



U3A is a communal group of volunteers who provide an assortment of activities to cater for a wide range of interests.

U3A – CARDINIA

NEWSLETTER

CONNECTING TO THE COMMUNITY - APRIL 2024

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April 25 2024 ANZAC DAY – An important day in the hearts and minds of our Australian and New Zealand people.



2024 U3A COMMITTEE

John - Committee Member and our tech expert, Rob – President, Heather – Secretary, Wendy and Mora – Committee Members and social Secretaries, Carolyn – Treasurer, David – Committee Member, and Lou – our transcriber.

HELP APPRECIATED

Currently there are a small number of people who are available to give their time to make sure that the office, situated in the Pakenham Library complex, is open. U3A **needs more volunteers** who could give an hour or two a week of their time, to make sure the office is open to **answer the phones** and **answer inquiries** from prospective or existing members.

Volunteers do not need computer skills.

If you would be able to **give some time** to help keep the office open, please drop into the office and speak to either Rob (our president) Heather (our secretary) or Carolyn (our treasurer). Or you could phone the office on 5941 4164.

Any time you could volunteer would really be appreciated.

COURSES & ACTIVITIES

59414164 Follow the link to timetable:

<https://u3acardinia.org.au/courses-activities/#timetableTop>

2024 Term 2 Dates: 15 April -28 June

Please refer to Website for days, times and venues of Courses

COURSES:

ART



Come and join this lively art group using a range of mediums to draw from life and nature in all its glory. Our leader will assist you to get the best out of your creation. It is for people wishing to have fun and improve their skills.

ASTRONOMY

The study of celestial objects and phenomena. This includes objects that we can see with the naked eye and objects that are only visible with a telescope.

Inter active discussions with the use of media.



BRIDGE FOR FUN

Learn to play the basics of this card game that will test your wits. Four people, in two teams play against each other in a battle of minds. There are rules (many) but if you enjoy a

challenge, then this is the game for you. There can be more than one group of 4 playing at the one time.

Even if you are just a little bit curious about this exciting card game, come along and learn more about it.

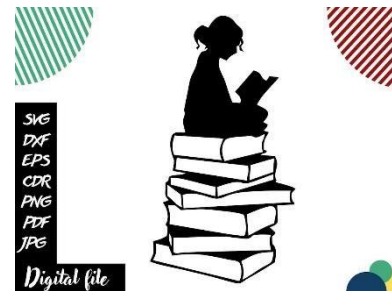
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	♣ A 2	
West		East
♠ Q 7		♠ J 6
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BOOK CLUB

Barbara's Book Club

Reading by yourself is a fantastic way to relax and unwind, but reading with others in a book club can also be a great way to escape the world yet still maintain a sense of camaraderie.



Barbara White has convened the book club at U3A for a number of years and it is held at the Pakenham Library on the first Wednesday of each month. The books are supplied through a central organisation and are borrowed through the library. Each member of the group has the opportunity to choose a book that will be read by the whole group.

It's an entertaining and enjoyable way to spend a Wednesday afternoon.

GAMES



If you are a scrabble player or want to learn, come along for a game.



HISTORY

Medieval History: Walk through the 5th to the late 15th centuries of Europe and the Middle Ages.



Military History: This branch of history adds to the variety of history that U3A offers.



FIRST NATIONS

The history of Australian Indigenous people from the first contact to the 2023 Referendum and beyond.



Discuss the impact colonisation has had on First Nations people and how we can create a better future where everyone can enjoy, share, and protect a healed and healthy country.

CHARLEMAGNE

Charlemagne or Charles the Great, a member of the Carolingian dynasty, was King of the Franks from 768, King of the Lombards from 774 and was crowned as the Emperor of the Romans by Pope Leo 111 in 800.



THE CRUSADES

The Crusades were a series of religious wars initiated, supported, and sometimes directed by the Christian Latin Church in the Mediaeval period. The best known of these military expeditions are those to the holy land in the period between 1095 and 1291. They were intended to conquer Jerusalem and its surrounding area from Muslim rule.



FRENCH

This class covers French grammar, pronunciation, and phrases suitable for travellers.



POETRY

Roses are red, Violets are blue, is there a poet in you? Bring out your creative talents.

ALGEBRA FOR GRANDPARENTS

Do you want to be able to help your grandchildren with their Algebra homework, or answer their questions or queries, then this is your opportunity. So much has changed in the way today's youngsters 'work out' or 'set out' their math problems.

HOBBIES

Card Making:

This is a friendly and productive group who make intricate cards that often require origami elements to complete the cards.

Mari will step back from this class to concentrate on Calligraphy, this term.



Thank you to Mari, who is now handing over to Jackie to continue this popular class.



- **NEW COURSE - CALLIGRAPHY FOR BEGINNERS**

Mari, our talented former Card making tutor will hold this class on Tuesday afternoons between 1:30 and 2:30 pm. This class will commence in June. Participants require a fountain pen - approximate cost \$20 if purchased at the \$2 Shop.



Mari Harrison has a wealth of experience and is a member of the International Hand-made Book society. She confessed that she is 'addicted to paper' and scours scrap booking shops and \$2 shops looking for supplies for her own hobby work.

STITCHES

Learn what your sewing machines can do.

We have 6 sewing machines, 2 overlockers and one embroidery machine for your use.



Repair existing work or design your own creation with the assistance of our talented tutor.

The sewing group, a band of happy, chatty people meet every Friday in the art room within the library complex.



WALKING GROUP



Rediscover parks, gardens and lakes. Small group of 12, must have a car to meet at various locations. Depending on group fitness a tailored walk will be made available for all fitness levels.

Closed in shoes, a hat and water bottle & Sunscreen are essential.

DRAWING and SKETCHING:

For those who enjoy drawing and would like to enhance their skills.

Lin, is the convenor of this group and is a very talented artist. Although it was her first time taking a class, she began by asking what each person wanted to draw: some wanted to tackle flowers and others urban sketches. As the weeks go by Lin will show them how they can enhance their skills. In later weeks she'll show them how to add watercolour to their sketches.



- Note: New time 12:30 pm – 3:00 pm on Tuesdays
Note: Change of room - Art room.

U3A WRITING GROUP

There are no pre-requisites; all you need is a desire to write.

Allow yourself to relax in a friendly atmosphere with like-minded people. Together we will share knowledge and experience; whilst expanding skills in a variety of writing techniques.

Perhaps you'd like to write that novel or short story; poetry; maybe non-fiction is your preference. We can explore what processes are needed to reach your goals. The only tools you'll need are pen and paper and of course, your imagination.



The Writing Group meets fortnightly on Wednesdays from 12:45pm to 2:45pm in the U3A Meeting Room, starting on February 15th. The leader of the group is Steve Gates.

U3A LUNCH

The lunch this month was held at Castello's Pakenham. Food and company were excellent.



Next month's lunch will be held on Thursday, 30 May, at Lady Lavendar Tearooms, Princes Highway, Bunyip. Come and join in the fun and meet new friends. We are happy to arrange car-pooling if you need a lift to the venue.

U3A GUEST SPEAKER - Professor Andrew Gunstone

"Reconciliation and Truth-Telling, After the Voice Referendum"

Date: Thursday, May 23, 2024 at 10 am (One hour presentation followed by Q&A session)

Venue: The Hall Supper Room, Pakenham Library

Professor Andrew Gunstone is a leading authority on reconciliation. He is Associate Deputy Vice-Chancellor Reconciliation and Professor Indigenous Studies at Federation University, where he established and leads the National Centre for Reconciliation, Truth and Justice. He is also Co-Chair of Reconciliation Victoria and sits on several national reconciliation committees.

Join us at U3A Cardinia to hear Professor Andrew Gunstone speaking about reconciliation and truth-telling after the voice referendum and 'where-to-now' in support of First Nations people.

INTRODUCING OUR COMMITTEE This month featuring our Secretary – Heather Sherwell

My father was working as a fruit picker in Shepparton, when I was born. I was three years old when my family moved to Carrum Downs where my father built a successful poultry farming business. Both my parents, my two brothers, my sister and I were all very involved on the poultry farm collecting, cleaning, weighing, sorting and packing eggs. Eventually the farm was automated and much of the intensive labour was done by machine.

I attended Carrum Downs Primary School, Dandenong Girls' Secondary School and Frankston Teachers' College. Upon completing my teaching Diploma, I started my career as a Primary teacher. I pursued further education at Deakin University, receiving a Graduate Diploma - Teaching English to Speakers of Other Languages. In my teaching career, spanning 40+ years, I undertook a variety of positions including Library teacher, Head Teacher of a one-teacher school and teaching Design and Technology studies in a Secondary school. My final position was at the Noble Park English Language School, teaching English to newly-arrived migrants or refugees from countries such as Africa and Afghanistan and finally joining the school management team, leading Curriculum Development.

I was inspired to be a teacher when I entered the education system as a five-year old and was taught by an amazing Prep teacher, Miss Opie. I loved teaching and was always busy as a committed teacher, dedicated to my students. It was a career that offered advantages that suited my life-style choices, as well. I had two children who both attended the Primary school where I was teaching. During the school holidays we enjoyed family four-wheel driving and camping trips, exploring Australia. I now

have two lovely grandchildren who enjoy visiting my Pakenham property, exploring the bush and watching the native birds and animals in the environment around us.

When I retired from teaching, I found I finally had the time to further pursue my interests; astronomy, photography, bird watching, travelling and learning French. I discovered that U3A Cardinia offered a French course and thus started my association with U3A, also joining the Astronomy course and the Walking group. I became a passionate facilitator of the First Nations class after expressing an interest in the course. I have happily taken on the role of Secretary this year, after volunteering to assist Heike in the Office last year.

The role of Secretary is stimulating and rewarding. I am thoroughly enjoying working alongside the team of dedicated volunteers who strive to provide further education for our members in a range of creative, social and leisure activities.

EXPRESSIONS OF INTEREST – Term 3 Classes

REMEMBERING AND FORGETTING

The basics of the brain and how memories are constructed and retrieved. Learn ways to improve one's memory and how to maintain memory into incredibly old age. The course will occupy 10 sessions of 90 minutes. New in Term 3

FELTING For those members interested in Felting – this class will restart in Term3

QUILTING Patchwork and Quilting – coming in Term 3

Are you interested in making a Christmas runner or a Christmas wall hanging? Or a knee rug or bed quilt?

Register online or contact the office to register for Term 3 courses.