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Presidential Ponders ...

They call us "The Elderly."

We were born in the 40-50-60's. We grew up in the 50-60-70's. We studied in the 60-70-80's. We were dating in the 70-80-90's. We got married and discovered the world in the 70-80-90's.

And we are going steadfastly through and beyond 2024.

Turns out we've lived through EIGHT different decades...2 different centuries...2 different millennia...

We have gone from the telephone with an operator for long-distance calls to video calls to anywhere in the world.

We have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and Whats App.

From live matches on the radio, to black & white TV, colour TV - then to 3D HD TV. We went to the Video store and now we watch "on-line" Netflix, etc.

We used the first computers, punch cards, floppy disks and now we have gigabytes and megabytes and everything on our smartphones.

We wore shorts throughout our childhood - and then long trousers, Oxfords, flares, safari suits & blue jeans.

We dodged infantile paralysis, meningitis, polio, tuberculosis, swine flu and now COVID-19.

We rode skates, tricycles, bicycles, mopeds, petrol or diesel cars and now we drive hybrids or electric.

Yes, we've been through a lot - and what a great life!

They could describe us as "exennials," people who were born in that world of the fifties, who had an analog childhood and a digital adulthood.

We've kind of "Seen-It-All"! We are so much more than ELDERLY.

Our generation has literally lived through and witnessed more than any other, in all dimensions of life.

It is our generation that has repeatedly adapted to "**CHANGE.**"

A big round of applause to all our members of this very special generation, who we know is UNIQUE! - that's us :). Maybe ELDERLY but UNIQUE

Author unknown



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 4th March - Friday 8th March North East Silo Art & History Coach Tour

Tuesday 5th March 10am - 3pm: Free Hearing Test - book @ Front Office

Friday 8th March: Sausage Sizzle for TUTORS ONLY 12 - 2pm on the deck

Friday 22nd March 1-4pm: TRIVIA with Warren & Jan Sapir (bring a friend welcome).



MEMBER HELP NEEDED

Does ANYONE know of someone who is able and qualified to install a overhead projector into Rm 39?????????

If you do, please give details to the Front Office or email
publicity@u3abentleigh.org.au

Please LABEL items .

As you know we de-clutter U3A Bentleigh rooms as a minimum once a year. If you place items in the Store Room back of The Hub for safe keeping, please label your item and who it belongs to e.g., Bridge Cards. This makes it easier to identify and trace the owners if we need to.



2024 Committee

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



Free Tea & Coffee for Members

As we have turned a corner financially, **we no longer expect members to pay for their tea and coffee at U3A Bentleigh in 2024.**

Please remember that tea, coffee, sugar & milk is supplied for use of OUR members at our premises. We cannot afford to supply the general public or top up a home pantry.

Please bring your own cup and make sure to clean up after yourself.

Dorothy Andrew will continue to launder tea towels, check supplies etc. **Thank you Dorothy!**

The pink donations tin will remain & if you feel like donating a bit of change, we will happily accept it.

Need Help with PUBLIC TRANSPORT?

ATTENTION ACTIVE U3A SENIORS

1. Are you now afraid of driving?
2. Is your eyesight failing and you are worried about driving?
3. Have you lost your licence due to a medical condition?
4. Do you have a medical condition/operation that will limit you driving for weeks or months?

Now that I have your attention, My name is Carolyn Bryant. I attend various classes and also volunteer at the front desk twice a month on Thursday Morning.

I can offer a personalised service of teaching you how to catch public service from your home to U3A Bentleigh and back.

I will teach you how to use a MIKI card, to read bus signs and train directions. I am also happy to travel with you there and back, plus providing you with written directions.

Areas: Bentleigh, McKinnon, Bentleigh East, and Moorabbin.

To and from: U3A Bentleigh.

To and From Stations: Bentleigh, McKinnon, Ormond, Moorabbin and Murrumbeena.

If you are interested, please leave your name and phone number at the front desk and I will ring you back.

PS. If you are still driving and want to continue driving, it would be handy to know that you have a travel back up plan, should you not be able to use your car due to repairs etc.

See Carolyn Bryant Background on Page 5.

The Business Page

Our Band Retake AUDITIONS

Our U3A Band Retake, proved very popular with the members in 2023. Larry Finn is trying to reform the band in 2024 for the continued enjoyment of both the band members and all of us who love listening to live rock and roll. Band members must have some level of musical background and/or be able to sing reasonably well so that the band can form into a dynamic group quickly. You would need to supply your own instrument and Larry will let you know if anything else is needed.

Auditions will be held Fridays from Friday 9th February to March 15th @ 10am & - 11 am.

If you fancy yourself as a member of a band please come and try out. People playing guitars, drums, most instrument and singers welcome. Bookings for Auditions times needed. See Front Office soooooo ring us on 9570 3929 to let us know you're coming.



Book at Front Office for an Audition time slot.

FREE HEARING TEST

**In room 54
5th March**

between 10am and 3pm

Put your name down @ the Front Office for your 15minute slot.



We have a **FULLY AUTOMATED Lifepak CR2** which is attached to the wall outside the front office.

This machine tells you what to do and will **ONLY** apply a shock if the machine diagnoses a heart rhythm which is incompatible with life.

There are 3 short videos available to view on our website.

Go to U3A Bentlygh. Click on Latest News.

1. Lifepak CR2
2. AED in Action
3. CPR in Action

Viewing all 3 takes 10 minutes approx.

DEFIBRILLATOR



Front Office



Groups / Businesses that support us

Lets acknowledge and support the many businesses who have supported us through donations, prizes etc.

This month I would like to acknowledge:

Humble Creatures, the local coffee shop up the road from us on Bignell Road.

They have supported us with vouchers as prizes in our raffles.

They offer great food and coffee at a reasonable price.

Let them know that you appreciate their support.



Welcome to our new members!

We appreciate you and looking forward to getting to know you.
Yet another memorable event at Bentleigh U3A... laughs and chatter, fun morning...
Highlights of Welcome to New Members held Tuesday 13th February



We've also been busy revamping the website as well...
Have a look at the awesome collage on top...



FEATURED CLASS REVIEW - MUSIC

This month we feature the Ukulele



Learning a instrument is good for your mind, body and spirit and the great thing about the Ukulele is that it is a cheerful, easy instrument to learn on.

Why is learning an instrument GOOD for you?

- Increases hand / eye co-ordination
- Increases your fine motor skills
- Reduces stress and anxiety - helping you relax & unwind and it actually can reduce the stress hormone 'Cortisol' in your body
- Boosts brain function and has been shown to result in better memory, focus and problem solving skills.

This could be a real advantage to 'seniors' as we battle to retain function and push back against the changes that happen with age in our brain.

Other advantages are that a ukulele is a cheap instrument to purchase and at U3A Bentleigh, we have different classes catering for different levels.

You can also sing along as you play for extra fun.

We encourage you to come along to a session, see what it is like before you make up your mind to join the class of your choice.



Your Ukulele choices: - Tuesday 10 - 1130 some slight skill needed; Wednesday 10 -12 - all level skills welcome. So join the famous ukulele players; - George, Ringo & Paul; Tiny Tim; George Fornby; Bette Midler; Peter Sellers, Marilyn Monroe, Ryan Gosling, Taylor Swift.

MUSIC ALTERNATIVES

If you don't like ukulele, consider the recorder ensemble on Thursday or the Choir on Tuesday both still have a few places and welcome new members.

HAVE A GO - it's GOOD for you.



Something Different to Consider

The Australian War Memorial has approx. 65,000 letters, notes etc. written by soldiers mostly in WW1. They are written in cursive writing which needs a human to translate into their on-line archives. If interested, go to their **website** and click on **'transcribe'** for more information.

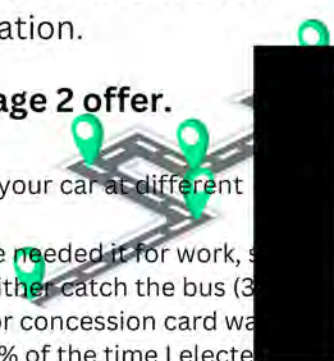
Carolyn Bryant Background to Page 2 offer.

BACKGROUND

It can be daunting for anyone, if you are unable to drive your car at different times, and need to catch a bus or train.

Years ago when I was working, I lent my son my car, as he needed it for work, as I live close to Paterson Station, I had two options to either catch the bus (30 minute drive or a 15 minute walk to the station, My senior concession card was half price of normal travel and free on the weekends. 99% of the time I elected to walk as this contributed to my daily walking exercise. Surprisingly, it was so much cheaper travelling by public transport, than owning a car.

This was the best thing I have ever done, as I became competent and not afraid of making my way around Melbourne with public transport. I do have a car now, however, if in 10 years time, I decide not to drive, it wouldn't worry me at all!



FREE OPERA EVENT



Free Event - Opera Australia

The public is invited to a special free performance at **Government House Victoria** on **Thursday 29th Feb. 2024.** Attendance **FREE.**

Registration essential and opening 12pm 9/2/2024.

For further information & registration go online to Eventbrite using this link.

<https://www.eventbrite.com.au/e/828062436037>

Food; Funnies and Food for Thought

Local Restaurants we have been to - reviewed

We recently went for lunch to **Arco** 8 Arco Lane Heatherton near Bunnings at Moorabbin. We sat outside and felt as if we were on holidays! The Classic lunch includes a delicious meal and a drink for \$19.50. There are lots of choices. It has won awards and supports the community. No doubt you'll enjoy it!



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

Mea Culpa

In the December 2023 issue we published the recipe for Avril's Genuine Scottish Shortbread and somehow managed to omit a vital ingredient
2/3 cup Castor Sugar

Please see the recipe on our web site under publications December 2023



Rebus puzzles

Can you guess the words and expressions?

Brain Teasers

RECIPES FOR 1 PERSON

Easy Overnight Oats

Ingredients

- 1 cup old-fashioned oats
- 2 tsp. chia seeds
- 1/4 tsp. ground cinnamon
- Pinch of salt
- 1 c. dairy or non-dairy milk
- 1/2 c. plain Greek yogurt
- 1 tbsp. honey
- Peanut butter, jam, chopped walnuts, fresh fruit, and/or cacao nibs, for topping (optional)

1. In a medium bowl or large glass container, combine oats, chia seeds, cinnamon, and salt. Add milk, yogurt, and honey and stir to combine. Cover and refrigerate overnight.
2. When ready to serve, stir oats and top with desired toppings.



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Answers to Rebus bottom page 5

Types of Dog

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

- BULLDOG
- PINSCHER
- DALMATIAN
- PASTIFF
- BOXER
- SHEPHERD
- BEAGLE
- TERRIER
- SETTER
- CORGI
- ROTTWEILER
- CHIHUAHUA
- COLLIE
- HOUSING
- DACHSHUND

Play this puzzle online at : <https://thetwordsearch.com/puzzle/9/>