



Glen Eira U3A Newsletter, September 2026

The President's Report

Glen Eira U3A continues to go from strength to strength. This month's newsletter is packed with interesting articles and stories that reflect the vitality of our community of 1,250 active members. Across Victoria, there are more than 100 U3As, together serving 44,326 members — an impressive 10.3% increase on last year's total of 40,205. Our own success is built on the same spirit of participation and community that makes the U3A movement so special.

Glen Eira U3A is run entirely by volunteers. Our tutors, office volunteers, committee members and the many others who contribute their time and skills are the backbone of our organisation. Their generosity, goodwill and community spirit are fundamental to our success. Indeed, volunteering is the rocket fuel that keeps our organisation moving forward, while enabling us to provide our members with an outstanding range of activities at remarkably modest cost. Volunteering is also a recurring theme throughout this newsletter:

- Susan Hayward and her Gardening Team, whose efforts are really starting to blossom.
- Barb Luebbers, one of our ever-helpful Office Volunteers. We would certainly welcome more volunteers to join Barb and the team.
- Maggie McPherson, whose contribution as a tutor was recognised at the annual U3A Victoria Tutor Recognition Awards.
- Scott Gordon and his team, who are managing the significant transition to our new IT system.
- Eitan Froumine, who successfully secured a Glen Eira Council grant to support our 2027 art exhibition.
- David Giles (D.G.), our newsletter editor, whose work each month helps keep our members informed and connected.

These are just a few examples of the numerous people who contribute to the success of Glen Eira U3A. Behind virtually every aspect of Glen Eira U3A is a volunteer contributing time, energy and expertise to make things happen. Our AGM is just over a month away (on Thursday 8th October 2026 at 10:30 am followed by a light luncheon). If you might be interested in nominating for a position on the Committee, relevant forms are available from Reception.

I hope you enjoy reading this September edition of our newsletter and, perhaps, it inspires you to consider how you might contribute to – and enjoy the companionship of – our wonderful volunteer community.

Mark Rubinstein

President – Glen Eira U3A

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Bumper Spring edition this month. It looks like everyone is well and truly back from the mid-year break. On the subject of Spring, the days are longer and there will be temperatures that are verging on warm. This is all positive but remember there will be dips and you will feel as though you have been tricked and this is not what you were told Spring looks like. Just push through and in no time we will be back in the days where you can't sleep due to the oppressive heat. For two years I lived in Los Angeles and the temperature was a mild 24C nearly every day and it was boring. If it dropped a few degrees the locals all rushed out in their Winter woolies like some crazy seasonal cosplay..... Not like Melbourne where I can write an entire paragraph about the weather. Welcome to Spring. D.G



Course Updates

26DIS15: Understanding Family Violence

Date: Friday 18 September 2026 (1 session)

Time: 9.30 to 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. 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.

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26COM13: Introduction to Samsung & Pixel (Android) phones or tablets

Date: Tuesday 6 October to 27 October 2026 (4 sessions)

Time: 13.00 to 15.00

Do you have a Samsung or Pixel (Android) smartphone or tablet and want to know how to get started online? If you answered "yes", then this beginner course is for you.

The four session course will cover:

- Basic terminology and concepts
- Finding and using apps
- Basics of using email, WhatsApp, photos
- Basic security to stay safe online

Make Your Voice Heard: U3A Town Hall with the Minister for Seniors

Today....Today....Today....Today....Today....Today....Today....Today....Today....Today

As part of Project Elevate, U3A Victoria is hosting a live online forum with the newly appointed Minister for Seniors, Nick Staikos MP. This is our key opportunity to demonstrate the strength of our movement to the government.

Event Details

- **Date & Time:** **Tuesday, 1 September 2026 at 4:30 PM**
- **Location:** Online via Zoom
- **Format:** Welcome by U3A President Anne Grigg, an address by Minister Nick Staikos MP, and a live Q&A session.

Why Attendance Matters Numbers count. A massive turnout sends a strong message about the scale and value of U3A across Victoria, while giving you a direct line to ask questions about government support for older Victorians. Our goal is to get hundreds of members online.

Take Action

- Register online to receive your Zoom link.
- Submit questions in advance to info@u3avictoria.org.au.

Please:

- Click [HERE](#) to register and receive the forum link

Today....Today....Today....Today....Today....Today....Today....Today....Today....Today

There has been some confusion re parking in the Woolies carpark and some members have been receiving parking fines. Here is a handy guide as to how it all works. If this isn't clear please chat to the crew at the front desk and they will help explain it some more.

GUIDE TO PARKING AT GLEN EIRA U3A.



Also, Patricia has some handy parking hints: “parking in Manchester Grove, the road next to Woolworths, often has availability and there are no restrictions. There may also be spaces in the railway parking area. I also find that it might be useful to check spaces along the fence at the end of a session so if you have classes in the morning and afternoon you might be able to get a spot then.”

Building Maintenance Team – Can you lend a hand?

The Building Maintenance committee, led by Howard Arber, as the name suggests is responsible for building 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

Thanks, Howard

SAVE THE DATE

Glen Eira U3A Annual General Meeting

Thursday 8 October 2026 • 10:30 am • Green Rooms

39th AGM	Celebrate the year • Thank our volunteers • Help shape our future
FOLLOWED BY	Light luncheon — celebrating the achievements of the past year

Glen Eira U3A is powered by around 150 volunteers who generously give their time and expertise — as tutors, office helpers, event and kitchen volunteers, gardeners and building volunteers, and members of the Committee and U3A teams.

The AGM is an opportunity to **celebrate what we have achieved together**, acknowledge the contribution of those who make our U3A possible, and look ahead to the future.

This year's AGM also provides an opportunity to farewell and thank Committee members whose commitment has helped ensure the continuing success of Glen Eira U3A.

We warmly invite you to join us for the AGM and Light Luncheon.

DATE	TIME	VENUE
Thursday 8 October 2026	10:30 am	Green Rooms



A chance to come together, celebrate our community and recognise the many volunteers who make Glen Eira U3A possible.



Yarra Valley Trip

Sunday 1st November \$145. Entry fees included, lunch at own cost.

Enjoy a day out in the Yarra Valley, including a stroll through the township of Warburton, a drive through Redwoods Forests, then off to the Healesville Sanctuary, where we will also enjoy lunch.

On the way back we will stop at The Chocolate Factory and Ice Creamery.

Pick up and return from our U3A car park, leaving 8.30am. back by 5pm.

Any queries : Margaret Summers 0422924094

DISCOVER THE WONDERS OF THE
YARRA VALLEY & YARRA RANGES
AN UNFORGETTABLE JOURNEY THROUGH REGIONAL VICTORIA

YARRA VALLEY: VINEYARDS & VALLEYS

WARBURTON: THE RIVERSIDE TOWNSHIP

REDWOODS FOREST, WARBURTON: AMONG THE GIANTS

ALL ON A SINGLE, WONDERFUL DAY TRIP FROM MELBOURNE

HEALESVILLE SANCTUARY: ICONIC WILDLIFE

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Garden update: has spring sprung yet? Nooo! (Yes it has, finally. D.G) But the yellow wattle is flowering above the bocce court. Most of the garden has been getting a lot of rain which is great - although surprisingly there are some areas that are very dry just below the surface.

We have been busy weeding, putting in new plants, tidying up the garden and watching Frida's sunflower seeds grow into little seedlings. (And hope our resident possum doesn't notice them. And which for the moment thankfully, is not munching on the two donated citrus....)



Long term, apart from clearing the garden and replenishing the soil, one of our main objectives has been the selection of appropriate plants of a mostly Australian ilk. Sometimes it's been hard to get the combination of height and width, leaf texture and flowers, flowering time, shade and full sun, longevity, speed of growth, water requirements and price and availability of plants, correct.



As we are only home gardeners if there are any horticultural experts amongst our 1,250 active members who could guide us with plant selections, we would really appreciate any help! Or actually anyone who would like to get a bit fitter - weeding or digging holes!

At present a lot of the longer-term plants are still just little tufts sitting above the mulch whilst the pink daisies (originally sticks just poked in the ground) are having their day; along with some happy ground covers such as the felicia amelloides (the small blue daisies). However, the little green tufts should come into their own over time and optimistically not get too exuberant!

A recent planting outside the purple room has been a number of grevillea 'gold cluster' - this should be a good ground cover at 30 cm x 1 metre, with winter/spring yellow spider flowers; - but we still have much more work to do in this part of the garden.



Another recent addition has been the large container outside the pink room. This is a Woolies donation and was a fruit display stand before they decided it was not longer needed. We are thinking of making it into another vegetable/herb box, but again, suggestions welcome!

(The possum is not real and provided as a lesson on how to pick A.I images. Please note that the lemon is cut perfectly in half and we know what a mess is created when you give possums sharp knives. D.G)

Interview with Barb Luebbers – Glen Eira U3A Office Volunteer

Tell us a little about yourself

I've been an active member of Glen Eira U3A since 2012, following my retirement in early 2011 after a 46-year career as a primary school teacher, including 16 years as an assistant principal. Having travelled extensively and enjoyed meeting people and participating in a wide range of activities, I found U3A a natural fit for my interests and desire to be involved in the community.

When did you start at U3A and how did you get involved?

I initially joined a book group and later became a co-tutor, a role I have continued with my colleague Leigh for many years. In around 2015, I also began volunteering in the U3A office for half a day each week. I recognised that office volunteers play an important role in keeping the organisation operating effectively, and I have continued volunteering ever since.



What do you feel you get out of the significant time you commit to being an office volunteer?

What I particularly enjoy about office volunteering is the opportunity to meet and assist members and to help people become involved in the U3A community. I value the variety of courses and the many different people I encounter on Friday mornings. For me, volunteering is rewarding because it helps others discover and enjoy the opportunities U3A provides.

What are the things you most appreciate about our U3A?

I greatly appreciate several aspects of Glen Eira U3A. These include the friendships and social interaction, the wide range of courses, and the enthusiasm and commitment of the tutors, who contribute their time to provide engaging activities for members. I also consider the organisation's building, grounds and facilities to be exceptional, especially compared with those available at other U3A groups. I was particularly impressed by the recent work of our gardeners in restoring the garden, and I encourage members to treasure these facilities.



What skills are required to become a new office volunteer and who do you need to talk to?

In my view, a good office volunteer needs to be a "jack of all trades", as the role involves a comprehensive range of tasks. Even seemingly small jobs, such as emptying the dishwasher, contribute to the smooth running of the organisation. New volunteers need patience, flexibility and a willingness to learn. They need time to become familiar with where things are, how the systems operate and which tasks are priorities. Most importantly, I believe volunteers should be willing to learn on the job and accept guidance from the experienced office volunteer team.

If anyone is interested in becoming an office volunteer they should speak to Helen Steinberg, the Office Volunteer Coordinator, who can provide information about getting started: enquiries@gleneirau3a.org.au

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Overall, I believe volunteering makes an important contribution to Glen Eira U3A. My experience has shown me that volunteering can provide social connection, personal enjoyment and the satisfaction of helping others participate in a vibrant community organisation.

Maggie McPherson honoured in fifth annual U3A Victoria Tutor Recognition Awards

Parliament House provided a prestigious setting for the fifth annual U3A Victoria Tutor Recognition Awards, where 28 outstanding volunteer tutors from across the state were honoured for their exceptional contribution to lifelong learning.

Among the recipients was Glen Eira U3A's Maggie McPherson, who has inspired members through her Yoga classes for many years. As Maggie was unable to attend the ceremony, Committee member Cheryl Gelfand (second from left in the photo below) proudly accepted the award on her behalf.

More than 100 guests attended the event, including award recipients, their families and supporters, representatives from U3As across Victoria, and six Members of Parliament. Each spoke warmly of the invaluable contribution U3A makes to communities throughout the state.

The speakers highlighted the vital role of the U3A movement in promoting healthy ageing, lifelong learning and social connection, and congratulated U3A Victoria on its continuing growth in membership.

To view the full list of the 2026 Tutor Recognition Award recipients, please click here:

[Tutor Recognition Awards 2026: Celebrating Our Volunteers - U3A Network Victoria](#)



26CRA07 Sculpting class





Member Wizard transition update

We are pleased to confirm that we will be moving our membership management platform to Member Wizard in mid-September.

Since our last update, our Office volunteers have been exploring the new system and getting comfortable with how it works. A small group of Tutors has also been testing the Member Wizard Portal, which we'll be recommending to all Members and Tutors for self-managing membership details, enrolments, absences, communications, and more.

Here are the key September dates to keep in mind:

- **12 Sep: U-MAS will be taken offline**
During the following week, office operations will continue - with 'pencil & paper' recordkeeping as needed.
- **Week of 14 September: Transition to Member Wizard.**
Our new MW environment will be created, customised, and tested.
- **Week of 21 September: Member Wizard and an updated Glen Eira U3A website will be active!**
All members will receive an email invitation to the new Member Portal. This will include links to videos showing how to register for and use the Portal. Personal assistance in the office foyer will also be provided during the following weeks.

Thank you in advance for your patience and support as we make this transition and get used to our new IT environment together!



Glen Eira U3A will have a stand at the Glen Eira Healthy Ageing Expo. Hope to see you all there.

GLEN EIRA HEALTHY AGEING EXPO

**Wednesday
28 October
10am-1pm**

**Glen Eira
Town Hall**
Corner Glen Eira and
Hawthorn Road, Caulfield

**20
26**



Here is an article submitted by Eitan Froumine that follows in the theme of healthy ageing (and Aging and Ageing are both correct I checked)

Healthspan Over Lifespan: The New Science of Healthy Aging

Ever wondered why and how our bodies age - and whether we can slow down the process? Recently, Time magazine published its 2026 Longevity Leaders list, highlighting pioneering scientists who are transforming how we think about aging.

One featured leader is Prof. Nir Barzilai (the Israeli Technion alumnus), whose research focuses not just on extending lifespan, but on extending healthspan - keeping us healthy, energetic, and active in our later years. His work explores how existing, safe medications



might hold the key to targeting the underlying biology of aging. Another fascinating profile features Nobel laureate Shinya Yamanaka, whose work on cellular reprogramming explores whether aging processes in cells can actually be reversed.

If you are curious about the science of healthy aging, here are a few recommended resources to check out:

[Video] Everyone Ages—But Why? (5 mins)

A great primer from the American Federation for Aging Research (AFAR) explaining the mechanisms of aging: afar.org/learn | <https://vimeo.com/946640050?fl=pl&fe=vl>

[Article] An Anti-Aging Medicine Could Already Exist

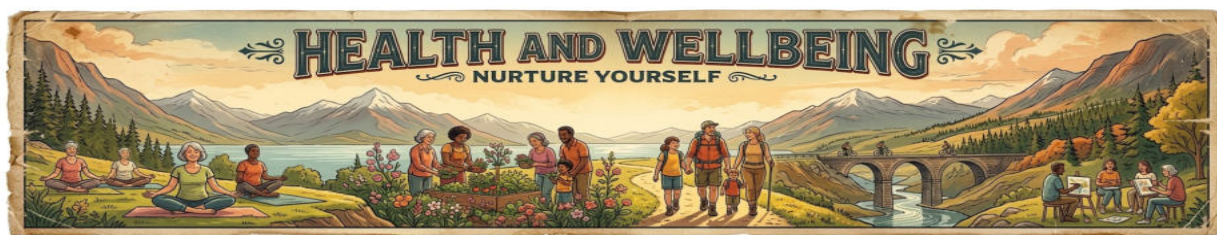
Read about Prof. Nir Barzilai's mission on Time's 2026 Longevity Leaders

(<https://time.com/collection/longevity-leaders/2026/>) or listen to his podcast interview on https://alumni.technion.ac.il/podcasts_en/its-about-healthspan-not-lifespan/

[Article] Can We Reverse Aging?

Discover Shinya Yamanaka's groundbreaking cell research on Time Magazine

<https://time.com/collection/longevity-leaders/2026/>.



Thank you Hatzolah for the U3A First Aid and Defibrillator Training



CHEVRA
HATZOLAH
MELBOURNE

Keeping Our U3A Community Safe and Well

The Health, Safety and Wellbeing Team has been busy looking at ways to help keep our members safe and well.

First Aid and Defibrillator Training

The Team recently organised First Aid and Defibrillator Training sessions for our volunteers. We are very grateful to Hatzolah for generously providing a trainer, Jarred, to conduct the sessions. Jarred was extremely knowledgeable, practical and engaging, and we now have many more volunteers who feel confident about using our defibrillator and responding in an emergency.

We hope we never need to use it, but knowing that our defibrillator is available — and that more of us know how to use it — provides valuable reassurance.

Introducing the Emergency Plus App for Your Mobile

In an emergency, time and location accuracy are critical. By downloading the 'Emergency +' app, you'll equip yourself with a powerful tool that will help you call Triple Zero (000) quickly, and allow you to accurately communicate your location to emergency call-takers.

Save the App that could save your life

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First Aid Kits for External Venues

First Aid Kits have also been ordered for tutors who conduct classes at external venues. These kits will ensure that basic first aid supplies are readily available wherever our classes are held.

Help Us Keep Each Other Well

With winter illnesses circulating, please help protect our U3A community. If you feel a cough or sneeze coming on, masks are available from our Office Volunteers. Wearing a mask can help protect others and reduce the spread of germs.

And if you are feeling unwell and may be contagious, please consider staying home, resting and recovering before returning to U3A. A little consideration can make a big difference in keeping our community healthy.



Exciting News: \$3,150 Grant for Our 2027 Art Exhibition

A great opportunity to be part of another successful Glen Eira U3A community event!

We are delighted to announce that Glen Eira U3A has been awarded a **\$3,150 Partnership and Events Grant from Glen Eira City Council** to support our **2027 Art Exhibition**.

Following the success of our 2026 exhibition, we are now looking forward to building on that achievement and making next year's event even bigger and better.



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We need your help!

With **207 members currently enrolled in one or more of our 28 art and craft classes**, there is an enormous pool of talent and enthusiasm within our U3A community. We are looking for a volunteer **Exhibition Project Manager** to lead the 2027 project, with expressions of interest requested by **Friday 25 September 2026**. This is a great opportunity for someone who enjoys bringing people together, organising events and seeing a project come to life.

You won't be starting from scratch. The 2026 exhibition has provided us with fully documented procedures, valuable lessons learned and a range of reusable resources and project materials. We have also divided the workload into **25 clearly defined work elements**, which can be shared among a team of around **5 – 7 volunteers**. Several members have already indicated that they would be happy to be involved, providing a strong foundation for next year's team.

There is also plenty of support available. **Eitan Froumine will continue to assist with securing sponsorship from our 2026 sponsors** and is happy to help members install D-rings, hooks and hanging wire on their artworks. **U3A President Mark Rubinstein** also has extensive experience in organising art exhibitions and will be available to provide advice and support.

A rewarding project for our members

Our Art Exhibition is much more than a display of artwork. It is an opportunity to showcase the creativity and talent of Glen Eira U3A members, bring people together and celebrate what can be achieved when our volunteers work as a team.

If you enjoy organising, coordinating people or simply want to contribute to an exciting community project, **we would love to hear from you**. You don't need to do everything yourself – the project has been designed to be a genuine team effort.

You can see photographs from our successful 2026 exhibition here: [2026 Art Exhibition photos](#)

If you would like to discuss taking on the role of **Exhibition Project Manager**, please contact **Eitan** at eitanfr@gmail.com. Alternatively, you can contact **U3A President Mark Rubinstein** at president@gleneirau3a.org.au.

Let's build on the success of 2026 and make the 2027 Art Exhibition our best yet!

Courses with Vacancies

Rather than a tedious list here is a link to the Glen Eira U3A website <https://gleneirau3a.org.au> where the weekly update on course vacancies is located.