



U3A HAWTHORN NEWS

Number XXI

December 1989

SEASONS GREETINGS

TO ALL OUR MEMBERS

ISLAMIC CIVILISATION

The July Forum with Professor Andrew Ehrenkreutz speaking on the Rise of the Islamic Society was extremely well attended, especially as Tuesday, 26th September, was a wet and blustery morning.

We were indeed fortunate to be given an insight into what, for most of us, is a foreign culture by such a distinguished and qualified academic. He traced the advent of Islamic Civilization from the 7th to the 14th Century spanning a land mass from the Iberian Peninsula in the West to Central Asia, India and beyond in the East, at a time when Central Europe was still in intellectual darkness and almost total illiteracy.

We learned of Israel's achievements in almost every field of human endeavour, from Algebra to Agriculture to the founding of the first Islamic University, 150 years before the first university in Europe.

Professor Ehrenhreutz held the interest of the audience for the entire lecture and left us with the hope of having him back for more of the same in the not too distant future.

Harry Will

HOUSE OF REPRESENTATIVES STANDING COMMITTEE ON COMMUNITY AFFAIRS.

INQUIRY INTO INVOLVEMENT OF RETIRED PERSONS.

[Travelling to Canberra for the workshop proved to be quite an experience. The pilots' strike put an end to thoughts of flying, so the journey was completed by car. Apart from two hours driving at night on the Hume Highway (not to be recommended at any price!) the travelling proved not too arduous. My thanks are extended to the Learning for the Less Mobile Committee for allocating funds to cover the expenses of the trip and to the U3A Executive Committee for their kind offer of support, which I did not need to take up.]

This workshop was the final stage of information gathering and community consultation for the Parliamentary Committee prior to preparing its report, with recommendations, for government action. It was designed to explore options for maintaining an active role in community affairs during later life, making positive use of leisure time and providing for maximum opportunities to participate in continuing voluntary and/or paid work.

Entitled Is Retirement Working?, the workshop was held in one of the committee rooms of the new Parliament House. It is an inspiring building and a fitting national monument. Access to it for community involvement is an excellent use of the building and we could not have enjoyed more comfortable, effective or aesthetically pleasing surroundings.

Representatives of a variety of peak organisations such as the Ethnic Communities Councils, RSL, CWA plus academic institutions and government agencies, both State and Federal, took part. Each State, except Queensland, now has a bureau/office of aged affairs and Dr Anna Howe from Victoria has been recently appointed as Director of the Commonwealth Office for the Aged located in Canberra. Small community groups such as ours were in the minority, but this by no means lessened the contribution we were able to make. The U3A Network, the Early Planning for Retirement Association and the Manly-Warringah Community Information and Service Centre fitted into this category. Three U3A members from Yarra Valley were also present as observers.

A number of papers, sometimes several on the same topic, were presented followed by discussion. Some highlights are worth outlining.

Dr John McCallum of the ANU in The Greying of Australia gave his account of the current and future population trends. The shrinking nature of our work-force was one of the most startling aspects brought to the fore. Our need for mature workers to remain in the work force, as long as they wish and are productive will be a consideration for the future.

My contribution came in the form of a paper which looked at the stereo-types of older people as portrayed in the media and also the reporting of older persons' affairs. The Role of the Media was based upon responses from members of our user groups at the Centre : U3A Hawthorn, Learning for the Less Mobile and The Life Writing Correspondence Course. In this way I was able to put forward a pot-pourri of views from older people and also to briefly mention our activities. The reception was pleasing, as were remarks that it was refreshing to have older opinions aired. David Solomon, Chief Reporter High Court of Australia in his paper explained the ageist slant of new and political reporting going hand in hand with the relative youth of working journalists.

The Minister for Housing and the Aged, Hon Peter Staples in The Role of Government outlined the need for encouragement and recognition of older people and their community contribution, especially voluntary work. Quality of life, preventative health measures and greater choices were also stressed. As were avenues for greater participation in decision making processes, education and community affairs. The needs of the individual must be recognised in the provision of services such as Home and Community Care (HACC). Constitutional limitations were seen as hampering interaction between the various levels of government needed to provide HACC services. The recently established Office of the Aged will have a policy development, advisory role for government and there are proposals for Aged Consumer Forums to be conducted throughout Australia to collect opinions on relevant issues. The Minister's rhetoric was encouraging. We can only anticipate its practical application.

The South Australian government representative outlined the work of the SA Commission for the Ageing in the planning and co-ordination of services and information for older people in that state.

The session on Structural Barriers to Community Involvement looked at transport inadequacy as providing negative experience leading to disengagement from the community. There was wide spread agreement that this is a major issue to be addressed.

The representative of the NSW Office on Ageing put forward the topic of age discrimination. The right of older people to participate in employment and education was eventually to become one of the major themes of the workshop. NSW has drafted legislation outlawing the compulsory retirement age through amendment to its Equal Opportunity Act. The South and Western Australian governments have already enacted such legislation. Only time will tell whether any change in community attitudes will accompany changes in law.

The Ethnic Communities Council representative discussed the added stresses of the Ethnic Aged and society's misconception of closer family support. In reality poor adjustment to retirement, the plight of lone older women, language regression and unreal family expectations are of tremendous concern to ethnic communities. Family reunions are also a big issue. The inability for many people of non-English speaking background to keep abreast with vital information and the failure of migrant education services to meet the needs of these people contributes to isolation and deprivation. Ethnic radio is the major communication link as much written information is inappropriate.

The Frail Aged session was lead by Marie Coleman first female head of a government department and a most impressive person. She dealt with the uniquely Australian situation where the majority of older people enjoy home ownership and see independence as synonymous with remaining at home, despite frailty. New initiatives in providing decentralised multipurpose facilities in rural areas were outlined. It was gratifying to hear an influential public servant speaking of the necessity for professional education to meet the needs of frail and disabled older people: new training programs, new attitudes and new policies on leisure activities to cater for this section of the community.

Healthy Retirement looked at the initiatives of the Australian Better Health Commission and its plans for preventative health initiatives; encouraging self awareness and personal health management. The rapid ageing of the population has meant the identification of older people as a special target group for health education. Good nutrition, physical fitness and mentally stimulating activities were areas to be promoted through such projects as "Wellness Centres". A future government inquiry is to be conducted into legally prescribed drugs; advertising, dispensing, community attitudes and perceptions etc.

Ron Mendlesohn, a retired economic advisor to successive governments was the most pessimistic speaker, putting forward the idea that present retirement income policy discourages independence, enterprise or "healthy" attitudes to retirement. Early retirement at fifty-five often becomes "pseudo-retirement" as people require government pensions when their "lump sum" runs out. The question of income security in retirement is a vital issue to be addressed.

In the final session, insight was given into the work of two community organisations in promoting Active Retirement. The Volunteer Centre of NSW, an employment agency for volunteers, prepares and places volunteers and instructs agencies to use volunteers productively. Workshops for professionals are organised and the role of unpaid workers promoted. The Early Planning for Retirement Association assists in planning for retirement and encourages self-help activity groups.

My only regret in attending the workshop was that my colleagues Margaret Drake, Sophie Borland and Dick Croke were unable to travel to Canberra for the culmination of the community consultation. I would like to acknowledge their contribution to the initial stages of the inquiry in Melbourne, and to say that without their urging I would not have made the journey myself. This would have been most unfortunate, because after being involved for some years with older persons' projects, I would not have heard the enlightened views which are now being aired by politicians and public servants alike. Ten years ago things were quite different. Older persons' affairs are now part of the political agenda which is gratifying, if not before-time. It was acknowledged that with sufficient resources, support and recognition, greater independence and self reliance are possible and that older people have a tremendous contribution to make. The right to access to education in later life was universally recognised, so I trust that this workshop marks the start of better things from governments.

It was gratifying that the Hawthorn Community Education Centre was selected to have an input to these discussions. As an example of co-operation between the local community, a large academic institution, a local council and a close network of local workers and organisations, our setup appears to be a rarity. It shows what is possible when older people have a locally based focus for community involvement; a focus for the skills, talents and expertise often wasted in retirement. The Learning for the Less Mobile, U3A Hawthorn, The Life Writing Course and our many combined efforts are well recognised far afield, showing others what is possible if support and resources are available for older persons' enterprise. I await the recommendations of the Committee with considerable enthusiasm and optimism.

Judith Elsworth
October 1989

IMPORTANT
YOUR 1990 SUBSCRIPTION
IS NOW DUE
\$20, SINGLE
\$30, DOUBLE

It would be very helpful if you could advise us if you do not intend to renew your subscription.

SENIORS' UNIVERSITY STUDY TOUR NANJING, CHINA

Our second U3A visit to Jiangsu Province took place from 24th April to 8th May, 1989. This was the first "International Class" hosted by the Jinling Seniors' University and no effort was spared in making it a most memorable experience for all.

Our itinerary varied from the 1988 visit to include venues outside Jiangsu. We arrived in Shanghai from Hong Kong and had three days exploring the Children's Palace, Mandarin's Garden, Nanjing Road, Art and Crafts exhibition, a carpet factory and the famous Bund. We then travelled to Nanjing by train with overnight stops at Suzhou and Wuxi. At Wuxi we took a dragon boat ride on Tai Lake.

Our programme of activities at Nanjing was conducted at the Jinling Seniors' University. Professors took classes in Traditional Art Paper-cutting, Language, History, Botany and Cooking which were bonded by daily Qigong exercises conducted by Prof. Jin Yu.

We also visited many scenic and historical sites in Nanjing, including a ferry ride on the Yangtsekiang River.

All too quickly came Graduation Day and the Farewell Party. Many lasting friendships were made and the tearful departure from Nanjing made us aware of the depth of relationship we had experienced.

We spent the final three days in Beijing and witnessed the peaceful activities of the students which had such a tragic aftermath only a week after our departure from Hong Kong.

Footnote: Next Spring (April/May) another study tour is planned which will combine the salient features of the previous two visits. Accommodation will be at the Nanjing Normal University. The all inclusive cost will be approximately \$4,000. The itinerary will be:

- Melbourne-Hong Kong (1 night),
- Shanghai (3 nights),
- Wuxi (1 night),
- Nanjing (14 nights),
- Beijing (3 nights),
- Hong Kong (2 nights),
- Melbourne

Travel between Hong Kong and Wuxi will be by train and the rest by air.

VISIT BY MADAM FAN ZHENGUO

Next year Madam Fan (wife of Prof. Hao Zhen Yi - Dean of Foreign Language and Literature Department, Nanjing Normal University) will be a Visiting Scholar for one year at the Institute of Education, University of Melbourne. Madam Fan has been a very close friend of Peg and I since 1983 and has expressed a strong wish to contribute to U3A with courses in Mandarin and Tai Ji during her visit. She would also prefer to stay in an English-speaking environment so I would be pleased to hear from any members who would like to enjoy one or two weeks company with our visitor. She would meet all her expenses during the stay.

UNESCO - INTERNATIONAL SEMINAR ON EDUCATION FOR THE ELDERLY - NOVEMBER 19 - 24, 1989 WUHAN

The seminar will focus on the role of the elderly in contributing to the education of society, the rights of the elderly to participate in continuing education and to encourage the international exchange of information on activities for the elderly. I shall be attending the seminar at the invitation of the chairman.

Colin McCallum

OFFICE NEWS

We would like to thank warmly all the voluntary office staff who have helped so generously throughout the year. Without them, U3A Hawthorn wouldn't survive.

At the end of the year Carol Proud will retire after two years of organizing the office desk roster. Elizabeth Fiddian has agreed to take over the position and would welcome new recruits.

Some members tell us they would like to help but feel they haven't enough experience. Be assured, there's nothing to it! You just sit at the desk, answer the telephone and learn what makes U3A tick.

Give Elizabeth a call, now or in the New Year, on 808 2692 if you want further details. Come on! Give it a go.

WHAT YOU MISSED !!

Saturday, 16 September 1989 was a beautiful day in Castlemaine and fifty-five members from nine U3As gathered to enjoy the welcome and friendship of the U3A in that historical city. After a welcome by the President, Mary Thompson, and a brief introduction by the President of the Network, Jack McDonell, three groups were formed. In the pleasant surroundings of the Continuing Education Centre they spent an hour discussing three issues: (a) the importance of U3A to its members, what else they would like from it and some of the difficulties they had met; (b) the importance of the tutors and their role in the learning process; (c) the administration of a U3A.



Castlemaine Market

CASTLEMAINE NETWORK CONFERENCE

After the groups had reported back, Gordon Bryant, a member of Yarra Valley U3A and once a cabinet minister in the Commonwealth Government, gave a stimulating address on "The U3A and Society" and sent us to lunch thoughtfully considering our responsibilities to others as well as to ourselves and our fellow members.

After lunch not only the visitors from other U3As but also members from Castlemaine itself were enlightened about issues which face that city by three first class addresses. Julie Hurley gave us her views on tourism, its dangers to the very things that people come to see and its value and importance when properly used, especially to the people of Castlemaine. Trevor Westmore explained how an architect can help authorities plan commercial development, not only without damaging environment but even enhancing and beautifying it. Ken McGregor described how gold mining firms could peg claims in town as well as outside it, the damage they could do and the form of control which was needed to be fair to all parties concerned.

After this remarkably fine learning experience there were three enjoyable tours conducted by experts in their fields: one to the famous and historical Buda House and garden, the second a Historical Society Tour of Castlemaine and the third a visit to the Local Geological Features. These were again most enjoyable learning experiences. Some members stayed over until Sunday to make excursions they could not do on Saturday and to visit the excellent Art Gallery.

On Saturday evening a group of us dined together at the Red Hill Hotel in nearby Chewton. After the good food and good company we went home tired but thoroughly refreshed in body, mind and spirit.

Tom Timpson

LATIN AT U3A HAWTHORN

The first courses offered at Hawthorn included Latin for Beginners, with Helen Gordon, who had been in charge of the subject at University High School, as Tutor. This was very fortunate for the eight or so people who initially enrolled. Over the years some have left, mainly because they found that other demands meant they could not give Latin the amount of time it needed, but nearly five years on the class is still continuing, with three of the originals and four who have joined after having done other courses.

A good teacher must know and love a subject and enjoy sharing that knowledge and love with others. Helen has the ability to transmit her enthusiasm to a very heterogeneous collection of people with widely different backgrounds and experiences, and to meld them into a group of friends working happily together. Some had done quite a lot of Latin recently and could argue the finer grammatical points, some had done a little many years before, and some had no Latin at all. The one thing we had over a class of school-age students was that we didn't have to be motivated - we all wanted to tackle Latin and enjoyed the challenge it offered. Nevertheless, Helen has worked hard to maintain that enthusiasm. She has put a tremendous amount of time and effort into preparing and correcting exercises, making vocabulary lists and notes, and keeping us working willingly as a group.

We started right at the beginning, using a Cambridge course for schools; this followed the fortunes of Roman characters in various parts of the extensive Roman Empire, and while we wended our way through the increasingly difficult Latin grammar and prose, we explored side issues - social life, politics, customs, art, archaeology, religious and philosophical beliefs, and so on, of the period. If a question was asked and there was no simple answer, it was tossed back to someone in the class to research and report back on. At last we got to the stage of reading bits of real classical literature, some prose and some verse, and for most of this year we have had the experience of reading and enjoying a whole book of Virgil's Aeneid.

When the question of whether we wished to continue in 1990 came up, it was answered in the affirmative almost before it was asked.

Agnes Gregory

TO ALL TUTORS

We aim to establish a segment/page dealing with matters specifically concerning tutors. The tutors' representatives on the Executive Committee are Wolf Flack and Frances McCallum and any problems or suggestions directed to them can be discussed at committee meetings.

At the last tutors meeting a decision was reached to cancel an enrolment after 2/3 weeks non-appearance without any explanation. This will make it possible to admit people from the waiting list.

We would welcome offers of courses for 1990, in particular we need a tutor for History, especially Australian History

Frances McCallum

C H E S S

We have received a request from one of our members enquiring whether it was possible to start a chess club. Is there a member among our ranks who is an expert at this fascinating pastime and would be willing to lead the group and give help and guidance to them?

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We are very sorry to advise that Lois Barnett is unable to continue her involvement with U3A for the present. In the past twelve months she has arranged many interesting and varied outings for the Social Group and will be sadly missed by them. We are most anxious to continue the Social Group and would welcome any offers to take on this task.

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CHRISTMAS HOLIDAYS

For your information, the office at Wakefield Street will be closed from

Friday, 15th December, 1989 -

Monday, 22nd January, 1990

CURRENT COURSES

Although a class may be full, people do have to withdraw for various reasons, so a waiting list is kept for each course.

PLEASE NOTE: ANY MEMBER WHO IS ABSENT FROM A CLASS FOR THREE CONSECUTIVE WEEKS WITHOUT NOTIFYING THE OFFICE, OR YOUR TUTOR, WILL BE DEEMED TO HAVE WITHDRAWN.

ANTHROPOLOGY Convener: Judy Lee

This course covers the study of man, starting with the earliest societies of hunter/gatherers, tribal and the peasantry in different environments. Special emphasis is given to Australian Aboriginal society from traditional to the present

Fridays, 10 a.m. 24 Wakefield Street, commencing 23rd February, 1990

ART APPRECIATION Convener: Sue Van Dorssen

HISTORY OF EUROPEAN ART

Group 1 From Pre-Historic and B.C. Civilizations

26th February - 25th June, 1990

Due to borrowing restrictions, it is not possible to continue our studies beyond the mid 19th Century. It has therefore been decided to start at the beginning again, studying the early civilizations of the Western World. Some students who joined the group later may like to re-enrol so that they may cover the first part of the course.

Group 2 18th - 19th Centuries

20th August - 3rd December, 1990

The course will continue from the later 18th Century to the mid 19th, illustrating the increasing diversity in the arts - a reflection of social and political change throughout Europe.

Mondays, 1.30 p.m., 24 Wakefield Street.

ART HISTORY Convener: Martin Merchant

The reason and need for art expression in the changing generations of mankind will be developed, together with an appreciation of the styles, methods and materials used.

Fortnightly, Tuesdays, 2.00 p.m., 24 Wakefield Street.

Commencing 27th February, 1990

ART - PRACTICAL Convener: Margaret Gillespie-Jones

A self-help group doing oils, watercolour, pastels or other medium. Everything is very low key. Suggestions are made if asked for. Still life is set up weekly. Anyone may make suggestions. Occasionally there are discussions on exhibitions visited by the tutor or members. Thursdays, 1.00 p.m., Hawthorn Artists' Society, Cnr. Glenferrie & Manningtree Roads, Hawthorn, commencing 22nd February, 1990

ART - "THE 3-SIDED RELATIONSHIP - ARTIST, SUBJECT & VIEWER"

Programme of eight talks at the National Gallery of Victoria by Edith Santer (ex N.G.V. Voluntary Guide) on last Thursday of the month at 10.30 a.m. commencing 29th March, 1990.

This course is designed to look at and consider each of the following subjects - what was meant by it and what it means for us.

Sculpture - European and Australian	29th March
Mediterranean Antiquities	26th April
Paintings from Rajasthan	31st May
Australian Women Artists	28th June
Aboriginal Art	30th August
The Pre-Raphaelites	27th September
Flemish Art	25th October
Prints or Drawings	29th November

The order of the subjects will depend on what is on exhibition at the time of our visits.

BIOLOGY, PSYCHOLOGY & THE PURPOSE OF LIFE Convener: Trevor Moffat

An on-going programme which will focus upon different books throughout the year. Each book will be set by the group and based on resolving life issues such as anxiety, stress and despair.

Mondays, 12.30 p.m., Recreation Centre, next to swimming pool, commencing 26th February, 1990.

BOOK DISCUSSION GROUP - CONTEMPORARY WRITERS AND SOCIETY

Tutor: Pamela Rogers

This course should appeal to both men and women who enjoy reading and are interested in lively and thought provoking discussion on subjects such as the relationship between the writer and society, concerns of modern men and women as they are explored in contemporary writing, and aspects of writing style as a means of communicating ideas and emotion. The course has primarily been concentrated on modern women writers from different countries, with the gradual introduction of short stories and poetry. In 1990 classical novels of the past will also be studied.

A book list will be provided.

Tuesdays, 9.30 a.m., Wakefield Street. Commencing 27th February, 1990.

COMPUTERS - AN INTRODUCTION Convener: Vic Kennedy

A 5-week course to give you an insight into computers including the language used in this field and an opportunity for "hands-on" experience. Tuesdays, 10.30 a.m., 89 Power Street, Hawthorn, commencing 27th February, 24th April and 16th October, 1990

CONTRACT BRIDGE Convener: Bill Zimmerman

An introduction to this fascinating game. It is necessary for there to be at least twelve students to make the course viable. Mondays, 2.00 p.m. Recreation Centre. Commencing 26th February, 1990

CURRENT AFFAIRS - AUSTRALIA & THE WORLD Convener: Wolfe Flack

This is a discussion group in which all members are encouraged to participate. Class members select items of interest for discussion from newspapers, radio and television. Guest speakers may attend and give their views on specific subjects. Thursdays, 10 a.m., Hawthorn Presbyterian Church, Glenferrie Road Commencing 22nd February, 1990.

CURRENT AFFAIRS - SOUTH-EAST ASIA &

PACIFIC COUNTRIES Convener: Jean Aikenhead

Discussion of current events in our own area, with some brief background study of appropriate countries - a participatory discussion class where all are expected to contribute. As time allows, other areas of particular interest will be included - e.g. Namibia Tuesdays, 10.30 a.m., Balwyn Library, 336 Whitehorse Road, Balwyn, commencing 27th February, 1990.

DRAMA FOR FUN Convener: Rion Jennings

Theatre skills - voice and movement. Students would be asked to share experiences from their own lives from which a drama could be improvised. Thursdays, 9.30 a.m., Wakefield Street, commencing 1st March, 1990

DRESSMAKING Convener: Patricia Morris

This is an opportunity for ladies with sewing skills to enjoy a pleasant few hours with others who have the same interests under the guidance of an experienced teacher supervisor. Fridays, 11.30 a.m. Wakefield Street, commencing 23rd February, 1990

NEW ECONOMICS Convener: George Charles

This discussion group is free from figures and is in plain language that all can understand. Its aim is to seek a greater awareness of the world about us by looking at the history and the background of economic systems at home and abroad. Two courses each year: February to end of June and September to November. Thursdays, 11 a.m., Wakefield Street, commencing 22nd February, 1990.

LANGUAGES

French (Beginners) Convener: Walter Butler

Tuesdays, 1.15 p.m., 24 Wakefield Street, comm. 27th February, 1990

French (2nd Year) Convener: Adele Chambers Course FULL

This course is for students who have already done one year with U3A, or equivalent. It includes some grammar, writing exercises & conversation

Fridays, 1.30 p.m., 24 Wakefield Street. Comm. 23rd February, 1990

French Conversation Convener: Anna Ghiurekian

Reading of contemporary French texts from literature or magazines - explanation of vocabulary and points of grammar.

Mondays, 10.30 a.m., 24 Wakefield Street. Comm. 5th March, 1990.

German (Continuing) Convener: Ken Bandman

This course is attempting to encourage the student to face (linguistically) various situations. Members should be willing to prepare written homework for correction and class discussion.

Thursdays, 11.30 a.m., 24 Wakefield Street. Comm. 1st March, 1990

Italian (Beginners) Convener: Maurice Berah

Mondays, 1.30 p.m., Presbyterian Church, Glenferrie Rd. Comm. 26/2/90.

Italian (Continuing) Convener: Maurice Berah

Mondays, 2.30 p.m., Presbyterian Church, Glenferrie Rd. Comm. 26/2/90.

Japanese (Beginners & 1st Year) Convener: Joyce Berdy

Beginning to read and write Japanese and an introduction to grammar.

Mondays, Beginners, 10.-00 a.m., 24 Wakefield Street.

1st Year, 11.00 a.m. Commencing 5th March, 1990

Japanese (Intermediate I & II) Convener: Geoff Matenson

Intermediate I Text Book: Alfonso Nihongo Vol. II

Course will be based on Alfonso Nihongo Vol. II with additional material supplied as required. Japanese syllabic writing will be practised (hiragana and katakana) and some Sino-Japanese characters (kanji) will be introduced.

Mondays, 12.30 p.m., 24 Wakefield Street. Comm. 26th Feb., 1990.

Intermediate II Text Book: Alfonso Nihongo Vol. III

Course will be based on Alfonso Nihongo Vol. III with additional material supplied as required. Familiarity with kana is essential in order to understand the textbook. Kanji will be introduced at least as prescribed in the text.

Mondays, 2.30 p.m., 24 Wakefield Street. Comm. 26th February, 1990

Note: In both classes easy conversation will be practised. Members should be willing to prepare written and conversational homework class discussion.

Latin (Continuing) Convener: Helen Gordon

The class shall be reading Cicero - Verres in Sicily and probably Aeneid Book 2.

Wednesdays, 11.00 a.m., 24 Wakefield Street. Comm. 28th February, 1990

HUMAN PHYSIOLOGY (How does my body function)

Conveners: Frances McCallum, Greta Burman & Claire Pullin

Learning about the body, its properties and how it works, is a fascinating study which can help us to keep functioning well. If difficulties arise, it will enable us to discuss them with understanding and prevent delay in seeking treatment. Topics to be covered include: The life of cells, the skeleton, joints and muscles, how food and oxygen are distributed and utilised; how waste and toxins are eliminated; the body defences.

Systems which control and co-ordinate body functions: the brain, nerves, and hormones. Reproduction, stress; what is health?

Tuesdays, 10 a.m., Wakefield Street, commencing 6th March, 1990.

MUSIC - AS ONE LIKES IT Convener: Ven Houston

This course is a general (not progressive) study.

New students welcome at any time providing the quota is not full.

Tuesday, 12 noon, Hawthorn Community House, William Street.

Commencing 27th February, 1990.

NEW LIFE SCIENCES MADE EASY Convener: Elizabeth Turner

Six lectures covering the stuff of life, the body's defences, genetic engineering, reproduction techniques and public policies and the future.

Fridays, 2.30 p.m., 24 Wakefield Street, commencing 2nd March, 1990.

NEW PHYSICS & PHILOSOPHY Convener: Fred Rosedale

In Search of Meaning

This course will place various new scientific findings in their philosophical contexts and explore their consequences.

Tuesdays, 2.30 p.m., Recreation Centre. Commencing 27th February, 1990.

NUTRITION & HEALTH Convener: Greta Burman

We are continuously subjected to enticing food advertisements and articles on miracle diets. The course is designed to help us distinguish between fact and fiction, plan and enjoy a healthy diet. Topics include nutrients; how does the body make use of food materials; production of energy and maintenance of body tissues; importance of minerals and vitamins; effect of deficiency and excess; cooking and food processing; reducing diets; misconceptions.

Tuesdays, 10 a.m., Wakefield Street, commencing end of August.

PIANO STUDIES I & II Convener: Ann Taylor

For beginners and those who learned in their early years and now feel they have the time to experience the joy of learning again. Course FULL

Wednesday mornings at 4/264 Barkers Road, Hawthorn.

PSYCHOLOGY/SOCIOLOGY Convener: Alex Gale

In this course a book is studied whose content covers social, philosophical and psychological issues. The aim of the group is to increase awareness and discuss how old and new concepts affect our behaviour and well being. Book studied in 1989 was Marilyn Ferguson's 'The Aquarian Conspiracy'. Wednesdays, 12.30 p.m., Recreation Centre. Commencing 7th March, 1990.

SOCIAL ETHICS Convener: John Balfour

Working with Dreams

"In each of us there is another whom we do not know" (C.J. Jung).

Dreams and myths are indeed communications from ourselves to ourselves. In this course, through discussing our dreams, we shall study this symbolic language which can lead us to a fascinating and constructive path of self-discovery.

Tuesdays, 1.30 p.m. Balwyn Library, 336 Whitehorse Rd, comm. 27/2/90

Social Ethics

This course will be discussing the social and ethical implications of biomedical innovations. Topics will include In Vitro Fertilisation, Surrogacy, Genetic Engineering, the Fetus as tissue donor, Life Prolonging technologies and other similar and unfortunately very difficult problems. No previous biomedical or ethical knowledge is required.

Tuesdays, 1.30 p.m. Balwyn Library, 336 Whitehorse Rd., comm. May

Relaxation

We shall use guided imagery to bring about deep states of relaxation.

During each session a different method will be shown, so that participants may discover the technique which is most useful for them.

Tuesdays, 1.30 p.m. Balwyn Library, 336 Whitehorse Rd., comm. June

Turning Points

This course will be a combination of future studies and environmental studies and it will explore those aspects of social and technological changes which affect the planet, our individual existence and our quality of life.

Tuesdays, 1.30 p.m. Balwyn Library, 336 Whitehorse Rd., comm. October.

SOCIAL ISSUES

Conveners: M. Black, G. Triaca & J. Jackson

An on-going course with speakers followed by discussion & question time.

The various speakers cover a range of subjects such as comparative religion, multi-culturalism, racism, family law, common law, adoption, abortion, education, travel, child abuse, and many more.

Members are also invited to participate and talk about their life experiences or subjects of their choice if they so wish.

Wednesdays, 2 p.m., Recreation Centre. Commencing 28th February, 1990.

THEATRE Convener: Peg Bethune
Going to the Theatre and Discussion

It is hoped to offer 8 "suitable" plays in various theatres with discussion of the play approximately a week later at Wakefield Street.

Information regarding the forthcoming play (when and where etc.) will be "pinned up" at the office as soon as it is received - it will depend on when the tickets are cheapest just which day is chosen for the visit.

Commencing date to be advised.

THOUGHTS AND IDEAS

An informal group, led by Beryl French, discussing thoughts and ideas relevant to today's society.

Fridays, 9.30 a.m., 24 Wakefield Street. Commencing 23rd February, 1990.

TRAVEL Convener: Betty Burstin

Independent Travel Exchange

An informal group discussing all aspects on independent/unusual travel.

Group participation is welcomed. Occasional guest speakers will be invited to talk on their experiences.

Wednesdays, 5.00 p.m., Wakefield Street, commencing 28th February, 1990.

NEW COURSES

BELIEFS AND RITUALS Convener: Ernestine Lobb

An exploration of various religious beliefs and the practices which have grown up around them. Some other customs from different cultures will also be examined.

Fridays, 9.30 a.m., 58 Park Street (off Glenferrie Road)

Swinburne Language Self Access Centre (small weatherboard house)
use gate at 58 or 66 Park Street. Commencing 2nd March, 1990.

FILMS Convener: Barbara Balfour & Moira Irvine

The course will basically be a discussion of films - plot, technique and characterisation and meaning. Some films will be shown on video and others will be screening commercially.

2nd & 4th Fridays of the month, 1.00 p.m. William Tresise Centre,

Cnr. Bowler & Munro Sts. (Riversdale Road tram - alight at Auburn Road)
commencing 14th March, 1990.

GARDENING Convener: Barbara Balfour & Moira Irvine

This course will cover a range of topics and activities, e.g. plants for containers, planting and propagation, garden design, weeds and pests and visits to gardens. Participants will decide on the course content and they will be expected to do some preparation for some classes.

1st & 3rd Fridays of the month, 1.00 p.m., William Tresise Centre, Cnr. Bowler & Munro Sts. (Riversdale Road tram - alight at Auburn Road) commencing 7th March, 1990.

AN INTER-CONTINENTAL CONFLICT IN THE MIDDLE AGES : THE CRUSADES

Convener: Andrew Ehrenkreutz

A joint (instructor and students) investigation of the principal causes, character and consequences of the Crusades.

MARINE BIOLOGY FOR BEACHCOMBERS Convener: Frances McCallum

The course will identify and discuss the often mysterious objects encountered on beach walks. We will talk about the fascinating ways in which evolutionary forces have acted to adapt living organisms to the stresses, strains and advantages of life on the seashore. We will consider some of the environmental factors affecting shore life.

Thursdays, fortnightly, 10 a.m., Wakefield Street, comm. 5th April, 1990.

PAPER MAKING Convener: Pat Keane

This course will teach the intricacies of paper making with recycled paper. If anyone is interested in the subject, please contact the office for further particulars.

LOW COST SELF-PUBLISHING FOR WRITERS Tutor: Wendy Lowenstein

Expressions of interest are invited for this proposed new course of four sessions to commence in the second half of 1990. We would be pleased to hear from prospective participants.

Enrolment forms are found at the end of the News Notes.

It is essential that one form should be completed for each course you wish to take, accurately including telephone number and postcode, and returned to the office at 24 Wakefield Street, Hawthorn, 3122 without delay.

COURSES AT CITY, MONASH & BAYSIDE

For information regarding the current courses being run by the above Campuses, please get in touch with them yourself as we have not yet received details of their 1990 course lists.