



Message from President Mark Rubinstein



Our upcoming AGM marks the completion of my first term as President. The workload required to run an organisation of over 1,100 members is substantial. One of the big changes we introduced is the formation of Volunteering at U3A teams. These are in addition to the well-established roles of Treasurer, Course Coordinator, Secretary, Office Volunteer, etc who continue to do excellent work.

Although still early days, these new teams have already achieved a lot. The hard work of the Art Exhibition Team culminated in a very successful opening ceremony attended by Glen Eira Mayor, Cr Anne-Marie Cade and State Member for Caulfield, David Southwick MP. Artworks produced by members in our various art and craft classes filled our Glen Huntly Road premises.

The arrival of spring together with

the work of our well-established Gardening Team combine to make a great impression on visitors and members alike.

Thanks to the efforts of our Marketing Team, our membership continues to grow – including 171 new members this year alone. (However, we don't intend to rest on our laurels. Please tell your friends. New members are always welcome.) Our Building Management Team works quietly behind the scenes, attending to the myriad repair and maintenance tasks required to keep the place humming. I lean heavily on our Health, Safety and Wellbeing Team who do a great job handling HR-related matters. I could go on, but you get the general idea.

The secret to our success is, quite simply, the goodwill of our volunteers. The complete absence of any paid staff enables us to keep our costs rock bottom and deliver extraordinarily good value to our members. This is the rocket fuel that propels us forward. These teams are central to our strategy of broadening the volunteer resource pool, sharing the workload more equitably and building more sustainable

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organisational arrangements. If you have a particular skill-set and would like to lend a hand, speak to anyone at reception or simply enrol online. There are eight "courses" listed in the Courses and Activities section of the website under parent code AAV: Volunteering at U3A.

The Glen Eira U3A Committee comprises ten members. Three of them are stepping down with effect from the AGM: David Collier, Hilary Friedland and Richard Salomon. All three have made major contributions and leave big shoes to fill. Nomination forms for Committee roles are available at Reception and must be submitted no later than 3rd October 2024.

Mark Rubinstein

President

Beloved Boy – Ciccio



First of all, I'd like to thank Glen Eira U3a for organising this exhibition and giving us the opportunity to display and sell our work. I'm happy to say I sold one painting and lots of greetings cards at the exhibition and was commissioned for another work.

This is a pastel painting (not the one I sold) I did of one of my two beloved cavoodles, both of whom died within four months of each other. This particular one is of my little boy – Ciccio – who was a real character. He died four months after his sister, in April, having stayed around just to make sure I was OK, or so he told me! They were the best of companions for me and were a great example of unconditional love and forgiveness

I work in watercolour and pastel and I chose to use pastel for this picture, partly because I'd previously been pretty unsuccessful in representing their fur in watercolour. Pastel is much more forgiving than watercolour;



you can erase bits you don't like, or cover them over with another colour, given that pastel colours are opaque, unlike watercolour.

I used a 400 grade sanded paper (similar to sandpaper from Bunnings, but acid free), which I love using as it really grabs the colour and you can lay down many layers on it before the grain fills up.

It took me about 3 or 4 classes to finish this work as I had to learn technique as I went, so made many false starts and found blind corners. I'm pretty happy with the result and I think I've captured him well. The picture now sits on my 'wall of shame', above a pastel of his sister to remind me of the beautiful 15 years they gave me.

Becca Wilkins

Heath Robinson - courtesy Lucy Townsend, BBC Magazine

Heath Robinson is now part of the vernacular. The phrase transcends the man and has entered the English language. First seen in the dictionary in about 1912, Heath Robinson-ish/esque/like means an "absurdly ingenious and impracticable device".

The Wallace and Gromit film series is perhaps the greatest modern embodiment of the quality of Heath Robinson-ishness. When, in 1993 'The Wrong Trousers', Wallace goes through a morning routine with an elevating bed sliding him through a hole and into a pair of trousers, it's familiar to Heath Robinson fans.

It appeared in the 1934 Ideal Homes exhibition featured a 50ft by 30ft (15m x 9m) working model of Heath Robinson's perfect contraption-filled home. The figures inhabiting it were able to drop through the bedroom floor to the breakfast table, having been roused from their beds with a complicated set of pulleys.

In any field involving engineering, the term is bandied about regularly.

During the Falklands War, Royal Navy engineers dubbed

their makeshift changes to the Sea Harrier aircraft the "Heath Robinson chaff modification".

And in World War Two the machine created by British code breakers at Bletchley Park, the predecessor to the world's first computer Colossus, was nicknamed Heath Robinson. It consisted of reels and spools, which had to be precisely aligned and timed in order for it to work.

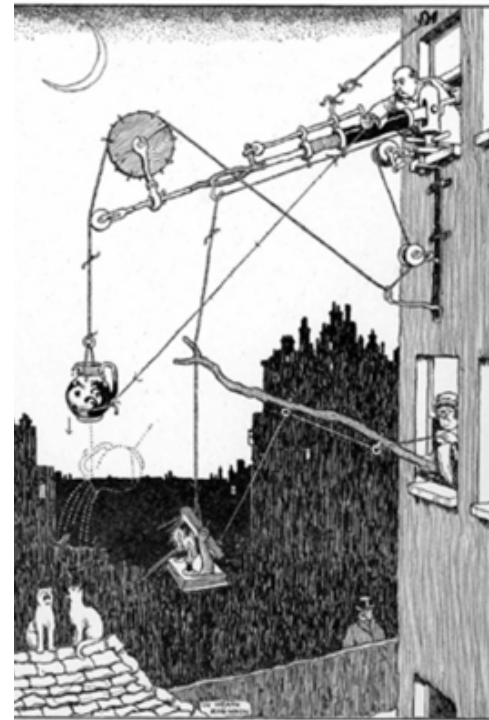
"I believe they called the buggy in the moon landings the Heath Robinson contraption," says Mickie Robinson, the artist's daughter-in-law, who married his youngest son Tom. "Every time I hear someone use his name I do feel very pleased."

But while the term persists, memories of some of his work have faded a bit.

Heath Robinson's bizarre contraptions consisted of wheels, pulleys, counter-balanced ropes and weights - often powered by steam or musical instruments, or something else truly impractical. They were absurd - sometimes surreal.

His Multi-Movement Tabby Silencer - a device to spray water at noisy cats - comprised

an extendable arm and a long stick, a wheel, numerous ropes (tied together in places), two candles, a mirror and a patterned china jug full of water.



It took two people to operate, both hanging out of windows operating the machine with earnest intent and serious expressions.

The artist designed a dinner table to help people "doing away with servants". It included a lever to tip the wine bottle, a Christmas pudding rising through the floor and what looks like an old-fashioned toilet cistern dropping clean plates for the diners to catch.

A number of contraptions were designed to help people take a photograph of themselves - the early selfie. One was powered by a well-aimed handgun, while another used a railway signal lever, a small air pump and some carefully knotted string.

"His work was really about the people using the machines, so it never dated." Geoffrey Beare.



"Signal Invention - intelligent method of overcoming difficulties of taking one's own photograph." Early Selfie?



Guinea Pig

A lovely little guinea pig
His coat black, white and tan
Dropped from a balcony
And then got up and ran.

Eventually he was caught
And to his owner returned
Who lived in the unit above
For whom he yearned.

He had no broken bones
Lived for several years
When suddenly he died
The owner shed some tears

Immortalized in pastel
He now hangs on the wall
A wonderful memory
For his family and all.

Toni Newell 5th September, 2024.

Community Support



President Mark reported on how successful the Art Show was and how much we appreciated the company of Glen Eira Mayor, Cr Anne-Marie Cade and State Member for Caulfield, David Southwick MP (shown above). Bringing the U3A to the attention and knowledge of our community representatives is an important step in creating a well-known place for older people to come.

One of the best ways to connect is through building a relationship with the businesses in your local area. Places such as your favourite cafe, the weekly market or the library or bookshop are all places where you can become known and appreciated. Sadly as we age, all too often, we meet our friends at the doctor's and the chemist's.

A challenge for you all is to find out where the Glen Eira U3A has written a letter of support for a local business. Many businesses which we have used

during the previous years are proudly displaying a letter acknowledging their support for our organisation.

Who knows, they might even give you a discount?

Our community is a very special one which has always welcomed newcomers and accepted what they have to offer, as we engage them with whichever of our activities are of interest. One group I would like to see is a "Pet Discussion and Look at Photos of my Pet", class. This issue, with the accompanying texts and paintings, show us just how important pets are in our lives. Some time ago we participated in a survey which gave back the information that owning a pet is by far the top way Australians meet people in their neighbourhood.

As we age and become occasionally forgetful we must try to remember that this, too, is a phase we are going through, and sharing the sense of happy community which the Glen Eira U3A does well, should be our paramount hope.



Ideas for Spring.

Many of us as we age, particularly our older friends, have a tendency to slow down and spend more time inside the home during the winter, but once spring eventually comes, we can find it tough to break free of our winter routines. Spring is an excellent season to take advantage of the outdoor space and to begin living a more energetic life.

By late winter or early spring, the cold weather has started to recede, the flowers have begun to blossom, and the air has begun to smell fresh. It is just as important for us to walk outside and embrace the spring sunshine as it is for everyone else, and doing so may be beneficial to our physical conditions.

While it may take some time to have your body adjust to living a slightly more energetic life, here are a few ideas to help in both your happiness and in you staying fit in springtime.

1. Gardening. Gardening is a relaxed workout with a function, physical engagement and extending your motor skills.

2. Walking. This has a variety of physiological advantages and can improve your mood and happiness.

3. Yoga. Many yoga postures are intended to develop general stamina, strengthen bones and tendons and improve stability and co-ordination.

4. Dancing. This is a fantastic method for us older folks to stay healthy as not only does it maintain physical fitness but also it produces great emotional reactions.

5. Hydration. As we age it is critical to keep an eye on our water consumption. Try to drink about 8 glasses of water every day opting for still water, herbal tea and healthy juices.

6. Allergies. Spring usually heralds the start of the allergy season. These can more than discomfort, they can result in breathing difficulties, nasal congestion and chest infections. Keep a careful eye on your well-being.



Best Friends

The cat is named 'Ember'
The dog is called 'Seeker'
They're very best friends
Which couldn't be sweeter.

Painted from a photograph
In watercolour paint
It can be quite challenging
And requires some
restraint.

I love my time at U3A
So many friends around
And tutors of a standard
That rarely can be found.

Best friends can be made
In many different places
And at U3A it's nice to be
With so many friendly
faces.

Toni Newell

September, 2024.



**We are all a little broken
But last time I checked broken
crayons still color the same**

Growing herbs indoors

Some herbs naturally lend themselves better to indoor growing conditions. Parsley, basil, sage and thyme are all known to hold up stronger inside. Most herbs that grow well indoors have deep green, soft leaves and tender stems so you can add chives, lemon balm, cress and mint to the list above.

One clever way to have herbs indoors is to place the container on a trolley so you can move them outside when the weather is right, such as placing them on your deck for example.



semantic satiation *noun*
when you say or read a word
so many times that it stops
making sense.

Wildflowers in Spring

Some of our members are in West Australia for the spring and they have reported back that they have been driving through a landscape carpeted in everlastings and petite orchids, as well as groves of canary-yellow wattle, bright orange wild pomegranate and lipstick-pink native foxgloves. They have even seen the state's endemic and highly unusual wreath flower, so named because it resembles a wreath. At present they are heading further north to Coalseam Conservation Park, where they are hoping to see flowering banksias, hakeas and grevilleas.



Nearer to home for all of us, if you want a drive away for a day or two, is the Grampians National Park where, as the weather warms, one third of Victoria's flowering flora will be seen. Walk through the heathlands coloured with boronia, blue pincushion lilies, pink thryptomene and orchids ranging in hue from pale lilac to vibrant violet. If you go there next month, in October, be sure to visit the Native Flower Show in the Grampians' town of Pomonal. There you will see some of our state's prettiest plants.

This leads to the Gardening Club's thoughts about further planting around our premises. The aim is to have a predominately Australian Garden as they are best suited to our environment with the adjacent car park. Close to the building are the

daisies which we feel add so much colour as you sit in the green room.



The Native lilac (*Hardenbergia violacea*), also known as the purple coral pea, would take readily to growing along our fenceline between the garden and the car park. It likes being cut back hard and provides great ground cover and would climb the fence well, offering a sweet scented shelter wall if we are sitting outside.

Members will notice four beautiful pots, three with fruit trees; lemons and oranges. Thank Katalina for the donation of those, and the stunning fruit to come.

ART APPRECIATION CLASS VISIT TO AMAGOA

On August 26th, Allan Kleimann's Art Appreciation class visited the Aboriginal and Modern Art Gallery of Australia in Bluff Road, Sandringham. Allan had earlier, in August 2019, arranged the class's first visit when the gallery was in Armadale. It later relocated to North Road, Ormond just in time for the COVID lockdowns to have awful consequences. The gallery director, Roy Allan, then moved about a year ago to the



The gallery has an extensive range of Aboriginal art - not just the "dot" paintings associated mainly with the 1970s. Some

paintings feature animals such as a turtle, snakes, fish and kangaroos. The animal works are mainly from Arnhem Land. Most works are made from acrylic on canvas, the paint being applied with a soft plastic bottle tipped with a nozzle or very fine syringes. (one artist uses the flat, round erasers fixed on the top of pencils). Many works involved 2 or 3 months of very dedicated application. Wood is sourced from the Tiwi Islands to the mainland and fashioned into elegant (and elongated) brolgas. Different artists favour metallic colours or very bright colours, for leaves and flowers in particular. Roy Allan pointed out that usually the artists signed only on the BACK of their creations.



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 141, is Friday 8th November

The gallery features an astonishing array of subject matter, colours and application methods and the paintings are very reasonably priced. Roy, on both occasions the Art Appreciation class visited, conveyed a sincere enthusiasm, knowledge of, and respect for, the Aboriginal artists. He also referred to people like the actor Steve Martin and the musician Elton John as supporters of Aboriginal artists.

The visit left us in awe of artists (and Roy!) Thank you, Allan for organising the visit -and driving the mini bus you hired from Glen Eira Council.

A visit to AMAGOA at 259 Bliff Road Sandringham is well worthwhile!

More from West Australia



Spring flowers



Roy Allan



Jewish Observances in October

Rosh Hashanah. October 2 - 4;

Yom Kippur. October 11 - 12.

Sukkot. October 16 - 23.

Shemini Atzeret & Simchat Torah.

October 23 - 25.