



CARDINIA
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

AUTUMN 2025



PRESIDENT'S REPORT

I hope you have all enjoyed your first term.

A very successful AGM was held in February. As you all probably know we came within 2 weeks of having to wind up your U3A, and if it wasn't for the dedication and commitment of a couple of Committee Members, we would have been obliged to shut down Cardinia U3A. It is imperative that members become involved in the running of our association to avert this circumstance in the future.

I welcome 3 new committee members, Pat Newnham (VP), Jane Carey (Course Co-Ordinator) and Athol Bailey (Business Development). A wealth of experience has been added to our committee, and we look forward to working with them.

Last year, we finished updating our office computers, both hardware and software and introduced new software for office functions. We also finished updating our Office Software to an online program called "Microsoft One Drive" and introduced a new folder management system which has made filing and retrieving of our office records much more efficient and workable. The Administration computers have been updated to electronic hard drives which has given us faster upload and download speeds.

We give a big thank you to John Peterson for his advice and concerted hard work for bringing us up to date in his role as IT Infrastructure Officer. Our Policies, Manuals, Job Descriptions, Member Information Pack and Tutor Manual. amongst others, were revised and updated, and placed on our website. A tremendous amount of work and I give my thanks and appreciation to all involved.

We received our building service charges with Cardinia Shire Council for 2024, and after comparing them to 2023, we negotiated and gained savings of over \$1200.00.

Our Membership number commenced, in 2024, at approx. 80 people and at the start of 2025 this is 130 - a significant increase.

We now have 21 courses running. Some courses run on a couple of days per week. We have introduced a "Zoom" class (twice a week) for, I think, the first time.

As an aside, at our first Committee of Management meeting this year, a motion was passed to change the terminology 'tutor' to 'facilitator'.

Also, it was decided that the Newsletter will be published quarterly.

I would like to thank our sponsors, Cardinia Shire, Pakenham Op Shop and other smaller donors for their generosity and continued support.

Lastly, I would like to remind you that this Association is your association, and we can only survive with your input as it is essential for our continued success.

Rob Trevena

COURSE COORDINATOR'S REPORT - Jane Carey

We offered four new courses in Term I

- Personality Traits and Social Roles
- History of Cities
- Games Club
- Healing Ourselves and the Planet (Zoom)



New course being offered in Term 2 – Fridays, 10:00 am – 12:00 pm

OUT of AFRICA Facilitator: Andrew Colman

Period – 250,000 ya to 1000 ya:

- What were the sea levels and global climate at the time?
- How many Hominids were there?

The Hominids: Astro, Erectus, Neander, Sapiens

- Where did they go and why?
- Skin colour and size of brain and body
- Use of tools
- Clothing/the development of sewing - when, what and why

Sapiens

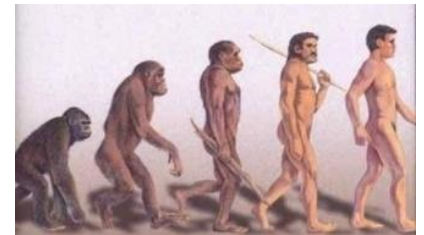
- Did they leave Africa – or not?
- Travel directions: Did they travel Northeast, Southeast or Northwest?
- Cultural features: settlements, tools, families and culture
- Hunter gatherers, The flood, Agriculture, Religion

Which will evolve into:

FIRST CITIES

What and where were the first cities? Catalhoyuk – 7000 BCE , Uruk – 5000 BCE to 500 AD, Ur and Athens – 4000 BCE, Babylon 2000 BCE and others..

- Why were they settled and how big did they get?
- How were they constructed?
- How did hunter gatherers change to agriculture?
- What was grown and where?
- What animals were domesticated and when?
- The development of Clothing, Trade, War, Art & Literature and Empires



LINE DANCING (pending room availability)

Thank you to everyone who has facilitated a course in Term I and to the participants for attending. We look forward to continued learning and sharing in Term II.

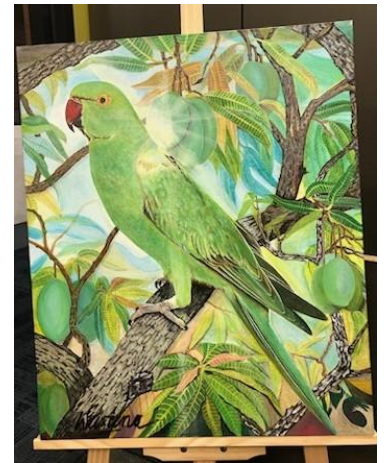
FACILITATORS' MEETING

There will be a meeting for all course facilitators on the afternoon of Thursday, 8th May. Details will be emailed to all relevant people, next term.

Pakenham Show

Article and photos by Heather Sherwell

The Pakenham Show was held on Saturday, 15th March. The Art Room was open for a display of art created by the very talented artists in the 'Art in a Range of Mediums' course. This was a perfect opportunity to promote U3A Cardinia to the wider community. Many people who visited the display were impressed with the excellent works of art and some people would have purchased some of the pieces had they been for sale. Thank you to everyone involved: the people who submitted their work, Waruna for displaying the Artworks and to the people who took time out of their busy lives to volunteer to be in the Art Room during the show, to answer visitor questions.



LUNCH AT CLUB OFFICER

What a great time was had by all. It was full of laughter and chat and camaraderie. Everyone enjoyed the food and company. Thank you to all who attended.





LAUGHTER IS THE BEST MEDICINE

IMPORTANT UPCOMING DATES

Last day for Term 1 at U3A Cardinia is Friday, 4th April.

Return date after the break is Tuesday, 22nd April.

The Anzac Day Holiday is Friday, 25th April.



U3A Cardinia CoM wishes everyone a very Happy Easter.

U3A Cardinia Committee of Management for 2025

President:	Rob Trevena	ICT Officer:	John Peterson
Vice President:	Pat Newnham	Business Development	Athol Bailey
Secretary:	Heather Sherwell	Members	Mora Sly
Treasurer:	Binita Hada Maskey		Wendy Currie
Course Co-Ordinator:	Jane Carey		

U3A Cardinia Contact Details

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