

New Horizons

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Unlock your potential – embrace the wisdom of your experience

What's In This issue?

President Report	1
Acknowledgement of Country	2
Vale Heather Hudson	2
Lids for Kids	3
Course Highlights	3
We Need You!	6
Bioturps Brush Cleaner	6
Do Not Ask Your Children To Strive	6

Important Dates

Semester 1 ends: 4 July 2025
 Semester Break: 7 July -18 July 2025
 Semester 2 starts: 21 July 2025

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President Report Mark Rubinstein



This issue is our autumn issue.

Our upcoming afternoon tea scheduled for Sunday, 25th May serves as a platform for fostering member engagement and gathering valuable feedback. The objectives of this gathering include:

- Feedback Collection: Understanding what aspects of our organisation are performing well and identifying areas for

improvement.

- Strategic Discussions: Engaging in conversations about our organisational goals, strategies, and future directions.
- Talent Utilisation: Recognising and harnessing the diverse talents within our vibrant community.

If you'd like to attend, notify Reception as soon as possible. We look forward to sharing the outcomes of this event in a future edition of our newsletter.

This year, we are providing a total of 175 courses, catering to a wide range of interests and expertise levels. On average, each of our 1,124 members (excluding 61 honorary tutors and volunteers) is enrolled in 2.1 courses.

To give you a glimpse into the diversity of our course offerings, this edition highlights a selection of courses in this year's course catalogue. We aim to showcase the breadth and depth of our courses, reflecting the rich tapestry of learning opportunities available within Glen Eira U3A.

We are committed to continuous improvement and value the active participation of our members in shaping the future of our community.

Acknowledgement of Country

Glen Eira U3A acknowledges the Boon Wurrung/Bunurong and the Wurundjeri Woi Wurrung peoples of the Kulin Nation, as the Traditional Owners and Custodians, and pays respect to their Elders past and present.

The following item appeared in a recent issue of a newsletter from U3A Network Victoria:

An Acknowledgement of Country is a statement that shows respect for the Traditional Owners of the land and the continuing connection they have to Country where a meeting or event is held. It can be made by anyone, including non-Indigenous people and usually made at significant formal Network occasions.

The Committee has decided that Acknowledgement of Country will be used on all outward facing occasions, examples are, Network Committee Meetings, Regional Meetings, Members Council and General Meetings (Annual and Special). For other meetings or events, it is the responsibility of the chair or convener and the participants of the meeting or event to decide if an Acknowledgement of Country is appropriate in the particular circumstances.

Welcome to Country on the other hand, is delivered by Traditional Owners or Aboriginal and Torres Strait Islander peoples who have been given permission from Traditional Owners to welcome visitors to their Country.

This information is provided for information only and it is the responsibility of individual U3As to decide on the appropriateness or otherwise of an Acknowledgement of Country. For further information or advice contact info@u3avictoria.org.au.

John Taubman, Vice President – Operations,
U3A Network Victoria

Vale Heather Hudson

12/04/1935 – 16/01/2025



A long-standing secretary of Glen Eira U3A once observed: "There are givers and there are takers here at U3A." Heather Hudson was indisputably a major giver for many years.

She led the choir and was the editor of "New Horizons", the latter from 2005 – 06 to the end of 2021.

She was on the U3A Committee for at least one year (2012 – 2013) and staffed the reception Desk, as well as attending and contributing to classes such as Book Discussion, Behind the News, two recorder classes, and Art Appreciation. When Ann Orre wrote on the Glen Eira U3A Facebook page on January 19th that Heather had died, there were an unprecedented ten written, heartfelt responses, reflecting the esteem in which Heather was held. Despite her terminal illness, Heather never complained and continued to attend Behind the News classes last year and made valuable comments in these classes.

Heather worked very hard and most competently on "New Horizons". I am sure that many people didn't realise how many hours went into writing and collecting articles, typing, photocopying, collating and counting numbers of each issue to be put in envelopes for classes held in venues other than the Glen Huntly Road site and then ringing tutors to alert them that the latest issue was in a labelled envelopes to be collected from the office.

Heather was not a show pony; she worked quietly and steadily behind the scenes and never complained, even when given her bone cancer diagnosis early last year.

She was truly inspirational.

Margaret Blight

Lids for Kids



So, like me, you grew up under the watchful eye of mother and grandmothers, uncles and aunts who made

sure that anything that could be reused now or in the future was never, ever thrown out, but carefully cleaned up, smoothed out, folded and stored.

Today, though you try to keep the throw-away stuff to a bare minimum, the bin always seems full to pussy's bow and not even your mum would have been able to recycle any of it!

Doesn't seem right somehow, does it?

But I have a small recycling project which you might care to adopt – I collect plastic bottle tops (those colourful items from milk bottles, soft drinks, water etc) and after a good wash and dry, donate them by the bag-full to kindergartens for the kids to use in their art n' craft work.

If this appeals to you, you can do it right here at U3A kitchen! All you have to do is chuck the bottle-top from that empty milk carton - from which you've squeezed the last drop – into the box located near the wash basin on the far side of the kitchen.

I will scoop up the tops and process them to add to the stuff that I scrounge from round my apartment block before there's a big-enough bag to take off to kinder!

Jim Badger

Newsletter Contributions

TUTORS and MEMBERS are always welcome to contribute news, photos or other messages. It can be a single class photo, a few sentences of news or full article with pictures. The choice is yours.

Email: newsletter@gleneirau3a.org.au

Course Highlights

Thank you to all our tutors for the skills they bring and their ongoing commitment. Here is a snapshot of course highlights.

Sunday Train Trips (Course code: 25SOC02)



Our Sunday Train Trips have been quite educational, taking us from Yarragon to Bacchus Marsh and many towns in between.

There's always something unexpected, including one couple taking the wrong train at an interchange and ending up in Werribee instead of Williamstown, and one member joining the wrong group at Caulfield Station and finding herself amongst Street Art enthusiasts. We even had a lovely lady join us for lunch one day who turned out to be a member of the Melbourne City U3A and had her dates wrong.

As for train reliability: there's nothing so annoying as to find a replacement bus with dodgy brakes driven by an inexperienced driver. However, we Glen Eira members are a hardy group and take it all in our stride, despite obstacles such as a heatwave, heavy rain and local bus mishaps. Looking forward to the next trips and meeting more of our members.

Margaret Summers

Bocce (Course code 25GAM12)

Our bocce group ... having laughs and fun outside in fresh air and sun enjoying our game and friendship.

Susan Catherall and David Sibley

Jewish Civilization (Course code: 25HIS02Z)

Civilization is diverse.

It involves history, religion, literature, tragic and happy events. The last class looked at "The Dybbuk", a play which has dominated the Yiddish theatre from about 1920. The Dybbuk is a love story, where the spirit of a deceased Yeshiva (religious school) student enters the body of his intended bride, causing a dispute about what constitutes justice between heaven and earth.

The next class talks about attributing blame for the Holocaust. If the Germans acted in accordance with human nature, should we not blame God?

Henry Erlich

Writing a Family History (course code: 25HIS03)

Members come to this course to record their family history, or to write their own life story, but as the eight-week course progresses, become aware that it offers a wider dimension.

The bigger picture that that is created and explored – it opens a window to an era, a society, and how not only to look into different cultures, but the process to adapt to a different culture, language and social settings. The other factor that is an element of the course is the interchange between students and their stories.

Garry Fabian

Create with Montage/Mixed Media (Course code: 25ART12)

This course incorporates montage techniques and participants create an art piece with impact



using themes crafted from media such as pieces of decorative paper, letters of the alphabet, pictures of food, music sheets or photos.

The tutor selects a montage theme each month and participants create an individual piece of abstract or semi-realistic art by using that theme and montage techniques such as texture, reveal and combine.

Anny's self-portrait above is an example of the work by members of the Montage / Collage class.

Lee Hirsh

Art Workshop (Course code: 25ART10)

Don Kampf



It's not a structured course. There are no "lessons", it's 'self-directed' based on 'experiential learning' - learning through activity and practice, observing others' works, and sharing ideas.

We have painters (oil, acrylic, gouache, watercolour) graphics (pencil, chalks etc), collage/montage and mixed media. It's a fun group with a warm and welcoming atmosphere where we 'get stuck in' for two hours. And there are some examples of the work on the art room walls to see.



Glen Eira Choir (Course code 25MUS01)

If you enjoy singing various genres of music, meeting people and singing in the community, then join our choir. We will welcome you as we enjoy each other's company, as "music" is the medicine of the soul". Here, the choir celebrates with Easter Bonnets.

Valerie Suhr

Scrabble (Course code 25GAM05)

Every Monday the Glen Eira U3A scrabble class of about 12 members, meets in groups of four members to a table to enter scrabble words using the current word list approved by the Australian Scrabble Players Association. The aim is to score the highest points for the game at the end of the game.

Del Stitz

Qi Gong (Course code: 25EXE08)

Starting with a greeting and validating each other's well-being, the class then comes to a standing position with practice for 40 minutes. The class concludes with a group healing. The tutor provides handouts. Some examples of what members have to say about the class:

- Qi Gong helps to basically deal with life's ups and downs. It is very therapeutic and the calming effects help to deal with pressing problems.
- I enjoy doing Qi Gong, which is a very energizing experience. Even though I find some movements physically challenging, they are definitely worth the effort.

Carmella Flescher

We need you!

'Ideas People' of Glen Eira U3A to come together and plan ways we can grow and develop the wonderful education facilities we have on our campus. We hope to approach community organisations that provide grants and any form of assistance to modernise or just build on the foundations created by our predecessors.

Message me via our U3A email system (enquiries@gleneirau3a.org.au) to register interest, ask questions or offer ideas. Looking forward to hearing from you.

Ancita Beale

*"God does not ask your ability or your inability.
He asks only your availability"*

Mary Kay Ash

The same could apply to U3A

e.g.: We do not ask your ability or your inability. We ask only your availability - Volunteering

Bioturps brush cleaner for oil painters

Generously donated by the Brighton Artists Society, we have a supply of odour-free brush cleaning product suitable for OIL PAINTERS, free for members.

Great for brushes and hand cleaning (made from BEESWAX) and gets paint off clothes too.

Stored in the storeroom next to the sink - please feel free to take a tub.



Do Not Ask Your Children To Strive

by William Martin

Do not ask your children
to strive for extraordinary lives.
Such striving may seem admirable,
but it is the way of foolishness.
Help them instead to find the wonder
and the marvel of an ordinary life.
Show them the joy of tasting
tomatoes, apples and pears.
Show them how to cry
when pets and people die.
Show them the infinite pleasure
in the touch of a hand.
And make the ordinary come alive for them.
The extraordinary will take care of itself.



This poem is not just about our children or grandchildren. From time to time, we should remind **ourselves** of these words of wisdom, especially in how we relate to everyone we meet.

Cheryl Rubinstein