



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

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Office hours: Mon-Fri 10am-3pm (closed weekends & public holidays)

Course information: courses@u3abentleigh.org.au | Publicity & newsletter: publicity@u3abentleigh.org.au

Presidential Ponders

Greeting members,

I joined U3A Bentleigh in 2022 and offered a course called “Your Pictorial Autobiography”, giving members a chance to capture their family story with photos. I had created my own story for my grand daughters, Enes and Claudia who live in London with my son, David and his Spanish wife Alicia.

No one took up my course but I got into a conversation with Erika and accepted the vice president position instead!!

Here is a bit about me,

I was born in Glasgow, Scotland. My dad’s dream was to bring us all to Australia when he retired at the age of 55 years. As a family Mum, Dad, older brother John, younger sisters Liz and Jacquie always talked about Australia. We even had a dog called Cobber. We used to say “She’ll be apples”, “beauty bottler “ and “she’ll be right!” all through my younger years in Glasgow. Sadly dad passed away quite suddenly. Mum sat down with my 17 year old brother and me just 15 years and said, “Well, do you want to go to Australia?”

Apparently all his working life, dad had contributed to The Bank Clerk’s Orphanage Fund and there was a considerable lump sum to provide financial support for our family.

John and I were excited and said “YES, Let’s go!” If we don’t like Australia we can always pop over to New Zealand!

It took a bit of organizing with mum being told “Jean, it’s a man’s country”, but my mum was not one to give up on a dream. Eventually everything was arranged and we boarded the liner ‘Ellinis’ and waived “Goodbye’ to close family and friends. That was 1965 when our adventure began.

My story will continue in the next edition of Messenger due out in February 2024.

I am looking forward to seeing you around next year and in the meantime have a safe and happy holiday season,

Best regards from Avril

This is a AI creation done by my daughter, of me and rescue dog Charlie working in the garden



Important Dates

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

Tuesday 5th December from 10am ENROLMENT opens FOR 2024

Monday 15th -25th January Summer School

Closed 26th January Australia Day

Monday 5th February 2024 Semester One begins

AGM REPORT

An informative and lively AGM was attended by 62 members plus 91 proxy votes easily making the necessary quorum to pass minutes, approve the financial report and elect the four statutory positions of president, vice president, treasurer and secretary. We heard how U3A Bentleigh has grown over the last year and we look forward to continuing that momentum in 2024. Our new president Avril has been making great connections in the local community and is well positioned to continue the innovative and energetic leadership needed to steer us to greater success.

Neville Curtis was presented with a life membership after his many years as a volunteer performing many positions and it also happened to be Neville and San's 51st wedding anniversary. Congratulations on both achievements. Long term volunteer **Corry Veroen** was acknowledged for her service as catering organizer and we are still hoping that a new volunteer will put up their hand to take over the job.

Finally we were entertained by secretary Linda Osborne's experiences as a contestant on the TV show 'Hard Quiz'. Time for a cuppa and a chance to say final thanks to volunteers and committee members in person.

Come and join us for the last event of 2023 Christmas on the Deck Friday 1st December and your chance to pick up your 2024 enrolment form if you intend enrolling in person on the 5th December.



President 2024
Avril Lochhead

New Format Needs NEW IDEAS
Any bright ideas email
publicity@u3abentleigh.org.au
Love your input but NO promises

New Tutors Wanted

Anne Nguyen has the 2024 courses ready but it's never too late to add more!

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 subjects email Anne Nguyen at courses@u3abentleigh.org.au ASAP

Friday Fun Re-Vamp in 2024

Michael Bonacci and I have decided that Friday Fun in its current format has run its course. It started during the Covid lock down period as a way to allow our members to connect and have some fun. We decided on a variety style program featuring a mixture of different clips, interaction via trivia and guest speakers. Thank you to the small group of members that stayed with us over the 2 years. Michael and I had a blast.

Early in 2024, we would like to re-format the program - give it a new spin and a new direction. Erika Fleming



The Long Year!

'That's a good idea but you'll have to go on the committee.' Oh, perhaps for a year, see what I can do to promote U3A Moorleigh. That was 2020 and we all know what happened then! Come 2021 - now we're open now we're not! Our numbers had fallen by almost 50% and many long term tutors took the opportunity to retire. Well, here's a challenge but we have a dynamic Management Committee. "Oh by the way you can start a monthly newsletter." I could barely attach a photo to an email!

You never know what you can do until you say 'Yes'.

During my time in publicity/promotion we have spruiked at markets and shopping centres, met other community organizations. I've advertised on local radio, letter dropped, made posters and learned how to produce the Messenger. Our membership has almost doubled and it's great to see a younger more diverse community at U3A Bentleigh. I must thank the marvelous folk on the committee for all their support and I look forward to the left-brain ideas of the very energetic **Erika Fleming** who will take over my job.

Thanks everyone, from **Ann Watts**

2024 Committee

President	Avril Lochhead
Vice President	Pat Watts
Secretary	Linda Osborne
Treasurer	Brian Quintal
Courses	Anne Nguyen
Webmaster	Michael Bonacci
Publicity	Erika Fleming
Events Co-ordinator.....	Jan Sapir
Welfare Liaison.....	Olive Collingwood
OH&S Officer.....	Vacant
Minute Secretary.....	Vacant
Publicity Assistant.....	Dot Tane

The Business Page

Enrolment for 2024 classes 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.

The best way to enrol is via your computer, lap top, ipad or phone using UMAS

If you come into U3A to enrol, collect a **Number card** from near the lounge area. If you don't have an enrolment form there will be plenty available (good time to collect this is at the Christmas break up on Friday 1st December). **Please wear your membership badge or know your number.** If paying by cash try and **bring the correct amount \$65.** Helpers will be available in room 41 to answer questions and the tech people will call you across to enrol you in your courses, according to your number card.

A small staff of volunteers will be available 10am - 12md for the remainder of enrolment week and the following (Mon 11th - Fri 15th).

You can collect your course enrolment and 2024 badge if you are coming to a Summer School class. from Monday 15th January 10 - 12md. All confirmation details/badges not picked up by the end of Summer School will be posted out. **Your new badge is also on this form so cut it off and put it in your lanyard.**

We are closed from 18th December until Summer School begins on Monday 15th January

Please ensure that Membership payments are received by end of Summer School. This can be done either online by bank transfer (making sure that your payment is identifiable with your name or number) or at U3A Bentlyigh by bankcard or cash. Alternatively pay at your local Bendigo Bank branch.

Note: **Some banks are already refusing to accept cheques so PLEASE do not write a cheque unless you know that your bank will honour it.**



OFFICE OPENING HOURS

After the AGM on the 24th November, U3A Bentlyigh will be **closed** until enrolment day on December 5th

5th December enrolment 10am until 2pm

6th to 15th December - We are open 10am - 12md M-F for inquiries, enrolments and new members

15th January to 25th January open **Summer School** 10am - 12pm Monday - Friday- office open

We resume full time classes on Monday 5th February 2024

Please remember when we are closed there is no one in the office to answer your phone calls or reply to your emails. The office is manned by VOLUNTEERS and this allows them to get a break over the Christmas period.

FRIDAY 1st DECEMBER 2023

10.30am - 12 mid-day

CHRISTMAS On 'The Deck'

Join in Carols led by Val Suhr and the U3A choir

.A break for tea / coffee and Christmas cake

A session with **RE-Take**

Followed by ice-cream and a chance to chat with and farewell friends till next year.

Collect a course guide and enrolment form



If you have been in the building the last week of term you will see that we have new windows with fly screens. (less dead bodies to sweep away !!) Glen Eira Council have done some great up-grades this year with the renovated toilet facilities and now windows that are easier and safer to open.

A big **'Thank you'** to all the classes who helped clear their rooms of personal items; particularly the art room members. It will make it so much easier for the cleaning crew (volunteers) to tidy up before we return in 2024. Also a big thanks to the many AGM attendees who helped return furniture back to class set up.

Exciting New Courses on offer in 2024

When you look through the Course details on offer in 2024, we have a mixture of new and old.

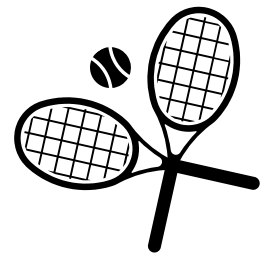
All the courses on offer in 2024 are of course, subject to change. There will be other new courses added from time to time so check out our web site for the latest updates.

There will be hard copies of the latest courses in Folders in the kitchen area and if you want to purchase a hard copy to take home it will cost you \$1 to cover photocopying etc.

A good time to look at the hard copies might be after our Christmas Break up & Show on the deck from 1030 - 12 on Friday 1st December

Here is a list of the current NEW course offerings to look out for in 2024.

- Introduction to Powerpoint - this content will be repeated 4 times
- Africa The Unknown Continent
- Women Throughout History
- Oil and Opaque Paints
- Wills - Power of Attorney & Other Aspects
- The History of Epidemics
- India
- Community Theatre in Victoria & Tasmania.
- Cribbage
- Moors and Crusaders
- 1st Wednesday Ukulele Singalong.
- Garden Trivia, Videos & Songs
- Reconsidering JFK.
- Why Insects Matter: Earth's Most Essential Species.
- London in the Time of Dickens.
- Notorious London
- Sustainable Living and Clothes Swap
- Social Tennis



Rebus puzzles

Can you guess the words and expressions?

	Get it Get it Get it Get it	Try $\frac{\text{stand}}{2}$
	father 	
POT	D movie D movie D movie	

Use Your Brain

One of our very popular tried and tested classes is aptly named “Use Your Brain”. Held on Thursday 1pm in room 59 and convened by Caroline Ruddick and assisted by Linda Rosier (M24 416). This inter-active class invites all members to bring along all manner of puzzles, general knowledge questions, brain teasers, crosswords and memory games. Anything that makes you think. Some puzzles are worked on as a team and some individually. Warren Sapir gets in on the action with his trivia questions and all brains get a work out; just what we need to keep those little grey cells finely tuned.

On the left is an example of a Rebus puzzle. A common expression is represented by a graphic; see if you can work them out. I don't have the answers for you and a few of them have me stumped! It might keep you entertained on Christmas day. Good luck.

U3A Visits Tasmania

Last month a group of 27 U3A Bentley members, along with friends from the **Bayside Brighton Life Activities Club**, made their first interstate trip over to Tasmania. They were off to an early start and got ahead of the traffic for a quick check-in and flight to Launceston where they were met by their Redline coach and driver Laurie. Laurie was born and grew up in Tasmania and had a wealth of knowledge to relay to the group as they began their 8 day trip. Organizer **Pat Cahill** tells us;

Driving along the East coast, we traveled via Scottsdale and St. Helen's and stayed the night in **Scamander** where we enjoyed comfortable rooms with magnificent ocean views. A huge breakfast set us up for the drive next morning to the beautiful Georgian village of **Richmond** which is classified by the National Trust. We saw the famous Richmond stone span bridge built by convicts with the foundation stone being laid in 1823 (completed in 1825) and still in use today. Also of note was a great ice cream shop!!

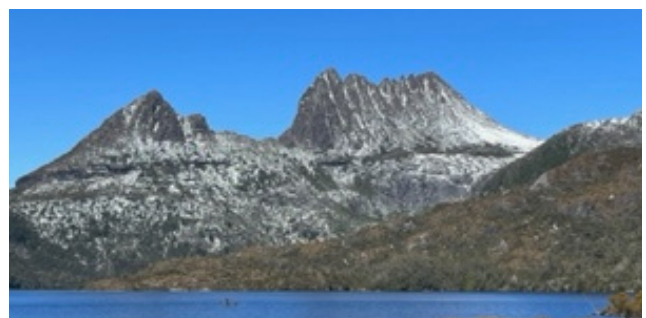
A short drive took us into **Hobart** where we stayed for 2 nights. That first evening saw the group wining and dining on a Derwent River cruise while taking in the night lights of the city. The following morning we drove down to **Port Arthur**, the 19th Century penal colony which is now preserved as an open air museum. Many of the homes, jails and administration buildings are still intact and can be explored. Following a short boat trip over to the Isle of the Dead, we returned to Hobart for a free evening to investigate the many eating places along the Hobart wharf and indulge in fresh sea food like Mure's restaurant.

Heading West, we left Hobart and for **Queenstown**, where we stayed 2 nights. We took in a trip to Russell Falls and Lake St. Clair National Park where it began snowing. What a great opportunity for photos and a morning tea to keep us warm and content. Leaving the National Park we drove across to **Strahan** on the Tasmanian West coast and boarded a boat for the Gordon River wilderness cruise; a highlight of our trip. We discovered Sarah Island, an old convict settlement where we were entertained and informed of dramatic tales by a local guide.

Queenstown, once a rich mining town when gold was discovered in the 19th century, is now denuded by over logging, sulphur and fires giving the area a barren "moonscape" vista. The first morning we headed off on a shuttle bus to the contrasting and breath-taking vistas of the World Heritage Site, to view a snow capped **Cradle Mountain**; a great chance to stretch our legs and take photos. Driving back we visited Sheffield known as 'The Town of Murals'

Our final over night stop was back at Launceston and a stay in the picturesque Swiss style village of Grindlewald where we had a final opportunity to enjoy a buffet meal together then an early night before heading back to Melbourne. We had a great time, got to see the wonderful natural sights of Tasmania and made new friends.

Thank you Pat, Kathy and Priya for organizing such a great trip and we look forward to hearing what you are offering members and friends in 2024.



Easy Fruit Cake

INGREDIENTS

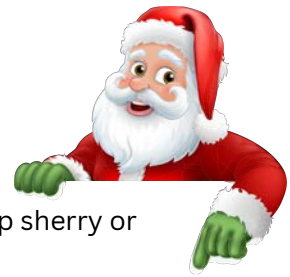
500 gms mixed dried fruit
1/4 cup mixed peel
1 cup drained crushed tin pineapple*
1/4 cup chopped walnuts
1 cup fruit juice (a choice of apple, apricot, pineapple or carrot)
1 1/2 cup Wholemeal SR flour
1tea spoon mixed spice
1tea spoon Bicarb soda

METHOD

Oven 180C or fan forced 160C
Grease and line a loaf tin.
Soak fruit in juice overnight (add 1/4 cup sherry or brandy if desired)
Mix in flour, spice , nuts, pineapple and soda
Cook approx 1 - 1 1/2 hours

- Can replace pineapple with cooked mashed pumpkin ,
- grated carrot or apple

This recipe freezes well. Has no egg or butter



Sea Food Sauce

150 mls thickenedcream
150 mls tomato ketchup or sauce
1 tea spoon Worcestershire sauce
10 drop Tabasco sauce
Cayenne pepper to sprinkle
Optional: 1 tablespoon Brandy



Method

Gently beat the cream to thicken but not form peaks. Stir in remaining ingredients. Dress seafood or serve on the side. Cayenne to decorate.

Avril's Genuine Scottish Shortbread

125 gms butter 4 table spoon rice flour
125 gms margarine 2/3 cup plain flour
pinch of salt

Method

Oven on at 170 C
Line baking tray with aluminium foil or baking paper.
Put all ingredients on a bowl and ensure the butter & margarine are at **room temperature**
Blend all together till a consistent texture.
Place a manageable portion of dough onto a floured board & press firmly together.
Roll out to desired thickness & cut into preferred shape. Use all the remaining dough.
Place gently onto baking tray leaving small space to spread. Prick surface with a fork.
Check after 15 mins, turn tray then 10 mins more till golden. Allow to cool



East Bentleigh Farmers Market

Saturday 23rd December

8am - 12.30pm

Your chance to pick up some fresh produce and see what special treats are available for last minute gifts



Come back for a rest!!!

Great Holiday reading

Lessons in Chemistry by Bonnie Garmus. It's 1950's and a beautiful and smart woman has aspirations of becoming a scientist however society sees her in a domestic roll because of her gender. So good it's been made into a TV series.

Maggie by Catherine Johns. Set in 1960's Australia Maggie attends a Catholic boarding school, which she sees as a release from her troubled home life. Her plans of going to university are destroyed when she becomes involved with the new priest.



Thank you to all the volunteers who make U3A Bentleigh what it is. Without our tutors, reception and committee members we have no U3A. We wish you and all our members a Merry Christmas, enjoy the festivities and we hope to see your happy faces in the corridors of U3A Bentleigh next year.