

Monthly News – March 2026

President's Report

Welcome to the March edition of the Glen Eira U3A Monthly Newsletter!

A particularly warm welcome to the 74 new members who have joined since last month — our total membership now stands at 1,169 active members. The start of the year is always a busy time, but with the first month of classes behind us, we are now settling into a more established routine.

This month's newsletter is packed with interesting content and plenty of opportunities to get involved:

- Courses with vacancies: Over 50 of our courses still have spots available. Check the noticeboard in the foyer for details.
- Become a tutor: Interested in running a course? See the item Create a Course Workshop: Learn How to Write a Course Guide in this newsletter.
- Join our office volunteers: Our friendly reception team would love your help. Simply drop by the desk or email enquiries@gleneirau3a.org.au
- Volunteer with U3A teams: Further below, you'll find information on our dedicated volunteering teams that keep the organisation running smoothly.
- Contribute to the newsletter: If you'd like to submit a short article, email newsletter@gleneirau3a.org.au

We hope you enjoy reading the March edition and find something that inspires you to get involved!

Mark Rubinstein

President, Glen Eira U3A

New Excursion

Sunday 19 April

Join us for a visit to the National Gallery of Victoria. Special exhibitions incur a fee but general entry is **free**. Lunch at 12:00 noon at the famous PJ O'Briens Irish pub at Southbank. We will be travelling by **tram** to the Arts Centre.

Those who were enrolled in the cancelled River Cruise (due to the immodest price increase) are welcome to enrol.



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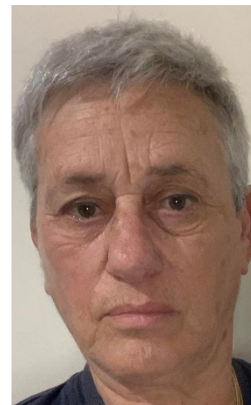
Mystery Train Trip

Our first train trip for the year was to Drouin on 15th February during a lovely sunny day. We didn't see too many of the flowering gums we were promised but Civic Park is magnificent. After a tasty lunch at the Drouin Family Hotel, we did some more walking before boarding our train home. Several new members joined us and it was nice getting to know one another. One member was running late and if our train hadn't been five minutes late, she'd have missed it! Great day out.



New Course: Hebrew Language for Beginners

A new opportunity to learn Hebrew is now available with the launch of our Hebrew Language for Beginners course, 26LANH04. This weekly class will be taught by two native Hebrew-speaking tutors, Nina Raz and Roni Gilan, each bringing extensive experience in teaching Hebrew as well as other subjects. Their combined expertise will provide learners with a strong and supportive introduction to the language.



The weekly course begins on Tuesday, 17 March, running from 9:15 am to 10:30 am. Designed for those with little or no prior knowledge, the program will focus on building basic skills in reading, writing, and conversational Hebrew.

This new beginners course expands our existing Hebrew program, which already includes well-established intermediate and advanced levels. We are delighted to offer a full learning pathway for anyone wishing to develop or deepen their Hebrew language skills.

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Join a Volunteering at U3A team

We always welcome additional helpers. If you're interested in getting involved, please speak with one of our friendly volunteers at the reception desk or email enquiries@gleneirau3a.org.au.

Alternatively, you can simply join one of our **Volunteering at U3A** teams. Information about all ten teams appears at the front of the course catalogue and new members are warmly welcome.

Create a Course Workshop: learn how to write a course guide

Create a Course – Workshop Summary

U3A Network Victoria is offering a new three-session program to help Victorian U3A members develop a course based on their own experience, knowledge or interests. The program provides guidance on shaping ideas, scoping and designing sessions, and exploring effective facilitation, with opportunities to share and refine work in a supportive community of practice.

The workshop runs over three days:

- **Session 1:** Mon 16 March, 10.30am–3.00pm, Greek Centre, 168 Lonsdale St, Melbourne
- **Session 2:** Mon 27 April, 10.30am–3.00pm, Greek Centre, 168 Lonsdale St, Melbourne
- **Session 3:** Mon 25 May, 11.00am–3.00pm, online via Zoom

Places are limited, and Victorian U3A members can register via the **Create a Course Plan Registration Form**.

Tutors Thank-you Lunch

At Glen Eira U3A, the rocket fuel that keeps our organisation flying is goodwill — and no group embodies that spirit more than our 131 tutors. Together, they will deliver an impressive 164 courses to our members this year.

On Wednesday 4 January 2026, around 100 tutors gathered for our annual Tutors Thank-you Lunch. As the photos show, our Events Support Team — expertly led by Cynthia Tait — outdid themselves once again, creating a veritable masterpiece of mouth-watering catering. It was a warm, lively celebration of the people who make our learning community thrive.



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Recorder ensemble concert

Save the date!

Recorder Ensemble Concert followed by afternoon tea. Sunday 17th May 2026 at 3:00 pm in the Green Rooms. Last year's theme was "Love Is in the Air – Love Songs Through the Ages," and if its success is anything to go by, this year's event promises to be quite a treat. More details to follow.

Gardening Team Update

As summer is coming to an end, it's interesting to look back at how the garden is coming along. Sadly, the yellow kangaroo paws don't appear to have survived - we are not sure why and one of the resident possums is no more. Maybe they will pop up next spring (KP that is, not the possum!). However, most of the new garden plants seem to be thriving, even if they are a bit small yet, with more planting to be done in autumn.



The Prostanthera (mint bushes) between the bocce court and Woolies carpark are doing well and hopefully will soon provide a pleasant minty hedge. The water bowls put out over the summer break were very popular with the fledgling honeyeaters which also enjoyed checking out the grevilleas for nectar. A lot of work has been carried out to sort out the mystery of the water tank and to repair and upgrade the irrigation system.

The garden beds are still being tackled, one by one with the beds near the back gate the latest project, with the new fence now making that area secure. The area outside the green rooms is also in the process of getting a makeover, with hopefully a table and seating for members to have their lunch outdoors. A work in progress!

The new hose reels were installed along with the teak benches, blue benches and raised herb bed - thanks to the Bendigo Caulfield Community Bank grant. The hoses are a bit stiff to pull out but wind themselves back beautifully! It's been great to see members enjoying the seating in the garden and should be even more popular as the weather cools.

Could we make an appeal - there is often rubbish which has blown in from the carpark - if you see some, could you pick it up and place in the bin near the gate? It makes our surroundings look cared for without leaving it to a few to do the heavy lifting.



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Marketing Team Update

The Marketing team has been busy planning our next projects to promote our U3A Glen Eira. We are planning to have a stall at the Rotary Family Day on Sunday March 22nd. at the Caulfield Racecourse from 3:00 to 7:00 pm. We are calling for some help at the stall. We plan to have artworks and ceramics there with the makers able to show their wares to the public. If you would like to help or participate please contact the office and they will pass your details to us.

Cheryl and Simone

Art on Fridays

Don Kampf a tutor in two classes on Fridays.

(1) Mixed Media

In this new course for 2026 we learn to use a mixture of media. For example, the use of watercolour, acrylic, gouache, oil pastels, soft pastels, colour pencil, collage and so on, in combination, on the same piece of artwork.

Largely self-directed, we learn through practice, observing others' works, sharing ideas, as well as mixed media demonstrations.

With activity at your own pace, and with encouragement and advice, we develop skills and confidence, whilst having a good time making artwork.

(2) Art Workshop

In this course we have painters using media including oil, acrylic, gouache and watercolour. As well we have artists in chalk/pencil drawing, collage, all kinds of things.

This is not a structured course. There are no instructions or lessons. It's self-directed; learning through activity and practice at your own pace.

With encouragement from the tutor, as well as by observing others' works and sharing ideas this well-established group produces art in a warm and friendly atmosphere.

The Tutor, Don Kampf, has a lifelong engagement with art. He has participated in a great many art courses through the Council for Adult Education and also the National Gallery Society.

Don has participated in numerous art exhibitions, has been an art tutor at U3A since 2022, and was previously a university lecturer / tutor and consultant.

The picture at right exemplifies Don's lively and engaging artistic style.



Norfolk Island Memoire

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Hearing Australia

Hearing Australia will be at our building on Tuesday morning 12th May to conduct hearing tests. We plan to provide booking details in next month's newsletter.

We have been allocated 13 hearing test sessions, 15 minutes each. Members will only be able to book in April when the booking sheet will be available at Reception.

Caring for Animals Day at Melbourne Zoo

U3A Network Victoria has partnered with Zoos Victoria to present an exciting event, exclusive to U3A Members!

Date: Thursday 26 March, zoo is open 9:00 am - 5:00 pm

Location: Melbourne Zoo

Cost: \$60 for Zoos Victoria members, \$68 for non-members

Includes all day zoo entry, a three-hour workshop and either morning or afternoon tea.

U3A members are invited to a special day at Melbourne Zoo, with all-day zoo entry included and a choice of either a morning or afternoon workshop. The workshop explores how zoos support animal welfare through science, behaviour and enrichment.

You'll hear real stories from zoo staff, take part in guided animal observations, enjoy hands-on activities and spend time connecting with fellow U3A members.

Places are limited.

You have two workshop times to choose from (10:00 am – 1:00 pm or 2:00 pm – 5:00 pm) and will be provided either morning or afternoon tea. Bring your curiosity and join other U3A members to explore the interesting world of animal welfare and care.

Register here: <https://www.zoo.org.au/melbourne/whats-on/events/private-workshop/>

Justice of the Peace

Harry Pose has agreed to continue to offer his services as a JP on the first Monday of each month, between 12.00 noon and 12.45 pm. The first Monday this year will be Monday 2nd March.

Have Your Say – A Quick Survey for Our Community

Glen Eira U3A is a volunteer-run organisation that thrives thanks to the support of our members, dedicated volunteers and community grants. These grants help us cover venue hire, present special events such as our art exhibition, and make improvements to our premises so that we can continue to grow and serve our members well.

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We have been made aware of a short community survey being conducted by David Southwick MP, the local Member of Parliament for Caulfield. He is inviting residents to share their views about the issues that matter most in our area.

The survey contains just three questions and takes about a minute to complete.

If you have the time, we encourage you to participate and use this opportunity to highlight the importance of services and programs that support older people in our community — particularly those who live alone. Access to learning opportunities, social connection and active community participation plays a vital role in wellbeing, health and enjoyment of life.

By completing the survey, you can help ensure that the voices of seniors in Caulfield are heard.



You can access the survey here:

<https://vic.liberal.org.au/community-survey/david-southwick>

Thank you for helping to support not only Glen Eira U3A, but the broader community of older residents in our area.

How AI-powered robots can support an ageing population

This article by Eli Saslow appeared in the New York Times on Feb. 12, 2026. It offers a fascinating insight into how AI-powered robots such as those from Israeli start-up Intuition Robotics, can be used to support an ageing population:



https://www.nytimes.com/2026/02/12/us/elliq-ai-robot-senior-companion.html?unlocked_article_code=1.NVA.fG5G.egWPNjg-4AI_&smid=nytcore-android-share

(If you need to type in the URL, here's a shorter link: <http://bit.ly/47dE7Wg>)

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Poem: Walking

While mangoes fall
in the intense northern heat
a baby, much too tiny
stands stolidly erect
then deliberately
loses balance
to step forwards
into his future
as a biped
And I am not there to see

©Virginia Lowe, 1996

Published in *The Myopic's Vision* (- one poem per year of her life up to 80. Ginninderra Press, 2019) and *Lines Between* (chapbook, Melbourne Poets Union).

Dr Virginia Lowe has tutored Creative Writing at U3A for twelve years. She and husband John are both poets. Her academic book is *Children, Stories and Reality* (Routledge 2007).