

Glen Eira U3A Newsletter, June 2026

President's Report

Welcome to all our 1,204 members. The June newsletter is the last before the mid-year break, from Monday 29 June through to Friday 10 July. This edition is packed with interesting articles and updates from across our organisation. One highlight is the **Glen Eira U3A Art Exhibition**, being held at our Glen Huntly Road premises from 4 – 7 July 2026. I encourage you to attend the official opening ceremony on Sunday 05 July. See page 5 for further details.

In preparation for the exhibition, our hard-working project team, capably led by Eitan Froumine, undertook a clean-up of the art storerooms to create temporary storage space for all the artworks before displaying them throughout the building. During this process, they made a fascinating discovery: an old cardboard box containing a treasure trove of archival material from the very early days of Glen Eira U3A.

Among the items uncovered was a newspaper article from November 1988 describing the origins of our organisation. A photograph of the article appears on page 11, providing a wonderful glimpse into our history. Also in the box were lists of our earliest members, their names handwritten in beautifully flowing cursive longhand. Further on in this newsletter you'll find a brief profile on one of them who is still a member today.

Our organisation thrives because of the dedication, generosity and goodwill of a remarkable team of volunteers. If you would like to contribute in any capacity, no matter how small, I would be delighted to hear from you. Please feel free to email me at president@gleneirau3a.org.au. I hope you enjoy this month's newsletter.

Best wishes,

Mark Rubinstein
President

New Courses

26COM16 Understanding A.I. – A Four Week Introduction

Due to popular demand, we'll be running an additional course on A.I. This repeat four week short course offers a friendly, accessible exploration of artificial intelligence — what it is, how it works, and how it's reshaping our lives. Each session blends clear explanations, real examples, and open discussion, including the ethical questions that come with rapidly evolving technology. Over the month, participants will: Demystify A.I., see A.I. as an artist, explore our relationship with A.I., look ahead to the future, including medical breakthroughs, everyday risks such as scams, and the impact of automation on society. Whether you're curious, cautious, or simply keen to understand the technology shaping tomorrow, this course offers a welcoming place to learn and discuss.

David Giles, the course tutor, asked AI to imagine it needed to report back to home planet about the human race. Here's what AI had to say:

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AI's Anthropological Conclusion

If we were to intervene and hand this species a perfect, mathematical blueprint for global harmony, it would fail within one of their solar orbits. They do not suffer from a lack of information; they suffer from the architecture of their own brains. They possess a "lizard brain" neurology that prioritises immediate status, tribal victory, and alpha-leader allegiance over long-term planetary survival. They are a profoundly tragic species—capable of reaching the stars, yet entirely trapped by the tribal lines they draw in the dirt. We recommend continued observation from a safe distance. They are currently attempting to negotiate a fragile truce to avoid self-inflicted economic ruin, but their internal fractures are deep, systemic, and entirely self-sustaining. Recommendation: Maintain cloaking protocols. Do not attempt direct contact. They are highly reactive when their narratives are challenged.



26ART16: Drawing Tuition & Multi-media Self Help.

NEW ART COURSE. Ignite your artistic creativity with this new course. Second semester. Weekly commencing 14 July. Tuesdays 1.30 - 3.15 pm. Discover a welcoming, self-directed art class where you set the pace and the tutors support your unique creative journey. Whether you're exploring drawing basics for the first time or diving deeper into mixed media, you'll get personalised guidance tailored to your goals. Perfect for beginners and seasoned artists alike, this class is all about experimentation, confidence building, and finding joy in the creative art process.

26SCI04 – How to Read Food Labels

Tuesday 14 Jul 9.30 – 11.30

Food labels aren't just tiny text squeezed onto packaging — they're one of the most powerful tools you have as a consumer. Once you know how to decode them, you can make choices that genuinely support your health, your goals, and your lifestyle. This bite-sized course gives you the skills to decode food labels with ease. You'll learn how

to spot key label components, interpret nutrition panels like a pro, and recognise allergens and common nutrition claims so you can make informed, healthier choices every day. Perfect for anyone looking to take the guesswork out of grocery shopping. By the end of the course, participants will be able to:

- Identify the essential parts of a food label
- Interpret nutrition panels with confidence
- Recognise allergens and understand what nutrition claims really mean

It's practical, empowering, and perfect for anyone wanting to make healthier, more informed choices.

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26EXE11: Therapeutic Yoga for Balance & Wellbeing

- o Dates: 14/07/2026 - 24/11/2026
- o Tuesdays 11:30 - 12:30
- o Frequency: Weekly Course
- o Location: DC Bricker Beech Street Caulfield South

Due to popular demand, we're adding a third yoga class to our program. Discover this calming, supportive yoga experience designed to enhance balance, mobility, and overall wellbeing. This gentle class blends mindful movement, breathing techniques, and relaxation practices to help you move with ease and feel more grounded. With a therapeutic approach adaptable for common health conditions, it offers a safe and nurturing space for all bodies. Elements of yoga philosophy may be woven in to support emotional balance and inner calm. A beautiful way to reconnect with yourself and restore your energy.

26HIS10: Jewish History: Bible to Enlightenment

Unlock 4,000 years of Jewish history in just four dynamic sessions. Join Mark Ellison for a fast-paced journey from the Biblical era to the Enlightenment. A perfect short course for curious minds, history lovers, and anyone seeking a richer understanding of the Jewish story. Back by popular demand. DATES AND TIMES: Tuesdays 11:45 to 13:15 on 23/07, 6/08, 20/08, 3/09.

26HIS11: Accidental World-Changing Inventions

Type: Short Course

Dates: 17/07/2026 - 02/10/2026

Frequency: Weekly Course, Fri 13:30 - 15:00

Some of history's greatest breakthroughs began with a mistake, a surprise, or a moment of curiosity. Each session covers 2 or 3 fascinating topics through presentations, short videos, and group discussion. We'll explore discoveries such as stainless steel, penicillin, the microwave oven, matches, saccharin, radium, and many more. With dramatic turning points and plenty of "I didn't know that!" moments, this course shows how chance, curiosity, and persistence helped shape the modern world. Come along and discover how accidents became inventions — and inventions changed history.

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Concerts and Events

Recorder Ensemble Concert on Sunday 17 May 2026

The Recorder Ensemble is conducted by Katalin Holl, who began an alto recorder group for complete beginners here at the Glen Eira campus 13 years ago. Over time, that small group gradually evolved but several original members are still playing with the group after all these years.

This year's concert treated the audience to a charming musical tour around the world. The afternoon opened with a warm piano prelude and introduction before launching into an impressive twelve-country journey. The main recorder ensemble navigated an eclectic mix of international melodies, shifting easily from the delicate beauty of Japan's Red Dragonfly to a unique Chinese soundscape based on an 8th-century poem.



The program was elevated by several talented guest artists who lent fresh texture to the global lineup. Nick Sharman brought an upbeat American flavour with Chattanooga Choo Choo, Madeline Wallace shared Peru's El Condor Pasa, and a dedicated recorder quartet tackled Corelli's intricate Italian masterpiece, La Folia. After a brief musical stop in France with a trio of guest performers, the voyage concluded on familiar shores with a heartwarming rendition of Peter Allen's "I Still Call Australia Home". Attendees wrapped up the afternoon by mingling over a relaxing afternoon tea.

Choir Concert – Volunteers Needed

Our annual Choir Concert will be held at our Glen Huntly premises in the Green Rooms at 2:00 pm on Sunday, 21 June, followed by a delightful afternoon tea.

The Choir has been rehearsing throughout the semester and is looking forward to sharing an enjoyable afternoon of music with the U3A community.

To help make the event a success, we are seeking volunteers to assist with:

- Set-up: Friday, 19 June, from 3:00 pm (approximately 15 minutes)
- Pack-up: Sunday, 21 June, immediately after the concert

If you can help, please register your name with Reception or email enquiries@gleneirau3a.org.au



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U3A Art & Craft Exhibition

Call for Entries

Showcase your work in our annual Public Art Exhibition this July! Whether you are a "first-timer" or a "seasoned artist," we want to celebrate the incredible craft created in our U3A programs.

- Exhibition: 4 - 7 July 2026
- Official Opening & Awards: Sunday, 5 July from 11:00 AM (Featuring Glen Eira Mayor Cr Dr Simone Zmood, David Southwick MP and a guest presentation by artist Elizabeth Moore Golding).

How to Enter:

- Step 1: Register online here by 19 June.
- Step 2: Drop off your art at Reception between 22–26 June with a \$5 entry fee per piece (exact change required).

For full details, head to the Glen Eira U3A Website.

Important: Collection of Current Artworks Displayed in U3A prior to Exhibition

We're gearing up for the Art Exhibition! To ensure we have enough space for the new displays, we kindly ask all members with artwork currently on the U3A walls to collect their pieces.

- Collection Deadline: Friday, 26 June 2026
- What happens next: Any artwork remaining after this date will be taken down by the Art Exhibition team to allow for event setup.

Thank you for your prompt assistance in helping us prepare for a fantastic show!

We Need Your Help! Art Exhibition Volunteers

Our upcoming Exhibition can't happen without our fantastic volunteers. Can you assist with any of the following tasks?

- Setup: Sunday, 28 June & Monday, 29 June
- Gallery Sitting: 2-to-3 hour shifts between Saturday, 4 July – Tuesday, 7 July (10 AM – 4 PM)
- Dismantle: Wednesday, 8 July – Thursday, 9 July

Every bit of help counts! To volunteer, please reach out to Eitan Froumine at eitanfr@gmail.com and let him know when you are available.

Free Picture Frames for the Art Exhibition

Need a frame for your Art Exhibition entry? Come and check out the unclaimed frames currently available for free in the art room storage area. Please note that some frames are missing glass or backing and might require a small amount of fixing up. As a reminder, glass is not required to display your paintings in the exhibition, so these are a great budget-friendly option! First come, first served—feel free to drop by and take what you can use.



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Technology Update - Member Wizard

For your awareness ...

Later this year we will be replacing U-MAS, the software system we currently use to manage our membership, courses and enrolments, with a more modern and capable system, 'Member Wizard'.

To ensure a smooth transition, a dedicated group of volunteers, led by Scott Gordon, has been exploring and testing the new system for the past several months. The anticipated changeover date is in mid-September.

With the new system, our office volunteers will continue to provide full services and assistance to our Glen Eira U3A community, both in the office and via phone and / or email. In addition, as a member or tutor, you will continue to have the option to directly manage your own membership details and activities.

Note that nothing is changing yet! As we get closer to the changeover date, we will provide more information plus comprehensive training for all office staff, tutors and general members. Details will be provided in future newsletters and office announcements so please watch this space!



Health, Safety and Wellbeing News

The Health, Safety and Wellbeing (HSW) Team has been working diligently to help create a safer and more secure environment for everyone at Glen Eira U3A. We are pleased to report that all recommendations arising from the recent Safety and Security Audit were endorsed by the Committee of Management.

The HSW Team will now work closely with the Building Maintenance, Gardening and Grants Teams to implement the recommended improvements. Planned initiatives include the installation of external lighting, an upgraded security monitoring system incorporating an emergency warning alarm, and a range of important building maintenance works.

Glen Eira U3A thrives because of the energy, generosity and commitment of its volunteers, including Coordinators, Tutors, Office Volunteers and Committee Members. Their contribution of time, skills and experience is vital to the smooth operation and continuing success of our organisation.

In recognition of these valuable contributions, the Committee of Management has developed new guidelines for awarding early enrolment privileges. These guidelines are designed to ensure a fair, transparent and consistent process for allocating such privileges, while balancing recognition of member contributions with equitable access to enrolment opportunities for all members. The guidelines are now available on the Glen Eira U3A website.

Awarding early enrolment privileges is one way of acknowledging and thanking members who make a significant and ongoing contribution to our organisation. We also greatly appreciate the many other ways members support tutors and office volunteers and help us continue to offer such a diverse range of excellent courses and activities.



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In case you missed it ... GEAS Exhibition

Several of our members are also members of the Glen Eira Artists Society (GEAS). In October last year several GEAS members participated in an event known as Cityscape. Artists set up their chairs and easels on the footpath along Glen Huntly and painted. Last month the resulting artworks were on display in the entry foyer at Glen Eira U3A. Pictured are GEAS members Gillian Schofield and Andrew Inglis seated beneath some of the artworks.



Member Profiles

Jeff Tait

At the age of 69, I retired. I was a Solicitor and worked in many different facets of the law. I enjoyed my work on the whole but was looking forward to less stress and more free time.

My wife, already being an active member of the Glen Eira U3A encouraged me to join some of the many courses on offer which I have enjoyed immensely.

I was asked to join the Events Support Team, an invitation which I was happy to accept and to contribute to its running as it can only proceed by the means of voluntary help. I have found it most rewarding to work with so many willing and humble people who are happy to give of their time.

Events are dependent on set up and set down of furniture for the functions as well as catering and we have done this most successfully in the past year, organising the AGM, Tutors Lunch and the Recorder Concert. We look forward to more forthcoming events like the Choir Concert on 21st June and the Art Exhibition in early July.

We have proudly raised the standard of our catering to provide a greater enjoyment for our members. I am very pleased to be part of an organisation such this as it has enabled me to not only forge new friendship but to provide the opportunity for "mature aged" people to be occupied mentally and physically. I encourage all members to think about volunteering as there are lots of different ways to do so.

Esther Moss

In 1993 Esther a keen cyclist noticed an ad for U3A. \$20 later she was a member. From 1993 until now Esther summarises Glen Eira U3A as: "It's a bit of fun".

In the early years, tennis four days a week limited the number of courses Esther could do. However, even in the 90's, there were very good tutors. There was the President who took the public speaking class. German started when Esther expressed an interest and the response was: "We'll find someone". There was no such thing as a full class or a waiting list. The process was: "Can I come to your class today?"



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As the courses at Glen Eira increased and the topics covered broadened, Esther was there signing up. After all, where else could you learn about the Plantagenet Kings. Her enthusiasm and openness to new experiences is perhaps part of why Esther is the longest current continuous member - 33 years.

In 2026, Esther is learning Russian history and playing Bridge and Canasta. What's U3A? "It's a bit of fun".

My Will, a poem by Toni Newell

I am going to write a will
And in it I shall state
'Billy Joe' to inherit all
With these exceptions I make.
Deduct ten thousand dollars
For the chewing of each blind
Then a further three
For the stress you caused my mind.
Add to that five hundred
For all the plants you killed
Plus all the steaks you stole and ate

And all the drinks you spilled. Not to mention pillows torn And
flock found everywhere My glasses chewed and broken I think
deductions are quite fair. Then there are the ruined shoes The
hose you tried to eat
The many items that you stole My list is not complete!
Many other considerations Could be added to your account
But I think I've been quite reasonable
And will leave it at this amount.

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Books Wanted in Languages Other Than English

There is space available on the shelves of the small bookcase near the office door. If you have partially used workbooks or novels in languages other than English that you no longer need, you are warmly invited to leave them there for the benefit of other members.

Hard Rubbish – Help Needed!

U3A has piles of rubbish which the Council will not collect!! If you're booking a hard rubbish collection, please "adopt" a broken folding table or other item to put on your nature strip. Or, book a collection just to help out. Anyone with a trailer?? Contact Kay: 0413 549 336.

If anybody could use the pallet and boards in the picture, please take them ASAP. They're located behind the shed near the gate.



Network News Summary

Anne Grigg – President's Report

The first round of Regional Meetings for 2026 has just wrapped up. These conversations are incredibly valuable. They give us all insight into both the successes and the challenges across our network and, importantly, allow U3As to learn from one another. The stories you share help strengthen all U3As. This is the qualitative side of our story.

If you're new to a committee or want a clearer understanding of your role, join one of our Introductory Workshops: Wednesday 24 June, 3.30pm–5.00pm – for those elected in the first half of the year. Register here: [Meeting Registration - Zoom](#)

2026 State Conference

We are excited to announce that tickets for our 2026 State Conference are now available via TryBooking!

When - 16 and 17 September 2026

Where - Storey Hall, RMIT University, 342 – 344 Swanston Street, Melbourne, 3000

Book your tickets here: <https://www.trybooking.com/DLWNP>

More information about the program, workshops, keynote speakers, accommodation discounts, sponsors, CBD dining ideas and more can be found on our website here: [2026 State Conference - U3A Network Victoria](#)

Regionals Round 1: A Positive Start to 2026

This round has highlighted:

- The increased interaction and connection between Member U3As

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- The positivity of being part of a U3A
- The growth of Member U3As over the past year
- Positive connections with local councils for many Member U3As
- The need for more venues
- The need for affordable venues

Member Wizard

The rollout of our new membership management system (MMS), Member Wizard, is progressing well. The statistics:

- 28 operational Member Wizard sites
- 22 training sites - 10 setup April 2026
- 7 U3As slated for conversion in May 2026
- 7 U3As slated for conversion in June 2026
- 10 U3As slated for conversion in July 2026

Yarra Trams Collaboration: Transition To Retirement Event

U3A Victoria President Annie Grigg and Member Services Officer Kylie Gerber recently attended the Yarra Trams Transition to Retirement Day held at their Melbourne CBD Tram Hub.

Staff approaching retirement had the opportunity to chat with Annie and Kylie about what U3A is all about, the benefits of becoming a member, and the many volunteering opportunities available through their local U3A groups.

Link to full Network News Newsletter - [All the latest news for U3As in Victoria](#)

The Origins of Glen Eira U3A

In the Community

Nov 1988

For the love of learning

Victor Kleerekoper

RETIREMENT is the start of a new life and an opportunity to go back to school and learn what you want without the restrictions of vocational requirements, says Harry Krane, of Caulfield.

It is this philosophy which prompted Mr Krane, social worker, psychologist and educator and Caulfield Councillor, Don Dunstan to establish a University of the Third Age in Caulfield.

The University of the Third Age is a program of community education which aims to help people in active retirement to meet and share learning experiences.

U3A, as it is known, aims to stimulate mental activity and provide the opportunity of a continuing education for people in the so called "third generation" of their lives, the time of active retirement.

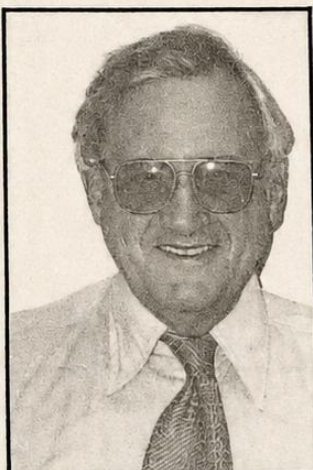
The interests of people in the over 50 age group are quite different to those of people at regular universities. It does not offer diplomas or degrees, nor does it intend to educate people for a future career. Its job is more fundamental—to promote and share knowledge among people.

The University of the Third Age started in France in 1973 and has spread around the world.

German-born Harry Krane, who came to Australia via Palestine and New Zealand, first began talking about establishing a branch of U3A in Caulfield in February this year and put their proposal to the Caulfield Council.

Following this a committee was formed and the Caulfield U3A took out a charter to become an official part of the U3A network.

Coming up with ideas for the



Harry Krane

benefit of his fellow man is nothing new for Harry Krane.

In 1974, as a lecturer at the Prahran CSE, he was at the forefront of a group of academics which first came up with the concept of ethnic television and radio.

The Federal Government acknowledged the development of the ideas in Mr Krane's book after he had appeared before the Richardson Committee.

Harry Krane is course coordinator of the Caulfield branch and this year the branch has offered courses in the world of handicraft, self-knowledge, the development of civilisation, healthy living, safety and comfort in the home, medicine and health and public speaking.

In 1989 it will add musical appreciation, relaxation exercises, drama, religions of the world, a study of humanitarianism and an art course.

The courses are given by volun-

teer instructors, each of whom is well qualified in his or her chosen field.

Venues include St Marks Church Hall, Caulfield and the Caulfield RSL.

Mr Krane said the Caulfield RSL was particularly helpful and had given the U3A use of its premises as a university headquarters.

"We are grateful for their help but need more venues and more students," he said.

Caulfield U3A is unique because one of its courses is conducted in a hospital and open only to hospital patients.

The course is called "Your Ideas" and is conducted in the Caulfield Hospital for long-term patients. It meets once a week and is conducted through the hospital's occupational therapy department.

"The patients are as keen as can be and actively take part in the weekly discussion sessions," Mr Krane said.

Mr Krane said a contingent aim of the U3A is the extra stimulation of mental activity that helps people remain alert and flexible in everyday life.

"The pursuit of knowledge for its own sake does not stop students from passing their new knowledge onto others.

"Although most students are normally over 50 years, others are not discouraged. Involvement as a student or as a tutor is welcomed.

"U3A is a non-profit body that operates entirely on a voluntary basis. It is successful because it is easily accessible and it offers wide range of subjects.

"Many people have never previously had the chance to study and now welcome the opportunity.

"It gives them an opportunity to go back to school to do what they want in the company of others and that's important," Mr Krane said.

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Courses with Vacancies

Parent Code	Code	Course Title	Start Date	Finish Date	Available	Tutor	Frequency	Day
ART	26ART16	Drawing Tuition & Multi-media Self Help	14/07/2026	24/11/2026	5	Tova Seelig	Wkly	Tue
COM	26COM13	Android Phone and Tablets for Beginners	6/10/2026	27/10/2026	7	Aaron Blicblau	Wkly	Tue
COM	26COM14	Gmail Essentials	10/11/2026	17/11/2026	3	Susan Weser	Wkly	Tue
DIS	26DIS14	Setup Your Home to Age Gracefully	23/07/2026	23/07/2026	16	Saul Rozenbes	1 day	Thu
GAM	26GAM10	Cryptic Crosswords for Beginners	14/10/2026	25/11/2026	6	Stephen Moskowitz	Wkly	Wed
HIS	26HIS09Z	Trade - Shaping Rulers and Empires	14/07/2026	24/11/2026	7	David Collier	Wkly	Tue
HIS	26HIS10	Jewish History: Bible to Enlightenment	23/07/2026	3/09/2026	12	Mark Ellison	Fort	Thu
HIS	26HIS11	Accidental World-Changing Inventions	17/07/2026	25/09/2026	2	Chris Zolich	Wkly	Fri
SCI	26SCI04	How to Read Food Labelling	14/07/2026	14/07/2026	8	Line Dagan	1 day	Tue