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## Presidential Ponders

I do enjoy a bit of history and thought you might too. Have you ever wondered about the history of the University of the Third Age (U3A)?

U3A Bentleigh is part of an international movement whose aims are the education and creative stimulation of retired members of the community – those in their third 'age' of life.

Prof. Pierre Vellas started the concept of U3A in 1973 at the Faculty of Social Sciences in Toulouse, France. The international motto is, learn, laugh, live; learning for pleasure. The British model of U3A was introduced to Melbourne in 1984.

U3A Network - Victoria was established in 1985. By 1994 the movement was providing a wide variety of interesting courses, crafts and social activities for around 18,000 retirees in more than 108 independent campuses operating in all States and Territories of Australia. Currently, there are about 300 U3As across Australia, with about 100,000 members. A truly brilliant concept from Prof. Pierre Vellas, clearly well received.

Initially our U3A was included within U3A Monash. We commenced classes as U3A Bayside Central on 27th September 1988. Our gratitude goes to: The 1st 1988/89 Planning Committee of Management included President: Alan Milledge, Vice President: Keith Tarrant, Secretary: Jean McLeod, Treasurer: Betty Shelton and Minute Secretary: Muriel Leadbeater. Gradually classes were re-located from Access House to Moorabbin TAFE annex, to Moorabbin West Primary School, and then to our current home in Moorleigh Community Village.

The 1st Newsletter of U3A Bayside Central appeared in December 1988, simply titled "Newsletter No 1". In 1990, December the 1st "Bayside Banner" evolved into our "Moorleigh Messenger"



As Moorleigh was not a recognised suburb, and potentially confusing to new members, the decision was made, and thanks to Janet Lee, in 2021 we evolved into U3A Bentleigh.

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# Important dates



- 22nd March: 1 - 4pm Warren & Jan's Trivia Afternoon plus Easter Raffle drawn
- 29th March - 1st April: Easter Holidays - Office closed
- 15th April: Back to school Term 2
- 2nd April: Comedy Celia Pacquola 6pm @ The Comedy Theatre
- 24th May: Cancer Morning Tea - all proceeds go to Cancer charity

School holidays:  
Some classes will be running...  
and some not...  
check with your teacher

## SPECIAL EVENT

A Speaker from KOGO (Knit One, Give One)

will be giving a talk at the Sit, Knit & Natter class on Wednesday 10th April 2pm.  
There will be a limited number of spots available for non-Class members in Rm 59.

If you would like to attend, please register at the front office to join the class for this one off event.

KOGO has been running for 20 years and seem to do a lot of things for people in need across the community e.g., knitted blankets for adults & kids; kids jumpers; knitted toys; care packs for hospital patients. Visit the KOGO website to get a sense of the range of goods they provide.



## POSTAGE INFORMATION

Feedback from Free Hearing tests conducted at U3A Bentleigh 5th March.  
12 members took advantage of an on site assessment. 6 were detected with a level of hearing loss and have appointments for follow up assessments made for them at a Hearing Australia clinic. We are looking at providing this free on site screening later this year. ? during Seniors Week in October.

Trying to get information out to our very different profile of members is very difficult. Postage is very expensive, time consuming and the delivery of letters seems to have become more erratic. We post on our web site. Messenger is posted on our web site monthly, we send out bulk emails BUT WE CANNOT DO BULK LETTER POSTAGE. Please check the notice boards & the folders in the kitchen area from time to time for new updated information.

## Footy Tipping Results Update

The inaugural tipping for U3A Bentleigh is underway and after 2 rounds( sort of), Darrell Tregear has a 1 point lead after picking 8 winners this week, with Julie Robbie is 1 behind and after that it's very close. In the Streak, Dorothy Andrews is leading after picking 7 certainties in a row this week, big effort. It's only 2 rounds in so far, and any new starters wouldn't be too far behind, so if you would still like to join, you would be most welcome.



## Advanced Publicity

The 2024 U3A State Conference will be held 3 - 5th October  
'Forty & Fabulous! What's next?'

Venue RMIT Storey Hall off Swanston St in city.

*Thank you very much*

We would like to acknowledge the wonderful support of **Benn's Book Store** in Centre Rd Bentleigh.

Thank you for the vouchers. They were much appreciated by our members



## 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**
- PublicityAssistant & Photographer..DotTane

# The Business Page

## HELP FIND MISSING ART CUTTINGS

Art Teacher - Kath Raulings - needs your help. During 2023, Kath spent a lot of time sourcing cuttings from magazines and old calendars. These cuttings were placed into A4 plastic sleeves labeled: Landscapes; Trees; Seascapes; Water; Outback; Animals; Birds; Flowers etc. All together there were 12 sleeves of picture to be used as source material for her class. She then placed them in 2 plastic tubs she brought from home. These were for the use of her 6 beginners starting her art class in 2024. The majority have disappeared. She doesn't mind other people using them but would be delighted if they could be located and returned to the art room.



## BIG THANK YOU TO RHONDA HILL

Our hard working Strength Training Teacher has just made a \$500 donation to U3A Bentleigh.

Thanks Rhonda.



Also announcing that we have purchased a benchtop dishwasher to make cleaning up after events easier on our wonderful volunteers.



## ANNOUNCING: U3A BENTLEIGH GIFT CERTIFICATES NOW AVAILABLE

We all know the problem of trying to come up with a present for our friends who all seem to have everything already. Whether it's a Birthday or a Christmas present, we look for a gift that would be useful, that they will enjoy and is not too expensive.

Consider giving them a U3A Bentleigh Gift Certificate.

We now have available from the Front Office certificates that you can purchase and give to your friends that would entitle them to one years membership of our wonderful U3A.

It would be THE GIFT THAT KEEPS ON GIVING - perfect.



### Gift Certificate

This certificate entitles

to One (1) Annual Membership of U3A Bentleigh

Moorleigh Community Village  
92 Bignell Rd  
Bentleigh East Vic 3165

Authorized by

Expires 24 months from date of purchase

Not redeemable for cash

Number 202401

For more information check out our website at [u3abentleigh.org.au](http://u3abentleigh.org.au) or ring the office on (03) 9570 3929

## HOT WEATHER & DEHYDRATION

We very recently had one of our members feel unwell. We were worried.

We called her family & an ambulance. Luckily all turned out well. It had been a very hot day and the likely culprit -

## DEHYDRATION.

Older people dehydrate quickly.

**ELDER ABUSE Related to Family Violence**  
A talk will be given on this important subject by Detective Andy Sapir.

When: 12th April

Time: 10 - 12

Where: Rm 41

Book via our web page or at the Front Office

Some common forms of elder abuse may include:

- › Financial abuse
- › Emotional (or psychological) abuse
- › Neglect
- › Physical abuse
- › Social abuse
- › Sexual abuse.





**Wow! What an awesome week!!!**

**Yet another memorable event at Bentleigh U3A... laughs and chatter, amazing trip...  
 Highlights of North East Silo Art & History Coach Tour... from 4th - 8th March 2024**

**Bonegilla Migrant Camp**

300,000 migrants passed through this camp after WW11 from 1947 - 1971, to begin a new life in Australia. Some of our tour group had actually arrived there with their families and were able to tell us first hand about their camp experiences.



**Echuca and a Paddle Steamer Cruise**

Travelling through the Murray Valley, we spent 3 nights in Echuca. The evening saw a very challenging Trivia night. The group being very competitive, which caused a lot of hilarity. Next day - Echuca starting with a tour of the historic port and a cruise. Afternoon spent in the beer museum with an introduction to all sorts of rare memorabilia and an enjoyable spinning wheel where each spin won a prize - very popular. We raised \$95 for charity and sported new baseball caps. Dinner: Carvery at RSL Moama. No complaints about the size of the serves slopped on the plates - no further comment.



**Tungamah, Devenish, Goorambat, St James & Tatura**

Day 4, along the Silo Art Trail and the Sophia Mural in the Uniting Church @ Goorambat. At the **Tatura Museum**, we learnt the history of Internment camps located nearby. They housed not only POW's from Germany, Italy & Japan but also 'Aliens' e.g., members of the German Templar community, living in Palestine were regarded as 'aliens' by the British, who needed the land for the establishment of the state of Israel. Many were deported to Australia. One of our members, talked about this history & life in the camp. How they set up schools, workshops, cultural events, grew food in small plots. Lathes were built and toys were made.



**Silo Art @ Rochester & Colbinabbin**

Our last day took us again to visit silo art. 1st at Rochester, then Colbinabbin - the largest of the silos. After lunch by the lake in Nagambie, we arrived back to a sad farewell from old and new friends, looking forward to the next offering of the U3A Bentleigh Travel Club - **Eva Schulz**.





## CLASS REVIEW



This month, we are looking at **The Travel Club**.

The Travel Club started just over 2 years ago as a way to offer travel to our members, that was easy to access, at a good price and something that could be enjoyed by our members and their friends.

**Pat Cahill; Priya Bonney, Kathy Sanderson and Eva Schultz** took up the challenge and have made a wonderful job of encouraging our members to meet and make new friends whilst enjoying the ambience of being 'away.'

The Front Office will accept some payments but some must be made directly with a accommodation facility so read the posters carefully.

**What are they offering U3A Bentleigh members in 2024?**

**1st offering: - The N E Vic. Silo Art and History Tour fully booked with 34 passengers - see page 4 for feedback..**

**2nd: - Kyneton Bus Tour 6th May 3 nights accommodation @ Kyneton Bushland Resort.**

**3rd: - Christmas in July @ Skyhigh Restaurant @ Mt. Dandenong. Cost \$55 includes coach & 2 course lunch.**

**4th: -Kangaroo Island on the Princess Cruise ship Diamond Princess - 7 nights.**

No cruise dates have been selected but if you email 33patC@gmail.com and put cruise in the subject line, Pat will get back to you with possibilities, costs etc. This is a rare Melbourne to Melbourne cruise.

**5th: - A short Daylesford Getaway** of 3 nights is being planned for later in the year. Dates yet tbc. Accommodation would be at Carrington House. This will be a self drive getaway.



If you are interested, look out for the posters and book early.

If anyone is able to drive a 12 seater community bus please let one of the ladies mentioned above know. A special bus licence is not required.



## FEATURED CLASS REVIEW - Women in History

**Awareness precedes change...**

**Women throughout History - The Famous; The Infamous and the Largely Forgotten in Rm. 41 on Mondays 12.30 - 1.30pm**

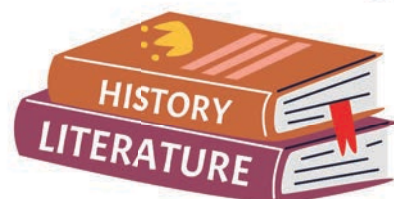
**So far we have covered....**

**Pope Joan  
Elizabeth Kenny  
Queen Hatshepsut  
The Dahomey Amazons  
Vida Jane Mary Goldstein**



**still to come**

**Harriet Tubman; Sirimavo Bandaranaike; Billie Jean King; Hedy Lamarr; Dowager Empress Cixi; Ruth Bader Ginsberg; Catherine the Great etc. etc. etc.**



Answers to Rebus: 1. Trip around the world; 2. Lemonade; Long Legs; 4. Advice; 5. Spaceman; 6. Big Bad Wolf; 7. Many thanks OR thanks a lot; 8. Download; 9. No Idea; 10. Comfortable; 11. Forty Years; 12. Excuse me.

# Food; Funnies and Food for Thought

## Local Restaurants we have been to - reviewed

Just recently discovered a lovely little Italian shop called **Dolce Fantasia**. It's not really a restaurant but it does take away food e.g., Moussaka. What it is, is a lovely little coffee and cake shop. The cakes are baked daily on site, so you never know what you will find. I've had a pistachio cookie and a lemon tart - both lovely. Not cheap but well worth trying if you enjoy the sweet things in life. **1202 Centre R'd Sth Oakleigh**

REMEMBER WHEN YOU ARE IN DEEP SHIT, LOOK STRAIGHT AHEAD, KEEP YOUR MOUTH SHUT & SAY NOTHING.



## Rebus Puzzle

### Rebus puzzles 2

Can you guess the words and expressions?

	$\frac{LEM}{ADE}$	$\begin{matrix} L & L \\ e & e \\ g & g \\ g & g \\ g & g \\ g & g \end{matrix}$
VICE + VICE	<b>MAN</b>	<b>BAD</b> WOLF
thanks thanks thanks thanks thanks thanks thanks thanks	<b>LOAD</b>	<b>NO</b> I
CCME TABLE TABLE TABLE TABLE	TTTT <b>years</b> <b>years</b>	<b>XQQQQME</b>

Answer page 5

## RECIPES FOR 1 PERSON

### THAI BEEF SALAD

- 100 gms approx. Rump Steak
- Spray Oil or 1 teaspoon oil
- 1 very small or half a soft leaf lettuce
- 1 large handful of cherry tomatoes halved
- 1 small Lebanese cucumber - cut into cubes
- 2 spring onions chopped (both white + green)
- 2 or 3 whole plants of coriander ( use leaves + stems - discard roots.)

#### Dressing

- 1 tab. Fish sauce
- 2 teas Soy sauce
- 2 teas sweet Chilli sauce
- 1 tab. Fresh Lime juice



1. Put all salad ingredients into a bowl.
2. Place Dressing ingredients into a clean jar
3. Spray or Brush oil onto both sides of steak.

Cook steak in a heavy based pan or wok on high heat. 4 minutes one side; 4 minutes second side then rest steak for 5 minutes.

Cut steak into thin strips, add to salad then add shaken dressing and eat immediately.

If you like Chilli, put in 1/2 a deseeded red chilli sliced through the salad.



## Hot Cocoa Word Search

B	R	A	L	S	N	O	D	C	M	A	K
Q	C	R	M	T	R	E	L	R	S	F	M
C	H	O	T	E	P	J	P	E	I	K	I
J	O	G	H	A	O	F	W	A	V	N	L
B	C	B	I	M	W	N	O	M	T	U	K
C	O	C	O	A	D	E	X	P	S	C	G
Z	L	M	D	L	E	J	N	D	P	D	L
K	A	K	L	P	R	U	Z	J	O	T	O
X	T	Y	C	Q	E	I	Y	S	O	U	E
W	E	R	H	F	G	V	H	F	N	Y	L
M	A	R	S	H	M	A	L	L	O	W	S
B	J	A	I	S	W	E	E	T	N	D	M

- |           |       |              |       |
|-----------|-------|--------------|-------|
| CHOCOLATE | HOT   | MARSHMALLOWS | MILK  |
| COCOA     | ENJOY | POWDER       | SWEET |
| DRINK     | STEAM | SPOON        | CREAM |