



Glen Eira U3A Newsletter, August 2026

President's Report

Welcome to the August newsletter!

After a wonderful six-week holiday overseas, it's a pleasure to be back and reconnecting with our Glen Eira U3A community. During my absence, David Giles generously stepped in as editor of our monthly newsletter — and did an outstanding job. In fact, he did it so well that he has kindly agreed to take on the role on an ongoing basis. Many members will already know David through his popular artificial intelligence (AI) courses. If you have news, stories or items of interest for future editions, you can contact David at newsletter@gleneirau3a.org.au.

Glen Eira U3A continues to flourish. We now have 1,240 members, including 171 new members who joined us during 2026. Across Victoria, the U3A movement is also experiencing robust growth, with membership reaching 44,368 — an increase of 4,163 members over the past year. These figures reflect the growing appeal of lifelong learning and the important role that U3As play in their local communities.

One event I was particularly disappointed to miss was our 2026 Art Exhibition. Congratulations and a very big thank-you to Eitan Froumine, his project team and the 36 volunteers who worked behind the scenes to deliver such an outstanding event. Their efforts, together with the 89 members who exhibited their work, resulted in a first-class exhibition showcasing an impressive 211 artworks. If you were unable to attend — or would simply like to revisit the exhibition — you can find more information on the Glen Eira U3A website under Events; 2026 Art Exhibition, including an excellent online gallery featuring every exhibited artwork. The quality and diversity of the entries serve as a compelling reminder of the depth of talent within our membership.

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I would also like to warmly welcome Mark Ellison to the Glen Eira U3A Committee. Mark has recently taken on leadership of our Grants Team, continuing the excellent work undertaken by Dr Shirley Moore. We are delighted to have him join the Committee.

Ultimately, the success of Glen Eira U3A is built on the dedication and generosity of our volunteers. From our reception desk and support teams to our tutors, Committee members and the many people who contribute behind the scenes, volunteers make everything we do possible. If you have a little time to spare and would like to become more involved, we'd love to hear from you – simply speak to one of our friendly volunteers at reception. There are opportunities to suit a wide range of interests and skills, including reception, our volunteering teams, the Committee, and tutoring new courses.

Thank you for your ongoing support of Glen Eira U3A. I hope you enjoy this month's newsletter.

Warm regards,
Mark Rubinstein

New Courses

26SCI05 - Immunisation for Older Adults

Friday: 9.30 to 11.00 am

Date: 4 September 2026 (Please note the new date. This has changed and is shown incorrectly in the vacancy report)

Description:

This presentation will provide an up-to-date overview of immunisation relevant to older adults in the community.

It will discuss vaccine-preventable diseases that are particularly relevant for day to day life, including influenza, COVID-19, pneumococcal disease, shingles (herpes zoster), respiratory syncytial virus (RSV), pertussis, tetanus, and other relevant infections. It will also include diphtheria and Japanese encephalitis as these are particularly topical for travel within Australia.

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The session will outline currently available vaccine options, including those funded under the National Immunisation Program (NIP) as well as privately available vaccines. Information on vaccine effectiveness, recommended schedules, eligibility, and timing of vaccination will also be covered.

Your presenter works as a nurse in a General Practice clinic in South Caulfield. She is also an Executive Committee member of INSIG Inc (Immunisation Nurses Special Interest Group Inc), a group of nurses with a strong professional interest in the area of immunisation.

26DIS15 - Understanding Family Violence

Friday: 9.30 to 11.00 am

Date: 11 September 2026

Description:

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. Topics include definitions, impacts, applications for protection, court procedures, family violence orders, and breaches.

Family violence is not just a legal issue — it's a social one. Understanding it and how the system works can empower individuals, support victims, and strengthen the community.

The presenter 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.

2026 AGM

NOTICE OF MEETING

The 39 th Annual General Meeting of the Glen Eira U3A Inc. will be held in person at

Glen Eira U3A in the Green rooms on

Thursday October 8 th , 2026, at 2.00pm



So a magnificent exhibition again this year. A heartfelt thank you to Eitan Froumine who managed the project, all who were involved from the organisers, all the volunteers and of course the artists. A special thank you to all our sponsors whose generous support made the exhibition possible:

- Bentleigh Art 'n' Frame
- Community Pharmacy
- David Southwick MP
- Golden Days Radio
- Melbourne Artists Supplies
- Mikaela Stafrace, Labour candidate for Caulfield
- Quality Groceries

A few metrics indicate the scale of the exhibition:

- 211 artworks
- 36 volunteer helpers
- 180 people at the official opening ceremony
- 89 artists
- 13 categories of artwork

For those that are interested I have attached all of the winners at the end of the newsletter.

Here are some online links

This first link takes you directly to the exhibition so you can get a closer view of all of the art.

<https://gleneira-u3a-art-exhibition-2026.netlify.app/>

This link covers all stages of the exhibition including many photos taken during the event.

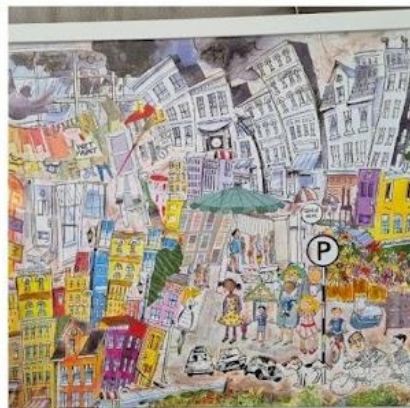
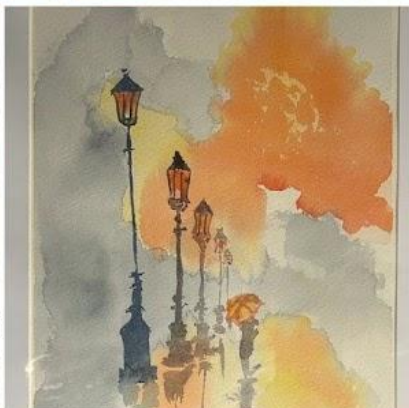
[2026 Art Exhibition](#)



U3A 2026 ART EXHIBITION



U3A 2026 ART EXHIBITION





July's trip was a mixed

train a bit of bag.

Here is Margaret's report including a travel advisory in regard to the township of Nar Nar Goon. She has also added an update regarding the Trentham trip that is now off to Daylesford.

We set off to Nar Nar Goon not expecting much more than murals and a pub, however not only was there absolutely nothing else to see in the "town" but we found our pub closed with no action behind the doors and no answered phone calls in reply announcing our early arrival for lunch. A couple of members took the next train back to Caulfield but the rest of us decided to go on to Yarragon. Such a great little touristy town with all the variety of shops and galleries open for business. Lunch was split into two groups as the pub was heavily booked so some of us enjoyed the bakery cafe. Great weather too so we had a good day out after all. Thanks to all our members who participated.





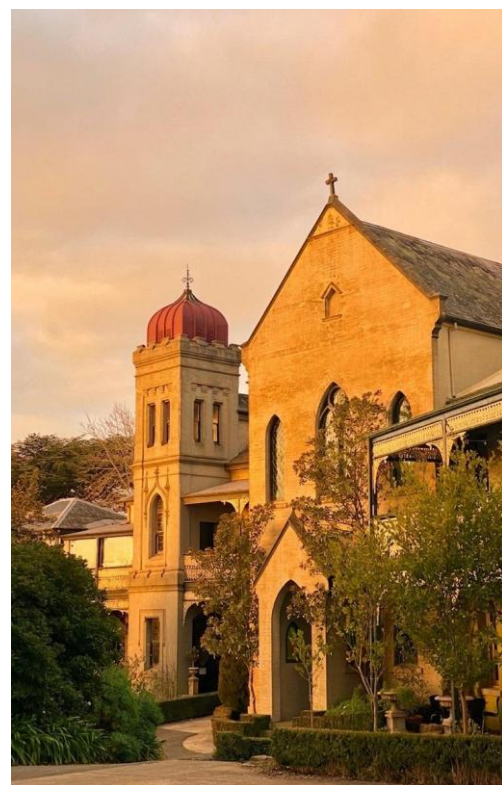
Re: Trentham Trip 16/8 now 23/8.

As notified earlier we are going to Daylesford instead of Trentham. Also, due to coach replacement on the 16th we're rescheduling to the following Sunday 23rd August.

Highlight of the trip is the Convent Art Gallery and Museum (\$8 entry fee)

NOTE : This will be a long day from 8am to 5pm and there will be some walking involved as there are no local buses.

Margaret Summers



Keeping Well This Winter

As Melbourne's cold winter continues, it's a timely reminder that looking after our health also means looking after one another. Winter brings an increased risk of colds, influenza, COVID and other respiratory illnesses, which can spread quickly in group settings. At Glen Eira U3A, we all play an important role in helping to keep our community healthy.

If you are feeling unwell, or have symptoms such as a cough, runny nose, sore throat, fever or other cold or flu-like symptoms, please stay home until you have recovered before returning to classes or activities. While many illnesses may seem like "just a cold", they can pose a much greater risk to older adults and those with underlying health conditions or a weakened immune system.

Several members have recently expressed concern about people attending classes while clearly unwell. We understand that no one likes missing a favourite class, but staying home when you are sick is one of the simplest and most effective ways to protect others and help keep our learning environment safe and welcoming for everyone.

You can also help stay well this winter by keeping warm, eating nutritious meals, staying physically active, washing your hands regularly, covering coughs and sneezes, and keeping up to date with recommended vaccinations. Thank you for your understanding and consideration. By staying home when you are unwell, you are helping to protect fellow members, tutors and volunteers, and we look forward to welcoming you back once you are well.



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Mahjong Meet Up: Thursday 6 August 7.00 – 8.00pm

Do you lead a Mahjong group? Are you a Mahjong player? Do you want to learn more about Mahjong? Join us as knowledge, experience, resources, templates and solutions are shared; ideas for organising groups are discussed; and everything and anything Mahjong is explored.

In between our quarterly Meet Ups, Mahjong players can communicate and collaborate in the Teams Mahjong Community of Practice. If you'd like to join email mso@u3avictoria.org.au with your name, email address and which Victorian U3A you are a member of.

Register here for our Zoom Mahjong Meet Up on 6 August, 7.00 – 8.00pm:

<https://u3anetworkvictoria.zoom.us/meeting/register/QZe7JB46QtOxe4BbHupNeg>

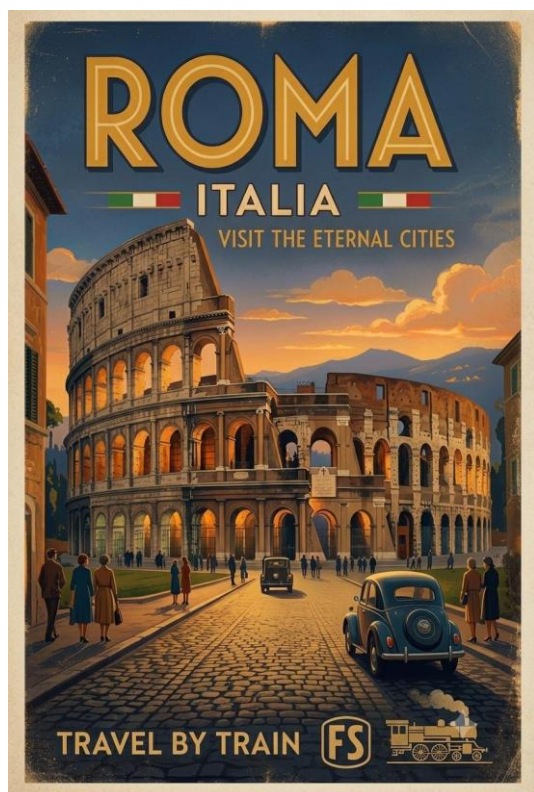
AI Community of Practice:

Welcome to U3A Victoria AI – artificial intelligence – Community of Practice.

This is a space for all U3A members to share, discover, explore and collaborate all things AI. Already published in this space you will find: Why AI Community of Practice; Paper titled CONVERSATION IS ALL WE NEED, How Natural Language AI Can Help Seniors Overcome Limitations and Unlock their Potential by Ross Bloore PhD U3A Kyneton; Presentation on how to create a course by Rosalie Arnold U3A Southern Peninsula; What and why presentation by Alan Howell U3A Bacchus Marsh; Overview of a proposed course on AI by Susan Webster U3A Box Hill; with more to come.

You are invited to share what is happening in your U3A and ask questions of others as we share our learning and experience in the everchanging world of AI.

If you know others who may be interested in joining this Community of Practice, they can email mso@u3avictoria.org.au with your name, email and which Victorian U3A you are a member of.



LOOKING FOR AN ITALIAN LANGUAGE TUTOR

Do you speak Italian? Would you like to join our voluntary Italian tutors and lead a 2027 beginners' and/or Year 2 course with a happy and enthusiastic group of adult students. Our current tutor is retiring and we're looking for someone with a love of the Italian language who's happy to tutor Level A1 Italiano "I principianti". If required there are lots of resources available from current tutors. Each weekly class is for 1 ½ hours. To discover all the Italian courses at U3A Glen Eira please go to the website for full details.

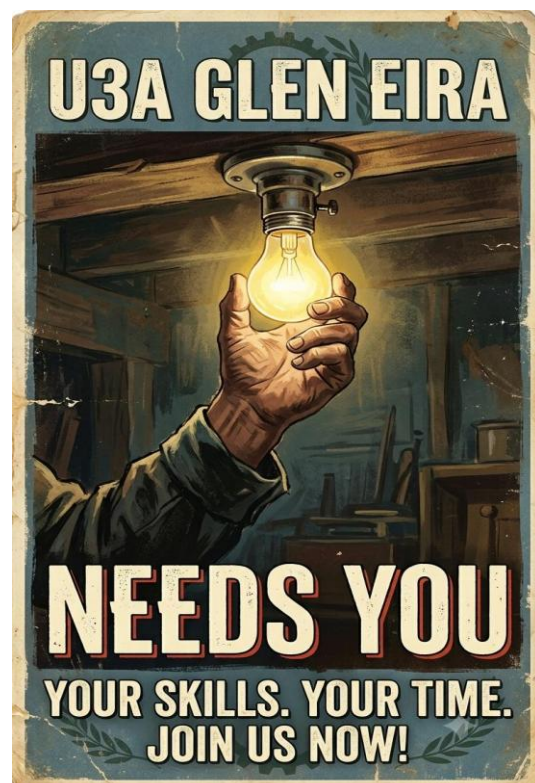
For further information, please send an email to charmaine.hart@bigpond.com including your name and contact details and a brief overview of your Italian language experiences. The U3A Glen Eira Italian co-ordinator will be in touch to discuss all the details – We'd love to hear from you!

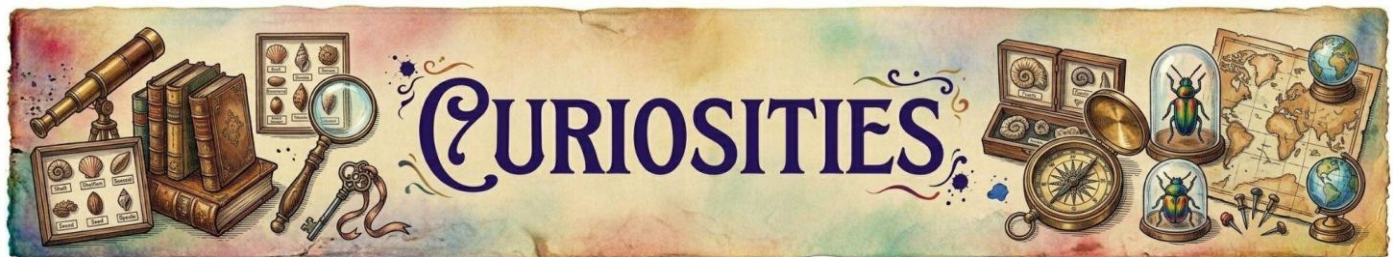
DO YOU KNOW HOW TO CHANGE A LIGHTBULB?

The Building Maintenance Team, led by Howard Arber, as the name suggests is responsible for maintenance. We are looking for volunteers to help out. We tend to minor issues like changing light globes or spraying lubricant into a sticking lock. Electrical or plumbing jobs are referred to appropriate trades persons.

If you would like to help out, please advise me by email to arber@tpg.com.au

P.S please disregard the recruitment poster as anyone that has any sense won't change a lightbulb while it's on.





Interesting Podcasts

<https://www.nytimes.com/column/book-review-podcast>

Book review podcast from the New York Times

<https://www.youtube.com/TheDiaryOfACEO>

One of the top global podcasts currently. In depth interviews with interesting people from around the world. This link is to Youtube but it really is mainly just an audio experience. Just remember these are just opinions and the world probably won't end tomorrow.

Not very useful facts

For those who used to wear a tie when working this is for you. Wearing a tie is voluntarily strangling yourself for corporate fashion. A 2018 study proved that neckties slice blood flow to your brain by up to 7.5%. Aside from leaving you dizzy, nauseous, and nursing a headache, a tight knot also cranks up the pressure in your eyes. And as an extra bonus it was also discovered that as ties were rarely washed, they were covered in sick day inducing germs.



Riddles

(answers at the end of the Newsletter)

1. What can you drive that has wheels and also flies?
2. Rich people need it. Poor people have it. If you eat it you die.

History

For those of you interested in a bit of history. Here is the 1988 U3A Caulfield course catalogue. We have grown a bit since then.

PROGRAM OF COURSES

UNIVERSITY OF THE THIRD AGE - CAULFIELD
(Commencing August, 1988)

1. THE WORLD OF HANDICRAFTS Tutor: Doris Elstob
Make tapestry seats for your chairs! Or try your hand at hookie rugs, quilts, crocheting, knitting, macrame. (Mixed classes).

TUESDAYS
MONDAYS, 10.00 am - 12.00 noon, Commencing 1 August

Venue: CAULFIELD CENTRAL R.S.L. 169 Hawthorn Rd Caulfield.
NOTE: The first (introductory) meeting will be held at a different venue-to be advised.

2. SELF KNOWLEDGE Tutor: Maurice Hasen
Looking at the basic aspects of human growth and relationships.

THURSDAYS, 9.30 am - 10.45 am, Commencing 4 August

Venue: CAULFIELD CENTRAL R.S.L. 169 Hawthorn Rd Caulfield.

3. DEVELOPMENT OF CIVILIZATION Tutor: David Shaw
Examines the development of civilization from early pre-history to modern times.

FRIDAYS, 10.00 am - 12.00 noon, Commencing 5 August

Venue: ST.MARKS CHURCH HALL, 721 Hawthorn Rd, East Brighton.

4. HEALTHY LIVING

MONDAYS, 1.00 pm - 3.00 pm, Commencing 8 August.

8 August: Diet and Nutrition - Lydia Lo
15 August: Feldenkrais/Creative Movement - Jan Hill
22 August: Safety and Comfort in the Home - Heather Barr
29 August: Medication and your health - Paul Zanatta

Venue: BUILDING 3, ROYAL SOUTHERN MEMORIAL HOSPITAL, 260 Kooyong Road, Caulfield.

(Note: Building 3 is located near left side of main entrance)

5. PUBLIC SPEAKING Tutor: Leo Dobbin
Speak at ease in public: organising your material, and improving communication skills.

THURSDAYS, 10.00 am - 12.00 noon, Commencing 8 September

Venue: ST.MARKS CHURCH HALL, 721 Hawthorn Rd, East Brighton.

TEAR OFF HERE AND POST TO:

UNIVERSITY OF THE THIRD AGE-CAULFIELD,
c/o ICITA, P.O.Box 222,
SOUTH CAULFIELD 3162. COURSE:

I wish to be enrolled for the course indicated.

Name.....
Address.....
.....

1. World of Handicrafts
2. Self Knowledge
3. Development of Civil-
ization
4. Healthy Living
5. Public Speaking

Courses with Vacancies

We currently have **48 courses/activities with vacancies** available. Below is a summarized schedule sorted by day for easy browsing. (Note: Course 26SCI05 Immunisation date is Friday 4 Sept, updated from initial report).

Monday

- **26DAN02 Israeli Dancing (Marsha) New Beg. / Int.** | 09:00–11:30 | Next Class: 27/07/2026 | 19 vacancies
- **26DIS01Z Current and International Affairs (ZOOM)** | 09:30–11:30 | Next Class: 27/07/2026 | 18 vacancies
- **26SCI01 Geology - An Introduction** | 09:30–11:30 | Next Class: 3/08/2026 | 1 vacancy
- **26CRA13 Porcelain - Small Objects of Creativity** | 10:00–13:00 | Next Class: 27/07/2026 | 1 vacancy
- **26GAM06 Scrabble** | 10:00–12:00 | Next Class: 27/07/2026 | 5 vacancies
- **26DIS11 Tomorrow's News Today with Ron James** | 11:15–12:45 | Next Class: 27/07/2026 | 1 vacancy
- **26EXE06 Meditation and Mindfulness** | 11:20–12:30 | Next Class: 27/07/2026 | 6 vacancies
- **26HIS08 Russian History - Road to Nowhere** | 11:45–13:15 | Next Class: 27/07/2026 | 2 vacancies
- **26ART07 Art Inspiration - YouTube Videos** | 12:00–13:00 | Next Class: 27/07/2026 | 4 vacancies
- **26LANS07 Spanish Class 7: Fluency in Spanish** | 13:30–15:00 | Next Class: 27/07/2026 | 4 vacancies
- **Volunteer Opportunities** : Building Management 26AAV01 (4), Events Support 26AAV08 (8), Health & Wellbeing 26AAV03 (1), Marketing 26AAV04 (3), Newsletter 26AAV05 (4), Technology Project 26AAV09 (5), Website Management 26AAV06 (5).

Tuesday

- **26DAN09 Israeli Dancing (Ilana) New Begin. to Lo** | 09:00–10:45 | Next Class: 28/07/2026 | 1 vacancy
- **26HIS09Z Trade - Shaping Rulers and Empires** | 09:30–11:00 | Next Class: 28/07/2026 | 4 vacancies
- **26DAN10 Israeli Dancing (Ilana) Inter to Advance** | 10:45–12:30 | Next Class: 28/07/2026 | 20 vacancies
- **26GAM04 Social Bridge** | 10:45–12:45 | Next Class: 28/07/2026 | 2 vacancies
- **26COM13 Android Phone and Tablets for Beginners** | 13:00–15:00 | Next Class: 6/10/2026 | 6 vacancies
- **26GAM02 Bridge Practice** | 13:00–15:00 | Next Class: 28/07/2026 | 1 vacancy
- **26GAM08 Come and Play 500** | 13:00–15:00 | Next Class: 28/07/2026 | 2 vacancies
- **26COM14 Gmail Essentials** | 13:00–15:00 | Next Class: 10/11/2026 | 1 vacancy
- **26GAM12 Petanque: Come & Play With Us** | 13:00–14:30 | Next Class: 28/07/2026 | 2 vacancies
- **26COM12 WhatsApp on your Smartphone** | 13:00–15:00 | Next Class: 8/09/2026 | 1 vacancy
- **26DIS02Z The Ancient Wisdom (ZOOM)** | 19:30–21:00 | Next Class: 28/07/2026 | 5 vacancies

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Wednesday

- **26MUS02 Recorder Ensemble** | 09:30–11:30 | Next Class: 29/07/2026 | 2 vacancies
- **26LAN102 Italian: Ongoing Beginners Year 2** | 10:15–11:45 | Next Class: 29/07/2026 | 1 vacancy
- **26GAM10 Cryptic Crosswords for Beginners** | 11:30–12:30 | Next Class: 14/10/2026 | 4 vacancies
- **26HIS02Z Jewish Civilization (Zoom)** | 11:30–13:00 | Next Class: 29/07/2026 | 18 vacancies
- **26GAM01 Duplicate Bridge** | 11:45–15:00 | Next Class: 29/07/2026 | 2 vacancies
- **26AAV02 Volunteer: Grants Management Team** 1 vacancy

Thursday

- **26DAN03 Israeli Dancing (Marsha) Low Int.** | 09:00–10:00 | Next Class: 30/07/2026 | 7 vacancies
- **26EXE10 Qi Gong** | 09:30–11:00 | Next Class: 30/07/2026 | 3 vacancies
- **26EXE08 Exercise to Music** | 10:00–11:00 | Next Class: 30/07/2026 | 1 vacancy
- **26DAN04 Israeli Dancing (Marsha) Int. to Hi Int.** | 10:00–12:00 | Next Class: 30/07/2026 | 12 vacancies
- **26GAM03 Bridge: Declarer and Defender Play** | 10:45–12:45 | Next Class: 30/07/2026 | 4 vacancies
- **26GAM07 Thursday Scrabble** | 13:00–15:00 | Next Class: 30/07/2026 | 1 vacancy

Friday

- **26SCI05 Immunisation For Older Adults** | 09:30–11:00 | Next Class: 4/09/2026 (*Updated*) | 13 vacancies
- **26LIT04 Reading Poetry** | 09:30–11:00 | Next Class: 31/07/2026 | 1 vacancy
- **26DIS15 Understanding Family Violence** | 09:30–11:00 | Next Class: 11/09/2026 | 9 vacancies
- **26AAV07 Volunteer: Gardening Team** | 09:30–11:30 | Next Class: 31/07/2026 | 16 vacancies
- **26HIS01 Maritime & Military History** | 09:45–11:45 | Next Class: 31/07/2026 | 1 vacancy
- **26ART05 Art: Mixed Media** | 10:00–12:00 | Next Class: 31/07/2026 | 1 vacancy
- **26GAM09 Come and Play Rummy Tiles** | 12:00–14:00 | Next Class: 31/07/2026 | 1 vacancy
- **26ART11 Art Workshop** | 12:30–15:00 | Next Class: 31/07/2026 | 2 vacancies



Continued.....

Here is a list of the winners from this year's exhibition. Congratulations to all

Glen Eira U3A Art Exhibition 2026 - Awards & Prizes

	Theme	Award	Title	Medium	Artist	Cat-No	
1	Landscape	Best	Tibetan Cherry Trees	Oil	Rick Graham	114	
2	Landscape	Highly Commended	Snow on the High Plains	Pastel	Marian Strong	153	
3	Landscape	Commended	St Ives UK	Pastel	Elly Fowkes	130	
4	Portrait	Best	Muso Loni	Pastel	Judy Silman	83	
5	Still-life	Best	Purple parade	Watercolour	Kylie Castan	45	
6	Still-life	Highly Commended	Tuscan Door	Acrylic	Robyn Lombardi	21	

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7	Contemporary+	Best	Hong River Shipyard	Acrylic	Trevor Ling	127	
8	Contemporary+	Highly Commended	Quinces	Oil	Maria Cartwright	25	
9	Contemporary+	Commended	Busy Town	Collage	Hana Winter	66	
10	Ceramics	Best	Semicolons Vase	Ceramics	Linda Newstadt	145	
11	Ceramics	Highly Commended	Tenmoku and Chun glazed bowl	Ceramics	Sharon Newfield	206	
12	Fibre-Art	Best	Lone Tree	Fibre-Art	Anne Livnat	302	
13	Fibre-Art	Highly Commended	Basket Case	Fibre-Art	Shelly Lazar	320	
14	Sculpture & 3D Printing	Best	The Slouching man	Sculpture	Eitan Froumine	198	
15	Knitting	Best	Socks	Knitting	Valentina Galak	146	

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1 6		Best in Show	Waiting for Coffee	Oil	Roslyn Clements	81	
1 7	People's Choice		Luna and Tommy	Pastel	Judy Silman	9	

Riddle Answers

What can you drive that has wheels and also flies?

A Garbage truck

Rich people need it. Poor people have it. If you eat it you die. **Nothing**