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## Presidential Ponders

### Hi Everybody,

Some of you will already be aware that Avril resigned quite suddenly - see page 3 for her letter. As a result, the Committee of Management held an extraordinary meeting and I got voted in as "Caretaker" President **till we get another President or the end of 2024, whichever comes first.**

### Anyone fancy being President? Happy to mentor you (if desired) till end 2024.

Ann Watts and myself have been scrutinising the rolls recently and they weren't good. Probably 'really messy' is a better descriptor. Not all, but many. (see bottom of page 2 for further information). This, along with getting some help into the back office, are our next items to tackle.

I was doing a little bit of analysis and did you know that we have over 600 members on our books. Of these 600, approximately 30 members (excluding tutors and co-ordinators of classes) are volunteering on either the Committee of Management; Front Office; Events Committee, Catering group or Moving furniture group. This (using my trusty calculator), amounts to approx. 0.5%. This has to change. It's a heavy load when only a few are doing it. Even if we could get another 30 volunteers it would make a huge difference. Michael, Ann W, Anne N and I will start working on where we need volunteers and in what capacity and post it for you to read. Some of the support roles will not require a big commitment but if everyone pitches in, everyone will be a winner.

I'm currently still being Publicity Officer as well as Caretaker President - big load. I need to downsize. Some of our members only access classes in one of the wings that is not the Barry Neve Centre wing where U3A is situated and therefore fail to sight many of the brochures and information we post on the notice board. Therefore, an Information sheet posted monthly will be distributed via UMAS. Messenger will morph into a more Social Magazine distributed 4 times a year. Anyone fancy being assistant to the Editor?

Some plans are finally coming to fruition. When you get back from Semester Break, you will see a coffee etc. vending machine in the kitchen area. Yes - real bean coffee. U3A is not getting any money or is in any way responsible for this machine but it has been put in as a positive amenity for all our members. Also it is looking like the Model Train Club will be starting soon - fingers are still crossed.

Hope everybody has a great break. Remember to Enrol in any new classes that interest you and see you in the corridors of U3A Bentleigh enjoying yourselves in the second half of the year.

Ciao

Erika Fleming

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# Information Important to our Members

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

July 1st - July 15th School Holidays. U3A Benteigh is closed. No one in office. No rooms open.  
 July 26th Friday @ 1230 Xmas in July @ Cheltenham RSL - Book @ U3A Reception. Pay @ venue.  
 2nd August Friday 10.30-1230 Australian Wildlife Morning Tea and Raffle. All monies going to A.W.

### HAVE YOUR SAY or Letters to the Editor

To ALL members

The Committee of Management is very interested in both positive and negative experiences coming from our members.

Do you like a class?

Do you feel something could be done better?

Have we heard about?????

OR - you might like something published.

WE would be interested in receiving your feedback.

Email: [publicity@u3abenteigh.org.au](mailto:publicity@u3abenteigh.org.au)



### Dear members...

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

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

Greg Costello from Buxton Realtors gave a very informative talk on different aspects of buying and selling a home. We learnt about advocates; the importance of preparation; the difference between guide and reserved price. He took questions and gave informative answers.

Thanks Greg & Thanks Joy Speer for organising this.

I've been informed that he is repeating in October - so look out for this.

### IMPORTANT - ALL TUTORS/Co-ordinators

#### THESE WERE THE PROBLEMS with CLASS ROLLS

Anne Watts and I had a in depth look at several class rolls and found with some exceptions lots of problems. To name a few:-

- . Members being scratched out but not withdrawn officially.
- . Members being added on a permanent basis but not being officially enrolled.
- . Difficulty discerning if a member was an apology or absent.
- . Entries not conforming with the official Legend.
- . etc.



### FRIENDLY RECEPTIONISTS WANTED

Can you answer the phone?

Do you enjoy talking to people?

Do you have some basic problem-solving skills?

We need the following 'shifts' covered in reception.

Mondays 1st & 3rd of month 12.30 - 3.30

Wednesday 2nd & 4th of month 9.30 - 12.30

Each 'shift' is for 3 hours.

Once a fortnight would be ideal but once a month is helpful.

Supportive tuition is given until you feel comfortable.



### 2024 Committee

President (caretaker) ..... Erika Fleming  
 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..... Pauline Clark

### WE ARE COMMENCING THE SOLUTION

The invigorated appointment of CLASS CO-ORDINATORS.

Ann Watts and Michael Bonacci are looking at a basic brief 'job' description.

We will approach all Tutors and ask them to nominate 2 class co-ordinators.

Then education of class co-ordinators and roll out.



# The Business Page

COMING SOON

## UPCOMING COURSES IN SEMESTER 2

### Commencement Dates

- M24348 Retirement Village Agreement Monday 17th July @10:00 Room 41.  
 (If you are thinking of going into Residential Care, this is important information)  
 M24434 Greece and Rome (the Great Courses) Thursday August 8th @13:00 Room 41.  
 M24516 London in the Time of Dickens Friday July 19th @10:00 Room 41.  
 M24508 Dance Sport Friday July 19th @13:00 Room 84.  
 M24344 The History of Epidemics Wednesday July 17th @10:00 Room 59.  
 M24346 The Band Wednesday 07th August @10:00 Room 41.  
 M24300 Moors & Crusader Wednesday 24th July @10:00 Room 41.  
 M24306 Spiritually and the Issue of Ageing Wednesday July 31st @10:00 Room 41.  
 M24536 How our Police Force keeps us safe Friday 6th September @10:00 Room 41.  
 M24400 India Thursday September 05th @10:00 Room 41.  
 M24427 Community Theatre Thursday September 26th @10:00 Room 41.  
 M24 132 Women Throughout History restarts Mon. Aug 12th @ 12.30 Room 41

We are also working to commence the MODEL TRAIN CLUB early Semester 2 Rm 66 AND MORE.

ENROLL NOW



### RESIGNATION LETTER FROM AVRIL LOCHHEAD



I write this with an exceptional sense of gratitude regarding my term as Vice President and briefly as President.

Best times were our "Cuppas and cakes". Wonderful conversations, marvellous members.

Also, in partnership with Michael and Olive, in 2023 nominating members of the Committee of Management and this year Glen Eira Council Volunteer Recognition Awards acknowledged 17 Tutors who have provided long-term U3A Bentleigh leadership received well deserved Glen Eira Council Volunteer Recognition Awards.

My personal highlight is of course our very own Glen Eira Citizen of the year 2024, Olive Collingwood.

Indeed a fabulous moment at the Award Ceremony when the pianist vigorously played "Good old Collingwood Forever!!" as Olive walked up on stage to receive her unique award from the Mayor. That evening was the highlight of my short stint as President.

As we move further into 2024, my focus has shifted to being more actively involved within my family, plus my long-awaited trip this July/August to visit my son David, Alicia and my two granddaughters, Inés and Claudia in London and help with their renovation. Time for us to re-connect since pre COVID. I am travelling with Inés and Claudia "up north" to introduce them to their Scottish heritage.

Also spending time with my brother who has Alzheimers, and my two younger sisters, confronting debilitating health issues.

In conclusion, I want to acknowledge the fabulous members who really were there for me when times were tough. You know who you are :) You were "the wind beneath my wings" in this very rocky year.

It's now time to be close to my "ane kith and kin", relax, cherish each moment surrounded by those I love.

Thanks to you all  
Avril



## AUSTRALIAN WILDLIFE LECTURE & FUND RAISER



### AUSTRALIAN WILDLIFE CONSERVANCY

A non-profit organization.



M 24 537

FRIDAY 2nd AUGUST

Join us for Morning Tea / Refreshments at 10.30 am + FUND RAISING RAFFLE followed by

an update on what Australia is currently doing to preserve our unique species and in particular how Australian Conservancy is working and contributing to this preservation movement

by

BIANCA FRIEND

Development Senior Associate.



U3A Bentleigh supports 2 organisations throughout the year. 1st the Cancer Morning Tea then 2nd the Wildlife Conservancy which protects and encourages the survival of our many endangered animals.

Finishes 1230.

Enrol @ Office



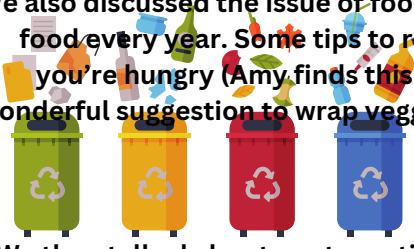




# Recycling talk at Cancer morning tea



The talk explored the theme: Reduce, reuse, recycle – circular economy style! Amy Sayce, Circular Economy Community Lead from Glen Eira City Council talked about the importance of avoiding waste in the first place, and the everyday actions we can do to reduce waste and reuse more. Community members at the morning tea shared their own tips and tricks on avoiding waste such as bringing a keep cup to a café instead of getting a disposable coffee cup. We also discussed the issue of food waste, with each Victorian household approximately throwing out \$2000 worth of food every year. Some tips to reduce food waste include writing a list before food shopping, not shopping when you're hungry (Amy finds this one very important!) and storing fresh produce so it lasts longer – Mei shared a wonderful suggestion to wrap veggies in a kitchen cloth to absorb excess moisture which keeps them fresh for longer.



We then talked about waste sorting and what items can go in each bin. The community members at the morning tea were all very knowledgeable on recycling, with everyone shouting 'no' when asked if a plastic bag full of recyclables could go in the yellow bin! Everyone knew that recyclable items should be put into the yellow bin loosely, not in plastic bags. Well done everyone! We talked about how food scraps should be recycled in the green bin with any garden waste. Food waste can be wrapped in anything paper based, such as newspaper, paper towel or paper liners. However, compostable 'plastic' liners cannot be used in Glen Eira because they do not break down fast enough. Fun fact: Food and garden waste in the green bin gets turned into compost in 6-10 days! We also discussed batteries cannot go in any household bins because they can cause fires in rubbish and recycling trucks – batteries should be disposed in the e-waste recycling station in Moorleigh village or retail drop-off points such as those in supermarkets. Together, we can all keep resources in use for longer. In Glen Eira, currently over 60% of our household waste is being either recycled or composted through the yellow and green bins. This is a great effort and we're saving the majority of waste from going to landfill – keep up the great work everyone!

## OPEN DAY



### OPEN DAY

We had planned our Open Day to coincide with the Saturday Farmers Market. So what happened? It was just the quietest Farmers Market I had ever seen. I estimated that the numbers there were at about 40% of the previous month and the people who came were on the whole, a much younger demographic.

U3A Members and Tutors who participated in our various wonderful exhibitions did a really terrific job. We handed out leaflets galore. We had free tea and coffee. We had some great music and lovely displays but not enough people curious enough to wander in and look.

**A BIG THANK YOU** to all those members and tutors who participated. **YOU did a GREAT JOB.**

We need to take a relook at how, when and what we do for open day. Therefore I will be sending out a invitation via UMAS for half a dozen volunteers to look at how we revamp Open Day in 2025.



Mannie would love a lot more members @ Energization Exercises. M24 433 recommences 22nd August .





# Class Review: Cloth & Yarn and Needle & Thread Classes - Kerrie Dugdale



THURSDAYS in Room 39



Come join this craft-minded community for the social enjoyment as much as the joy of creating. Current projects include dressmaking, embroidery, quiltwork, knitting and crocheting but upcycling and repurposing past loved items is becoming very popular. Whether you have a project on the go or don't know where to start, you are welcome.

## “DRUMMING CIRCLE

Music gives soul to the Universe, wings to the mind, flight to the imagination and life to everything - Plato  
Drumming accesses parts of the brain that thrive on music memories. It helps reduce stress, improves motion skills and brings people together to have some fun - while producing physical exercise and mental stimulation.  
We are back on 19th July, 12.15 pm. Come and join us. Ross



## FOOTIE NEWS UPDATE

Things are tightening up in the tipping comp now as we head towards the pointy end of the season.

Don Robbie has had a very handy lead for most of the year, but that has slipped in the last few weeks (form not unlike his favoured football team).

The lead is now only two over Darrell Tregar, one further back to David Evans, then further back to Julie Robbie and then Kim Burnell and Laurie Ball.

Denis Egan has gradually worked her way up from the wooden spoon spot, and is now equal with Dorothy Andrew at the tai, so that's an interesting battle as well

There have been quite a few rounds where tippers have got them all right, and a few where a single winner has prevented tippers from the embarrassment of a donut (all tips incorrect)

As teams fight for finals spots the next few weeks tipping will be very interesting, so the ladder on our comp may change a lot before next month's report.

**Transit**  
Preparing for the Future

A Forum and Q&A exploring transitions in ageing and how best to prepare for them

Featuring

 RACHAEL WASS CEO Maningrida Ageing Associa	 CLAIRE BROCKETT Director of Education Uniting Ageing	 NICK CARR Board Member Living with Dignity Victoria
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The Uniting Church at Hampton invites you to come, listen and ask questions from our panel  
**TUESDAY 9 JULY 2024 2-4pm**  
in the Parish Centre,  
Hampton UCA, 17 Service Street Hampton  
Suggested donation \$10 includes Afternoon Tea  
Tickets: [TryBooking](https://www.trybooking.com/CRZKD)  
<https://www.trybooking.com/CRZKD>  
or by phone 0403 727 080

# U3A BENTLEIGH UNIVERSITY OF THE THIRD AGE CHRISTMAS in July 2024

Friday 26th of July at  
12:30  
at Cheltenham RSL.  
Please book at reception  
so we can let them know  
how many are coming.

2 Courses - \$38  
Pay at the RSL  
**BOOK NOW**

Possible Interest to  
Members

Long time no see; Polite

Four wheel drive; Apple Pie; Up to you; Robin Hood; Design; Engineer; Vegetables; Afternoon Tea; Camping overnight; Time to go;



# Food; Funnies and Food for Thought

## Local Restaurants we have been to - reviewed

## RECIPES FOR ONE

**Korner Cafe East Boundary R'd**  
**One of my favourite local Cafe's.**  
**Coffee always good plus wine if you want it.**  
**A small but well developed menu plus a**  
**'specials' blackboard.**  
**My favourites:- Vegetarian Sandwich;**  
**Gnocchi; Vietnamese Salad and a good**  
**breakfast.**  
**Friendly staff and they actually encourage**  
**using cash and give you a 5% discount if**  
**you pay with cash.**



Quick veg and cheese frittata

### Ingredients

- 55g (1/3 cup) frozen peas
- 50g (1/3 cup) podded frozen edamame
- 2 eggs
- 2 tbsps unsweetened almond milk
- 1 tbsps chopped fresh dill, plus extra, to serve
- 1/2 small zucchini, thinly sliced
- 2 tbsps Bulla Cottage Cheese
- 20g baby spinach

### Directions

#### Step 1

Boil, steam or microwave peas and edamame until just tender. Drain. Whisk eggs, milk and dill in a bowl. Season.

#### Step 2

Preheat grill on high. Heat a 20cm (base measurement) ovenproof frying pan over medium heat. Add zucchini and cook, stirring, for 2 minutes. Add peas and edamame. Stir to combine. Pour in the egg mixture to evenly cover the vegetables. Place small dollops of cottage cheese on top. Cook, covered, for 3-4 minutes or until almost set.

#### Step 3

Place the pan under the grill and cook for 2 minutes or until set. Serve the frittata warm or at room temperature sprinkled with spinach and extra dill.

### Some great facts about art!

- Art used to be an Olympic event
- The Mona Lisa has her own mailbox in the Louvre because of all the love letters she receives
- The colour wheel predates the United States
- In 2003 street artist Banksy stuck his own work to the wall in the Tate Modern Museum
- Art can help reduce dementia and other chronic degenerative diseases, it can also help reduce anxiety and calm the mind



Two Irishmen find a mirror in the road.  
 The first one picks it up and says, "Blow me down, Oi know this face but Oi cant put a name to it."  
 The second picks it up and says, "Ye daft bastard, it's me!"

## JOKE

## REBUS

### Rebus puzzles 4

Can you guess the words and expressions?

wheel wheel wheel wheel DRIVE	APPLE $\pi$	↑ uu
horabod	D	engine
VEG	NoonT	camping NIGHT
go go	T i m e ABDE	PO



spot the differences



## WINTER

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

- |        |       |       |         |
|--------|-------|-------|---------|
| boots  | hat   | plow  | slip    |
| coat   | ice   | scarf | snow    |
| cold   | melt  | skate | snowman |
| forts  | mitts | ski   | socks   |
| frozen | play  | sled  | winter  |

