



Moorleigh Community Village, 92 Bignell Rd, Bentleigh East, Vic 3165  
 Tel: (03) 9570 3929 Email: [office@u3abentleigh.org.au](mailto:office@u3abentleigh.org.au) | Website: [u3abentleigh.org.au](http://u3abentleigh.org.au)  
 Office hours: Mon-Fri 10am-3.30pm (closed weekends & public holidays)  
 Course information: [courses@u3abentleigh.org.au](mailto:courses@u3abentleigh.org.au) | Publicity & newsletter:  
[publicity@u3abentleigh.org.au](mailto:publicity@u3abentleigh.org.au)

## Presidential Ponders ... A Presidential proclamation !

Earlier this year, the Committee of Management asked Olive Collingwood if she would accept our nomination for Glen Eira's Citizen of the year 2024 award. Olive has been with U3A Bentleigh for over 21 years in multiple capacities, member, office supporter, Committee of Management member and Welfare Co-ordinator to name a few.

Olive is known as a quiet, and yet tenaciously interested individual especially in regards to all aspects relating to the well being of our U3A community.

Initially, Olive was uncertain as to the public impact this nomination might have on her life - which is a very valid concern.

After some thought, she said "I shall accept this nomination for U3A, not for me personally, but on behalf of the U3A Bentleigh community."

Our fabulous Webmaster Michael Bonacci and I, along with Olive completed her nomination paperwork on the 11th of January this year.

It is with incredible pride and joy that I share the fabulous news, accompanied by Mega congratulations to our U3A Welfare Coordinator, Olive Collingwood. Last week she was chosen at the Glen Eira Volunteer Recognition Awards as Glen Eira City Council's Citizen of the year 2024.

The Committee of Management are profoundly appreciative of Olive's acceptance of our nomination in representing U3A Bentleigh, and could not be more delighted.

We all wish Olive the very best of 2024 in this unique role within our community.



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](mailto:publicity@u3abentleigh.org.au). We cannot follow up what we don't know.

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# Information Important to our Members

## Important dates *Live - Learn - Enjoy!*

- 10th June (Mon) - Kings Birthday Public Holiday.
- 11th June (Tues) - 2nd Tuesday evening dine out.
- 12th June (Wed) - 2nd Wednesday Travel Club.
- 22nd June (Sat) - U3A Bentleigh Open Day 10am - 12md. see page 7.
- 1st July to 15th July. Mid-year break. Office closed.

### ALL AROUND REAL ESTATE

Recently, a friend told me that she had appointed an Advocate to help her daughter buy herself a new home - successfully. My thoughts - never heard of this. What else have I not heard of? Therefore - on the 12th of June @ 10 am we will have a session



### ALL AROUND REAL ESTATE.

Greg Costello (currently working in Real Estate) will be addressing our members BUT would like to address his information specifically to what our members want to know.

Let me have your questions a.s.a.p via [publicity@u3abentleigh.org.au](mailto:publicity@u3abentleigh.org.au) or via my personal email (Erika Fleming).

I will pass these on to Greg. Come get your answers on June 12th. Enrol now.



### Dear members...

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

### Here's another success story we've heard about:



In May, we welcomed a small group of ladies from the Bentleigh Garden Club (situated in Arthur St, Bentleigh) to a wonderful presentation arranged by Janet Lee. This fun & informative class took the format of a trivia questionnaire which weeded out the true gardeners amongst us. Janet was very creative finding songs, rhymes and facts related to plants and it was a great opportunity to have new people into the building. We had a break for a cuppa and bikkie and the chance to leave with a plant. Thanks Janet for a great morning.

### A Very BIG THANK YOU.

We would like to acknowledge the gift of \$5,000 which has been donated to U3A Bentleigh by an Anonymous donor.

At this stage, we look as if we will not need to increase our membership fee for 2025 and you never know, we may be able to have a small reduction. It will be discussed by the committee probably in September.

### 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**

### COVID UPDATE

There are currently 347 cases of Covid in hospitals across Victoria. None in ICU. Of these 143 were new cases this week which is actually down from the previous week. There are 24 active cases in the Glen Eira area of which 7 have a Bentleigh postcode. Covid is still around. If you test positive for Covid, please do not come into U3A.



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



## The Business Page



Sound Off has changed. It's become **WATCH, LEARN and DISCUSS.**

Think of a Video version of a Book Club.

These sessions are run by Adel Gerger as a friendly informal discussion group on a huge range of topics including countries, culture, history, wellbeing, technology ... and more! It ranges from old to current items. You get to watch an informative video then the group discuss the content. Members are invited to put forward a video or pod cast they might of heard about or Adel brings his choice to the group. Afterwards, you are absolutely able and invited to share your own relevant experiences with other members.

Everyone's views are welcomed and respected. New members enrol now.

Fridays - 10 - 12md.



### Did you miss out on a Class?

**ATTENTION ALL MEMBERS.** At the beginning of a year, some classes fill up very quickly and are closed BUT, quite often, by the time Semester 2 comes along, some members have dropped out for various reasons:- illness, overseas travel, just not for them, etc.

If you missed out on a class and you are still wanting to do it, have another look either via the web page or ask at the front office. You might be pleasantly surprised and get in. Well worth looking.



### The BENTLEIGH U3A Travel Club Update



**The Bentleigh U3A Travel Club** were on the move again. Our getaway took us to country Victoria, and we stayed at the Kyneton Bushland Resort. A wonderful bush setting and friendly kangaroos who grazed in the grounds near the cabins. The first day was visiting Castlemaine and a wander through The Mill, lots of memories and nostalgia in the many collections housed in the old weaving mill. Day two we drove to Malmsbury and wandered through the botanic gardens with the beautiful colours of autumn. We sighted the historic viaduct bridge built in 1862 which carried two railway tracks for the train to Bendigo. Day three was the historical town of Maldon, many old shops and wonderful bakeries, where we sampled the cakes and pastries. We enjoyed happy hour at the resort sitting by the fire and getting to know our fellow travellers. For our last night we went to the Kyneton RSL, picked up by the courtesy bus, we enjoyed a night out. Our last day in Kyneton, we checked out and drove to Mount Macedon where we visited Forest Glade Gardens, a historic private garden. The garden is extensive and the magnificent autumn colours were amazing, we recommend the place as it is definitely worth a visit. Pat Cahill





# CANCER MORNING TEA

Yet another memorable event at Bentleigh U3A...

laughs and chatter as always and amazing atmosphere coming together for this cause...

Highlights of the Cancer Morning Tea on 24 May 2024

Approximately 35 - 40 members attended our annual fund raising Cancer Morning Tea event.

**Thank so much to all of you who attended.**

Will let you know next month how much we raised.

Sunila Chawla, ably assisted by Caroline and members of the Events committee as well as some talented baking members, supplied a veritable feast of both delicious savory and sweet delights.

Highlights for me were the Vegetable Bharji and the scones with jam and cream.



Our guest speaker Amy Sayce (Circular Economy Community Lead) gave us a great chat on what we could do to help the environment, the 3 new R's: Replace - Reduce - Recycle



We also learned that Olive Collingwood, at a ceremony the evening before, had been chosen as

**Glen Eira Citizen of the year.**

Olive showed us her award and gave a short speech where she re-iterated that she had acquiesced to being nominated only to support her beloved U3A Bentleigh.



**Well done everybody!**

The buzz was terrific and a myriad of people contributed to the events success including those who set it up, then vacuumed and re-arranged furniture after.

**A true community effort!**







# ART

## Class Review: Oil & Opaque Paints & Structured Drawing Classes - Costas



Photos by Dot

Work & demo by Costas



For the people who don't know me, my name is Constantine (Costas) Pothoulakis, and I am tutoring the Painting session of Tuesday and the drawing of Wednesday mornings.

I have been a full time illustrator trading as Creart Graphics P/L between 1975 and 2015, concentrating in the commercial side of art, accepting commissions of any type and size. Some say that an artist never retires. This is only partly correct because an artist could stop accepting commission work, yes, but the artist side of him can never be far from his easel and brushes.

Early last year, powers in my household which I could not resist convinced me to look into joining U3A in order to teach people how to draw, and paint. So, here I am, transferring knowledge, principles and techniques of art making. I find that grown ups find it a little difficult to adopt ways which are new to them, but I have to say that they actually do try with seriousness and diligence. This makes me enormously happy, and I find it rewarding, because everyone without exception do see clearly where I am taking them art wise, assisted by the daily demos, so they see first hand how each lesson is being executed.

All these elements make a rewarding experience for me, reason enough to extend my work at U3A for as long as I am able to. Written by Costas.



### Footy Tipping

### Summary of Season so far.

After 11 rounds Don Robbie has cleared out on top, and has a handy 5 point lead over Darrell Tregear and Laurie Ball, with David Evans and Julie Robbie 1 point further back. Denise Egan holds the wooden spoon spot.

A few bad starts to the year have cost a few tippers dearly, and some others refuse to go against their team no matter how bad they are. The season is only just halfway so there is plenty of time for people to make moves up the ladder.

The police came to my front door last night holding a picture of my wife. They said, "Is this your wife, sir?" Shocked, I answered, "Yes." They said, "I'm afraid it looks like she's been hit by a bus." I said, "I know, but she has a lovely personality."

Just feel I should point out that Don Robbie runs the Footy competition and is way out in front. Not drawing any conclusions - just saying.

# HAHAHA





# Food; Funnies and Food for Thought

## Local Restaurants we have been to - reviewed

**MURRUMBEENA PANTRY**



227, Murrumbeena Rd  
Murrumbeena



Great coffee shop! Great service! Great food!

It is a small cafe and food retail store located in the heart of Murrumbeena. open 7 days a week – they never have to run out of coffee or food!

They serve Industry Beans coffee, freshly baked breads and pastries from Penny For Pound, award-winning pies from Wonderpies, gourmet cakes from Cremorne St Bakers as well as a delicious range of pastries, treats, sandwiches and salads made in store!

...and delicious ice cream!



### Some great facts about animals!

- Bats are the only flying mammals.
- Chihuahuas are the smallest dog breed.
- Snakes smell with their tongue.
- A sheep was the first animal to be cloned.
- Bees can fly higher than Mount Everest.
- Blue whale is the largest animal in the world and its tongues can weigh as much as an elephant.
- The unicorn is the national animal of Scotland.
- Giraffe tongues can be 20 inches long.
- Shrimp's hearts are located in their heads.
- The fastest animal is a cheetah.
- Ants don't have lungs.
- Sea otters sleep while holding hands.



## RECIPES FOR ONE

Open-Face Goat Cheese Sandwich with Tomato & Avocado Salad



### Ingredients

- ¼ cup grape tomatoes, halved
- ⅓ avocado, peeled and cubed (or sliced)
- ⅓ teaspoon salt
- ¼ cup chopped fresh basil plus 2 Tbsp., divided
- ¾ ounce soft goat cheese (2 Tbsp.)
- 1 large slice whole-wheat bread (1 1/2 oz.), toasted
- ⅓ teaspoon ground pepper
- 1 tablespoon pine nuts, toasted (see Tip)
- 1 ½ teaspoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar

### Directions

Combine tomatoes, avocado, salt, and 1/4 cup basil in a small bowl.

Spread goat cheese over toast. Sprinkle with pepper and the remaining 2 Tbsp. basil.

Serve the tomato salad alongside the toast. Sprinkle everything with pine nuts and drizzle with oil. Serve vinegar on the side.

### Tips

To toast pine nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes. Transfer to a small plate and let cool.

### Rebus puzzles

Can you guess the words and expressions?

MIY LIHIE	Get it Get it Get it Get it	Try $\frac{\text{stand}}{2}$
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TRAVEL CCCCCC	FAST	T O W N
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EYE EYE	father 	ONCE 
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POT OO OO OO OO	D movie D movie D movie	SECRET ← SECRET SECRET
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How do you fix a cracked pumpkin?  
With a pumpkin patch.

Why should you always knock on a refrigerator door before opening it?  
In case there's a salad dressing.

What did the big flower say to the little flower?  
"Hey there, bud."

For Answers to Rebus see page 5



## Australian Animals

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

- BILBY
- CASSOWARY
- COCKATOO
- CROCODILE
- DINGO
- DUGONG
- ECHIDNA
- EMU
- FRILLED NECK LIZARD
- GIANT CLAM
- KANGAROO
- KOALA
- LITTLE PENGUIN
- NUMBAT
- PLATYPUS
- POSSUM
- QUOKKA
- QUOLL
- TASMANIAN DEVIL

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

- THORNY DEVIL
- WALLABY
- WALLAROO
- WOMBAT
- YABBY







## SWIMMING

The **Bentleigh RSL Swimming Club** approached us recently to request we tell our members about their group of swimming enthusiasts.

This is information only and U3A Bentleigh, after discussion with the group, is not going to take up the option of this becoming part of our program mainly because of distance.

BUT - it looks like a worthwhile program for swimming enthusiasts. Must be able to swim 25 meters.

**Where:** Wesley College Indoor pool cnr. Punt & High St.

**When:** Most Sunday mornings

**Cost:** \$12 per annum + must be a member of RSL (RSL Community membership is \$2 /annum).

**Style:** Competitive /Handicap style swims.

More Information: Contact John 0411 134 149

Website: [bentleighrsl.com.au](http://bentleighrsl.com.au)

If you just want a swim closer to U3A Bentleigh, GESAC does an over 70's concession holder and resident of Glen Eira package. \$2 between 11 and 3pm daily.

Q. How do swimmers clean themselves?

A. They use Soap on a Rope.

Q. What do you call a swimmer who can't find their goggles?

A. A "see" minus. **HAAAAHA**

G.E. Council on 23rd May 2024, gave the following U3A Bentleigh tutors a Recognition of Volunteering Award.

Our President and Committee of Management put forward 17 of our Tutors to be considered for this award.

All 17 were recognised by GE Council as being worthy of award recognition.

Unfortunately, not all could attend but the names of the award recipients are:-

- Olivia Cinque
- Marie Del Din
- Louise Desgranges
- Kerrie Dugdale
- Yakov Elgart
- Val English
- Lorraine Harris
- Renate Hubner
- Nola Jones
- Iamm Liew
- Ken Marriott
- Carolyn Ruddick
- Warren Sapir
- Jan Sapir
- Valerie Suhr
- John van der Wyk
- Barrie Wray
- WELL DONE ALL

All Doing U3A Bentleigh Proud.



OLIVE COLLINGWOOD Citizen of the Year 2024



Yakov Elgart



Val English



Renate Hubner



Nola Jones



Ken Marriott



Warren Sapir



Jan Sapir

AND FINALLY  
CITIZEN of the YEAR





"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."  
Marcel Proust



# UNIQUE RETREATS

DEPARTURE DATE: **JAN 31, 2025** RETURN DATE: **FEB. 20, 2025**

PRICE: **AUD 8600**

MUMBAI/JAISALMER/SAMSARA/JODHPUR/DELHI/BANGALORE/KABINI/CHIKMAGALUR/HAMPI/HUBLI/GOA/MUMBAI



For Further Information and Bookings Contact -  
Spice Odyssey: Marie - Tel no: 0418265117  
email: [info@spiceodyssey.net.au](mailto:info@spiceodyssey.net.au)  
Planet Blue Travel: Marlene email:  
[marlene@pbt.com.au](mailto:marlene@pbt.com.au)

Terms & Conditions Apply. Land content only based on Twin Share. Single Supplement per person Price: AUD 2500. International Air Fare out of Australia to India and Return not included.

**This trip was brought to our attention by a U3A Bentleigh member and we do not, in any way, endorse the content or the company behind this but it did look interesting.**

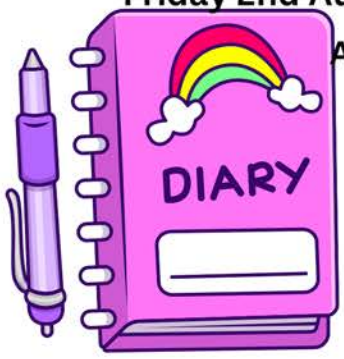
### Coming Up Events

Open Day **Saturday 22nd June 10 - 12**

Christmas in July Friday 26th **12.30**

Australian Wildlife Morning Tea Fund Raiser

Friday 2nd August **10.30 - 1230**



Add dates to your diary now.

### SEMESTER BREAK

Mon. 1st July -

Sun 14th July

Office closed

U3A Bentleigh closed

## U3A BENTLEIGH OPEN DAY

We are all hoping for a large crowd of people to come and see what we do and who we are as part of a community.



When: **Saturday 22nd June 10am - 12md**

It is being held while the Farmers Market is on next door.

Pamphlets have been given out already but if you have a friend, neighbour or acquaintance who would benefit from being part of our U3A Bentleigh community please encourage them to attend.

Free Tea / Coffee and a bikkie.

*Come join us!*



## ADVANCE NOTICE

### OAKS DAY CELEBRATIONS + OPEN MIC

On Thursday **7th November**, we are looking to organise a celebration of "Oaks" day. This event is still to be finalised but we are looking to perhaps have a 'hat' celebration with a judge and prizes PLUS an Open Mic.

If you have a little bit of talent and have ever wanted to show what you can do on a stage, we want to hear from you.

We are looking at 5 - 15 minute segments.

Comedy

Magic Trick

Singing

Dancing etc. etc. etc.

A supportive audience guaranteed.

Email: [publicity@u3abentleigh.org.au](mailto:publicity@u3abentleigh.org.au)

