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Presidential Ponders ...

IMPORTANT INFORMATION ON HEART ATTACK AND CPR.

I have had many CPR classes over the years but was never told this.....

Have you ever thought about it ?

If you are alone and have a heart attack - what are you going to do then ?

A really valuable message that can't be shared often enough:

1. Take a 2 minute break and read this:

Let's say it's 4:25pm and you're driving home after an unusually busy day.

2. You are really tired and frustrated.

All of a sudden you get chest pains. They are starting to radiate to the arm and jaw.

It feels like you're being stabbed in the chest and heart.

You're a few miles away from the nearest hospital or home.

3. Unfortunately you don't know if you can make it....

4. Maybe you've had CPR training, but you haven't been told how you can help yourself.

5. How do you survive a heart attack when you're alone when it happens?

A person, feeling weak, heart is beating hard has only about 10 seconds before losing consciousness

6. You can help yourself by **coughing repeatedly and very strongly! Deep breaths before every cough.**

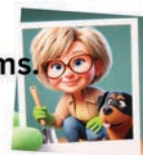
Coughing should be done every second until you reach hospital or til your heart starts to beat normally.

7. Deep breathing drives oxygen to your lungs. Coughing boosts the heart and blood circulation.

This pressure also helps to restore a normal heartbeat. This technique can buy cardiac arrest victims the time to get to the hospital for the right treatment

8. Cardiologists say if someone gets this message and passes it on to 10 people, we can expect to save at least one life.

9. FOR WOMEN: You should know that **women have additional and different symptoms.**



Women rarely have crushing chest pain or pain in the arms. They often complain of indigestion and tightness across the back at the bra line plus sudden fatigue.

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Information Important to our Members



TUTORS / TEACHERS / CONVENORS WANTED

We have some room spaces coming up where we could easily accommodate some extra classes.



YOU DO NOT HAVE TO HAVE A TEACHING BACKGROUND.

If you have a skill or an interest that you can share

or

If you know someone who has a skill or interest they might share or

If you have heard a good speaker or attended a great lecture recently or

You know of where we could might be able to access more tutors

PLEASE LET US KNOW by emailing courses@u3abentleigh.org.au

or leave a message at the office and we will get back to you asap.

NEXT YEAR SOME OF OUR CURRENT TUTORS WILL BE RETIRING.

So even if you or your friend or contact are not available now but could be in 2025

PLEASE LET US KNOW NOW as planning ahead takes a lot of time.

BOOK CONTRIBUTIONS @ U3A BENTLEIGH

The ladies who look after our second hand books area thank you and ask the following of our members:-

1. please only bring in 2 or 3 book contributions at a time.
2. please make them paperbacks - hard covers are not popular
3. Crime category is very popular and sought after



Important dates *Live - Learn - Enjoy!*

25th April - ANZAC DAY Public Holiday

24th May: Cancer Morning Tea - all proceeds go to Cancer charity

10th June: Public holiday - Kings Birthday

22nd June (Saturday) 9.30 - 12pm U3A Bentleigh Open Day

where everyone
is welcome
LIVE - LEARN
ENJOY

VALE PAUL FULLAGHER

A long time member and Art Teacher at U3A Bentleigh who sadly passed away on Thursday 11th April.

He was a talented artist who shared his knowledge not only in painting techniques but also in pen and ink drawings. Many people came in contact with Paul in the 20+ years that he gave of his expertise at our U3A.

Our condolences go out to his wife Judy and his two daughters and their families.

We really missed him when he left in 2023 and he is still missed by many of

US.

News from Reception.

Whenever you phone U3A or stop at the reception window, a volunteer is there to help answer your question. You would be amazed at some of the things they get asked! Which room do I go to? How do I join a new class? Has anyone found a hearing aid? Can you call me a taxi? The volunteers are a fount of knowledge however it takes a long time to know all the answers and it often takes a bit of detective work. I'm telling you this because we are fortunate enough to have several new volunteers in reception, so please be patient and supportive as Maureen Healy, Anne Reilly and Ellen Pickering come to grips with the inner working of being a receptionist. Thank you Ann Watts.





The Business Page

Why Insects Matter coming soon on

Thursdays from 1 - 3pm starting 2nd May.

This Great Courses Lecture augmented by some words of wisdom from Danice Inglis has some fascinating information about some of the more than 1,000,000 insects on Planet Earth. They have elaborate mating rituals; different parenting styles. They are Architects; Engineers; Farmers and Ranchers.

If man simply disappeared one day, the loss would not be terribly disruptive to the rest of life on Earth. But if the insects disappeared, life on this planet would descend into chaos. Insects are Earth's most essential species.

Did you know that they have:-

survived 3 mass extinctions

there is an ant that can snap its jaws together in just 1 millionth of a second.

there is a beetle that runs so fast that he has to slow down in order to see what's in front of it.

some insects do not engage in war but have evolved strategies to solve conflict peacefully.



some insects have been farming and ranching for tens of million of years

Some questions to ask?

Could we learn from the recycling, farming, and pest control practices of ants?

Could we learn to build structures using the engineering intelligence of termites?

In this course, you will join the scientists who are trying to do just that, and you might never look at the natural world in quite the same way. ENROL NOW.



GARDEN TRIVIA MORNING

Janet Lee is presenting a FUN filled morning - light hearted - entertaining and interesting.

IT'S ALL ABOUT FLOWERS

The Rose as sung by Bette Midler.

An excerpt of the ballet 'Waltz of the Flowers'.

How many nursery rhymes feature Flowers?

Some Trivia, clips and music. Come for the fun and you never know, you might learn something about your garden.

Wednesday 8th May

10am for approx 1.5 hrs.

Enrol Now.



This is a message to our AWESOME tutors:

We really appreciate YOU!!

We'd like to include your class/classes in our new section of 'class review'

Please email us: publicity@u3abentleigh.org.au some info about you and include some photos from your classes.

...and let us take the opportunity here to say it again: **THANK YOU!**



Groups / Businesses that support us

Lets acknowledge and support the many businesses who have supported us through donations, prizes etc. This month we would like to acknowledge **BAKERS DELIGHT** in Centre Road, Bentleigh East.

Every time, we have asked for bread for our Sausage Sizzles etc., Bakers Delight have cheerfully provided the bread **FREE of CHARGE** and with a smile.

Truly excellent! Please support them when you can.



U3A Bentleyigh Trivia & Quiz

Wow! What an wonderful afternoon!!!

Yet another memorable event at Bentleyigh U3A...

laughs and chatter, amazing atmosphere, excitement, delicious food, great company...

Highlights of the Trivia Quiz with Warren & Jan Sapis... 22 March 2024



EXERCISE

Class review

Written by Jenny Jacobsohn (retired physio & an amazing teacher)

Exercise & General Fitness Class Tuesdays 1.30 - 2.30 pm



We have all heard the comment: "I clean my house, I garden, I walk... I do exercise." Of course any exercise helps promote health, but it's the regular and sustained exercise which includes balance, strength training and flexibility that becomes very important as we age. After the age of 50 we break down more bone than we build. Women experience rapid bone loss after menopause. Weight bearing as well as exercises with either weights or rubber bands help to strengthen bone and muscle. + PTO as continues next page

Benefits includes- stronger muscles & bones; increased flexibility & less risk of falling. It can help you recover faster from a fracture, + Endorphins released during exercise, is a natural painkiller and gives you a sense of well-being. It's beneficial for brain health & memory. Plus: helps manage weight; promotes sleep & lowers your risk of chronic illnesses

Need more convincing ?

Ideally find the exercise you enjoy. Aim for 30 minutes of moderate physical activity every day.

Exercising with friends or in a class helps with motivation. Build up slowly and know when to ease off. It's also advisable to check with your Dr. before embarking on a new exercise routine.

Remember exercise can be fun and social!



STRENGTH TRAINING - Rhonda Hill

Fridays x 3 classes

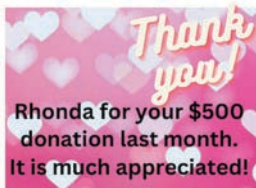
Rhonda has been serving the community for the last 18 years and luckily for us, with our U3A for 14 years. Why I say luckily, is because Rhonda brings a large breadth of expertise, experience and knowledge to her classes and she imparts this to members of her classes in a fun way.



She believes that exercise classes should equal happiness.

Rhonda is amazing! She is...

- a qualified Tai Chi Instructor
- a qualified falls prevention instructor
- an accredited remedial Massage Therapist/Exercise practitioner
- a Level two Sports Trainer for the Football and Deaf Olympics



When we originally sort permission from MiCare to use the gym room in the Chris K building, we were granted access (for free) only if we could show that we had a qualified instructor for the class. Heads up, MiCare is reviewing this arrangement and at some stage we will certainly be asked to pay a fee for room rent.

Originally, members accessing the class paid an extra fee to U3A directly and we would then pay Rhonda monies to re-imburse her for the cost of keeping her qualifications up to date, insurance, police check etc.

Fast forward to Covid shutdown and MiCare found that they couldn't accommodate our Strength Training on Mondays or Tuesdays. As there was an expanded need, Rhonda changed her previous scheduled corporate obligations and expanded from 2 to 3 classes on Fridays. The only day the room in Chris K building was available to us. Along came Covid. Rhonda decided she was going to hold her classes during Covid for free to support her class participants. Post Covid, when the members found out, they felt this was unfair given Rhonda's ongoing costs and the enrolled members 'voted' to do a user pays \$5. Rhonda continues to support our members and our U3A in every way she can and the feedback from the group: Great fun!!



Local Restaurants we have been to - reviewed



William Bourke, affectionately known to us as Billy, was the son of English immigrants searching for a new life and land down under. He was drawn to Australia, the lucky country, for its rich tapestry of produce and livestock. Billy quickly fell in love with working the land and embracing a broad palate of flavours. In between farming and fishing, he was often in trouble for joy riding in his dad's tractor, stealing hen's eggs and the neighbour's vegetables. As he grew, he learned the best seasons for various ingredients, and how to best use native fruits, vegetables and meats in his meals, becoming intoxicated with the bounty this great land had to offer. This was the foundation of his growing appreciation of quality food and his belief that good food should warm your heart.



Great place to catch up!!

RECIPES FOR ONE

Asian Style Thick Soup

- 4 cups water + 2 chicken stock cubes
- 1 spray of oil or 1/2 teas. of oil
- 1 small onion diced
- 2 celery stalks thinly sliced
- 1 large or 2 small carrots sliced thinly
- 1 bok choy or green beans chopped
- 3 medium sized mushrooms sliced
- 1/2 - 1 teas Sambal Oelek or 1/2 sliced & deseeded red chilli (optional)
- 1 tab Thai style cold blended paste
- 1/2 pac of 2 minute noodles (noodles only)
- 1or 2 handfuls of shrimp / prawns

Method

Spray a frypan with oil
Fry onions for 2 - 3 minutes
Add celery & carrot and fry for 3 mins.
Transfer to saucepan.
Add boiling water & stock cubes, bok choy, mushroom, Sambal Oelek & paste.
Cook for 5 minutes.
Add noodles and shrimp/prawns.
Cook for 2 minutes.
Taste and adjust salt and pepper.
If desired you can add any/all of these:- bean sprouts, mint, coriander, fish sauce, soy sauce, a beaten egg to your soup bowl before ladling in the soup.



The Irish have solved their own fuel problems – they imported 50 million tonnes of sand from the Arabs and they're going to drill for their own oil.

Top 7 Unbelievable Facts!

1. Snakes can predict earthquakes.
2. Sea Lions are the only animals who can clap to a beat!
3. A single ant carries 50 times more than its body weight.
4. Horses are capable of seeing nearly 360 degrees at one time.
5. One species of jellyfish is immortal. Its name is Turritopsis dohrnii.
6. Pandas are solitary creatures and enjoy their own company.
7. Platypus is the only animal that has no stomach.



Rebus puzzles 3

Can you guess the words and expressions?

HEAD HEAD HEAD HEAD	GOOD	watch
e k a w	nafish nafish	language
HORSE	aged aged aged	HEART
Atlantic Pacific Arctic	SAW	abcde fghijklm nopqrstvwxyz
	T	



For Answers to Rebus see page 5

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

- ANTS
- BROWNIES
- CANDY BAR
- CHEESECAKE
- COOKIE
- DOUGHNUT
- FONDUE

I ♥ Chocolate

Word Search

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



- | | |
|------------|----------|
| FROSTING | MUD CAKE |
| FUDGE | PANCAKES |
| GANACHE | PIE |
| ICE CREAM | PRETZELS |
| ICING | PUDDING |
| LAVA CAKE | SAUCE |
| LAYER CAKE | SUNDAE |
| MACARON | TART |
| MILKSHAKE | TRUFFLES |
| MOUSSE | WAFFLES |

COOKING UP CONNECTIONS



Cooking Up Connections is a meal sharing and social connection program. Volunteers are matched with an older resident and arrange a weekly, fortnightly or monthly visit to deliver a home-cooked meal and have a chat.

The program supports older residents who live in their own home and is an opportunity to create a social connection.

We are looking for volunteer cooks and diners who are interested in becoming involved in this rewarding program.

For more information and expressions of interest, visit: www.gleneira.vic.gov.au/cookingup call 9524 3333 or scan the QR code.



Bentleigh, Bentleigh East, Brighton East, Camberwell, Caulfield, Elsternwick, Gardenvale, Glen Harte, McKinnon, Nunawading, Diamond, St Kilda East.

MEN'S TALK + BBQ

RAISING MENTAL HEALTH AWARENESS



OUR PROFESSIONAL PRESENTERS:

MARK FOLEY

MICHAEL DILLON

The SESPN will provide an interactive presentation on raising awareness of men's mental health and well-being. The important topic of suicide will be tackled in response to increasing male suicide rates, particularly in senior aged men.

Join us at South Oakleigh Bowling Club
1216 North Road, Oakleigh South
on Wednesday 12th of June from 6:00pm

EVERYONE IS WELCOME!

REGISTER THROUGH THIS LINK:

<https://www.eventbrite.com.au/e/mens-talk-and-bbq-raising-mental-health-awareness-tickets-878551480127>



Support information will be available



For those members interested in Genealogy
A great guide to help people interview their elderly family members for genealogical research has been created. It's a tool to guide you on how to get the best experience and understanding from those interviews.

You can see it here:

<https://ourpublicrecords.org/interview-elderly-relatives/>

Heads Up to all swimmers at U3A Bentleigh: We are looking to see if we can form a relationship with the Bentleigh RSL Swimming Group to join them in Sunday morning swimming / competition activities.



Will keep you posted.



HAPPY 90th Birthday Marie Del Din

The 'Raccontarlo' Italian conversation group, had a small birthday party for one of our members Marie DEL DIN who turned 90 years old (17 April).

Marie is not only a reliably regular participant in this class on Wednesday mornings, but has also been Tutor for the 'Parlato Italiano' course on Monday afternoons for many years. She is a stalwart of these Italian classes, and is often the organiser for her groups to attend the occasional movie or a luncheon at an authentic Italian venue. And she bakes the most delicious Italian treats for us on occasions.



HAPPY 90th MARIE WONDER WOMAN



A Pot Pourri of Information

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

A BIG Thank You to Pauline Clark & Family for a TERRIFIC Easter Hamper and to the many members who bought a raffle ticket. Shame we couldn't



ALL win.



Dear members...

We'd love to hear from you about your great experiences at U3A Bentleigh ...

Here's one success story we've heard about:

Last year five lovely ladies met in Oil Painting class and although the teacher had to leave during the year... they kept coming weekly and using YouTube videos, they continued to paint. They also kept in touch and went to the Archibald exhibition in Mornington and then to another exhibition. They now catch up for lunch after painting class.

The great thing about new friends is that they bring new energy...

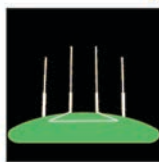
FOOTY TIPPING NEWS

Footy tip review season so far.

It has been really close contest in our tipping contest so far, and Mr Consistency, Darrel Tregear, is still in the lead by one from Julie and Don Robbie, with David Evans and Laurie Ball one further back.

It has been a bit tricky, with upset results and some very close and exciting games, making it hard to get a line on teams form, although a few tippers do not deviate from teams they follow, or never tip teams they don't like, no matter what!

In the Streak, Don Robbie has the longest run so far of 13, after it ended at the weekend.



NEW COURSES/ACTIVITIES COMMENCING MAY/JUNE /JULY 2024 ENROL NOW

Zoom Z14 134 - Parlons Francais - Monday 06 May - 16 Sep ;

Time: 14:00 - 15:30

M24 346- The Band - Wednesday 01 May 2024 - 26 June
 Semester 2: Start Date: 7th August 2024

Time 10:00 - 12:00 ; Room 41

M24 342 - Wednesday Film - Wednesday 15th May 2024 - (1 per month)
 Semester 2: Start Date: 18th September 2024

Time 11:30am - 16:00 ; Room 41

M24 342 - Wednesday Garden Trivia Day - 08th May

Time: 10:00 - 12:00; Room 41

M24 431 - Why Insects Matter - Thursday 02nd May 2024 - 01 August.

Time 13:00 - 15:00 ; Room 41

M24 433 - Energization Exercise - Thursday 2nd May 2024 - 27 June ;
 Semester 2 - Start 22 August 2024

Time: 10:00 - 12:00 ; Room 41

M24 534 - Clothes Swaps - Friday 17th May



Time: 10:00 - 12:15; Room 39

M24 515 - London in the Time of Dickens - Friday 19th July - 23rd August.

Time 10 - 12; Room 41

M24 344 - The History of Epidemics - Wednesday July 17th.

Time 10 - 12; Room 59

