her life.....hard physical labour. She toiled to create a courtyard, had arbourists remove ailing trees and laid slabs where they had been. She planted pots of lilly pillly, callistemon, cordyline. No, she doesn’t know a bee from a bull’s foot when it comes to plants but, you see, ‘Come Next Spring’ she intends learning all about the nurture of them.

That’s what she calls optimism.

This month’s story is from **Kathleen Quinn** from the Wednesday Creative Writing Class. Kathleen is also the latest recruit to help in reception. The topic set was ‘**Spring has Arrived**’



INVITATION to the OPENING EVENT

Monday 23 October 2023 6pm - 7pm

Classic Residences – 3 Brewer Road, Brighton East

RSVP: 19th October (Register at reception)

An exclusive exhibition by Australian Artist, **Antoinette Ferwerda** with a vibrant fresh body of new artwork remembering the beauty of flowers & foliage in full bloom.

Sparkling on arrival, complimentary canapes and light refreshments, up close and personal chat with the artist Antoinette Ferwerda.

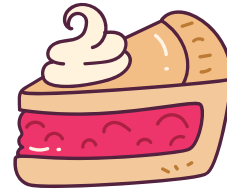


Recipe of the Month

Corry's Special Cake

3/4 cup SR flour
3/4 cup wholemeal SR flour
3/4 cup castor sugar
1 egg
125gm melted butter
1 teaspoon vanilla extract

Use a springform or loose bottom cake tin so the cake is easy to remove



Method

Mix all ingredients with a fork and press 3/4 of this combined mixture into the bottom of the un-greased 20cm round tin.

Add your favourite fruit filling. It can be well drained tinned or stewed fruit. (mixed berries goes very well) For extra taste you can add sultanas or dates, cinnamon or flaked almonds

Spread the remaining crumb mixture on top and press down lightly

Bake 45-55 minutes in moderate 180C oven

This recipe was sent in by **Corrie Veroen** and she called in "Barbara's Special Cake" presumably after a friend. I enjoyed a slice at a recent function; short crumbly pastry and tangy berry filling mmmm yum!

Please send an easy **Christmas recipe**. Email publicity or hand in to reception.



M23 428 The Smith Family

Book in for **Thursday's 9th November 10am** talk by Yvette Turner and find out how this charity helps families break the cycle of low income by assisting with the education of the next generation. There are many ways to support their work, including volunteering. Reception can book you in..

Pension News

I guess we've all heard that the Aged Pension is going up for singles and couples but did you know that the assets test is being reviewed and you may now be eligible for a part or full pension. Check the website www.servicessaustralia.gov.au for the latest news. A single person home owner's asset limit is \$301,750 and combined couple \$451,500. Figures are different for non home owners. This test is from September 2023

My Favourite things

This version was sung by **Julie Andrews** at Manhattan's Radio City to commemorate her 85 th birthday

Botox & nose drops & needles for knitting
Walkers & hand rails & new dental fittings
Bundles of magazines tied up in string
These are a few of my favorite things.

Cadilacs & cataracts, hearing aides & glasses
Polident, Fixodent & false teeth in glasses
Pacemakers, golf carts & porches with swings
These are a few of my favorite things.

When the pipes leak, when the bones creak
When the knees go bad,
I simply remember my favorite things
And then I don't feel so bad.

Hot tea & crumpets & corn pads for bunions
No spicy hot food or food cooked with onions
Bathrobes & heat packs & hot food they bring
These are a few of my favorite things

Back pain, confused brain & no need for sinnin'
Thin bones & fractures and hair that is thinnin'
And we won't mention our short shrunken frames
When we remember our favorite things.

When the joints ache
When the hips break
When the eyes grow dim
Then I remember the great life I've had,
Then I don't feel so bad!

Sent in by Pauline Clark

Budget and Fees 2024

The Committee has been scratching its collective heads over membership fees for 2024. As you know, our membership fee has been kept at \$50 for the last 3 years, mainly because of Covid and the need to encourage members back post lock down. Also Glen Eira council waived their charges post Covid but now all our costs are rising and we need to keep pace. We have had a long history of providing around 100 different classes/activities each year with only 2-3% charging extra monies. The vast majority of our activities (thanks to our great volunteer tutors) are covered by the annual membership fee and are available to all members, up to the class capacity set by each tutor.

We did a lot of fund raising last year, we received big and small donations from some very generous members but as you might recall, when we heard we were going to be charged for use of the Gym it threw us for a loop. We managed to get a grant to cover this year's costs, but we will be paying a hire fee all next year. We also have expanded the social aspects of our U3A from sausage sizzles, cuppa and cake; murder mystery, Christmas in July, Trivia events etc. (apology for anything I've missed) and we hope to do more next year so that our members can enjoy different events and meet new people. We will be proposing at our AGM that our annual membership fee become **\$65 in 2024**. and assuming membership and costs remain steady, we just about break even. Think of it this way, that extra \$15 is the cost of 3 cups of coffee per year.

Everyone on the committee is aware that we cater for a wide spectrum of members, some of whom are on small fixed incomes, so we have tried to balance our need to increase costs with our member's ability to pay..

Thanks Everybody

Erika Fleming on behalf of the Committee of Management.



September's Sausage Sizzler

What a great day members had out on the deck in the sunshine chatting and enjoying the music while Michael and Corry beavered away to keep the food coming. Sausages, singing, smiles and shuffling (Oh sorry, dancing). The band members arrived early and left late with all their equipment and we all appreciate their hard work. This was their debut appearance under the name of **RE-TAKE** and we will certainly take more any time!

Keep checking the main notice board for all the new activities