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Presidential Ponders ...

- the creation of an Aussie family -



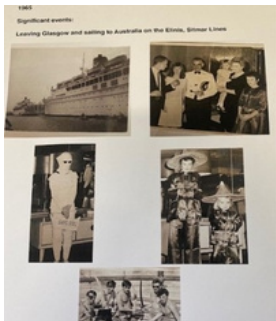
My identity paper

Continuing my family's journey to having our dream, of living in Australia, come true.

My family's leaving Scotland and emigrating to Melbourne, Australia took a bit of organising; Mum was being told - "Jean, it's a Man's country!"

My Mum was not one to give up on a dream and eventually everything was arranged under the sponsorship of St. Giles Presbyterian Church in Carnegie, for which we are eternally grateful.

On the 2nd of December, we were all safely on board our ship, the Ellinis, part of the Greek based Sitmar Line, having said all our "goodbyes" to close family and friends in Glasgow.



The captain & my family

The Ellinis docked in Melbourne on the 30th of December, 1965 where we were met by the Presbyterian Chaplain of Victoria, the Reverent Crichton-Barr, plus parishioners from the community at St Giles - who were absolutely amazingly generous. We were "billeted" with a local family in Moonya Road, Carnegie. They were a fantastic couple who totally took such great care of all of us for the 10 days until the "duplex" at 350 Neerim Road, which the St. Giles community had organised became available. Mum and us kids then moved into our new Aussie home. Incredibly, the parishioners supplied us with everything a family of 5 would need to set up home, as all our belongings and furniture were in a very large container which would take 3 months to arrive in Melbourne.

The day our "container" arrived was momentous!

It took support from the St. Giles community to gradually return all our borrowed household furniture and items to their rightful owners. Then on "THE DAY" set up our new home with all our wonderful, familiar furniture, beds, couch and lounge chairs, bedding etc - we even carpets!

At the end of the day, we thanked everyone for all their generous time and support over the past 3 months, we shut the front door, and very excitedly, settled into our now familiar family setting, where we just sat around and smiled a lot at each other, total satisfied that we were now "REAL DINKUM AUSSIES".

I am looking forward to seeing you all around Campus soon.



St Giles



If you know of a member having a 'significant' birthday or of a member becoming unwell or hospitalised or of a member dying, **PLEASE** let the Front Office know OR email publicity@u3abentleigh.org.au. We cannot follow up what we don't know.

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Information Important to our Members

Important Dates

Monday 15th -25th January Summer School

Closed 26th January Australia Day

Monday 5th February 2024 **Semester One begins**

Tuesday 13th Feb. 12md. Welcome to new members.

Wednesday 14th Feb 11 -1230. 1st meeting of the Travel Club

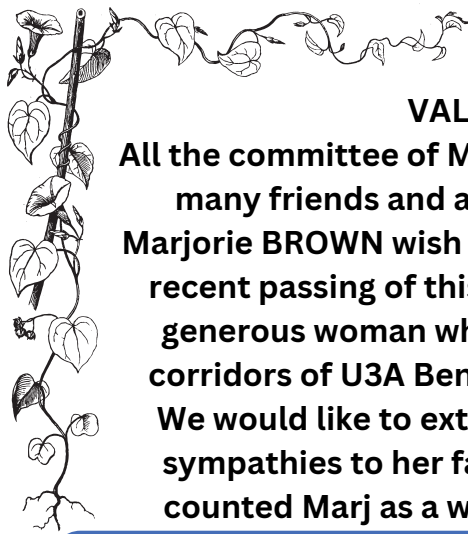
COVID UPDATE

Covid 19 is like all viruses. It changes and evolves over time. Vaccinations, whether its for Covid or Flu etc., do not mean that you won't get Covid or Flu. All it means is that it reduces the risk of serious illness or death from the virus if you should come in contact with it. I would like a dollar for every time I've heard 'Vaccinations don't work. I've had my Flu vaccination and still got Flu.' If you hadn't had the vaccination, you might well have ended up in hospital seriously ill. It's the same with the Covid Vaccines.

There are new evolved strains of Covid in the community. If you have kept up with your vaccinations (currently I have had 5), then these vaccines will continue to provide strong protection against **serious** disease. The government as part of its community protection program, has approved a 6th booster shot. Moderna monovalent also known as COVID-19 x BB1.5 Vaccine, has been approved and has been rolled out from the 11th December 2023. This new vaccine has been found to provide modest improvement on the older vaccines, against the different strains circulating at the moment.

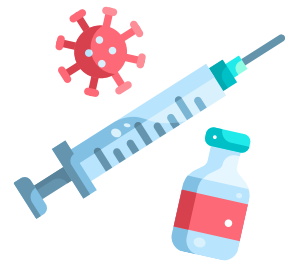
Older citizens and people who are Immuno-compromised are at a higher risk of developing a serious reaction if they catch Covid and are urged to consider getting the 6th booster shot. This information was taken from

<https://www.health.gov.au/ministers/the-hon-mark-butler-mp/media/new-covid-19-vaccines-available-to-target-current-variants>



VALE

All the committee of Management and the many friends and acquaintances of Marjorie BROWN wish to acknowledge the recent passing of this quiet, reflective, generous woman who has graced the corridors of U3A Bentleigh since 2010. We would like to extend our sincerest sympathies to her family and all who counted Marj as a wonderful friend.



U3A Bentleigh Travel Club

North East Silo Art and History Coach Tour

5 days /4 nights

Departs March 4th, Returns March 8th - **\$985 pp.** Includes King Valley, Bonegilla, Echuca, Tatura, six

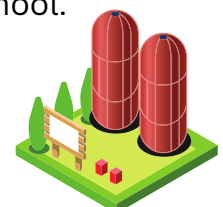
Silo Art sites and the Sophia Murals.

Accommodation, Breakfasts and Dinners included.

Highlights will include a tour of Bonegilla Migrant centre, a cruise on a paddle steamer, some beautiful painted silos and much more.

If you are interested, fill out an 'Expression of Interest Form' available on-line via our web page or at the office. Best time to do this is over

Summer School.



2024 Committee

PresidentAvril Lochhead
Vice PresidentPat Watts
SecretaryLinda Osborne
Treasurer Brian Quintal
Courses Anne Nguyen
Webmaster Michael Bonacci
PublicityErika Fleming
Events Co-ordinator.....Jan Sapir
Welfare Liaison.....Olive Collingwood
OH&S Officer.....**Vacant**
Minute Secretary.....**Vacant**
Publicity Assistant.....DotTane

The Business Page

EVENTS for 2024 FORECAST

This calendar of **possible** Events for 2024 is subject to change. Please keep an eye out on the **Events Calendar outside the office** to keep abreast of information as it becomes updated.

| | |
|-------------------------|---|
| February 13th 12md. | Welcome to new members Cake & Coffee |
| March 8th. 12md. | Sausage Sizzle on the Deck TUTORs ONLY |
| March 22nd 1 - 4 pm. | Trivia with Warren Sapir |
| April 2nd 6pm. | Comedy Theatre - Celia Pacquola |
| April 26th time tbc. | Either Murder Mystery or Open Mic + Easter raffle |
| May 24th 10.30am. | Cancer Morning Tea |
| June 21st | OPEN Day |
| July 19th. | Christmas in July @ ? RSL |
| August 2nd ? 10.30. | Australian Wildlife presentation + |
| 11.30. | Fundraising morning tea |
| September 20th 1 - 4pm. | Trivia with Warren Sapir |
| September 27th 12md. | Sausage Sizzle on the deck - All members |
| October (Dates TBA.). | Seniors Week + What's it Worth |
| November 5th 1.30pm | Melbourne Cup Extravaganza |
| November 22nd 10am. | AGM |
| December 6th 10.30 -12 | Christmas Event @ U3A |

We will also be looking to put on other events and will advertise accordingly, as the year progresses

EVENTS CALENDAR is up on the wall OUTSIDE FRONT OFFICE

As a lot of members enjoy the different events that U3A Bentleigh put on, we decided to place an Events Calendar for members to use and reference.

I have put up the events as they are at present and will add and subtract as needed.

As we cannot use UMAS to learn of peoples significant birthday dates, we would ask that members put their SIGNIFICANT dates on this Events Board. This would allow us to get a card to you and maybe allow your class mates to get together a cake etc.

TUTORs/CONVENORs - please use this board to enable our members to join in to any planned activity open to other members and it is also a way to check when you want to put on an activity, the date you choose, doesn't clash with something else.

DID YOU MISS OUT ON GETTING INTO THE COURSE YOU WANTED?

Of the **89** courses we have currently on offer starting February 5th, **24** are already full. If you are frustrated that you couldn't get into the course you wanted, think about running an extra course as the convenor. Being a Convenor, you are guaranteed a spot. Email: courses@u3abentleigh.org.au **OR** Leave a message with the Front Office Team **OR** Ring and ask to speak to Anne Nguyen. WE are ALWAYS happy to consider a new idea.



Groups / Businesses that support us

As much as possible, I would like to acknowledge the many businesses who have supported us through donations, prizes etc.

This month I would like to acknowledge Bunnings at The Link in Warrigal R'd. If you need something from Bunnings please consider giving the shop at the Links your business. Thank You Rose for the art tables.



Update from GE Council re U3A & Moorleigh Village

The Council have recently installed wind-out windows and fly screens throughout the Village. I have been told that they plan to make the old heating system redundant and install split level air conditioning/heating units and that money has been set aside to replace the silver chairs in the kitchen with more colourful and comfortable chairs. No dates forwarded.

Highlights of the 35th Annual General Meeting

Our 35th AGM was held on 24th November with 62 members attending in person and 91 proxies being submitted. Thank You to all those members who attended in person or in spirit. A summary of the report from the outgoing president included mention of our achievement of 590 members by end of July 2023. An increase of 137 new members from July 2022. A sincere thank you was given to volunteer members who 'retired' between July 2022 and June 2023. This included:- Carole Cheng and Lyn Fawcett from the Front Office and Marie Nailon; Pauline Clark; Zeki Toral; Rachel Golombick from the Committee of Management. Our new treasurer Brian Quintal presented the Treasurers Report ably assisted by Audio Visual enabled by Michael Bonnacci. Thanks to a lot of fund raising and generous donations from members throughout the year, we are in a position where the year ended in Income being higher than Expenditure. The announcement that Subscription Fees will be increased to \$65 for 2024 was made and accepted by members. We increased subscriptions at the lowest level we could but we needed to cover the cost of our members using the Gym in 2024. The Committee of Management was thrilled to bestow Life Membership on Neville Curtis for his dedicated commitment and service to U3A Bentleigh for 18 years. The new president Avril Lochhead thanked the tutors and some members for their contribution and presented the outgoing president with flowers and gifts.



Finally our secretary Linda Osborne gave us a delightful insight on what it was like to be a contestant on a Quiz Show.

Anyone wanting a copy of the minutes of the AGM, please ask at the Front Office.



CLASS FEATURE



The Hub @ U3A Bentleigh

Providing computer education, support and technical know-how, keeping members connected

Since 2021, The Hub (Room 63) has been focused on supporting members.

In our recent annual survey, we asked for your feedback regarding what you personally need or would like to see provided in The Hub by way of computers and technology generally. The 2023 survey responses covered a very diverse range of subjects. There was a small trend at one end towards very basic computer learning, and at the other end, a focus on more advanced topics such as AI, Chat, cyber-safety, etc. An interesting one was for a footy-tipping competition which, we're happy to report, we are looking to develop for 2024 footy season!

Our current small group of IT volunteers (Michael Bonacci, Val English, Eric Aston, Dr Ulrich Seydel and Nick Ancora), will be meeting to discuss the results of the survey, and how they can best meet the very diverse needs you have asked for. What comes out of the discussion will be posted on the website and in Messenger.

In the meantime, here is what is already in place for 2024, including the following **Summer School** programme:

Understanding Your Computer Part 1 & Part 2 (Tutor - Eric Aston): Wed 17 & 24 Jan, 10am – 12noon

REGULAR COURSES FOR 2024

Mondays 10 – 11am: Introduction to Power Point (Tutor - Dr Ulrich Seydel) - a short 4-week course which will be repeated 4 times, aimed at providing valuable skills for presentations, and even for formatting an electronic Xmas letter. The course is ideal for both tutors and member participants.

Thursdays 10am – 12noon: Understanding your Computer Class 2 (Tutor - Eric Aston) - this class is designed to help members develop basic computer skills such as such email, Google searches, etc. No prior knowledge is required.

Every 4th Friday 1 – 3pm: 4th Friday Technology Corner (various tutors/speakers) - for members wanting to learn about current and emerging technologies, how things work, and answering your specific questions on a wide range of tech topics.

A schedule will be posted outside Reception of when an IT person could be available in The Hub for 1:1 problem-solving. You must book one of the available timeslots to guarantee an IT person will attend.

ONE SESSION ONLY; Dr. Caitlin McCrane and Distinguished Professor Larissa Hjorth will be presenting a talk on How we can use the DATA we are connected to SMARTER and a Aging in Data play shop & Artificial Intelligence. See our web site for more information. When: Monday 19th February 10 -1pm. Book now!!!!

2 Semesters or 4 terms ?????

HAVE YOUR SAY

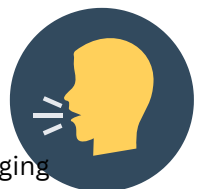
Sometime in 2024, the Committee of Management will be discussing the pros and cons of changing from the current arrangement of classes being held over 2 Semesters to holding classes over 4 Terms per year.

This would bring us in line with being closed over school holidays.

The reason we will be discussing this is that many of our members appear to be called on for grandchild minding over school holidays and the corridors of U3A become very empty.

Front Office volunteers also want to take time off over these school breaks so we can have some difficulty in staffing the Office.

Please let us know what you think of this idea. **Answer to Brain Teaser: Yellow; Violet; Green; Orange**



Answer to Rebus: Four wheel drive; Apple Pie; Up to you; Robin Hood; Design; Engineer; Vegetables; Afternoon tea; Camping Overnight; Monday

Food; Funnies and Food for Thought

Local Restaurants we have been to - reviewed

We recently went for dinner to **Laksa King** near the Village Cinema complex in Southland. This is a Malaysian style restaurant that is not too expensive. I had the Seafood Curry Laksa - a very yummy bowl, filling and priced at \$20.50 and Tom had a Beef Curry with rice from the Street Food section of the menu for \$16.50. He loved it and enjoyed the robot delivering our food. Fairly busy place but good food at a good price.



Send your review to: - publicity@u3abentleigh.org.au

RECIPES FOR 1 PERSON

Potato and Smoked Salmon Salad

Ingredients:

3 or 4 small potatoes halved
3 slices or more of Smoked Salmon
A few slices of red Spanish onion
2 or more handful's of lettuce (can use mixed leaves).

Dressing: 40 mls. Olive oil
2 teas Balsamic Vinegar
Combine in a jar, shake well.

Method:

Boil, steam or microwave potatoes til tender. When cool, place in bowl. Tear up lettuce leaves and smoked salmon. Add onion and dressing. Add salt and pepper as desired.

This recipe can be upsized to 2 - 8 people



Brain Teaser

Rearrange all the following letters to find four colours that have been mixed up below. Only one of the four colours is a primary colour.

**RAIGETENOLYLOV
GOENLEWRE**

Answers page 5

Rebus Puzzle

| | | |
|---|-----------------|-------------------------|
| wheel wheel wheel wheel wheel DRIVE | APPLE π | \uparrow uu |
| horobod | D | engine |
| VEG | NoonT | <u>camping</u> NIGHT |
| go go | T i m e ABDE | PO |

88.3 Southern FM Radio The Sounds of Bayside Community Capers Tuesdays 9am - 10am

Our Vice President Pat Watts joins Pauline O'Brien in this time slot each week. Pat will read out any news, events etc. that is pertinent to our community. If there is anything that you feel you might like to promote please send an email to publicity@u3abentleigh.org.au

and it will be forwarded. Examples could be the travel club organising a trip; a class that would like to attract new members; a special presentation to be held; a new tutor required etc. etc.

We have developed a good relationship with Southern FM, so please tune in when you can.



Southern FM 88.3

An apple a day
keeps the doctor
away—if you throw
it hard enough!

