

New Horizons

U3A GLEN EIRA
UNIVERSITY OF THE THIRD AGE

A0016826W ABN 54161309634

Unlock your potential – embrace the wisdom of your experience

Message from President Mark Rubenstein



As we approach the half-way mark of 2024 – the 40th year of U3A in Australia – the year is off to a great start: 155 courses being delivered by 118 tutors to 1,090 active members, including 136 new members in 2024.

In addition to the courses, plenty of work goes on behind the scenes to keep the place humming. Our army of volunteers is what makes Glen Eira U3A tick: tutors, office volunteers, members of Volunteering at U3A teams, Committee members, and members at large.

This year we've made a couple of changes to how we operate. First, we've created a new sub-committee: OOPS (Office of the President Sub-committee). Membership includes our Secretary (Joe Pasmanik), Treasurer (Tony Todd), Course Coordinator (Anne-Margaret Healy) and President (i.e. me). OOPS meets roughly fortnightly to deal with a range of time-

sensitive operational matters.

Second, there are now nine Volunteering at U3A Teams, most of which are quite active and doing excellent work. Examples include grants management, marketing, building management, and the art exhibition. If you'd like to lend a hand and join the 41 members already participating, simply enrol in any of the Volunteering at U3A courses and we'll be in touch.

Our art exhibition and open days are scheduled for 12 - 14 July. We have over 180 entries from the 160 members currently enrolled in our various art and craft classes. The Mayor of Glen Eira will officially open the exhibition on Saturday 13 July at 2:00 pm in the Green Rooms. Prizes will be awarded and refreshments served. Please come along and bring your friends. This is a great opportunity for anyone interested

to see what we do. Check out our website for details: Home page > Events > 2024 Art Exhibition.

In other news, we recently received a VicTrack grant of several thousand dollars to help fund construction of a planned ramp near our main entrance, to improve access for people with mobility issues.

Table of Contents

President's Message.	P 1
Don Kampf	P 2
Recorder Concert	P 3
Birthdays	P 4
French Class B.	P 4
Thoughts about winter	P 5
Coping with winter	P 6
Vale, Anna Hearsch & Ted Charlesworth.	P 7
Chicken Soup	P 7
'The lighter side'	P 8
Art Exhibition.	P 8

Cooking Up Connections is a meal-sharing and community-strengthening program run by Glen Eira City Council. The program aims to connect people who like to cook with older residents in the community. Each volunteer shares an extra portion of their home-cooked meal with an older resident on a weekly, fortnightly or monthly basis. If you're interested in volunteering, check out the Council's website for details. Finally, the recent Recorder Ensemble Concert was a great success thanks to the efforts of Katalin Holl and her enthusiastic team.

Mark Rubenstein



"OK, you're on a desert island and you can only take one - stick, frisbee, or tennis ball?"

Don Kampf; an artist amongst us. *by Nicky Rose*

Don's powerful recollection is that his love for painting began in 1956, at age seven, when his father, a jeweller, gave him a set of water colours. At that time, Don's family owned and lived above a milk bar where the candy boxes had 8x5 inch blank divider cards, a free and plentiful supply of 'canvases' for long and joyous hours of painting together with his younger brother. Don's art teachers in primary school taught proper water colour techniques and one of Don's third grade paintings so impressed the school principal that he toured the school showing it off. Don was hooked. Don studied art in high school, where he and his art buddies felt cool, attractive and special - unlike other students who studied 'boring' subjects like maths and science. Following graduation, the next ten years, the 1970s were very intense for Don. He tried studying art at Caulfield Tech, he held various jobs, lived away from home, got married, had kids and studied psychology. His art happened, but intermittently. Now in the 1980's, art held a higher priority in Don's life. He took courses in life drawing and oil painting at the Council of Adult Education and courses through the National Gallery. Don felt grateful, proud and gifted to be part of these stimulating environments. The

next thirty years Don was busy as a psychologist, father and husband yet managed to have short, intense painting episodes every two to three weeks before life's responsibilities pulled him back.



Don says that while he loves painting, he is not driven to paint and his paintings are not precious. He paints for pleasure and is not motivated to sell his paintings. He re-partnered in 1991 and had another child. Tragedy struck when his wife was diagnosed with a brain tumor in 2014. Don retired to look after her and his young son. There was no painting for two years. After her death in 2016, Don asked himself 'What are you going to do for the rest of your life?' He discovered U3A and for the next six years, as a participant, painted in the U3A studios of the Glen Waverly and Glen Eira. He loved these environments, felt accepted and supported and he enjoyed the camaraderie of other artists.

Last year, Don became a tutor at

our U3A. He provides opportunities for self-directed artists and supports them with inspiration and non-directed feedback. He offers comments on design elements, colour choices and so on hoping that the students would get more joy out of their experience of painting.

For Don, U3A provides a weekly structure and schedule, a physical and social environment and a creative milieu. He is very engaged here, tutoring two hours on Friday and still participating as a student four hours here and four hours at Glen Waverly. He contributes further by volunteering on the committee for the Art Exhibition, an effort that continues for several months of the year.

Don believes that the U3A organisation in our community is extremely important for our cohort of retired people. He believes its existence should be made more widely known, especially to professionals who serve our age group so that they can recommend it for social and growth activities and benefits. We all agree that the U3A is a very special place and we thank Don for his many contributions.

No-one ever steps in the same river twice; for it's not the same river, and they are not the same person.

Glen Eira U3A Recorder Ensemble Concert

Sunday 19 May 2024.

In front of a full house at Glen Eira U3A, the Glen Eira U3A Recorder Ensemble performed their mid year concert with the leadership of Katalin Holl, entitled 'Creatures Great and Small'.

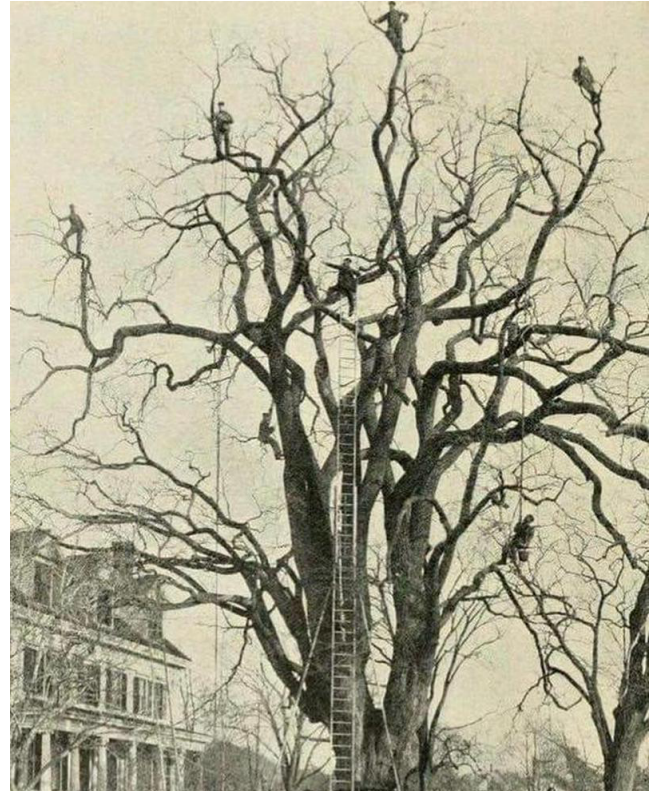
Every Wednesday morning during this year, the ensemble had been learning and practising the concert pieces under the expert guidance of Katalin Holl. The result was a wonderful afternoon of music making, with animal-themed pieces, such as Bye Bye Blackbird, The Lion Sleeps Tonight, Baby Elephant Walk, Yellow Bird, The Teddy Bears' Picnic and others. The Ensemble, which can be up to 20 players, is divided into four playing parts; descants, altos, tenors and basses. Some players first learnt how to play music and recorder with Katalin at U3A, while others have played music all their lives. All the music played in this concert was collected by Katalin and is only a part of her large library.

The programme was interspersed with guest performers. Peter Garamszegi, entertained early arrivals playing jazz standards on the piano. Emma Lipka, ex chief piano accompanist to the Bolshoi Ballet and then the Australian Ballet Company performed two beautiful piano pieces, then later accompanied Hilary Friedland, a soprano graduate of the Royal College of Music, with Tonia Barolsky on flute, in performing two pieces, the latter being 'Summertime'. The last of the guest artists were the Badgers Buskers, a jazz band featuring Jim Badger, one of the recorder players, on the banjo. The jazz band also played during afternoon tea.

Thanks to members of the U3A committee and U3A volunteers, who helped set up the room and provided afternoon tea and biscuits to the masses after the performance. The committee has been a great support to the Katalin and the Ensemble over the years. The concert was a testament to

the hard work put in by Katalin and the Recorder Ensemble. The group tries to have at least one performance every year. You will have to wait to find out the theme for the next concert!

Tony Bannister,
Ensemble member.



Members may have noticed that the dead gumtree branch in the front garden has been removed. The work was done most efficiently from the ground, so spare a thought for these arborists photographed in London in 1908.



Birthdays

Have you all noticed that we are getting older? No, that is not correct, we are having more birthdays, but most of us feel not much older than when we were twenty. The Editor has received a couple of birthday photos which we must share with all our members.



Val and her class enjoying a vivacious birthday celebration in the Glen Eira U3A kitchen.

A wonderful party was held for Val's birthday. Many Happy Returns for your special day, Val. And then just a few days later it was Sarah's turn to celebrate; Happy Birthday Sarah.



French Conversation B

Michael Malone, a member of this class writes;

"I am very happy to be continuing to learn French at the University of the Third Age.

Fortunately. I have found a session with like-minded people who are keen to learn more. As well, having two very conscientious teachers is important, as they test our skills in a constructive manner.

I also enjoy the varied format of teaching with discussion of interesting topics using music and video to provide student participation.

This is my first interaction with U3A and it has been a pleasant experience".

French Conversation 'B' – 'assis en classe'



David Cohen has sent in a positive thought for us all at this time, *'A little bit of light dispels a lot of darkness.'*

(Rabbi Schneur Zalman of Liadi (1745-1812), founder of Chabad)

Thoughts about Winter

Winter has never been my favourite season. I've always struggled to find joy in the chilly, short days of winter. The cold weather makes me feel sluggish and unmotivated which often leads to seclusion and loneliness. However, our Australian winter is unique in that it's usually warmer out of your home, than in it.

Winter gives us permission to slow down; to embrace the inner self, to reflect and regenerate.

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home."

- *Edith Sitwell*

"Winter is a season of recovery and preparation."

- *Paul Theroux*

"We cannot stop the winter or the summer from coming. We cannot stop the spring or the autumn or make them other than they are. They are gifts from the universe that

we cannot refuse. But we can choose what we will contribute to life when each arrives."

- *Gary Zukhav*

"Anne came dancing home in the purple winter twilight across the snowy places."

— *L.M. Montgomery*,
"Anne of Green Gables"

"The hard soil and four months of snow make the inhabitants of the northern temperate zone wiser and abler than his fellow who enjoys the fixed smile of the tropics."

- *Ralph Waldo Emerson*

"Blow, blow, thou winter wind, thou art not so unkind as man's ingratitude."

- *William Shakespeare*

"In the depth of winter, I finally learned that there was in me an invincible summer."

- *Albert Camus*

"O, wind, if winter comes, can spring be far behind?"

- *Percy Bysshe Shelley*



Dress Warmly

Staying Warm & Safe this winter.

Dressing warmly and keeping your home warm can significantly reduce the chances of ill health during the winter months. The chances of contracting colds and flu or more serious cold related health conditions are more likely if you are over 65, on a low income and have trouble heating your home or have a long-term health condition such as such cardiovascular and respiratory problems.

Follow these simple steps to ensure you keep yourself and your home warm and safe this winter:

1. Keep your home warm day and night.
2. Dress warmly.
3. Eat well.
4. Stay Active.
5. Stay in contact with friends and acquaintances.

**Dear Mother Nature,
Having received my free
sample of winter, I would like
to cancel the remainder of
my subscription. Thank you.**

Coping with Winter

Studies show people living in the Arctic Circle are armed with a mindset that helps combat the long 'polar night'. It might come in handy for us all...

When Kari Leibowitz first arrived in the Norwegian city of Tromsø, she was both intrigued by, and fearful of, the approaching winter. Two hundred miles north of the Arctic Circle, the city does not see the sun from mid-November to mid-January. As a health psychologist, Leibowitz's aim was to understand the ways that Tromsø's citizens coped with the long "polar night". In many countries, the short days of winter are thought to cause lethargy and low mood, resulting in "seasonal affective disorder" (SAD). This is sometimes assumed to have a purely biological basis - levels of mood-regulating neurotransmitters such as serotonin are generally lower in winter than in summer.

SAD is often treated using standard antidepressant drugs, as well as psychotherapies.

During the darkest periods of the polar night, Tromsø only receives two to three hours of indirect sunlight, shining into the sky from below the horizon. Yet its inhabitants do not show the kind of wintertime depression you might expect of a city cast in darkness. One study by May Trude Johnsen at the University of Tromsø found that the citizens' wellbeing barely changed across the year. Their sleep was a bit more disturbed without the daily rhythm of the rising and setting sun, but they reported no increase in mental distress

during the winter.

So what's their secret? Of the many potential explanations, Leibowitz's work suggests that one vital component may be a particular "mindset" that arms the citizens against the stresses of the long polar night.

Leibowitz's findings build on decades of previous research showing that the mental framing of stressful events can powerfully influence the ways we are affected by them. People who see stressful events as "challenges", with an opportunity to learn and adapt, tend to cope much better than those who focus more on the threatening aspects – like the possibility of failure, embarrassment or illness. These differences in mindset not only influence people's mood, but also their physiological responses, such as changes in blood pressure and heart rate, and how quickly they recover after the event. And the impact can be long-lasting, even during major transitions: one Israeli study found that immigrants' stress appraisals can predict how well they adjust to their new country. They also seem to determine how well police officers in Australia cope with the stresses of their work.

To test whether a difference in outlook could also explain the resilience of Tromsø's residents, Leibowitz designed the "Wintertime Mindset Scale", which asked participants to rate how much they agreed or disagreed with statements such as;

- There are many things to enjoy about the winter
- I love the cosiness of the winter months
- Winter brings many

wonderful seasonal changes

And

- Winter is boring
- Winter is a limiting time of year
- There are many things to dislike about winter

Sure enough, she found that participants' answers predicted their wellbeing over the coming months; the more they saw the winter as an exciting opportunity to enjoy a glacial climate, the better they fared, with high levels of life satisfaction and overall mental health.

Surrounded by Norwegian positivity, Leibowitz soon found her own mindset shifting; she learned to love long walks with a headlamp to guide her path. And rather than yearning for sunlight, she came to appreciate the "soft, peaceful" appearance of the city in the darkness. "When it was snowing, I would always try to go out and enjoy the fresh snowfall."

She suspects that many other people could follow suit, once they find out about this research. "Most people don't realise that their beliefs about winter are subjective," says Leibowitz, whose research is currently under peer review. "They feel like they're just someone who hates the winter and there's nothing they can do about it... But once you put it in people's heads that mindsets exist, and that you have control over your mindset – I think that that's tremendously powerful."

As the Norwegians say:

"There is no such thing as bad weather, only bad clothes."

The Intelligence Trap: Revolutionise Your Thinking and Make Wiser Decisions. Kari Leibowitz.

Vale Ted Charlesworth.

In April this year, GEU3A members were saddened to hear of the death of Ted Charlesworth, a long-time and hard working member of this organisation.

Ted was part of the committee for several years, and Del Stitz, former Secretary and President, noted that Ted was always willing give his time. I remember him undertaking many maintenance tasks, taking photos at the AGMs, and driving people home from classes- often driving past his own home to do this. He last attended the Wine Appreciation class in February this year and was, along with his wife, Kristi, a member of the Eating Out Safari for many years.

Ancita Beale posted on Facebook:.. "Thank you for all you did for us at Glen Eira U3A over so many years. You have been an inspiration to all and we deeply mourn your passing. Sincere condolences to Kristi and all the family".

"Death ends a life, not a relationship. All the love you created is still there. You live on in the hearts of everyone you have touched and nurtured while you were here." Morrie Schwartz.

Written by Margaret Blight, with input from Ancita Beale and Del Stitz.

Vale Anna Hearsch

Anna was a tutor with us for twenty years and The Advanced Yiddish conversation group were very saddened by Anna's death. Her passing was rapid, and unexpected. She will be greatly missed. Her class offered the following comments:

Anna was a special person, who has been through a lot of suffering in her life, but she never gave up and rebuilt her life.



She put in hard work in running the Yiddish class, inspite of her state of health.

Tuesday's won't be the same without her.

Anna was a special person loved and respected by everyone.

A special, loved person, will be missed. Tuesday's won't be the same.

Anna was a special lady who always put on a brave face. We will miss her Tuesdays.

Chicken Soup Competition.

Here is one recipe for a golden broth, filled with minimal toppings but plenty of flavours. This is the stuff that has been labeled the Jewish Penicillin. The cure all to heartbreaks and tummy-aches, fevers and chest colds or just the run of the mill bad day.

For the Soup;

1. Whole chicken or cut up chicken pieces (with skin on),
2. 6 or 7 medium carrots (peeled and cut in half),
3. 2 large onions (peeled and cut in half),
4. 1 bunch of dill (washed),
5. 1 bunch of parsley (washed),
6. 3-4 parsley roots (peeled and cut in half if large),
7. 1 tablespoon black peppercorns,
8. Kosher salt.

Instructions.

Place washed chicken in stockpot, completely covered with cold water and let simmer. Simmer for 25 minutes.

Prepare carrots, parsley root and onions.

Either skim off the scum from the chicken broth or dump chicken in a large colander and start with a new broth.

Place veggies, parsley, dill, chicken, salt and pepper into pot. Cover with cold water and simmer on medium-low for 2 hours.

While this is simmering you can make matzoballs.

After two hours, taste the soup, salt to taste. and serve.

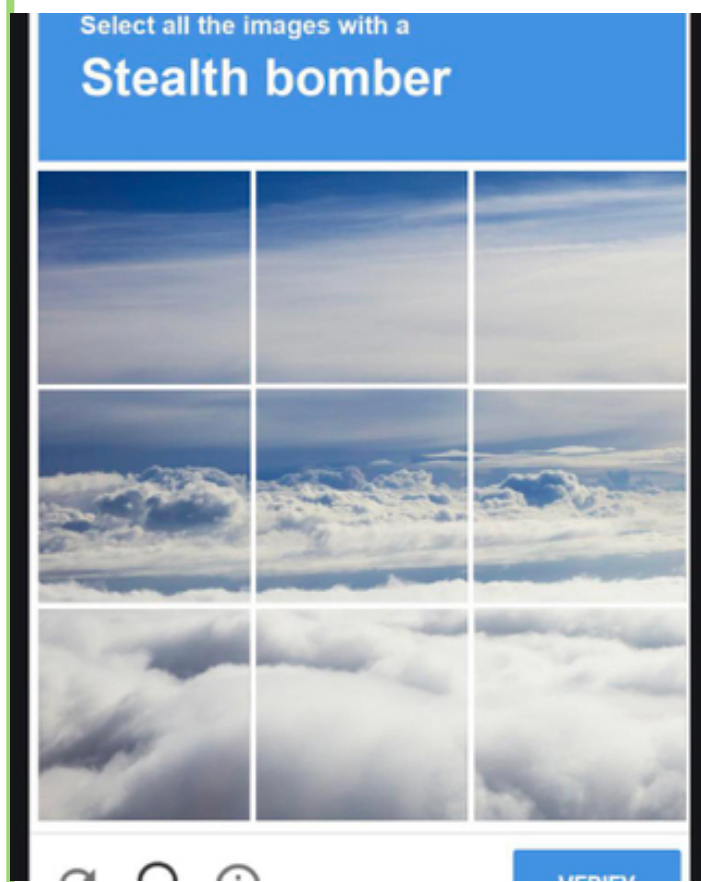
The competition is for members to discuss this recipe during their tutorials, and then explain why their own recipe is better.

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.

Closing date for Issue 140, is Friday 6th September

Logging on, then proving you are human by ticking boxes, can be really tiresome. Enjoy this then.



Wrapped up warmly for winter



The Glen Eira U3A Art Show

12th to 14th July

Displayed at our rooms in the Glen Huntly building.

The Art show is being held during the Mid-Year break and we would like to invite all our members and friends to come along and see for yourselves the amazing talent our members have. There will also be an information desk available for visitors to find out about our courses and how to join the Glen Eira U3A.