



Glen Eira U3A Newsletter, July 2026

Not the President's Report

As many of you know, Mark is taking a well earned holiday and so this is a much shorter newsletter than previous offerings. For my own enjoyment I have had a bit of a play with banners etc so please excuse me crashing about a bit in this edition. As this newsletter covers the mid-year break, I have added a small new section near the end called Curiosities to help entertain during this period. It has a collection of hotlinks to podcasts, virtual tours and brain training games. Have a good break and we can regale each other with our adventures when we return next semester.

...Oh and in regard to those that missed out on the third A.I class I will probably keep running it into next year and until people are bored or the machines have taken over.

Best wishes,

David Giles

New Courses

We have 3 new interesting courses starting in the second semester:

26DIS16: The Art and Science of Aging Well

Dates: 17/07/2026 - 27/11/2026

Weekly Course, Fridays 13:00 - 14:30

As global life expectancy rises and living to one hundred becomes increasingly common, there has never been a better time to ensure you are living your life to the fullest. No matter your age or stage, this course will provide practical insights to help you maximize your longevity, physical vitality, and mental well-being. Together with your instructor, you will explore the essential pillars of healthy aging, including mindset, purposeful goals, restorative sleep, proactive habits, and natural remedies.

The tutor, Natasha Lukin, 86 years young, is a scientist, health educator, and passionate health advocate. Combining her background in scientific research with positive psychology, she specializes in translating wellness concepts into actionable strategies that empower others to lead healthier, more fulfilling lives.

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26DIS14: Setup Your Home to Age Gracefully

Date: 23/07/2026

1 Day Course, Thursday 9:15 - 10:30

How to set up your home to age gracefully in place for as long as possible. A focus on the physical environment including access, safety, daily living needs, minor structural and finishes alterations to prolong time and housekeeping.

The presenter is a retired architect who has advised hundreds of seniors in the past on similar issues.

26DIS15: Understanding Family Violence

Date: 11/09/2026

1 Day Course, Friday 9:30 - 11:00

Family violence affects individuals, families, and communities in profound ways. This one-off lecture offers a clear, practical, and compassionate look at family violence and its intersection with elder abuse. If you want to understand the issue more deeply, this session provides essential knowledge on what family violence is and how it shows up in everyday life.

About the presenter. Serge is a highly experienced criminal and family lawyer with over 40 years of practice, including extensive court work and specialist engagement with family violence matters. He has taught lawyers, university students, community groups, and legal centre staff, and has completed specialised training in recognising and understanding both family and elder abuse. His lecture integrates legal expertise with social-impact awareness.



Dates: 4–7 July

Time: 10:00am – 4:00pm daily

Website: Full Event Details [2026 Art Exhibition](#)

We have had a fantastic response to our upcoming Art Exhibition, with a grand total of 209 incredible artworks registered!

Submissions by Medium

Here is a breakdown showcasing the immense talent and variety in our community:

Acrylic Painting	40	Doodling	6
Pastel Painting	28	Knitting	6
Watercolor Painting	28	Mixed Media Painting	5
Fiber Art	26	Gouache Painting	4
Ceramics	25	Other Mediums	3
Oil Painting	21	3D-Printing	1
Sculpture	9	Drawing	1
Collage	6		

Grand Total: 209 Artworks

Prizes & Special Events

Opening Ceremony

When: Sunday, 5 July at 11:00am

What: We will be awarding 17 category prizes alongside the prestigious \$300 "Community Pharmacy sponsored Best in Show" prize. We would love to see you there!

Closing & Raffle

When: Tuesday, 7 July at 3:00pm

What: The \$100 "Woolworths sponsored People's Choice" prize will be awarded, along with the drawing of our exciting raffle prizes.

Key Information for Artists

Sales of Artwork: If a visitor wishes to purchase your artwork, U3A will collect their contact details and pass them along to you via email so you can finalize the sale directly.

Artwork Pick-Up: Please note that many artworks will remain on display immediately following the event. If you receive an email requesting you to collect your artwork, please pick it up from reception between Monday, 12 July and Friday, 17 July.



Seymore train trip

Here is a quick report on the last very successful trip to Seymour on the 21st of June.

What a lovely sunny day in Seymour we had today. Our group of 15 arrived at 1040 and strolled to the Old Courthouse Art Gallery to see local artists' work and made our way back to the Railway Club Hotel for a delicious lunch. The Railway Heritage Museum was closed as were most shops, so we took an earlier train back to arrive back in Caulfield at 3.30. The highlight of our train trips is the mix of members, some we know, others we do now. Lots of chatter on the train where some of us solve the problems of the world. As if - but certainly interesting conversations. We didn't lose anyone today, it didn't rain, we all liked each other so great day. Thanks to all who participated.

Regards Margaret Summers



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Winter Gardening - June 2026



It's been quite a surprise to see how cheerful the garden is looking considering winter is here.

The premise of the garden is to have a fairly (eventually) drought resistant, nativish planting of different heights and textures with autumn and winter flowering. As most of these are still small, they haven't yet come into their own with their floral displays, but it will be very interesting to see how they flourish after a few years.

Two of my favourites are the banksia spinulosa 'Bush Candles' which are along the walkway outside the red room and the solitary flannel flower (Actinotus Helianthi) to the left of the

main steps.

At the moment the infill plants are looking great as are the older Robyn Gordon grevilleas - the latter under the control of a family of honeyeaters who get quite irate at being disturbed.

Another planting which may be of interest is the three lemon myrtle trees (Backhousia Citriodora) planted against the Woolworths wall. Apparently, the leaves make a very nice tea.



Please, please check out the wicking bed near the bocce court and if you can use any of the herbs (thyme, oregano, flat and curly parsley) take what you need as these do better with a cut back.

The garden group did an extra special cleanup for the Choir Concert and the feedback has been most appreciated. Thanks, Frida, Jenny and Chris!

We are always looking for new member volunteers in the Green Team.

We meet in the U3A gardens most Friday mornings (weather permitting) and perform specific tasks or manage individual garden issues.

It's BYO your own secateurs, fork and trowel.

Hope to see you in the garden soon!!

Disabled Parking at U3A

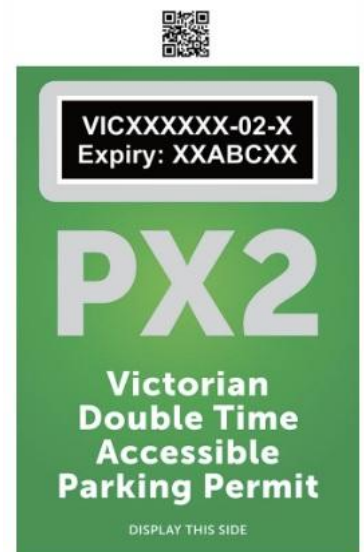
We've recently received a few questions about who can use the two disabled parking spaces outside U3A. These bays are reserved for members with significant **mobility limitations** or **medical conditions** that restrict walking.

Only those holding a valid **Victorian Accessible Parking Permit (VAPP)** may use these spaces. An example of the official permit is shown below.



Your permit must be **clearly displayed** on the dashboard or sun visor so it can be read from outside the vehicle. Parking in a disabled bay without a valid permit — or failing to display it — carries a fine of **over \$550** in Victoria.

We understand that parking can be challenging at busy times, and we appreciate everyone's cooperation in respecting the rules for these important bays.



A request from Monash University

How living near railway lines influences neighbourhood experiences

My name is Piyumi Bandaranayake, and I am a student researcher at Monash University. We are conducting a study exploring how living near railway lines influences neighbourhood experiences, including walking and cycling, social cohesion, and health and wellbeing.



The areas around Glen Huntly Station are among our study locations. While visiting the area, I noticed Glen Eira U3A and subsequently looked into the work you do. I learned about the wonderful role your organisation plays in supporting people in their "Third Age" through lifelong learning and social engagement. Given our interest in understanding neighbourhood experiences across different population groups, I felt that your organisation would be an ideal avenue through which to include the perspectives and experiences of older residents in our survey.

Our study uses an anonymous questionnaire survey. It has received Monash University ethics approval and takes approximately 10–15 minutes to complete.

Survey Link: https://monash.syd1.qualtrics.com/jfe/form/SV_8oFA7RMB82Gpl0W

*Ed, The above image is A.I generated. No one was shocked or harmed by this passing train.

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Some Photos from the annual Choir Concert held on the 21st of June



Thanks to all that helped with this excellent performance.

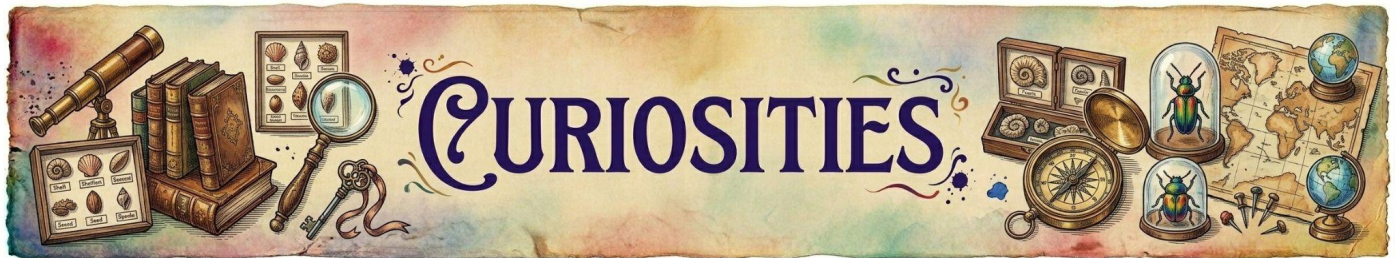




As advised last month, we will be replacing U-MAS, the software system we currently use to manage our membership, courses and enrolments, with 'Member Wizard', a more strategic and capable system with ensured ongoing technical support. In June our working group continued to exercise the new software in a custom test environment and also began to train our office volunteers in the functions they will use to support our tutors and general members. We still anticipate a changeover sometime in September and will provide updates in future newsletters and office announcements.

What people sometimes think the U3A is about from Margaret Blight

1. What's U3A? - asked mainly, but not exclusively, by younger people.
2. Is U3A a church organisation? (upon hearing the choir one Monday morning).
3. Isn't it a bit late to go to university? Do you get a diploma or something? - I assured the taxi driver that I received an honours degree and a diploma from Monash in the late 1960s and early 1970s.
4. Upon calling for a taxi: "It's besides Woolworths, isn't it?" - I hope the day will come when a taxi driver says "Woolworths is besides U3A, isn't it?"



Interesting Podcasts

[Rest Is History Archive](#)

Excellent Podcast on many historical topics

[Stuff You Should Know](#)

Chuck and Josh explore all sorts of bizarre and quirky topics. With 2800 episodes to choose from.

Brain Training

[Games for the Brain](#)

Online Brain workout. This is a fairly simple website but you don't have to sign up and that's always a good thing.

Virtual Tours

[Online tours - Enjoy the Louvre at home!](#)

[National Museum of Natural History Virtual Tours](#) (The Smithsonian to be clear)

Riddles

(Answers at the end of the newsletter)

1. With pointed fangs and in plain sight, my bloodless victims are bound by my bite. What am I?

2. It is the beginning of eternity, the end of time and space.

It is the start of every end, the end of every place.

Courses with Vacancies

Parent code	Code	Description	Available
ART	26ART07	Art Inspiration - YouTube Videos	5
COM	26COM13	Android Phone and Tablets for Beginners	6
COM	26COM14	Gmail Essentials	3
CRA	26CRA12	Clay Modelling (Thu morning)	4
DAN	26DAN02	Israeli Dancing (Marsha) New Beg. / Int.	29
DAN	26DAN03	Israeli Dancing (Marsha) Low Int.	9
DAN	26DAN04	Israeli Dancing (Marsha) Int. to Hi Int.	14
DAN	26DAN10	Israeli Dancing (Ilana) Inter to Advance	20
DIS	26DIS01Z	Current and International Affairs (ZOOM)	19
DIS	26DIS02Z	The Ancient Wisdom (ZOOM)	5
DIS	26DIS14	Setup Your Home to Age Gracefully	15
DIS	26DIS15	Understanding Family Violence	13
DIS	26DIS16	The Art and Science of Aging Well	13
EXE	26EXE08	Exercise to Music	3

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GAM	26GAM06	Scrabble	5
GAM	26GAM07	Thursday Scrabble	3
GAM	26GAM10	Cryptic Crosswords for Beginners	5
HIS	26HIS02Z	Jewish Civilization (Zoom)	19
HIS	26HIS09Z	Trade - Shaping Rulers and Empires	5
HIS	26HIS10	Jewish History: Bible to Enlightenment	7

Riddle Answers

- 1 A stapler
- 2 The letter E