

PRESIDENT'S REPORT

The first half of 2019 has again been a successful period for our U3A, with a number of new classes having been commenced in this period, and new tutors offering our growing range of classes.

The upcoming recorder and choir concerts will again showcase the ever advancing talents of our members. With over 1200 members and 150 plus courses or activities Glen Eira U3A is a complex operation. This requires using a growing number of outside venues, and this year several courses had to be relocated away from our home base.

We continue to work on upgrading facilities and planning for future improvements to enhance our delivery of better and more efficient services to our members.

You will have noticed the changes in our parking area, with the disabled parking bays located in a more accessible area adjacent to the entrance. Another project in the pipeline is to upgrade our A/V equipment to provide a better co-ordinated and easy-to-operate delivery of information.

As we get ready for the second half of the year, U3A continues to provide for ongoing and new courses and activities that are a very valuable asset for our local community.

As it has been for well over two decades, it is only possible with input of our many volunteers, be it front desk, back office, tutors and many others that ensure the smooth and efficient operation, and their time and commitment is the essence of our operation. If you feel that you can contribute your time as a volunteer or tutor, come and talk to our co-ordinators for more details.

Garry Fabian
President

Would you like to check if you are getting energy at a good price?

We will have a speaker at 12 to 1 on **Monday, 15th July** in Green Rooms 2 and 3 to help you find out.

The Victorian Government has set up Victorian Energy Compare to help everyone get the best deal. The speaker will help you understand and compare energy prices.

Please bring your last electricity bill to this session to find out if you could be getting a better deal.

You can enrol online or at reception for 9DIS14 Check Your Electricity Bill.

Del Stitz, Course Co-ordinator



News from Paul Shewan's U3A Wednesday cycling group.

One of our very special rides was to see the Pink Lake under the Westgate Bridge. The weather forecast was for fine weather with a top temperature of 25 degrees. After cycling to the Observation Lookout (overlooking Port Phillip Bay), at Sandridge Beach, just past Port Melbourne, we then cycled on to see the Pink Lake at Westgate Park.

Keith Smyth led the ride. The cycle distance was about 19K to the coffee shop. It was a popular ride with approximately 25 cyclists joining the group. We were rewarded because it looked amazing as you can see from the photos taken by members of the group. Apparently when water levels are higher than normal, along with high temperatures, lots of sunlight and lack of rain, bacteria growing in the lake produce a red pigment. The red pigment is called beta carotene and is produced as part of their photosynthesis process.

Marlene Laurent

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Office Hours: Monday to Thursday, 9.30 am to 3.00 pm;
Friday, 9.30 am to 12.30 pm

COMMITTEE, 2018/19

President: Garry Fabian
Vice President: Del Stitz
Secretary: Maggie Moulds
Treasurer: Jo Brown
Committee: Stephen Au
Merv Barnett
Phillip Coleman
Elizabeth Goldberg
Ditta Libson
Jack Edelman
Jenny Shewan
Russell Stern

Course Co-ordinator: Del Stitz

Receptionist

Co-ordinator: Rebecca Golding
Garden Co-ordinator: Monique Nugent
Catering Co-ordinator: Jenny Shewan
Newsletter Co-ordinator: Heather Hudson
Email address: heathflo@iinet.net.au
Publicity Co-ordinator: Bruce King

Medical Dictionary

Artery: The study of paintings.
Bacteria: Back door to cafeteria.
Barium: What you do when patients die.
Benign: What you be, after you be eight.
Caesarean Section: A neighbourhood in Rome.
Catscan: Searching for kitty.
Cauterize: Made eye contact with her.
Colic: A sheep dog.
Coma: A punctuation mark.
Dilate: To live long.
Enema: Not a friend.
Fester: Quicker than someone else.
Fibula: A small lie.
Impotent: Distinguished, well known.
Labour Pain: Getting hurt at work.
Medical Staff: A doctor's cane.
Morbid: A higher offer.
Nitrates: Cheaper than day rates.

Dates to Remember U3A is closed on public holidays.

Queen's birthday: Monday, 10th June
Last day of Semester 1: Friday, 28th June
New semester commences: Monday, 15th July

Recorder Ensemble Concert: Sunday, 16th June, 3 pm
Choir Concert: Sunday, 30th June, 2 pm

Victorian Energy Compare session: Monday, 15th July, 12 noon

Invitation to participate in paid neuroscience research.

At Monash University, we are investigating how activation within the brain changes with age. In this study, you will take part in brain imaging (MRI), non-invasive brain stimulation (by way of magnetic activation), and cognitive tasks (e.g. memory games), separated across two visits. You may be eligible if you are:

Between 65 and 85, not colour blind, free of psychiatric or neurological disorders, and have no metal in your body.

Your total participation time will be approximately 5 hours and you will be reimbursed \$100 (\$50 for each session)

If you are interested please email:

med-bmh-wm@monash.edu or call: 9902 9803.

Creative Writing Class

Australian Children's Poetry Website, publishes a poem every day, often with teacher notes as well. No poet I've seen has had two in a week, except one of our participants in Creative Writing, Toni Newell, who has actually had three in this year. Another U3A student has had her poem there too – Helen Katz. Congratulations to both.

Their tutor is also celebrating. Virginia's poetry has been published in a chapbook by the Melbourne Poets' Union, called *Lines Between*. Each opening has a poem by her and her husband John on the same theme or incident. You can view a copy at virginia@createakidsbook.com.

Virginia Lowe,
Tutor.

A NOTE OF ENTREATY

Wanted: A U3A member experienced in the installation of sprinkling water systems is needed for our now well established campus gardens.

Please forward any notice of interest to the front desk for Monique Nugent.

BOOK REVIEWS FROM OUR THREE BOOK GROUPS

Book Discussion Group A

The Arsonist: Chloe Hooper

Bushfire has always been a part of the Australian psyche. In February, 2009, the deadly Black Saturday bushfires killed 173 people. Hooper's book focuses on two of those fires in the Latrobe Valley, where there were 11 deaths.

Forensic examination, described in clear, minute detail, led to the conclusion that these fires had been deliberately lit and Brendan Sokaluk of Churchill was arrested. This book is a very nuanced account of the horror of fires themselves, the police investigation and subsequent court case where Sokaluk was convicted of arson. It is also a glimpse into the decline of coal towns, and how the dysfunction and disadvantage of the area may have contributed to the crime itself.

Hooper writes that the victims may have felt some measure of justice delivered by the guilty verdict, but her writing also allows the reader to feel compassion for Sokaluk. He was also a victim: bullied as a child, a young adult and in employment, as a result of his undiagnosed (until his arrest) autism.

Our discussion centred on three elements of the story: the distress of the victims and relatives of those killed and the 'lynch mob' mentality which developed; the skills of the investigators, lawyers and court officials, and the perpetrator and his family. Hooper, though her writing, was able to switch our allegiances from one group to the others and then back again.

Our final question: Was it better to have someone to blame for the 11 deaths and destruction or should we be more outraged by the 160 deaths caused by power grid failure?

Read the book and make up your own mind.

Barb Luebbers

WOMEN IN BLACK Book Discussion Group C

Our March selection for the month's reading was "Women In Black" by Madeleine St John.

A lively discussion ensued as all enjoyed the novel. The story, presented with light wit and wonderful, evocative text, is quite simple – the setting the women's wear section of an upmarket department store in Sydney and concerns the everyday lives of a group of sales ladies – the "women in black".

The book explores mores of society in the late 1950s – some prejudice against higher education for women, ignorant mistrust of immigrants, sexual repression, the pretence of superiority demanded of sales ladies.

A school leaver, accepted as a "casual" assistant in the ladies' gowns department, decides to adopt the name

Ctd.

Lisa instead of Lesley. Very soon she is co-opted to assist in Model Gowns mentored by Magda, a glamorous, sophisticated "new Australian".

The period, so skilfully described, invoked the lifestyle of sixty years ago – dreams for a better future, regret for missed opportunities, feelings of being on the cusp of change, the lure of an exclusive frock or expensive lingerie.

Delightfully, we discovered that two of our members had worked as "women in black"!

We were intrigued by the sad life of the author – at 12 years old the loss of her mother, her emotionally distant prominent politician father. In London in her fifties she wrote four novels of life brilliantly observed but, as a difficult personality, estranged from her family, she lived a solitary existence before her death from emphysema.

Maureen Taylor.

Book Discussion B read *Scrublands* by Chris Hammer for our April meeting.

We mostly enjoyed this book – an "Australian noir" – with complex plots and sub-plots. A popular, young priest, Byron Swift, shoots and kills five men outside his church. Byron Swift is then shot dead by a policeman.

Martin Scarsden, a middle-aged journalist, arrives in this Riverina town, Riversend, to investigate and report on how the people are coping on the anniversary of this tragedy. Martin also has his own demons from his experiences in the Gaza strip. Martin's discoveries are very different from his own newspaper's version of what happened on that tragic day. Determining to get to the truth of why this charismatic, well-loved priest shot these men Martin delves deeply into the lives of many of this town's residents.

Our comments included how Hammer had vividly portrayed the atmosphere of this hot, drought-stricken, dying town. Many of the shops are boarded-up and only open on odd days and at odd times. We liked the eccentric but authentic individuals, an almost Dickensian array of amazingly named characters, who mostly had deep secrets which Martin skilfully uncovers.

The media acted in familiar ways – some journalists rushing to be first to publish their stories rather than finding the truth and all of them angry when there was no mobile phone reception.

Some of us thought this book was too long and some dramatic events were hard to believe but overall it is compelling reading.

Margaret Scott

Flowers For My Wife

The wild flowers are so frail
That they will one day fail
But oh how a sudden surprise
Quietly placed without devise.
The Buddha behind the ashes
Smiled to see the small girl's sashes
Around his old fat belly, and beads.
A child alone can perform such deeds.

14/4/2019

David McVilly

Attention Members: If you are the last one to leave the room at the end of the day, would you please ensure that the air conditioning unit has been turned off.

Glen Eira U3A Committee

DID YOU KNOW ...

That there are more bacteria in and on our bodies than there are cells making up our bodies - (about 35 trillion cells).

That there are more bacteria in and on our bodies than there are stars in our galaxy.

That we have about **five litres** of blood in our bodies and the kidneys filter about **180 litres** of blood a day.

That if all arteries, veins, and capillaries of the human circulatory system were laid end to end, the total length would be **100,000 km**. That's nearly two and a half times around the Earth!

That if each person's total DNA was unwound, it would be able to reach the Moon and back about **1,500** times and about **four** times to the Sun and back.

That each human has the capacity to produce about **100,000 different proteins** – but not at the same time.

Reuben Urban

Calling all members

We have a number of 3 hour parking permits which have NOT been returned to the front desk. Could everyone please check cars, purses and anywhere else to see if you have one, and return them as soon as you can.

The 3 hour parking permits have been negotiated with the company which manages Woolworths car park, and we have only been issued a limited number. Please help us provide this service to all our members by making sure you bring the permit back after EACH session. Thank you for your co-operation.

The missing permits are numbers 2,3,4,5,6,7,10 and 16.

Reception Volunteer



Why teenagers kill themselves?

Wed., 9.30 am weekly

Modern grand-parenting of teenagers - 9DIS11

Tutor -Michael Shamir

Some horrifying facts about teenagers:

Top three killers of teenagers are accidents, homicide and suicide.

Every week in Australia 4 teenagers are killed due to alcohol-related incidents

Every month, 22,000 young people turn to alcohol and drug support services for help.

Teenagers are perceived in our modern culture as risk taking, emotional, dramatic.

Until recently it was accepted that it has been psychological.

In recent years, due to neuroscience development, we learnt that teens experience a surge in anxiety and fear.

It turns out that the emotional brain circuit for processing fear is developed way ahead of the prefrontal cortex, the seat of reasoning and self control. Meaning that adolescents' brains are wired with an enhanced capacity for fear and anxiety, but are relatively underdeveloped when it comes to calm reasoning.

Youth Survey 2012-16 made by "Mission Australia" and "Black Dog", collected data from young people across Australia demonstrated that:

Current Top 3 main concerns for teenagers in Australia:

Stress 38.4%

School 33.6%

Body Image 26.5%

Parents should be aware of stress signs!

How can Parents help their teens to grow safer:

Active listening and communicating calmly

Nurturing relationships and building bonds

Negotiating and resolving disagreements in a peaceful manner

Self-control: keeping disruptive emotions and impulses in check

Guide your teenager in making safer choices

What are the benefits for grandparents' role in teenagers lives:

Understanding teen's development and implications and help in adopting positive behavior and emotions

Improve relationships and communications and get positive outcomes for teens and their family

Guide teenagers in making safer choices with risky behavior and substances

Better choices in life goals and be independent

Michael Shamir, counsellor and lecturer in "Modern parenting methods".

Parents' and Grandparents' boards and communities can contact him for discovery session for the course:

michaelshamir.cwh@gmail.com



Parking at Glen Eira U3A

The parking lines in front of the U3A fence have been repainted.

There are two important changes:

- The disabled spaces are now located either side of the front gate.
- The three spaces reserved for designated volunteers are being moved to the far left hand end of the parking spaces.

Otherwise, the parking arrangements remain the same as usual:

- In front of the U3A fence you may park for any period and display the U3A parking permit.
- In the general Woolworths Car Park you can park for two hours.
- If you need to park for three hours in the general Woolworths car park you need to ask for a Woolworths parking permit from U3A reception, display it in your car, and return it to reception when you are leaving.

The Woolworths car park is privately managed and parking for more than two hours without the Woolworths parking permit may result in being fined. Payment of parking fines is a personal responsibility.

Del Stitz
Course Co-ordinator

The only time you look down on somebody is when you lean over to pick them up again.

Marcus Champion
Carnegie Primary School



FRENCH

In March this year I was very fortunate to obtain the last available place in the Thursday morning French class with Fortuna and Berthe.

From my initial inquiry at U3A when I spoke with Erica, without exception everyone has been so welcoming. I was quite nervous at first, as I hadn't spoken a word of French in 17 years, which was when I last visited Paris. Therefore, my learning hadn't progressed much beyond the beginner / intermediate level.

I love the class because, guided by our tutors, the atmosphere is one of acceptance, fun, and mutual learning. Everyone helps each other. I'm gradually gaining confidence to practise my words and pronunciation, without that very common adult trait of embarrassment and inhibition one feels when trying to learn a new skill. We even get to have a sing-along!

There are many well known advantages to be gained by learning a new language. According to the Eton Institute (an accredited learning centre) various research studies have concluded that the benefits of language learning include the following:

Boosts brain power Improves memory Enhances the ability to multi-task Sharpens the mind Keeps the mind sharper for longer Enhances decision making
The first language is improved Improves performance in other academic areas Increases networking skills
Provides wider career choices.

Although I no longer need to concern myself with the tenth benefit listed above, the enrichment I gain from my French language class is immeasurable, and I look forward to many more happy years of learning.

Nanette Ferguson

Understanding Aged Care

During May we had a speaker, David White, from Elder Rights Advocacy speak about the aged care system. The Commonwealth Government now plays the major role in Aged Care in Australia. Any senior in need of assistance needs to contact My Aged Care by phone (1800 200 422) or through the My Aged Care website www.myagedcare.gov.au.

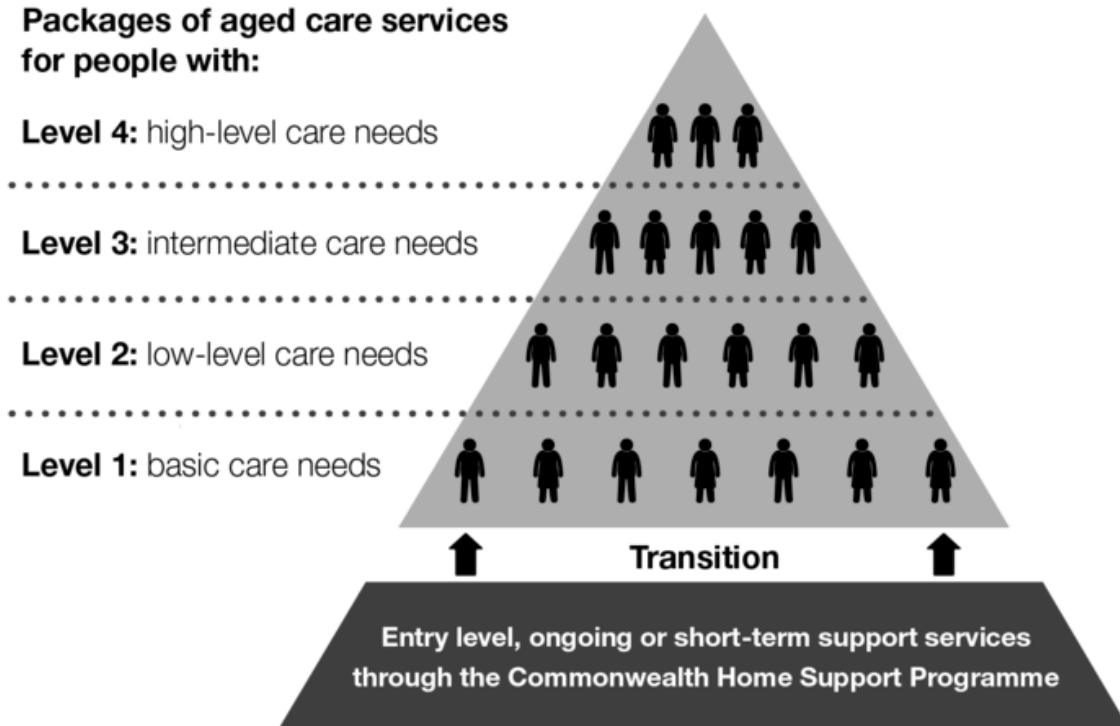
Everyone is assessed before being offered services according to need:

Those that need help to change a light bulb or do the gardening can be offered assistance as required.

Those who have ongoing needs may be offered a home care package.

Those with greater needs may be offered residential aged care.

The diagram below shows the different level of aged care services available.



In the past, you could directly contact Glen Eira Council for aged care services, but now you need to contact My Aged Care for assessment first.

Del Stitz, Course Co-ordinator

GARDEN PLEASURES

Down sizing can be an exciting and sometimes onerous job having to make all those 'will I' or 'won't I' decisions. What an opportunity to throw out Cousin Joan's ugly wedding gift of some 50 years ago! Leaving a much loved garden, large or small, the changing seasons – will I really miss the strenuous digging and constant pruning? Many of us have been through this emotional exercise and have now discovered a new pleasurable add-on to our lifestyle, a little or even no work version of enjoying nature's gifts.

Think small courtyards, balconies, perfect areas for sculptures and pot plants large and small, vegetable containers are all the go now. Plant herbs, flowers, vegetables, all your favourites, whatever you fancy. No more bending, no more backaches. Think retirement villages and local parks with well maintained gardens and perhaps calming recycled water features. Enjoy a daily walk through leafy paths offering shade and sun,



together with rejuvenating exercise combined with the gifts of nature. Light work there.

Branch Out, a new program run by the Royal Botanic Gardens invites seniors to experience the many species of native and other varieties of plants and trees combined with activities there or at Cranbourne Botanic Gardens. Try the free bus tour through Cranbourne B.G. A splendid mini adventure.

Wander through our own Glen Eira U3A garden, lovingly maintained by Monique and her team. Impeccably kept with a colourful mix of native plants, succulents and other species, it contributes to your sensory wellbeing every visit.

Some libraries are even running garden groups – now there's a turn-up for the books. Us seniors are bloomin' again.

Yvonne Shelling, Roving Reporter

VOLUNTEERS

National Volunteer Week was 20-26 May, 2019 — a reminder for us to thank all our wonderful volunteers for the work they do to contribute to Glen Eira U3A. Glen Eira City Council also acknowledges the importance of volunteering and provides awards for many volunteers working throughout the Glen Eira community.

Recently, Hanna Shevach received an award from the Mayor for 20 years of service to Glen Eira U3A. You may have been to one of her Tai Chi classes.

Currently there is a project being undertaken by a volunteer to update our records on the number of hours undertaken by volunteers. This will enable us to refer more volunteers to the Council recognition program next year.

Maggie Moulds Secretary



Medical Dictionary

Node: I knew it.
 Outpatient: A person who has fainted.
 Pelvis: Second cousin to Elvis.
 Post Operative: A letter carrier.
 Recovery Room: Place to do upholstery.
 Rectum: Nearly killed him.
 Secretion: Hiding something.
 Seizure: Roman emperor.
 Tablet: A small table.
 Terminal Illness: Getting sick at the airport.
 Tumour: One plus one more.
 Urine: Opposite of you're out.

Glen Eira Attendance Policy

The Glen Eira Attendance Policy requires all members to **sign the roll each time they attend a class at the beginning of the class**. If you do not sign the roll, and an apology is not recorded, we will assume that you did not attend the class. Class rolls are checked after every class and 3 non-attendances, without an apology, means that you become liable for removal from that class.

Many of our classes have wait lists, and a constant query from members at reception is "Where am I on the wait-list?" On numerous occasions we notify a member to attend a class, only to receive an email stating that they no longer are able to attend the class. We also receive emails from members who were unaware that they were enrolled in a class. I would ask all members to login to their personal details and check the courses that they are enrolled in and wait listed for. If you are enrolled or wait listed for a class which you can no longer attend, please let us know by emailing us at smmsadmin@gleneirau3a.org.au and we will offer your place to another member.

Volunteering Statistics

It's that time of the year when U3A Network Victoria request an update of membership details from individual U3As. The 2019 statistics for Glen Eira U3A show that we have 1112 full members, 46 associate members and 54 honorary members making a total of **1212 active members**. 917 members are female and 295 male. 19 of our members are aged 91+

In 2018, 114 tutors contributed 13,734 hours in preparing and tutoring classes and 63 volunteers contributed 9,928 hours in the running of Glen Eira U3A. That's a **total of 23,662 hours of volunteering**. This is the equivalent of a staff of 13 people working a 35 hours per week for a full year. Thank you to everyone.

**Peter Froment,
Systems Administrator**



SOME OF THE GLEN EIRA U3A VOLUNTEERS



Susan Cooze—Office Manager & Audrey Pak—IT Operator



Lois Innes & Aparajita Banerjee—IT Operators



Julie Anne Garland—Receptionist



Saul Dishon—IT Systems Administrator



Richard Schipper—IT Operator and sometime Receptionist



Ruth Lismann—Receptionist



Etia Golder—Receptionist



Ann Orre—Receptionist, 2nd tutor, IT Operator