

## U3A BULLETIN

15<sup>th</sup> June 2023

Hello Everyone,

It's time to think about Term 3 and what you are doing at U3A! We have some new classes on offer as well as some that will be returning to repeat what was covered in Terms 1 and 2. Please refer to the latest timetable for all updates – there have been some minor changes to arrangements for some classes.

### A COUPLE OF PROBLEMS:

- The mobile phone from the Office has disappeared a few weeks ago. We are leaning towards the situation where someone has inadvertently picked it up and popped it into a bag, a pocket or somewhere. Can you all please just check your things and let us know if you have it.
- Car damage – likewise a few weeks ago there was some damage done to a station wagon car belonging to one of our tutors. This occurred on a Thursday afternoon. There has been extensive damage done to the paintwork. There will be paint damage on the front passenger side of the car that has caused this situation. Please let us know if you were responsible, you probably didn't realise this had happened and it is going to cause a huge inconvenience to the tutor concerned.
- Attendances! Yet again I am being contacted by tutors who have class members who simply don't turn up. You all know that an apology is required even for just one week. If you are heading off on an extended break you should also send your dates to the tutor or the Office. I remind you once again that three absences without an apology could see you put back on to the waitlist – especially if there are people on the waitlist.

### REALLY GREAT NEWS: The U3A Big High Tea for Cancer

What can I say about this social event – a lot! In short, it was a wonderful afternoon. More details will follow in the next Newsletter but I am so very pleased to tell you that we raised a tick over \$1000 for Cancer Victoria. I thank everyone who gave me all the support required for this special fundraiser.

### NEW CLASSES:

- **PHILOSOPHICAL ISSUES** – we welcome Dr. Clive Berger who is offering this class.

The issues to be discussed will be decided by members of the class. Wikipedia and the

Stanford Philosophical site are examples of useful philosophical sources. A member of the class will be responsible for introducing the topic which will then be open to group discussion. Sections of the Stanford philosophy course or a You Tube presentation can be used to fill gaps in our program. Current problems like growing inequality and climate change are also subject to philosophical enquiry.

I will be responsible for the introductory period until the other members of the group are ready to present their own topic for discussion and intend presenting the following classical problems:

1. The mind/body problem.
2. The problem of knowledge.

I envisage that future sessions will engage the following topics:

1. Greek philosophers (Epicureans and Stoics)
2. Renaissance philosophers (Descartes, Spinoza, Berkley, Hume)
3. Modern philosophers (Russel, Wittgenstein, Carnot, Rawls, Putnam)
- 4 Contemporary problems (Inequality, Press freedom, Pollution)

VENUE: Cobradah House Bell Post Hill, WHEN: Wednesday 1.00-2.30pm

- **THE NIGHTINGALE LINK TO NURSES**

This class looks closely at the work of Florence Nightingale and the impact this has had on nurses over time. Bruce Watson will show a wonderful series of documentaries, dramatisations, photos and book reading. Discussion is warmly encouraged. Internet training is provided. Closed captions are available.

- VENUE: Via the internet. WHEN: Monday, 1.30 – 3.30pm

- **A RELEVANT POSITIVE RELIGION**

Bruce Watson will lead you through this thought-provoking course. Revealed through the work of Dr. Francis Macnab, Australia. This course will not appeal to practitioners of literalist, fundamental religion. It is intended only for people searching for new spiritual understandings in our present context based on the latest theological research. Respectful, non-judgmental dialogue is always expected and is a condition of participating in this class. Internet training is provided. Closed captions are available.

- VENUE: Via the internet. WHEN: Wednesday, 1.30 – 3.30pm

- **FINDING PSYCHOLOGY IN FILMS**

You don't have to be a psychologist to do this course. Just someone who is interested in and observant about what is happening in films beyond a superficial level. Films that generally have a message but may be interpreted differently.

Bruce Watson will provide guideline on what to look for and consider.

Internet training is provided. Closed captions are available.

- VENUE: Via the internet. WHEN: Thursday, 1.30 – 3.30pm

### **RETURNING CLASSES:**

These classes closed at the end of Term 1 or 2 and will now be repeated for Term3 and/or 4.

- **LET'S TALK ABOUT DEMENTIA**

Dementia is a general term for loss of memory, language and problems solving skills severe enough to interfere with daily life.

A class delivered in four sessions designed to raise awareness, remove the stigma and provide information.

- VENUE: Cobbin Farm Utility Room, WHEN: Tuesday 1.00 – 3.00pm

- **INTERNET: The Dos, Donts and How Toos**

Tutor Jill Lewis is offering this beginner's course for ten weeks in term 3.

It will cover a range of topics relating to the Internet; understanding how web browsers work, more accurate searching for the content you want to find, bookmarking sites and storing in folders (so you don't lose them) explaining document files types and extensions, hyperlinks, identifying different types of websites and types of files, online shopping and banking and INTERNET SECURITY. There will be some fun easy exercises to do and lots of laughs along the way. A laptop is provided for use in class or bring along your own laptop/tablet if you prefer. Time for questions and other topics can be added if requested.

- VENUE: Cobbin Farm Sun Room, WHEN: Friday 10.00 – 12.00pm

- **CLOGGING**

Speaking with Lynda Turner, the tutor, today I am pleased to let you know that Clogging will continue next term. This is a wonderful form of exercise and is very similar to tap dancing. It does not require the wearing of 'clogs' but footwear that is more reminiscent of tap shoes. For beginners, you need a pair of comfortable, supportive shoes.

- VENUE: Cobbin Farm Chapel, WHEN: Wednesday 9.30 – 10.30am

- **KNOW YOUR BODY**

Run by Dorothy Parkes, this course invites you to learn more about how your body works.

Ever wondered how your body systems work and how they are interrelated. Did you know that there are 12 major systems in the body. All of these systems work together to keep our bodies functioning properly. Do you know how the respiratory system is related to the circulatory system? What roles do the liver and pancreas have in digestion? How is the nervous system related to the muscular system and other systems

in the body? What happens when something goes wrong with our body systems? This class aims to answer some of these questions.

- VENUE: Cobradah House, Bell Post Hill WHEN: Tuesday 10.00 - 12pm