



Message from President Mark Rubenstein



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One aspect of Glen Eira U3A that continues to fascinate me is that the organisation works so well despite being run entirely by volunteers.

If U3A didn't exist and someone had come to me with an outline proposal to establish such an organisation, I would have told them they were dreaming. On the one hand, with such a compelling value proposition, I would have expected that attracting members would be relatively easy. On the other hand, finding enough people with enough goodwill and community spirit to carry out all the tasks required to sustain such an organisation – on an entirely voluntary basis – would likely be tremendously challenging.

But I would have been wrong.

Based on my own experience, I shouldn't really be surprised. I grew up at our family home in East Brighton, in a household financially challenged but rich in goodwill. I felt as though I had a front row seat at a master-class in generosity of spirit.

As President of Glen Eira U3A, I feel privileged to be surrounded by similarly community-minded people, people who are prepared to roll up their sleeves and keep the organisation humming.

There is certainly no shortage of work to be done: loading the dish-washer, vacuuming the carpet, putting the bins out, ensuring the bills are paid, keeping the garden in ship-shape, dealing with member enquiries, running courses, arranging for our air-conditioning systems to be serviced, applying for grants and plenty more. All these tasks are carried out quietly, behind the scenes with a minimum of fuss by an army of volunteers who deserve our utmost appreciation.

Our seven new Volunteering at U3A courses have been set up to make it easier for additional volunteers to help out. If you'd like to lend a hand, simply enrol in any of these courses using our course booking system:

- Art Exhibition Team
- Building Maintenance Team
- Grants Management Group
- Health, Safety and Wellbeing Team
- Marketing and Events Team
- Newsletter Management Group
- Website Management Team

I can promise, you'll be in great company.

Mark Rubinstein

SENIORS AVOIDING SCAMS - TAKEN FROM 'SENIORS ONLINE VICTORIA'

Australians lost a record amount of more than \$2 billion to scams in 2021, with people over 65 reporting the highest losses. In addition to the financial cost, scams can have a devastating emotional impact on victims.

Be aware – scammers are impersonating government departments and trusted businesses.

This may be communicated by suspicious COVID-19 related emails, messages and phone calls. Cyber criminals may try to make contact with you and ask that you hand over your private information or provide access to your computer.

If you received a call out of the blue from the Tax Office saying you had a tax debt that you had to pay immediately or be arrested, what would you think? If Telstra called you and said there were internet problems in your area and they needed remote access to your computer in order to help you otherwise they would disconnect your service, what would you do?

While it would be understandable if your initial

reaction might be fear or panic, Australians are being urged to 'Stop and check – is this for real?'

In these scams, scammers pretend to be from a government agency or well-known, trusted business and use threats to pressure or scare you into giving them money sharing your personal information or downloading remote access software.

These scammers and their threats can seem genuine and frightening. They make you feel as if you've done something wrong or that there's some urgency and you must do what they say immediately or suffer the consequences.

Older Australians have been particularly vulnerable to these scams in the past. So if you're contacted unexpectedly and threatened by someone that says they're from a government agency or trusted business, always consider the possibility that it may be a scam – then stop and check if it's for real.

If you receive contact from someone claiming to be from

a telecommunications company, a technical support service provider or online marketplace, hang up. Verify the identity of the contact through an independent source, such as a phone book or online search, then get in touch with them to ask if they contacted you. Don't use the contact details provided by the caller or in the message sent to you.

Never send money, give your banking or credit card details or other personal information to anyone you don't know or trust, and never by email or over the phone.

Know that a government agency or trusted business will never ask you to pay them with gift or store cards, iTunes cards, wire transfers or Bitcoin.

Don't open suspicious texts, pop-up windows or click on links or attachments in emails – just delete them. These could infect your computer with malware.

Never give anyone remote access to your computer if they've contacted you out of the blue – whether through a phone call, pop up window or email – even if they claim to be from a well-known company like Telstra.



Glen Eira U3A often sees impromptu class celebrations, and long may they keep happening. It may be a birthday, a momentous occasion or just a fun moment.

The accompanying laughter, and in some cases, singing, reminds us that we are only as old as we feel. Here Graham Ihlein celebrates his birthday, taken last year.



REPORT OF INAUGURAL DAY TRIP BY TRAIN

We had a rocky start with the replacement bus from Caulfield to Pakenham full of Southern Cross passengers so two of our members missed out on a seat. Being the good-natured people they are they decided to wait for the next bus and arrived an hour or so later.

Once we arrived at Yarragon for a quick coffee we had a good look at all the quaint and terrific little shops offering some local artistic offerings and other quality goods. Most of us bought something to take home.

Our lunch at the Commercial Hotel was really nice, big plates and lots of variety. I believe we all enjoyed our meal and the service was very good.

In all it was a great day, but, if there are track works we know about before we travel, the next time we will cancel and reschedule the trip.

Margaret Summers, Tutor.

24SOC03 TRAIN TRIPS – YARRAGON 17/3/2024

"When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love."

Marcus Aurelius

Caring and Sharing

The U3A movement is very much about allowing, encouraging and inspiring everyone to keep active. This means not only mentally but physically.

One of the most popular courses offered is that of Israeli Dancing. **New Horizons** is hopeful that someone in those classes might like to write a brief report on their activities which we can share with everyone.

There are other outdoor, or away from 1151 Glen Huntly Road, courses which should be heard from so our call for reporters is extended to you all. Help us make this Newsletter one filled with information about us. Send your reports in to the Newsletter editors please.

Gardening club meets every second Friday of each month. This enthusiastic group performs a valued service in keeping the surrounds of our buildings weed free and tidy. If you would like to have a couple of hours outside in good company, please join us.



The Art Classes

Wander down the eastern corridor of our building and you come to a room of magic. Sometimes chatter and laughter and other times earnest concentration as the classes place their talent on display. Here are four examples of amazing talent (with thanks to the artists).



Kylie Castan



Italy 1 – Don Kampf



Washing the cliffs – Ancita Beale



Marion Strong – soft pencil and pastel

THANK YOU



her own premises for evening meetings and presentations.

I would like to put on record my thanks for her encouragement, loyalty and hard work throughout her time with the Glen Eira U3A Committee.

David Collier

Hilary Friedland

Hilary has been a member of the Committee of the Glen Eira U3A for more than six years, somehow managing to lend her expertise to our catering and entertainment throughout that time as well as attending classes and the Committee. She has now stepped down from the committee and her participation and honest contribution will be missed.

Hilary is an exceptionally talented singer, having performed at venues around the world to great acclaim. She is also well known for her generous hospitality in providing



Scott Gordon

Several weeks ago now we had a crisis at the U3A when Scott arrived to open up the building and discovered that a pipe had burst in the mens toilets and flooded the floor there and out into the foyer. Scott took immediate steps to organise for an emergency visit from the plumber and then to

clean up the flood.

It was not only Scott however, who was involved; as duty volunteers arrived and other members, everyone pitched in to lend a hand and mop up the water and generally keep the U3A open.

To each and all of you our grateful thanks for stepping in and doing what needed to be done.

Our Volunteers

Every time you come into the office and foyer at the U3A you will be greeted by our volunteers, those members who give their time to help out behind the desk, answering queries and generally making sure everything runs smoothly.

We cannot thank them enough for the time they put in. As tutors, to be able to walk in to meet your class and know that the class rolls are up to date, that your needs have been met, these are golden moments. For those attending classes again, the very fact everything comes together so smoothly is much due to the volunteers.





Spanish Class Visits

Last year, two of our Spanish classes were lucky enough to entertain a visitor to help us with our language practice.

found it very useful practice as dealing with a native speaker in class was different to the normal conversation between themselves in class (the teacher suspects that that



Santiago Pérez, originally from Ecuador, came to the Elementary and Fluency classes. Students were able to practise asking him questions and listening to the answers. We all learnt a lot more than we had already known about Ecuador!

(He's the good looking young one in these photos!

Then, it was his turn to ask us questions and students had to formulate their answers to him. They

was because they lapsed into English whenever things became difficult. Grrr!).

Becca Wilkins

Art Room spruce up

Last December we had a couple working bees to spruce up the art room. A group of us got together and decided to repaint the walls, cheering things up with a colourful feature wall.

Using colour theory, we decided that an orange colour would contrast well with our blue doors and we repainted the white walls as well. We bought new shelves for the books to make them more accessible and reorganised them into subjects. (If a trained librarian would like to help us here, that would be appreciated!)

We sourced heavy duty transparent table covers so that the colours didn't detract from our work. I hope all you artists appreciate the results and the effort we put in!

Becca Wilkins



COVID and FLU

A reminder to us all that Covid has not gone away. On the 20th of March here in Victoria there were 1,432 active cases and with winter approaching we should all be taking precautions against the flu as well. Most will now have had their 5th Covid injection and some may even have had their 6th shot.



With members coming into our rooms for their sessions, we would like to remind you all that if you are feeling unwell please let reception know, let your tutor know that you will NOT be attending for the session.

We have got through the previous years with very little fuss so it would be disappointing if simple precautions were forgotten.

TRAVELLING

How often have your friends asked you where you are going this year? Or have they reached that point when they wonder if they have become too old to travel.

If you have always tried each year or two in your retirement to travel, either locally or internationally, then you will know about the following points:

- Travel increases your confidence by taking you out of your comfort zone.
- Travel keeps older adults moving and active.
- Travel makes you more emotionally stable.
- Travel lowers stress levels and reduces risk of heart attacks.

Just Thinking About Dogs

- ◆ What happens if you cross a dog with a phone?
A Golden Receiver.
- ◆ Why aren't Corgi jokes funny?
All of them are really short.
- ◆ Our dog brings us the newspaper every day. . . .
Funny thing is, we've never subscribed to any!
- ◆ What did Darth Vader's dog say to Luke's dog? Come on! Join the bark side.
- ◆ What could be more incredible than a talking dog?
A spelling bee.
- ◆ Whenever I take my dog to the park, the ducks always try to bite him.
I guess it makes sense, since he's pure bread.

YouTube Movies

If you are looking for some wonderful old films to revisit, then the British production company Ealing Studios is worth a visit, as is its predecessor Associated Talking Pictures.

It is fascinating to note that Ealing Studios started making films at that site in 1902. After WWII, the studios made a series of absolute classics of humour. They were:

- ◆ *Whisky Galore!* (1949),
- ◆ *Passport to Pimlico* (1949),
- ◆ *Kind Hearts and Coronets* (1949),
- ◆ *The Lavender Hill Mob* (1951),
- ◆ *The Man in the White Suit* (1951),
- ◆ *The Titfield Thunderbolt* (1953),
- ◆ *The Cruel Sea* (1953) and
- ◆ *The Ladykillers* (1955)

All are regarded as classics of British cinema.

If you get yourself Youtube Premium you can watch without advertising.

New Horizons

The quarterly magazine of the Glen Eira U3A, delivered to members in the third week of March, June, September and Late November.

Any members wanting their courses or interests publicised, or would like to contribute news, photos and other thoughts, please send your material to the Editor at; newsletter@gleneirau3a.org.au.

AFTERWORD

When you are involved in a community, voluntary group, it is inevitable that at some stage you start to think about what matters in the way we deal with each other.

Some of us may have grown up having 'Winnie the Pooh' read to us and one line always stuck with me; "A little consideration, a little thought for others, makes all the difference".

And, it does.

We have a very valuable place here, and in a world which seems to be filled with violence and self-centredness, our place is a haven to nourish our souls.

It is not just the many different peoples and beliefs we have learning and sharing with each other, it is also the little things which actually matter so much.

I grew up when men opened doors for ladies, lifted their hats to say 'good day', and thanked others for their actions without expecting any recognition for these actions.

The 'Kingsman' series has Colin Firth as one of the protagonists uttering this line, before he administers justice, "Manners maketh the Man". Yet we see very little of that in public life.

All that remains is for us, as members of this U3A, to set the best example we can towards each other and to all members of our local communities. It must be possible to disagree with courtesy, without reverting to anger. The example we set can, and should become models for our community, ambitions for all those who meet us to aspire to.

As we age we all realise that we can accept from our friends what they can give, not necessarily any perfection, but simply what they can offer. And we can thank them fully, generously and with affection. This is what makes for a happy, thoughtful and respectful world.

It was the Dalai Lama who said; "When you practice gratefulness, there is a sense of respect toward others".