



**NILLUMBIK**

UNIVERSITY OF THE THIRD AGE

# Who are we?

We are a community-based organisation.

Our members are retired and semi-retired people who enjoy participating in academic, social and sporting experiences.

We offer more than 70 courses each term.

History, science, technology, art, crafts, languages, literature, mind games and outdoor activities all feature strongly in our curriculum. There are no entry requirements for participation and no exams.

Our administration is drawn from volunteers within our membership.

Despite COVID-19 constraints, we have maintained an enrolment which is currently in excess of 600 members. Our annual fee is just \$50 a year and, upon payment, members can apply to join as many classes as they wish.



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# U3A, a brief history

U3A stands for 'University of the Third Age'. The term applies to a relaxed learning model developed in France in 1973 for members of the 'third age.'

U3A has since evolved to its present form and many U3As exist worldwide. In Victoria alone, there are around 100 U3As in both urban and rural areas.

The 'third age' refers to the time of retirement or semi-retirement after full-time employment. It isn't bounded by age.

The term 'university' is used in its original sense as a community of people sharing ideas and knowledge.

U3A does not test its participants or give awards, and academic entry levels aren't necessary - life experiences are its members only qualifications.



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## I'm often asked what did we eat in Scotland in the 1940s and how did we survive without refrigerators?

We had a relatively large pantry, particularly considering the cramped floor space. It was windowless, unlit, very cold, with constantly damp thick stone walls which were always running wet. Puddles gathered on worn flagstones, but it did the job with the natural assistance of long winters.

Our rented home had feeble gas lighting, and candles for when the gas was off due to an empty gas meter. There was no light in the pantry, so homemade candles were stored on the sturdy waist-high bench across the back wall, along with food and food processing equipment such as a hand-operated meat mincing machine. The Scottish national dish was mutton mince and tatties, because it helped to exercise our jaws, or so we were told.

Following the relaxation of food rationing after the war, the two-yard square room would be packed with  $\frac{1}{2}$  cwt (one half imperial hundredweight) or 56lb sacks of potatoes sitting on duckboards. Slats of hard timbers kept the potatoes off the constantly damp floor. Sir Walter Raleigh introduced potatoes to Ireland in 1589 and, by the late 1500s, the canny Scots had recognised their benefits: easier to grow and cultivate than other staple crops such as wheat and oats. Cuddling up to the potatoes were sacks of onions, turnips and carrots, all with their distinctive comforting earthy smells. This conflicted with bags of cabbages and Brussels sprouts that rotted very quickly, so that the whole building, including the communal stairwell, regularly stank with cooked rotting cabbage which mingled with the fragrance of cat's urine.

# A class to suit you?

*Art and Craft*

*Book groups*

*Brain activities*

*Discussion Groups*

*Food and Wine*

*History*

*Languages*

*Literature Studies, Poetry and Writing*

*Music*

*Outdoor Classes - Golf, Tennis*

*Technology*

*Well-being*



# Come join us!

