



ARTWORK BY OUR RESIDENT ARTIST - WARUNA

# U3A CARDINIA NEWSLETTER

CONNECTING TO THE COMMUNITY - MAY 2024

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## **ABOUT U3A**

University of the Third Age, U3A, is a world-wide organisation. It began in France in 1968. U3A can be found in the USA, South America, across Europe and in Asia, as well as Australia.

Each U3A is a community organisation which promotes health by providing educational, creative and leisure activities by their own members, in their own campus.

U3A Cardinia's mission is:

- To provide creative and leisure activities, as well as further education.
- To create an association in which there is no distinction in terms of membership, between those who teach and those who learn and, where as much as possible, the activity is voluntary and freely given by members of the association to their fellows. In addition, there is no discrimination based on gender, race, religion, creed, or disability. The association will endeavour to provide these services within the limits of its resources.
- To forge Community Partnerships
- To operate the association in such ways that learning is without any reference to entry criteria, qualifications, assessments, or awards.

## PEOPLE IN U3A

### Len Slenders

Winter Chills, being indoors always helps when one gathers around with friends and colleagues to get to know each other in greater depth. On this occasion it was the ideal opportunity to meet and then introduce Len Slenders to our members.

Len was originally from Holland and came to Australia with his parents when he was 2 years old. After completing his studies, he graduated as an electrical engineer. Many years later he discovered U3A Cardinia. His extensive engineering background and computer technology skills became an invaluable resource for U3A. Len has spent many years as a volunteer and was recently persuaded to become more involved by tutoring some History courses once more. In the past he has tutored American History, Medieval History, Crusades, Charlemagne and Mongols as well as Philosophy. This term we learn about the history of the Mongol Empire. Len is a knowledgeable participant in the Military History group. It is also said that he thoroughly enjoys attending lunch club get togethers.



## **Dennis Jordan**

Dennis is one of U3A Cardinia's most loyal and dedicated members and tutors. On retiring from the Military in 2014 and with time on his hands, knocked on U3A's door and found himself a new "home" in which to indulge his passion. Before retiring Dennis gained extensive knowledge and experience of all aspects of military life. This extended beyond the Australian Borders and shines through in his competency as a tutor in the Military History and Crusades groups history.

His friendliness and willingness to share his knowledge makes this group a welcoming and friendly environment to socialize whilst furthering one's knowledge of worldwide military affairs. Dennis and Kay enjoy travelling and exploring new horizons at every opportunity.





## LADY LAVENDER TEA ROOMS

### U3A LUNCH

The lunch this month was held at the Lady Lavender Farm, we had a total of about 22 members and guests sharing a most enjoyable lunch with much merriment - desserts were spectacular



Next month's lunch will be held at Tooradin and District Sports Club on Thursday 27 June at 12.30pm Come along and enjoy the camaraderie.

## Courses and activities

Phone 03 5941 4164

Follow the link to timetable:

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

Term 3 2024, Dates: 15 July – 20 September

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## WALKING GROUP

Next term walkers will get together every fine Tuesday at 10:30 am at locations within the Shire of Cardinia, City of Casey and Baw Baw. We will be walking for about an hour, after which we will have the opportunity for a cuppa.



## ART



Come and join this lively art group using a range of medium 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.



## 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 is held at the Pakenham Library on the first Wednesday of each month. The books are supplied through a central organisation and borrowed through the library. Each member of the group could choose a book that could be read by the whole group. It is 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.



## DISCUSSION

### FIRST NATIONS



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.

## GUEST SPEAKER

**Andrew Gunstone**, Professor of Indigenous studies at Federation University, was our recent guest speaker and a leading authority on reconciliation. Andrew's presentation was very well-attended and very well-received. Andrew spoke to us about the Voice Referendum explaining some of the misinformation surrounding the campaign and discussed the signposts from the Referendum to progress our national journey of reconciliation.





First Nations Guest speaker Andrew Gunstone, with our President, Rob and Secretary, Heather.

## **MEDIEVAL HISTORY**

Walk through the 5th to the late 15th centuries of Europe and the Middle Ages



## THE MONGOLS

This course covers Genghis Khan, Kubla Khan and Marco Polo. They are three interesting characters from this era, their empire stretched from China to Europe.



## 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



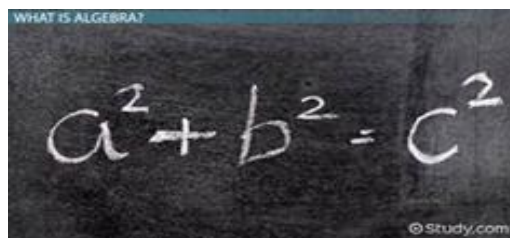
This class covers grammar, phrases and history and is ideal for travellers and Francophiles.

## 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 todays youngsters 'work out' or 'set out' their math problems.



## HOBBIES

### CARD MAKING

Is held on the 1<sup>st</sup> 3<sup>rd</sup> and 5<sup>th</sup> Tuesday of each month.

Jackie has kindly taken over this popular card making class from Mari. Tools are supplied.



### CALLIGRAPHY FOR BEGINNERS

Mari, our talented former Card making tutor is now running this course. Next term she will hold this class on every first and third Tuesday afternoon between 1:30 and 2:30 pm.



### 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.





## 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.

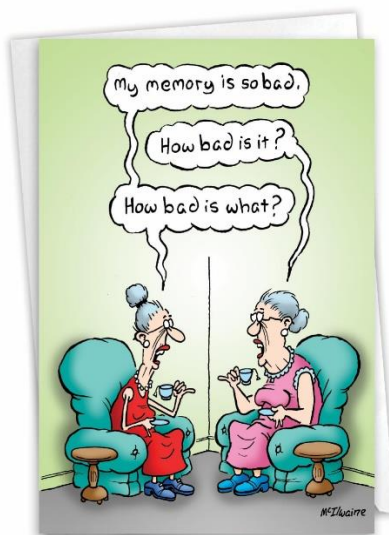


The Group meets fortnightly on Wednesdays from 12:45pm to 2:45pm in the U3A Meeting Room.

**\*\*\* NEW IN TERM 3 \*\*\***

## 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. This course will commence in Term 3.



## CARD GAMES

Starting in Term 3 – expressions of interest welcome.

## **PIANO/RECORDER**

Lessons to be held in the home of one of our members.

## **EXPRESSIONS OF INTEREST**

### **FINANCES FOR SENIORS**

This would be a short-term course offered by one of our members qualified in this topic.

## **RESTARTING IN TERM 3**

### **FELTING**

For those members interested in Felting– we will be restarting this class in Term 3.

Debi will be taking this class.

## **SEEKING TUTORS**

We are looking for Tutors for the following courses:

- Book Club (second group)
- Gentle Exercise
- Yoga.

If you or anyone you know would be interested in running one of these classes, or even perhaps another option, please call the Office (03 5941 4164)

We are also looking for a Course Coordinator.

Newsletter editors: Keith and Carolyn Lipscombe, and Lynette Lloyd