

PRESIDENT'S REPORT

We had hoped to have reopened by now for on site classes, but Covid-19 has not allowed that to happen yet.

I am very grateful to the many tutors who have learnt new skills and are now offering online course options for our members. I also appreciate the efforts of our office volunteers who have started a new Facebook page for Glen Eira U3A members. If you open our website you will see a link to go to the Facebook page and can apply to join.

The committee of management has been meeting regularly by Zoom. We have been planning how to improve privacy and data security for members of our organisation. We have applied for Art Show funding, and for funding for ipads that we could lend to members who don't currently have online access.

We are still keen to hear from any members or tutors interested to start new courses or presentations now by Zoom. We also need to start our planning for 2021. If you have any ideas, please contact Chris Perera on course-co-ordinator@gleneirau3a.org.au.

I am very hopeful that we will get to reopen for on-site classes soon. But there will need to be new safeguards to keep us all safe. Stay safe and I hope to welcome all our members back soon.

Del Stitz,
President



Looking out for you.

Lyn Young

**Victorian
Seniors
Festival
Reimagined
2020**

SENIORS WEEK REIMAGINED 2020 APRIL TO OCTOBER

The Victorian Seniors Festival celebrates older Victorians and the valuable contribution they make to our community. Back for its 38th year, the Victorian Seniors Festival provides an opportunity for older Victorians to enjoy especially curated content that they can watch and listen to.

Seniors Week activities this year are taking on quite a different form. Instead of attending activities in person at various venues, each week there are new performances posted online. You will find a whole list of items to watch and listen to from opera to Bollywood dancing. The week ending 5th September will be week 19. You can click on previous weeks to see the performances that happened during those weeks.

The Festival will post monthly radio entertainment also. A great variety of items to stimulate all interests. Go to

<https://www.seniorsonline.vic.gov.au/festivalsandawards> to find out more and see some examples from other U3As.

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Secretary: secretary@gleneirau3a.org.au

Website: www.gleneirau3a.org.au

Office Hours: Due to the COVID-19 virus the office is closed until further notice.

COMMITTEE, 2020

President: Del Stitz

Vice President:

Secretary: David Collier

Treasurer: Jo Brown

Committee Members:

Garry Fabian

Jack Edelman

Hilary Friedland

Peter Froment

Ditta Libson

Russell Stern

Chris Perera

Systems Administrator: Peter Froment

Course Co-ordinator: Chris Perera

Garden Co-ordinator: Stan Hill

Events Co-ordinator: Hilary Friedland

Open and Close Schedule: Russell Stern

Newsletter Co-ordinator: Heather Hudson

Email address: heathflo@iinet.net.au

Dates to Remember

Daylight Saving begins: Sunday, 4th October
AGM by Zoom: Thursday, 15th October, 11 am

Please Note: You will be notified at a later date when U3A will be reopening.

Here's a new and easy test for the horror of Covid-19 that is doing the rounds and it's simple, quick and positive (or negative if you see what I mean).

Take a glass and pour a decent sized shot of your favourite whiskey into it and then see if you can smell it. If you can, then you are halfway there.

Then drink it. If you can taste it then it is reasonable to assume you are currently free of the virus because the loss of the sense of smell and taste is a common symptom.

I tested myself 7 times last night and was virus free every time.

Thank goodness.

I will have to test myself again today because I have developed a throbbing headache which can also be one of the symptoms.

I'll report my results later.



You might like to have a look at the website named 'Tales of Bricks and Mortar', which features some short tales of the history of some of our local shops including the butcher in Koornang Road, Carnegie, and some of the Elsternwick shops.

GOING FOR A WALK!

Shoes on, jacket on, keys in pocket, woolly hat on, driving glasses on, mask on, check position of hearing aids, breathe, glasses fog up, wipe glasses with cleaning fluid, wipe it off, makes little difference, try soapy water, no difference, tissue across nose under mask, no difference, give up, go for a walk.

ANNUAL GENERAL MEETING

It has been a very disrupted year at Glen Eira U3A so far. We closed down in March in response to Covid-19. We would like to reopen on site when it is safe to do so. In the meantime, we have run a lot of courses by Zoom, Skype and Email.

Glen Eira U3A is an incorporated association of more than 1200 members. As usual, we need to hold an Annual General Meeting (AGM) this year. Please show your support for Glen Eira U3A by joining us for the AGM at 11am on Thursday, 15 October by Zoom.

Anyone with online access can download the free version of Zoom from your search engine, and use the link that we will email to you to join the Zoom meeting.

A number of things will happen at the AGM:

- You will be asked to accept the annual financial report.
- You will be asked to agree a fee for enrolments in 2021.
- You will get to hear what Glen Eira U3A has done this year, and our plans for the future.
- You will be asked to agree on the number of ordinary committee members for 2021.
- You will be asked to vote to elect a new committee of management.

If you wish to nominate for a position on the management committee, you will need to complete an expression of interest and email it to the President before the start of the AGM.

Only financial members may attend and vote at the AGM. Any financial members not able to attend may appoint a proxy in writing by email to the President before the meeting.

Del Stitz, President

ONLINE TUTOR REQUIRED FOR HEBREW

Currently there are 4 courses listed in Hebrew on our membership system at various levels. However, due to Covid-19, they are not currently running. There is a demand for an online course in Hebrew, which can be successfully run using the Zoom platform or other online delivery methods. If you are interested in being a tutor for Hebrew classes and running them online, please let the Course Coordinator know (course-coordinator@gleneirau3a.org.au) and he will provide you with further details. If necessary, training will be provided for potential tutors to deliver the course using Zoom.

COMMITTEE ELECTIONS

Glen Eira U3A is managed by a committee of management elected each year at the Annual General Meeting (AGM). It includes:

- President;
- Vice president;
- Secretary;
- Treasurer; and
- A number of ordinary members.

At the present time the committee consists of the following members:

Position/Role	Name
President	Del Stitz
Vice President	Vacant
Secretary	David Collier
Treasurer	Jo Brown
Course Coordinator	Chris Perera
Ordinary member	Garry Fabian
Ordinary member	Jack Edelman
Ordinary member	Hilary Friedland
Ordinary member	Peter Froment
Ordinary member	Ditta Libson
Ordinary member	Russell Stern

All committee positions will be declared vacant at the AGM which will be held on Thursday 15 October at 11am by Zoom.

Any member who is financial may attend and vote at the AGM. If you would like to nominate for a position, please email your expression of interest along the following lines to president@gleneirau3a.org.au as soon as possible, or before the start of the meeting.

NOMINATION FOR COMMITTEE OF MANAGEMENT

As a financial member of Glen Eira U3A, I wish to nominate for the following position(s) on the Committee of Management

Position.....
My name isMember number.....

If you have any questions please ring me on 9528 5495 before the meeting date, or speak to one of the current committee members.

Del Stitz, President

OUR HEALTH PROFESSIONALS are very much in our minds at present so here are some recollections of those of our members who followed the career of nursing.

Here are some recollections from my nursing years. Eric Macken

I firstly trained at Caulfield starting in 1976 as an enrolled Nurse. I then moved to Bethlehem Hospital working on the Surgical and Neurological Wards and finally 32 years at Caulfield General on the Medical Ward.

On my first day on the ward I spent many minutes looking for a patient's slippers, only to be told he had only one leg. Many of the wards were weatherboard buildings, that after the wars were used as rehabilitation units for returning soldiers. 'My Brother Jack', the novel written by George Johnson, was written about a returned soldier in Caulfield.

Shift work pay assisted in raising 3 children with my wife Nora who also nursed. I rode on my bike for about 25 years then got lifts and shared the car. In the eighties we received subsidised meal allowances and free parking but these benefits gradually disappeared over the years.

The catchment of clients came mainly from Caulfield, Prahran, Carnegie and St.Kilda. Many patients came from different nationalities including Russian, Greek and Australian. To have known another language would have been a great asset.

Outbreaks of gastro-enteritis were a regular occurrence over the year. Masks, gowns, taking gloves on and off between rooms made for a steamy environment. The revolving door syndrome involved patients who came back on regular admissions, some monthly, some sixth monthly. Loneliness, self-neglect, old bad habits like smoking and drinking were the usual causes. Nurses in the eighties smoked in the staff room so we all had things to learn.

Union membership was very important. We fought hard to introduce staff ratios to maintain best nursing practice. Nurses of many different nationalities brought foods from around the world to celebrate birthdays, births and parties. Private houses, flats and restaurants in Glenhuntly Road were regular venues to let off steam and drink 'lemonade.'

Gradually over the years the number of male nurses increased, which helped with the heavy lifting involved. Lifting machines have also helped.

Looking back, I was lucky to be part of a team helping sick patients. Learning from patients, from allied health staff and from doctors, the hours went very fast.

Nursing was a tough profession on the mind and body. I discouraged my children from following in my footsteps.

Eric Macken

A midwife recalls her nursing career. Susan Burchett

I was born at home and in a hurry. The district midwife was on her way but I couldn't wait that long and my delivery was done by my Nan. Years later I did my general nursing training in Kent, England and then later went to Glasgow, Scotland for my midwifery training. The TV series "Call the Midwife" was set about the same time so I can relate to it very well!

After relocating to Sydney, Australia in 1968 I worked in the neonatal area of nursing, caring for premature and sick newborn babies, and continued in that field of nursing until I retired.

So many changes took place during that period in treatment from the introduction of ventilators, lots of research, more "hands on" care by the parents including the beautiful Kangaroo cuddles that were encouraged. For many this led, months later, to parents taking home their big healthy baby. Very rewarding. The neonatal transport service was introduced so that babies born outside the Melbourne area could be transported safely to one of the teaching hospitals for the appropriate care. A big change was in what we wore. Gloves, masks and head and shoe covers were the norm back in the "old days". That all changed over the years. Covid-19 has certainly brought back memories regarding all the PPE now required by staff. So glamorous!

Again, back in the early days we worked split shifts meaning we worked a couple of hours, had a couple off and then back to work again. Not good for the outside social life. We had to live in the nurses home during training so had plenty of laughs and fun.

Christmas was always special when we walked round the wards [large wards of 30 or more patients] singing carols, carrying torches and wearing our capes inside out so the red side showed. I loved the work I did which at times was emotional and sad, but very rewarding.

Many of the friends made along the way continue to be friends even after all the years.

Sue Burchett



See page 7 for an article by Christine Carey about her nursing life.

LEONARDA (LEA) SINISGALLI 1937-2020

Dear Lea, how can words give you justice?

Lea loved her family, her friends, her U3A groups. She always wanted to share with others her numerous skills - cooking being one. That's why Italian Cooking classes started. In no time, with deft, knowledgeable hands and attention to detail various ingredients were turned into scrumptious lunches.

Lea had a youthful curiosity to see and experience something new. Because of family constraints she could not travel abroad for many years, and so she created another venture: the coffee and travel get-together. People would listen to stories of travel, see photos, and have a virtual experience of travel. It was just as successful as the cooking venture.

The third venture was created as a collaboration with Tony, her beloved husband. It was bocce. People came, undeterred by weather, to try their hand at aiming a ball right, to sample competitiveness (with a dose of fresh air) and have an uplifting chat with each other. All these events were run with courtesy, patience and above all kindness.

Lea would always find something positive about anyone she came in touch with. She kept her positive vibrancy to the end, which was totally unexpected and short. One day she was here, the next gone.

RIP dear friend.

Anna Eller



Lea Sinisgalli 2008



Tony and Lea Sinisgalli 2014



The Italian cooking class that Lea ran. 2003

Italian Herbs

The following herbs are considered essential for Italian cooking: basil, thyme, marjoram, oregano, sage, rosemary and garlic. You can make a mixture of these herbs whether dried or chopped to add to various dishes.

4 tsp basil, 3 tsp thyme, 2 tsp marjoram, 2 tsp oregano, 1 tsp sage, 1 tsp garlic flakes, 1 tsp rosemary.

Add this mixture of herbs to mince when making spaghetti Bolognese, sprinkle over pizza before cooking and include as a seasoning in vegetable and meat soups, stews and casseroles.

ELAINE TRELEAVEN 1934-2020



Elaine was photographed at the Volunteers' Lunch 2014

Elaine passed away recently. She was a longtime volunteer at the reception desk at our U3A and people have commented that she was a lovely lady, always helpful and cheerful. She had also attended art classes here. One friend commented that they had both attended strength training at Caulfield Community Health so she obviously looked after her health. She'll be missed.

U3A BRIDGE

Bridge—the ultimate **partnership** game—is a game of skill, communication and infinite possibilities. Worldwide, millions of people play it at home. Many also play “duplicate bridge” in clubs and tournaments to enjoy its social and competitive aspects.

Bridge is played using a standard deck of 52 cards dealt equally among four players, two pairs. The pairs bid via an auction, in a coded language, to describe their hands to their partners and then, if they win the auction, play to make their contract. Duplicate contract bridge, in which each competitor pair plays identical hands under similar conditions, is the main form of competitive bridge played at bridge clubs.

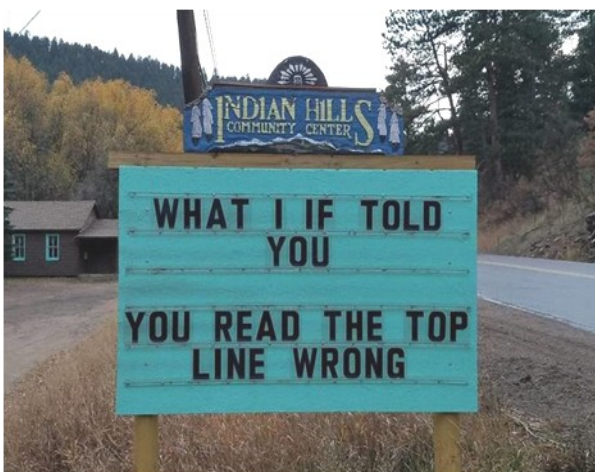
At GEU3A, before Covid, there were 6 bridge classes running, 1 beginners, 1 intermediate, 3 supervised and one competitive duplicate class. One of those classes, namely the Tuesday teaching intermediate class, is being run online using a combination of Skype and Bridge Base Online.

Whether one is a beginner or an expert, there are always aspects of one's game that can be improved. That is, bridge can be thought of as a journey, the destination at which you never arrive. Bridge theory is constantly evolving, albeit slowly. The bidding conventions that players use have advanced since the modern game was first developed in 1925 by Harold S. Vanderbilt who perfected a new form of bridge that had been played in Turkey since the late 1800s.

The Australian controlling body is the Australian Bridge Federation which oversees the awarding of Master Points to anyone that plays at a bridge club. Beginners may have only a fraction of a Master Point while some players, Grand Masters, have managed to accumulate some thousands.

Within 5 kilometres of our U3A there would be at least 10 bridge clubs some of which are normally open 6/7 days a week.

Dan Phelan



WHAT FORMER NURSES ARE DOING NOW (still caring, connecting and contributing, actually).

I was a patient in Cabrini in the second week of July this year (NOT with COVID-19). A few days later I was contacted by the manager of Cabrini Volunteer Counselling Services, asking whether I'd like a volunteer to ring me. (There are about 250 such volunteers). The volunteer who rang me was a former nurse there and at other hospitals, and is a member of a U3A in a Melbourne suburban area. We talked about U3A, our shared love of travel - and realised that our political views were quite similar! We agreed that nursing in this time of COVID-19 is even more challenging than when she was nursing. Her phone calls to me as a volunteer emphasised how valuable nurses are. The nurses in Cabrini when I was there in July were also amazing people.

Margaret Blight.

A senior citizen said to his eighty-year old buddy:

So I hear you're getting married? Yep!
Do I know her? Nope This woman, is she good looking? Not really. Is she a good cook? Nah, she can't cook too well. Does she have lots of money? Nope! Poor as a church mouse. Well, then, is she good in bed? I don't know. Why in the world do you want to marry her then?

Because she can still drive!



The three hardest things to say are:

1. I was wrong
2. I need help
3. Worcestershire Sauce

Welcome to Glen Eira U3A Members Facebook Group

Staying connected has become so important to us all in a year where our members have had to adapt to new ways of learning and communicating with their social contacts such as family members (both here and overseas), friends, U3A colleagues, business associates and many others.

This year, our members have had to learn new terminology and technology such as:

ZOOM Skype Facetime WhatsApp
Online Meetings Virtual Events
and now a **FACEBOOK** group!

We understand that the mere mention of Facebook may raise different emotions in people ranging from passion in some, through to fear and loathing in others.

We have created a great option for you to stay connected with your friends and to assist those who may be socially isolated as well.

Glen Eira U3A Facebook Group for MEMBERS

This is a **private FB group** for Glen Eira U3A and **only** members are eligible to join.

The membership is an "Opt-in" basis, so no one will force you to join.

The only thing you will be asked when joining is to agree to our **groups rules** to ensure that this remains a safe and happy place to visit online.

This is **your** group and relies on your input to make it successful by viewing, posting and encouraging your colleagues with comments, emojis and items of interest.

Members are able to share ideas, recommendations (books, recipes, places to visit etc), and also details of upcoming events of interest.

We are very pleased that within just a few weeks the membership for the group has increased substantially and, through recommendations, new members are joining all the time.

Privacy

These days we all take photos and share them however, our Facebook group is required to abide by privacy rules, so we ask that permission is gained from members prior to posting or sharing photos.

A Snippet of My Nursing Life

I was 17 when I began my nursing career in Sydney. There, I was required to live in the nurses home on the hospital site under a strict curfew. Home by 8pm and woken at 6am each day by a knock on the door from the 'Home Sister'. Failure to answer resulted in an inquisition by Matron that you never wanted to have.

Fast track forward a few years and I found myself nursing in New Zealand. That was a wonderful experience and I had grown up a lot by then. This time I chose to live in the nurses home because I knew no-one to flat with and it was convenient for the broken shifts we were often required to work. I quickly made friends and had lots of fun on my days off. We would cycle from the hospital to the ferry terminal in Wellington and take the ferry across to Picton. There we'd play tennis and swim followed by an idyllic lunch under the trees watching the yachts sail by then catch the ferry back to Wellington just in time for night duty. We often cut it fine, still donning our uniforms while running up the stairs to our respective wards, but we were never late. The shifts were always very busy thank goodness. No time to feel tired.

I learnt to sky dive, scuba dive, sail and snow ski, not to mention going tramping through many beautiful forests. Alas, all good things don't last forever.

I returned to Australia where I married a Kiwi, had a daughter, and continued to nurse in many different areas.

Who would have thought that decades later I would come full circle finding myself living under a strict curfew again.

Christine Carey

ctd from previous column

Recent "item of interest" posted

A recent call to Neil Mitchell's program on 3AW by Irene Murrihy in the "Phone-a-friend" segment saw Neil interview our member Henry Bertram who reached 100 years old in July this year. We were able to obtain a copy of the interview and shared it on our Facebook group.

How to Join U3A Glen Eira Members Facebook group

Go to Glen Eira U3A website <https://gleneirau3a.org.au/resources/>

Click the Facebook icon on the resources tab
Follow the prompts to join

For queries or to report an issue

Send an email to smmsadmin@gleneirau3a.org.au

Rachel Van Run/ Peter Froment
U3A Glen Eira Administrator

Like

Comment



Don Kampf

Missing the place and the people...I am guessing its au revoir for 2020.

Like · Reply · 3d



Horst Eisfelder

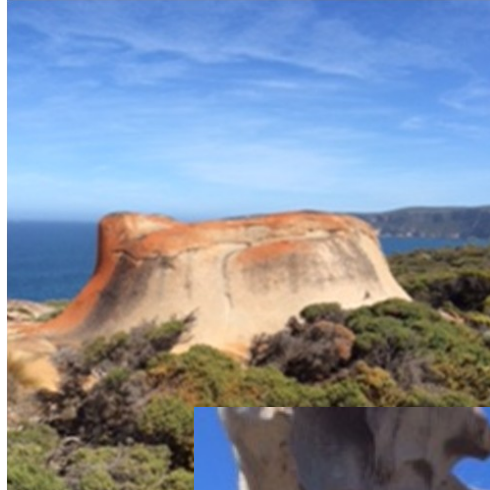
While a good many of us, still manage to participate via Zoom, there are many others who miss out as they have no computer knowledge.

Like · Reply · 2d



Write a comment...





ROCKS
Kangaroo Island
South Australia



**EUCALYPTUS TREE
TRUNKS**
Murrumbena Park
Kangaroo Road
Murrumbena

