



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

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Presidential Ponders

Hello Everybody,

After three years, this is my last Presidential Ponders and I come to writing this with a mixture of feelings. I know, for my own sake, that I need to step down. At 76, my enthusiasm and energy levels are just not as high as they were even a year ago and I need to free up time to do some exercise and look at what else I want to do in life. But there is a small part of me that wants to engage in guiding U3A Bentleigh into new ventures. The cerebral part is the winner and I know that Avril will make a great President and lead our wonderful U3A into a bigger and brighter future. At least part of the reason behind my ambivalence, is the many, many great people on the Committee of Management, the Volunteers, the Tutors and in the Members who have supported me, laughed with me, sent me jokes, argued with me and gone along with the different ideas I brought forward. Some worked, some didn't, but we all gave them a go. I also need to thank a lot of people at Glen Eira Council, other groups in The Village, my husband Tom and my own circle of friends who supported me throughout as well as the many who gave of themselves and have since left us, after having contributed to the makeup of our U3A.

I also want to single out the IT guys Michael, Val, Nick, Eric and recently, Ulrich, they have supported our U3A mightily. Where do I stop, there are so many.

Now, it wouldn't be me without asking people for help even in my last presidential moments. If there is anyone out there who can or knows someone who can hold 4 sessions in February to teach members the basics of Mah Jong and/or Canasta please either let me know or email courses@u3abentleigh.org.au I also mentioned to a couple of people the possibility of having Crib/Cribbage lessons in 2024 followed by a weekly playing session. If you think you might be interested, please email me or email courses@u3abentleigh.org.au and, depending on the response we will or will not go ahead with this idea.

Sometime during this year, one of our male members offered to run a Footy Tipping program at U3A in 2024. I, of course, can't remember who this was. Please make yourself known to me again over the next 3 weeks or and we can discuss the possibility for 2024. I am still trying to get the survey collated and as soon as I can, will inform you of the results.

THANK YOU EVERYONE. It's been on, the whole, great fun.

Ciao

Erika Fleming

Important Dates

Tuesday 7th November **CLOSED FOR CUP DAY**

Wednesday 15th November Course guide for 2024 available to **VIEW ONLY**

Friday 17th Friday Fun on zoom (the last for the year). Log in for 2pm

Friday 24th November AGM in room 67 at 11am followed by refreshments 41

Friday 24th November **LAST DAY OF TERM Morning classes cancelled due to AGM**

Friday 1st December 10.30 - 12 pm Christmas on the deck

Tuesday 5th December from 10am ENROLMENT opens FOR 2024

Taxi Issues

Do you regularly get a Taxi or Uber to and from U3A? Recently we have heard of members waiting a long time to be collected, and of one incident of a taxi refusing to take a member with a walking frame. If you know of a reliable service or driver who is happy to transport over short journeys, we would love to hear your recommendation.

Also tying in with the transport theme, we had a situation with a member left waiting for a taxi at 3.30pm and our reception volunteer was concerned that this person had no charge on their phone to check with the taxi company. Reception staff will assist where possible but, be responsible and plan ahead before you leave home

Table Tennis Sessions 2024

Currently we have three table tennis sessions which all incur a charge for hire of the gym. The class on Tuesday afternoon has consistently had low or NO members attending. Management Committee have decided that we need to use our money wisely and next year table tennis will be available on Tuesday and Thursday mornings only.

Dance Sport 2024

After the great success of this year's ten week ballroom dance classes, which were fully funded and run by **DanceSport** Australia, we can see what a valuable activity this is for members. It fulfills all the needs of memory, exercise and socialization in one fun package and we want to do it again in 2024. Avril Lochhead has been busy chatting to DanceSport about the cost of training our own instructor as this will save ongoing charges. With hire of the gym for ten sessions the total cost to U3A is \$1,193.75. Avril has done heaps of paperwork and applied for a grant to cover this cost so fingers crossed it all goes ahead. At the moment we feel that if we don't get the extra money, we will still go ahead with the activity and cover cost with a small charge to class members.

New Tutors

Anne Nguyen is busy with next year's course guide but it's not too late to offer a new topic. We would love to hear from you if you have a skill or interest that you can share with others. We would particularly like more IT skilled people, any Spanish speakers and more art/craft work. Speak to reception or email Anne at courses@u3abentleigh.org.au ASAP

AGM Agenda Issue to Consider

Were you confused about classes over the September school holiday break? With many of us having grand parenting duties, several tutors cancelled classes, also knowing that attendance would be low for the same reason. We had many phone calls from members and tutors asking if we were closed. On some occasions reception hadn't been informed who had cancelled a class! The building was certainly very quiet. Do we need to consider closing over the school holiday and having **four terms**? Some U3A's already do this. We are forward planning for 2025 so think about it and come along to the AGM on Friday 24th November at 11am in room 67 and have your say.

STOP PRESS - Morning CLASSES FRIDAY 24th are cancelled due to AGM

2023 Committee

President Erika Fleming
Vice PresidentAvril Lochhead
SecretaryLinda Osborne
Treasurer Brian Quintal
CoursesAnne 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

Annual General Meeting

U3A Bentleigh is only as good as it's volunteers. Come and support our wonderful organization by nominating for the committee. We need your ideas and skills. If you don't want to be that involved but still have your say then come along to the **Annual General Meeting** on Friday 24th November at 11.00am in room 67 and vote for the executive positions and approve agenda items, including next year's membership fee.

This session is followed with light refreshment of tea/coffee & biscuits in room 41..

If you can't make it on the day you can pick up and complete a proxy vote from reception (one per member). We must have a minimum of 25% members casting a vote to carry any change.

Note The last Technology Class may be late starting

The Business Page

The question on everyone's lips is "When can I see 2024 classes and when can I enrol for 2024?"

THE COURSE GUIDE FOR 2024 and SUMMER SCHOOL WILL BE AVAILABLE TO VIEW FROM 15TH NOVEMBER

Enrolment **begins on Tuesday 5th December from 10am, no one can enrol prior to this.** The system is locked until 10am that day. Committee and volunteer staff also cannot enrol before this time. Being away on holiday or unwell will NOT help you jump the queue! Remember you can ask a friend to enrol for you. They will need your login details and your **correct enrolment choice.**

For the best chance of getting into the popular course you want, you need to ENROL ON LINE

For those who do not have a computer or a young family member to help, you will be able to come into the building and use pen and paper! (More information will be on display when we've honed the procedure) There will be plenty of help around and from previous experience, if you come after midday on the 5th December, it should be a swift process. You can also pay at this time (cash or card). Please try to have the correct cash amount.

We will have a small team of volunteers between **10.30am and 2pm** for the remainder of enrolment week and the following week, up to and including **Friday 15th December.** There will be another chance to enrol when Summer School classes are running so **NO NEED TO PANIC!!**

If you haven't logged in before, you will need to set a **PASSWORD.** If you do not know it, go to the home page and follow the instructions by tapping on the red link. Your **membership number is on your badge** and doesn't change from year to year (**no it's NOT 2023!!**) You will be emailed an authorization number. The process might be faster if you try this outside office hours and it's worth checking your **junk mail** if nothing obvious appears. This will allow you to write your own password and once submitted you will receive confirmation of the update and then asked if you want to log in. After all that work **WRITE YOUR PASSWORD DOWN** (good spot is with your membership badge which you wear every time you enter the building).

Do this **NOW** so you can practice scrolling through the current course guide and become familiar and confident that you will know what to do at enrolment.

Consider, if you have been in a popular class for many years, try something different and give other members a chance. Being in a class for **EVER** does not mean automatic enrolment.

You can pay on line after you have selected your courses, or come in later when the office is manned (or should that be personed?) in the week and pay. If you do pay online, Be sure to **IDENTIFY YOUR PAYMENT WITH YOUR MEMBER NUMBER AND NAME.** Remember that you are NOT a member if you haven't paid.

The last day of term is **Friday 24th November** and there are no more classes in 2023. During that last fortnight please **take home any personal property** like paintings, cups, water bottles etc. Volunteers do a big clean and tidy over the holiday break and we will be de-cluttering ie: **throwing out**, anything that is not U3A property. Paper towels and anti-bacterial spray are still available in each room to wipe over shelves etc and help out the volunteers who turn out each year to keep things looking tidy.

The **Covid virus** will always be with us. People are in intensive care and dying of this virus, it just doesn't make the news any more and we have become complacent. Vaccination numbers have dropped off (five doses brings you up to date) and there are no longer any mandatory restrictions.

The Committee have decided to stop providing cleaning supplies once our current stock has run out at the end of this year. **We urge you to keep hand washing and hand sanitizing regularly. (U3A will continue to provide hand sanitizer in each room and the kitchen area). Wear a face mask if you have a health condition that puts you at risk.**

STAY HOME IF YOU ARE AT ALL UNWELL and consider fellow members.
Christmas edition of Messenger December Contributions welcomed



Recipe of the Month

Cheese and Zucchini Slice

Ingredients

Grease and line a 22 x 28 cm dish
Oven on 200 C/ 180 C fan forced
2 medium grated zucchini
3 beaten eggs
1 can drained chick peas
200g Ricotta cheese
1 cup grated cheddar
1 cup SR flour

Method

Mix all ingredients together.
Pour into the dish. Add extra grated cheese if you want a golden brown cheesy top. Bake 25 minutes then allow to cool before slicing.

This is a quick tasty snack in small bites or great as a main meal. Serve hot or cold with a green salad.

Ann Watts



Still waiting for those Christmas recipes!



Thinking of Christmas and giving, our drawing teacher and ex-illustrator **Costas Pothoulakis** has donated four of his canvas's to U3A.

If you would like to purchase something unique for a friend here is your chance. Two of the paintings are on display in the kitchen and reception can show you the other two. Make an offer. Funds will go to U3A Benteigh to assist with the purchase of supplies. Costas has also offered a certificate of authenticity so when he 's famous, the recipient also has a great investment!!

Christmas Break up Party

FRIDAY 1st DECEMBER 2023

10.30am - 12 mid-day

On **'The Deck'**

Join in Carols led by Val Suhr and the U3A choir at 1030
Tea / coffee and Christmas cake for all. Then a bracket from
'Re-Take' followed by ice-cream.

Your chance to chat with and farewell friends till next year



The Trouble with Left Brain Thinking by Erika Fleming

It was 1967 and I was in my last year of nurse training at Cairns Base Hospital. I was back on night duty and this time I had scored the 'kids' ward. In my memory, there was somewhere between 45 and 50 kids in the ward at that stage ranging from about 12 babies needing bottle feeding etc. to a couple of 12 year olds in traction. The ward was jammed with cots and kids in every space that a cot could be set up and just me to manage the chaos. It was actually quite usual to be by yourself for the 10 hours of a night duty shift in kids ward with a nurse being sent from another ward to relieve you for 1/2 an hour to have a break and a meal. What was unusual was the high proportion of babies and toddlers that needed a lot of attention.

I had already fed all the babies at least once and had started my 6am Temperature, Pulse and Respiration check of the reasonably stable kids at 2am as I knew there was no way that I was going to be able to do the sheer volume of work if I left things till later, when the Nursing Officer came on her rounds and caught me at it.

'Nurse D. what do you think you are doing?'

'Well it's like this Sister T, I have 12 babies to feed, nearly 50 observations to do, medications to put out never mind checking the diabetics as well as a couple of dressing and all the reports to write and they're all due at 6am. Something has got to give so I made the decision to do the stable kids observations now.'

'It is hardly 6am.'

'True Sister but what can I do unless you can give me some help for a couple of hours. Say from 5am - 7am.'

'Ridiculous! You know there are no spare staff. Do you want me to tell matron in my report tomorrow morning that you cannot cope?'

This was not going well. Any report would go on my record and stay there as a permanent fixture.

'No sister. I'm sure that I'll manage somehow.'

She left and I started thinking what could I do. It was the sheer volume of work especially the babies that was the problem. I was already feeding them two at a time with my arms crossed and a baby propped on each knee. I wasn't prepared to just place the bottles in the cots and let them feed without supervision - much too high risk. Then I had a light bulb moment. I would ring my friend Carol on night duty in the female surgical ward.

'Carol have you got any non-infectious ladies in the ward who could feed and change some of my babies. I'll supply the bottle feeds and nappies.'

'Yeah! I have about 8 women in traction who would love it. Shall I send my other nurse to you around 5am to pick them up?'

'Wonderful.'

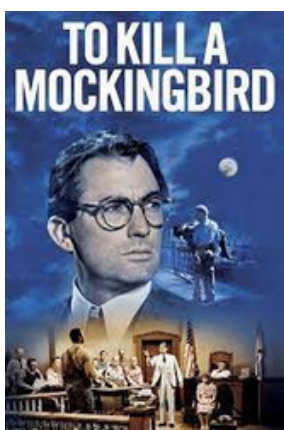
The next morning I was pulled out of bed and told to report to matron immediately.

'Nurse D, it has come to my attention that there were a number of babies being fed this morning by patients. Is that right?'

'True Matron.' I explained the circumstances and then added 'but I had a report this morning that all the women loved it and want to know if they can do it again. Certainly all the babies came back having been fed, burped, cuddled and changed. They all seemed content.'

'That's hardly the point Nurse D. It's against Hospital policy. Don't do it again. Now go back to bed and get some sleep. Dismissed.'

That night when I got on duty, I found that we were down to 5 babies and the ladies in Ward 8 wanted to know when the bubs were going to be there. Not sure if it ended up on my record.



Wednesday Film 15th November

1.30pm in Room 41

To Kill a Mockingbird

1962 film starring Gregory Peck as lawyer Atticus Finch & Mary Badham as Scout his daughter. Based on the Pulitzer Prize winning novel, this significant story tackles racism in Alabama in the 1930's and the essential belief in good and evil. **A great classic & all are welcome to this very last Wednesday flick.**

Due to poor numbers this year, Janet Lee won't be offering a regular film show BUT she does have a couple of events planned so keep an eye out in 2024!

Seniors Festival at U3A



David Freeman with organizers Ann, Avril & Pat

Our celebrations kicked off with a lively session of Trivia for members, with quiz master **Warren Sapir** and a delicious afternoon tea provided by **Caroline Ruddock** and her Thursday's 'Use Your Brain' class. This is always a fun event and gets quite competitive. Thanks Warren for all the time taken to research the different categories. Make it easier next time!!

Thanks also to the brochure developed by the City of Glen Eira, we had several visitors to our building for the Open House and hope to see some of them back as members next year. The team of ambassadors were all committee members who always go that extra distance.

The highlight of the celebrations was our **Antiques Appraisal** session, when we had over 30 visitors into the building. We welcomed a group from **Warrawee Retirement Village** who caught the tail end of the Sing-Along class too. Now they know where we are, we hope to see a few joining next year.

David Freeman the antiques specialist who donated his time and expertise to U3A Bentleigh, kept the crowd entertained with banter and great information about items brought for valuation. I heard comments like "How does he remember all that? So interesting." David kindly stayed back and chatted to late comers and managed a light lunch provided by Avril Lochhead. David did such a great job that we hope to see him back next year. Thank you so much.

Excursions with an Italian Theme

In September a group of U3A 'Italofiles' from our Italian language classes, Italiano Parlato (Thursday) and Raccontario in Italiano (Wednesday) joined about ninety senior Italian speakers for a lunch at the Baracca Club in Heatherton. Tutor **Marie Del Din**, says everyone was made very welcome and some of the group had happy memories of visiting the club with their parents in days gone by. An excellent lunch was enjoyed by all who had many opportunities to hear and speak "la bella lingua."

In October a group from these classes also attended the Palace Cinema in Brighton during the Italian Film Festival. The film viewed was 'Orlando' - an affectionate encounter/clash between two generations, starring Michele Placido as the hard old farmer meeting his twelve year old grand daughter (played by Angelica Zazankova) for the first time. Another great chance for Italian conversation in Italian (and English) at lunch afterwards.

Thanks Marie, so good to hear you're all having a great time.



Art Display at Classic Residence

A group of members enjoyed a wonderful evening at the Classic Residence courtesy of **Keyton's Community Connection manager Crystall Mousios**. We enjoyed sparkling wine and canapes and a viewing of work by local artist **Antionette Frewerda's** stunning work with the theme of 'Spring'.

Antionette has regular international exhibitions in London and New York. She explained that her collage pieces begin with splashes of acrylic paint and layers of tissue to form the initial design, she then builds up colour with paint and ink. A final coat of protective gloss gives that shine resulting in vivid colour with a delicate overlay of texture.

U3A have been invited to several functions at Classic and we really appreciate the opportunity for our two communities to get to know each other.



Antionette Frewerda