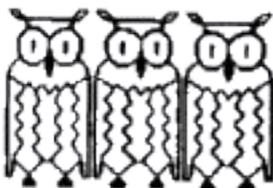




**HAWTHORN**  
UNIVERSITY OF THE THIRD AGE

# CURRICULUM 2019



**November 2018**

*Note: This booklet was released in November 2018. Additional courses will be advertised on the U3A Hawthorn website, in the Quarterly Newsletter and in the Gateway eNewsletter throughout 2019. This booklet will not be updated during the year.*

*Please go to [www.u3ahawthorn.org.au/members](http://www.u3ahawthorn.org.au/members) to see the most up-to-date curriculum.*

*Reception Hours: 9.30am - 4.00pm Monday - Friday. Reception is closed on Public Holidays and over the Christmas and New Year period. Shorter Reception hours apply in January.*

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# WELCOME TO U3A HAWTHORN

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The University of the Third Age (U3A) exists for retired and semi-retired people. U3A is a world-wide non-profit organisation which began in France in 1968 and spread rapidly through Europe and across the Atlantic to America. The word “university” is used in its earliest sense: a community of scholars who get together to help each other in an educational and social environment. The principles of self-help and mutual support are the cornerstone of U3A.

U3As are voluntary, non-profit membership organisations that aim to give older people low-cost educational opportunities that operate in a pleasant, supportive social setting. There are over 100 U3As in Victoria. Each operates independently. U3A Hawthorn, established in 1984, was one of the first in Victoria. Tutors, office bearers and volunteers all provide their services free - no-one in U3A Hawthorn is paid.

Currently there are approximately 1,400 members. Year-long and short courses are offered from February to November, as well as occasional lectures, excursions and activities. A Summer School for members operates in January when the on-going programs have their annual break. A range of speakers and activities are advertised and members must register to attend in the same way as for the courses and activities throughout the year.

Members must enrol and be accepted for the courses of their choice. members may not attend a class without being enrolled.

A Book Exchange operates once each month on the 3rd Tuesday and Wednesday, enabling free exchange of books, DVDs etc between members.

## Dates for 2019

Monday 7 January	Reception open for 2019
Mon 7 – Fri 25 Jan booklet	Summer School - see separate Summer School
Monday 28 January	Australia Day Holiday – Reception closed
Monday 11 February	Commencement of Classes
Monday 11 March	Labour Day – No classes, Reception closed
6 – 22 April	School Holidays - note classes marked NCSSH
Friday 19 – Monday 22 April	Easter – No classes, Reception closed
Thursday 25 April	Anzac Day – No classes, Reception closed
Wednesday 13 May	Annual General Meeting and Speaker
Monday 10 June	Queen’s Birthday – No classes, Reception closed
29 June – 14 July	School Holidays - note classes marked NCSSH
21 Sept – 6 October	School Holidays - note classes marked NCSSH
Tuesday 5 November	Cup Day – No classes, Reception closed
Friday 29 November	End of classes 2019

## COURSE CATEGORIES

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Courses, Excursion, Lectures and Events are grouped into categories to assist you in finding U3A Hawthorn activities which are of interest. All courses are identified with year, category code and course number eg 19APP001.

Code	Activities	Page
APP	Arts appreciation; visual arts, films, gallery visits	5
ART	Practical art, craft, photography	5
CHI	Mandarin Chinese	8
COM	Computers, IT, multimedia, photo editing	8
CUR	Current Affairs: politics, social issues	11
EXC	Excursions	13
EXE	Indoor exercise classes; tai-chi, dance, yoga, pilates, feldenkrais	14
FRE	French	16
GAM	Indoor games; bridge, mahjong, scrabble, chess, cryptic crosswords	17
GER	German	19
HEA	Health, Health Research and Psychology	21
HUM	Humanities: history, law, sociology, economics, environment, religion	22
ITA	Italian	25
JAP	Japanese	26
LAT	Latin	26
LEC	Lectures: Readman and other occasional lectures	27
LIT	Literature: book groups, writing courses, drama	27
MUS	Music: orchestra, choir, recorder, music appreciation	29
OUT	Outdoor: cycling, walking, bird watching, gardening	30
PHI	Philosophy	34
RUS	Russian	35
SCI	Science & Mathematics	35
SPA	Spanish	36
TRA	Travel	36

**NCSSH** Tutors set the dates of their classes and some specify no classes in State School holidays (**NCSSH**). Tutors may also cancel classes during the year for personal reasons. No classes are held on Public Holidays.

\* In Skills courses such as orchestra, languages, art, the enrolment of new people may require an assessment by the tutor. These courses are marked \*.

# OPERATING PRINCIPLES

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## **To become a member:**

To join U3A Hawthorn you can join and pay your membership online at [u3ahawthorn.org.au/members](http://u3ahawthorn.org.au/members) or come into Reception to complete membership enrolment and pay the annual individual membership fee. The annual membership fee enables you to apply to join as many courses and activities as you wish, subject to the class size limits which will vary depending on venue and the nature of the course.

## **To enrol in a course:**

Members are encouraged to enrol for courses, lectures, excursions and events online. An application for a course will be confirmed by email (stating whether you are enrolled or waitlisted) and this must be received prior to attending the course. There are no pre-requisites for entry into most courses. However some courses require tutor/convenor approval prior to acceptance, such as languages, orchestra and choir, where some prior knowledge or experience is required.

## **Assisted Enrolment:**

If you do not have a computer, or are not confident to enrol online, you can come to the U3A Reception and will be assisted to complete your enrolment.

## **Courses of the same type:**

In order to enable as many people as possible to access the very popular courses where there are waitlists, we reserve the right to limit enrolment to only one course of that type, eg only one French course, or only one art course.

## **Notification of acceptance:**

You can check the status of your enrolments on-line. You may not attend a course until you receive acceptance notification for that course. Trial attendance at classes is not permitted.

## **Start and finish dates for classes:**

Tutors decide on the start and finish dates of courses and whether classes will take place over the State School holidays. Courses that are not held over State School holidays are marked NCSH. Classes are not held on public holidays. Please look carefully at individual course dates.

## **Class attendance:**

Whilst it is understood that members may not be able to attend all classes in a course due to other commitments and travel, absence without apology to the tutor (or advising Reception) for two or more consecutive absences may result in the cancellation of your place in that course, especially where there is a waitlist. Some courses present cumulative material and prolonged absence may impose difficulties for the tutor and other class members. When you enrol in a short course every effort should be made to attend all sessions.

**Withdrawal from a course:**

If you decide not to continue with a course, please notify Reception as soon as possible so that the place can be offered to others on the waitlist. Withdrawals cannot be done online by the individual member as we need to manage the waitlists. You can email [courses@u3ahawthorn.org.au](mailto:courses@u3ahawthorn.org.au) or visit or telephone Reception to advise of your withdrawal.

**Individual responsibility:**

The courses offered depend on the availability and interests of volunteer tutors. The material presented in courses is at the discretion of the tutor or leader and does not necessarily reflect the views of the management. Course summaries in this booklet indicate the content to be covered. Members are responsible for their own level of participation in any exercise or activity. Some activities require completion of an Acknowledgement of Risk form prior to commencing the course.

**Additional Courses and Activities in 2019:**

Additional lectures, activities, courses and excursions will be offered during the year. These are advertised in the U3A Hawthorn Newsletter published in March, June and September (sent out by email or available for collection at Reception) and also in the Gateway - an eNewsletter sent out on an irregular basis. Please ensure that your email address is on UMAS so that you receive timely information and notifications.

**Privacy Policy:**

U3A Hawthorn collects personal information from members to enable efficient delivery of its service to members. The information is managed solely by U3A Hawthorn and will only be used for organisational, communication, emergency, insurance and submission-funding purposes. Members have the option not to provide full details. However, incomplete disclosure of requested details may prevent U3A Hawthorn from full delivery of its services.

**Volunteering:**

U3A Hawthorn relies on volunteers to undertake the many roles which keeps the organisation going. In addition to the vital roles of tutor and convenor, individuals can help in many ways (class facilitator, assisting with room setup and pack up, catering, reception, curriculum planning, AV assistance, campus management, gardening and many other activities). Please be mindful of how you can contribute in small or large ways.

## EXPECTATIONS OF MEMBERS

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The success of a voluntary organisation is dependent on the cooperation and goodwill of all members. It is expected that members should be able to feel comfortable in their class environment and to participate and enjoy the courses, activities and facilities that U3A Hawthorn has to offer. The following are the standards expected of members regarding enrolment and class attendance.

### Part A Regarding Your Enrolment

1. When you are notified of your enrolment in a class there is a clear expectation that you will attend the class.
2. Should you subsequently not wish to, or be unable to, take up an offered enrolment, you must notify the U3A Hawthorn office in writing as soon as possible so that the position can be offered promptly to another member.  
[email to courses@u3ahawthorn.org.au](mailto:email_to_courses@u3ahawthorn.org.au)
3. If, after the class commences, you are unable to attend one or more sessions because of illness, holiday or another reason, it is expected that you will inform the tutor of your absence. Failure to do this may lead to the cancellation of your enrolment.

### Part B Attending Classes

1. Class members are expected to be at the class venue by the scheduled starting time and to assist, when necessary, with setting up the classroom and, at the conclusion of the class, with putting away materials etc. so as to leave the room tidy and ready for the next class.
2. Mobile phones must be on silent or turned off during classes.
3. Class discussions may focus on topics which some members find sensitive. Please be mindful of the opinions, values and attitudes of others, and respect their points of view, which may be contrary to your own. This is especially important when matters of race, religion, sexual orientation and political persuasion are concerned.
4. If the behaviour of a member of your class is offensive (language, aggression, racist etc.) you should initially talk to the tutor about your concerns.
5. A tutor has the right to ask a class member to withdraw an inappropriate comment. Class members are expected to co-operate with the tutor as requested for the good management and enjoyment of the class. A tutor may refer matters to the Committee of Management for further action.
6. When questions or comments are invited, please respond without extensive stories, opinions or life experiences. All questions and comments should be directed through the tutor or meeting chair and the microphone used where available.
7. With the exception of guide dogs, pets are not permitted within the buildings of U3A or its other leased venues.

## ARTS APPRECIATION

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### **19APP001: TALKING FILMS**

*Tutor:* Josie Maxian

*Day & Time:* 1st & 3rd Wednesday 11:30 - 13:00, 6 March - 16 October

*Location:* Room 2 Sinclair Avenue Campus

A participatory course where students can enjoy a fortnightly film discussion. Films will be selected from screenings available in theatres from Camberwell to Carlton. Individual film attendance is required, but discussion will be held on a specific day. An enjoyment of film and willingness to view diverse films is required.

### **19APP010: LET'S GO TO A GALLERY**

*Tutor:* Gael Huntingford & Sue Whitehead

*Day & Time:* Monthly 1st Friday 13:30 - 15:30, 1 March - 1 November

*Location:* Different locations

This group meets monthly to go to a gallery (art, craft, design) to view an exhibition. It may be a small local gallery or a visit to an exhibition at the NGV. After the visits there is discussion of the exhibition over refreshments at a nearby cafe (own cost). Members of the group take it in turns to organise a gallery visit. Participants are notified of the venues by email.

*Requirements:* Members need to make their own way to and from the gallery. Refreshments and any entry costs to be covered by each member.

### **19APP020: ARMCHAIR CHATS: ART, ARTISTS & GALLERIES**

*Tutor:* Helen Long

*Day & Time:* 1st & 3rd Tuesday 13:30 - 15:00, 19 February - 19 November

*Location:* Room 2 Sinclair Avenue

In this course we will explore how we look at and analyse art works. This will be an opportunity to study and discuss various styles of art, the lives of artists and the environments they work in. We will also look at the role that galleries play in promoting modern day artists. Helen has been a long serving volunteer guide at the National Gallery Canberra and is keen to promote informal discussion and exchange about art and artists.

## PRACTICAL ART, CRAFT, PHOTOGRAPHY

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### **19ART005: WATERCOLOUR PAINTING: BIGGER & BOLDER \***

*Tutor:* John Wykes

*Day & Time:* Weekly Wednesday 13:00 - 14:30, 13 Feb- 6 Nov (NCSSH)

*Location:* Hawthorn Arts Centre Studio Burwood Road

Designed to build on past experience with emphasis on colour, tone, composition and creativity. This is not a beginners course. New enrolments may require an assessment by the tutor.

*Student pre-requisites:* drawing skills and experience with watercolour painting.

*Materials required:* Basic equipment plus half sheet papers, pads and backing boards.

### **19ART006: PAINTING ON THE IPAD - APRIL SERIES**

*Tutor: John Wykes*

*Day & Time: Weekly Friday 11:30 - 13:00, 26 April - 21 June*

*Location: Room 2 Sinclair Avenue*

An introduction to painting and sketching on the Apple iPad using the app SketchBook (free) with its huge range of tools and palettes of colours, to produce artistic pictures based on good composition and creativity.

*Requirements:* Apple iPad (later than 1st generation) and the app SketchBook (with IOS 9.3.5 or later).

### **19ART007: PAINTING AND DRAWING FOR ALL LEVELS**

*Tutor: Gary Faul*

*Day & Time: Weekly Thursday 9:45 - 11:15, 14 February - 28 November*

*Location: West Room Sinclair Avenue*

We concentrate more on the drawing side, but use some colour as well, eg watercolours, acrylic and coloured pencils.

*Requirements:* Paper, graphite pencils and eraser.

### **19ART010: PAINTING ON THE IPAD - JULY SERIES**

*Tutor: John Wykes*

*Day & Time: Weekly Friday 11:30 - 13:00, 19 July - 13 September*

*Location: Room 2 Sinclair Avenue*

An introduction to painting and sketching on the Apple iPad using the app SketchBook (free) with its huge range of tools and palettes of colours, to produce artistic pictures based on good composition and creativity.

*Requirements:* Apple iPad (later than 1st generation) and the app SketchBook (with IOS 9.3.5 or later).

### **19ART011: KNITTING GROUP**

*Tutor: Meredith Vincent*

*Day & Time: Weekly Wednesday 9:45 - 11:15, 13 February - 27 November*

*Location: South Room Sinclair Avenue*

Making squares for rugs and other items to be sent to aid agencies for distribution to victims of trauma and need all over the world.

*Student pre-requisites:* Ability to either knit or crochet; provide own wool and needles.

### **19ART012: PATCHWORK AND QUILTING**

*Tutor: Pamela Crack*

*Day & Time: 1st & 3rd Friday 13:30 - 15:30, 15 February - 15 November*

*Location: Private Home (Surrey Hills)*

For people who have always wanted to try patchwork, not knowing where to start! You will learn about basic equipment and fabric selection and then be guided to start a simple project. There is a choice of hand or machine sewing. Continue to work at home at your own pace. The group welcomes beginners and those with experience to share the passion for this craft which has a strong tradition of recycling and sharing.

### **19ART013: THREADS AND NEEDLES**

*Tutor:* Ruth Muir

*Day & Time:* 1st & 3rd Monday 14:00 - 16:00, 18 February - 18 November

*Location:* Private Home (Hawthorn)

An informal stitching group for embroiderers or knitters. Opportunity to browse through books and patterns, exchange ideas, experiment and enjoy the creative process. Bring your own work and necessary materials.

### **19ART020: DIGITAL PHOTOGRAPHY 1 - MONDAY**

*Tutor:* John Cook

*Day & Time:* Weekly Monday 10:00 - 12:00, 11 February - 18 November

*Location:* Community Room Stocklands cnr Toorak & Tooronga Rds

How to get the WOW in your photographs — landscapes and people. Alternate days on location, then viewing the images at the Stocklands meeting room. Two optional photography weekends are organised each year.

*Note:* Members may only enrol in one of Digital Photography 1 & 2

*Student pre-requisites:* digital camera and computer.

First session 11 February at Stocklands Community Room 10am. A schedule of dates and venues will be sent to you by the tutor. Meeting times for the days on location may vary. Dates for Meetings at Stocklands 10am - 12noon 11 & 25 February, 8 & 25 April, 6 & 20 May, 3 & 24 June, 8 & 22 July, 5 & 19 August, 2, 16 & 30 September, 14 & 28 October, 18 November

### **19ART021: DIGITAL PHOTOGRAPHY 2 - WEDNESDAY**

*Tutor:* John Cook

*Day & Time:* Weekly Wednesday 12:00 - 14:00, 13 February - 20 November

*Location:* Community Room Stocklands cnr Toorak & Tooronga Rds

How to get the WOW in your photographs — landscapes and people. Alternate days on location, then viewing the images at the Stocklands meeting room. Two optional photography weekends are organised each year.

*Note:* Members may only enrol in one of Digital Photography 1 & 2.

*Student pre-requisites:* digital camera and computer.

First session 13 February at Stocklands Community Room at Tooronga Shopping Centre 12noon. A schedule of dates and venues will be sent to you by the tutor. Meeting times for the days on location may vary. Dates for Meetings at Stocklands 12noon - 2pm: 13 & 27 February, 13 & 27 March, 10 & 24 April, 8 & 22 May, 5 & 19 June, 3, 17 & 31 July, 14 & 28 August, 11 & 25 September, 9 & 23 October, 6 & 20 November.

### **19ART022: PHOTOGRAPHY: F STOPS AND STUFF**

*Tutor:* Grant Fry

*Day & Time:* Weekly Thursday 13:30 - 15:00, 14 February - 28 November

*Location:* North Room Sinclair Avenue

How to get the most out of your digital and SLR cameras. Topics which will be covered: - what the controls of your camera do and where to find them - exposure and auto focusing - settings S, A, M, Auto and more, and when to use them - f stops - shutter speeds - combining f stops and shutter speeds - ASA or sensitivity setting + filters - lenses - flash guns - show and tell.

## MANDARIN CHINESE

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### **19CHI001: MANDARIN CHINESE - BEGINNERS**

*Tutor:* Zaiming Pan

*Day & Time:* Weekly Monday 9:30 - 11:00, 11 February - 25 Nov (NCSH)

*Location:* South Room Sinclair Avenue

This is a beginners course in Mandarin Chinese using Chinese Pinyin. It is a speaking and listening course for travel, making friends and cultural knowledge.

*Note:* Members may enrol in either Mandarin Chinese Beginners OR Mandarin Chinese Continuing, NOT both.

### **19CHI002: MANDARIN CHINESE - CONTINUING \***

*Tutor:* Aimee Li

*Day & Time:* Weekly Tuesday 9:45 - 11:15, 19 February - 26 Nov (NCSH)

*Location:* Room 1 Sinclair Avenue

Basic Mandarin Chinese and Introduction to Chinese History and Culture. This is a continuing course. New people enrolling in this course in 2019 will be assessed by the tutor before final acceptance.

Through this course, you will learn the basic Chinese Pinyin system and practice in pronunciation, conversations, listening comprehension and sentence structures in class. It also focuses on developing knowledge of the Chinese history and culture. This course provides you with insights into the rich fabric of the cultures of China. You will explore Chinese history, cultural heritage, art, cuisine, festivals and etiquette of Chinese dining and tea drinking. You will also look at the origins of some of the philosophies and social values that underpin Chinese society and how these are being affected by economic development and urbanisation. After completing this course you will have a greater understanding of Chinese language and culture and how contemporary China has been framed by both tradition and its place in our increasingly globalised world.

*Note:* Members may enrol in either Mandarin Chinese Beginners OR Mandarin Chinese Continuing, NOT both.

## COMPUTERS, IT, MULTIMEDIA, PHOTO EDITING

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### **19COM001: WINDOWS 10**

*Tutor:* Mike Bilsborough

*Day & Time:* Weekly Monday 13:30 - 15:00, 18 February - 4 March

*Location:* Room 1 Sinclair Avenue

The Windows operating system has evolved over many years. It provides a cost effective platform for home computing via 'PC' (Personal Computer) hardware available from a variety of suppliers at price points to suit most budgets. Since its launch in 2015, new features are continually being added to Windows 10. Once you understand the basics of Windows 10 and how to navigate your way around it, using existing features and getting up to speed on new ones will become easier. We will be covering many aspects relating to day-to-day operation of your computer as well as managing your computer to help you work more efficiently. Please bring along your (fully charged) laptop/notebook computer if possible.

### **19COM002: KEEP YOURSELF SAFE ON THE WEB**

*Tutor: Tim McQueen*

*Day & Time: Single session, Monday 9:45 - 11:15, 25 February*

*Location: West Room Sinclair Avenue*

How do you avoid all the traps you constantly hear about on the internet when using your PC, tablet or smartphone?

### **19COM003: ANDROID PHONES AND TABLETS**

*Tutor: Mike Bilsborough*

*Day & Time: Weekly Monday 13:30 - 15:00, 18 March - 1 April*

*Location: Room 1 Sinclair Avenue*

Android phones and tablets are a cost effective option to stay connected in today's communications environment. Android devices come in all shapes and sizes with prices ranging from less than \$50 to \$1000 and beyond. This course will first take you through the basics of the standard Android user interface, then delve deeper into the more commonly used apps such as contacts, calendar, music, photos, maps, email and internet. We will also cover how to connect to your home Wi-Fi network and 'Bluetooth' devices. Note that most Android devices include additional apps that are specific to the device manufacturer and/or the communications provider. We will not cover these apps as they usually are not common to all Android devices. Bring along your fully charged android phone and/or tablet.

### **19COM004: USING ANDROID SMARTPHONES AND TABLETS**

*Tutor: Tim McQueen*

*Day & Time: Single session, Monday 9:45 - 11:15, 4 March*

*Location: West Room Sinclair Avenue*

Are you getting the most out of your Android device? Please note that because of the different systems offered by manufacturers and telecommunication companies, this is a generic talk.

### **19COM005: WHAT DEVICE DO I NEED?**

*Tutor: Tim McQueen*

*Day & Time: Single session, Monday 9:45 - 11:15, 18 March*

*Location: West Room Sinclair Avenue*

What device do I need? - PC, phone, tablet etc. How do you chose the smartphone, tablet or PC that's right for you?

### **19COM006: THERE'S AN APP FOR THAT**

*Tutor: Tim McQueen*

*Day & Time: Single session, Monday 9:45 - 11:15, 25 March*

*Location: West Room Sinclair Avenue*

There are thousands of apps available for all kinds of purposes – for smartphones, tablets and PCs. What they are? Where do they come from? How do you get them? What types of app are available?

### **19COM007: OPEN IT FORUM**

*Tutor: Tim McQueen*

*Day & Time: Single session, Monday 9:45 - 11:15, 1 April*

*Location: West Room Sinclair Avenue*

This is an 'open forum' with two 'IT experts' on hand to discuss issues members are having with their PCs, tablets, phones and smart TVs. People are encouraged to email questions before the forum.

### **19COM008: UNDERSTANDING AND USING THE INTERNET**

*Tutor: Mike Bilsborough*

*Day & Time: Single session, Monday 13:30 - 15:00, 29 April*

*Location: Room 1 Sinclair Avenue*

The internet is now a necessary part of life. Most of us use the internet to keep in touch with friends and relatives through emails and social networks, for banking related activities, to buy goods and services 'on-line', to get instant access to local and world events and to look for information on just about any topic. This course will help you understand what the internet is, how best to access the internet using a browser and how applications on the internet like the World Wide Web (WWW) help us. We will also spend some time on Google Chrome - one of the most popular free web browsers, and discuss techniques for 'playing it safe' when browsing. Bring along your own laptop, tablet or smartphone fully charged.

### **19COM009: GETTING THE MOST OUT OF GMAIL**

*Tutor: Mike Bilsborough*

*Day & Time: Weekly Monday 13:30 - 15:00, 6 May - 20 May*

*Location: Room 1 Sinclair Avenue*

This course is suitable for those starting to use Google's Gmail for email, as well as those that have been using it for some time but want to get more out of it. Those who use an email program/app/client on their computer (like Microsoft Outlook or Apple Mail) with a Gmail account will also find this course useful to become familiar with the native Gmail interface which will look and feel the same when used anywhere in the world, eg on someone else's computer or at an overseas internet cafe. If you've been using Gmail only on a tablet or smartphone, this course will give you an insight into the more comprehensive features that the computer based interface provides. Please bring along your (fully charged) laptop/notebook computer if possible, as you can benefit from some on-the-spot hands-on learning during the classes. If you use only a tablet or smartphone, it's best to bring it in on the third day of the course.

### **19COM010: PHOTOSHOP ELEMENTS FOR BEGINNERS**

*Tutor: Barbara Gibson*

*Day & Time: 2nd & 4th Tuesday 11:30 - 13:00, 12 February - 25 June*

*Location: South Room Sinclair Avenue*

Learn to restore old photos, enhance favourite shots, add features or remove unwanted items using Photoshop Elements (PE). This course will provide the basic skills needed to achieve this and much more. Students are encouraged to contact the tutor before enrolling to discuss equipment and areas of interest. Sessions 1 & 2 will be introductory, and require no tools; in following sessions students will be encouraged to work on a laptop (or a home computer and a memory stick).

### **19COM011: PHOTOSHOP ELEMENTS WORKSHOP \***

*Tutor:* Barbara Gibson

*Day & Time:* Weekly Wednesday 11:30 - 13:00, 13 February - 27 November

*Location:* Room 1 Sinclair Avenue

Participants work cooperatively to develop projects that include enhancing their photos, adding features or creating new images, restoring old photos and adding Text. Using PE as a creative medium will also be explored. The tutor assists by giving advice and introducing new tools and features. It is expected that students will have some previous experience with Photoshop Elements. New people enrolling in this course in 2019 will be contacted by the tutor in January to discuss equipment and areas of interest.

### **19COM012: USING MULTIMEDIA TO TELL A STORY**

*Tutor:* Richard Balsillie

*Day & Time:* Weekly Thursday 13:30 - 15:30, 14 February - 7 March

*Location:* South Room Sinclair Avenue

A practical workshop for people who want to tell a story using audio-visual technology. We will explore the development of a story, the sourcing of materials, and the issues of copyright and attribution. We will get hands-on with free software (or with suitable software you may already have) so that you can complete an audio-visual production telling the story of your choice. You will use your own laptop or one from U3A. The software is not suitable for tablets.

### **19COM014: GETTING TO KNOW YOUR MAC**

*Tutor:* Linda Baynham

*Day & Time:* Weekly Thursday 14:00 - 15:30, 7 March - 21 March

*Location:* Private Home (East Malvern)

For owners of MacBooks and iMacs with the latest macOS. Includes navigation, preloaded aps, third party aps, managing files and using keyboard shortcuts. Topics covered will be adapted to the needs and level of experience of attendees and you are welcome to bring along your MacBook.

*Additional Comments and Prerequisites:* Suitable for Mac users who might be relatively new to this environment or who have some experience and want to improve their skill level and also share ideas. The address will be provided once enrolled in the course.

## **CURRENT AFFAIRS: POLITICS, SOCIAL ISSUES**

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### **19CUR001: CURRENT AFFAIRS - AUSTRALIA & THE WORLD**

*Tutor:* Ron James

*Day & Time:* Weekly Thursday 10:00 - 12:00, 14 February - 28 November

*Location:* Hall Sinclair Avenue

This is a large class format with regular guest speakers and group discussion of events, issues and people in the news.

*Note:* There will be no classes on 4 & 11 July

### **19CUR002: CURRENT AFFAIRS - TUESDAY**

*Tutor:* Peter Eisler

*Day & Time:* Weekly Tuesday 10:30 - 12:00, 12 February- 26 November

*Location:* Leo Baeck Centre 33 Harp Road

Issues of social, economic and the broad political sphere are examined on the basis of information available in the print media. The class selects the topics weekly. Party political matters are generally excluded.

### **19CUR003: THE FIRST PEOPLES OF AUSTRALIA**

*Tutor:* Anne McQueen-Thomson

*Day & Time:* Weekly Wednesday 9:45 - 11:15, 13 February - 27 November

*Location:* West Room Sinclair Avenue

Members' participation is encouraged in this interactive group. Learn about Australia's First Peoples before and after European settlement. Learn about identity, culture and world-view, as well as current topics. There is much to gain from studying the history and ancient culture of the First Peoples and the struggles for their rights. This will help to repair the relationships between them and settler peoples, and restore their rightful place in the nation.

*Textbook:* Larissa Behrendt, *Indigenous Australia for Dummies* (2011), available from Readings and other bookshops.

### **19CUR004: POLITICS AND CURRENT AFFAIRS**

*Tutor:* Peter Hardham & Pennie Kendall

*Day & Time:* Weekly Wednesday 9.45 - 11.15, 13 February - 27 November

*Location:* Hall, Sinclair Avenue

This course will explore a mixture of political, social and current issues. This course will alternate between first class guest speakers and discussion groups which Peter will facilitate. Group participation encouraged.

### **19CUR005: CURRENT AFFAIRS - BEHIND THE NEWS**

*Tutor:* David Spivakovsky

*Day & Time:* Weekly Friday 9:45 - 11:15, 15 February - 29 Nov (NCSH)

*Location:* TD304 Swinburne TAFE Park Street

We try to look at current issues in depth by encouraging inquiry, research and presentation. Topics are chosen by both group and convenor, and cover issues not necessarily in the public eye, but broader issues—local, national and global. Participation is expected.

### **19CUR006: CURRENT AFFAIRS: THE ROLE OF SELF-INTEREST**

*Tutor:* Ian Pittman

*Day & Time:* Weekly Tuesday 13.30 - 15.00, 12 February - 26 Nov (NCSH)

*Location:* South Room Sinclair Avenue

Discussion of domestic and overseas issues that gain the attention of our media with the goal of identifying the self-interest of stake holders. Student prerequisites: A willingness to present 1 or 2 talks over the year.

### **19CUR007: ROUND TABLE DISCUSSION GROUP**

*Tutor:* Edgar Loutit

*Day & Time:* Weekly Monday 11:30 - 13:00, 11 February - 25 November

*Location:* North Room Sinclair Avenue

Come and join in a lively discussion of a broad range of issues in today's changing world. Participants are encouraged to bring topics for the group to discuss.

### **19CUR008: CONSIDERING KEY ISSUES IN THE MEDIA**

*Tutor:* Norm Fary

*Day & Time:* 1st & 3rd Thursday 11:30 - 13:00, 21 February - 21 November

*Location:* South Room Sinclair Avenue

This is largely a discussion group. A short background presentation on a current issue is followed by a general discussion of current issues. Participants are asked to read and bring to class editorials and comment pages from *The Age*, *The Australian*, *The Saturday Paper* and other media whenever possible.

## **EXCURSION PROGRAM**

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### **19EXC001: FERRY TO PORTARLINGTON, HISTORIC TOUR & LUNCH**

*Tutor:* Joan Harding & Excursion Planning Committee

*Day & Time:* Thursday 21 March

*Location:* Depart Docklands Terminal 9:30 Return 17.00

*Cost:* \$31 Ferry return fare plus mill entry. Lunch own cost

Ready for a good day out? Board the Port Phillip Ferry at 9.30am (capacity 400) destined for Portarlington and arriving at 11.00am. Enjoy an informative walk with local historian, including a visit to the old National Trust mill. Lunch at the Grand Hotel overlooking the bay and board the return ferry at 3.30pm.

### **19EXC002: GUIDED TOUR OF KEW CEMETERY**

*Tutor:* Joan Harding & Excursion Planning Committee

*Day & Time:* Wednesday 24 April, 14.00

*Location:* Main gate, High Street, Kew. Melway Ref 45F5

*Cost:* \$10.00

Boroondara General Cemetery, often referred to as the Kew cemetery, is one of the oldest in Victoria. Established in 1859 with an area of 12.5 hectares, remarkably it contains 75,000 graves, including those of many prominent persons and a few rogues also.

### **19EXC003: POPULAR JAZZ PIANO LUNCHEON**

*Tutor:* Joan Harding & Excursion Planning Committee

*Day & Time:* Thursday 23 May, 12:00 - 15:00

*Location:* East Malvern RSL function room - Stanley Grose Drive.

*Cost:* Free concert. Seniors meals available.

Six pianists and a guest soloist will entertain you in the relaxed atmosphere of the East Malvern RSL. This event includes well known 'name' musicians and up and coming pianists who have been mentored for the benefit of the next generation.

### **19EXC004: TOUR OF WALTER AND ELIZA HALL INSTITUTE**

*Tutor:* Joan Harding & Excursion Planning Committee

*Day & Time:* Thursday 6 June, 10.30am Must be punctual

*Location:* 1G Royal Parade Parkville. No 19 Tram in Elizabeth Street,

*Cost:* Free

The Walter and Eliza Hall Institute is Australia's oldest medical research institute established in 1915 and produced a Nobel Prize winner, Sir McFarland Burnett in 1960. Hear of the Institute's achievements. There is an opportunity for small groups to visit selected laboratories.

## INDOOR EXERCISE CLASSES

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### **19EXE001: DANCING THE YEARS AWAY**

*Tutor: Norm Ellis*

*Day & Time: Weekly Wednesday 13:00 - 15:00, 13 Feb - 27 Nov (NCSSH)*

*Location: Eric Raven Pavilion, Glen Iris*

Folk Dancing for older folk! - the social dances of yesteryear - fun dancing in sets [not couples, as for ballroom dancing]. Folk dancing from Britain to the 'Bush' dances of Australia, eg the Barn Dance & Virginia Reel. New members welcome. Please Note: The tutor has the right to inform a participant that the program is not suitable for them.

*Student pre-requisites:* Sprightly walking pace agility and co-operative participation to Dance the Years Away!

### **19EXE004: CREATIVE MOVEMENT AND DANCE**

*Tutor: Naomi Aitchison*

*Day & Time: Weekly Tuesday 10:00 - 11:30, 12 February - 26 Nov (NCSSH)*

*Location: Eric Raven Pavilion, Glen Iris*

Explore your creativity through moving and dancing. A multitude of themes, music and props will help you discover yourself in new ways through movement. Suitable for any level of fitness. Sessions will end with relaxation. Students require comfortable clothes, mat or rug, and pillow for relaxation. No previous dance experience is necessary.

### **19EXE026: SUN STYLE TAI CHI & QIGONG LEVEL 1**

*Tutor: Martha Hui*

*Day & Time: Weekly Tuesday 9:00 - 10:00, 12 February - 26 Nov (NCSSH)*

*Location: Camberwell Market Space*

This is a beginners course on Sun Style Taichi and Qigong, a gentle exercise to improve joint mobility, balancing and general health.

*Student pre-requisites:* Participants must be able to stand alternately on either foot. Loose fitting tops, long pants and flat-soled runners.

### **19EXE027: YANG STYLE TAI CHI & QIGONG LEVEL 2 \***

*Tutor: Charles Leong*

*Day & Time: Weekly Thursday 9:30 - 10:45, 31 January - 19 Dec (NCSSH)*

*Location: Parkview Room Camberwell Library*

This is a continuing course of traditional Yang Style Taichi and Qigong, a gentle exercise to improve balancing and general health. Students must have completed at least 1 year of Taichi and Qigong. Classes may be held elsewhere in school holidays, usually at an outside venue.

*Student pre-requisites:* Participants must be able to stand alternately on either foot. Loose fitting tops, long pants and flat-soled runners.

*Note:* Members may only enrol in one of the Thursday Tai Chi classes - either Level 2 or Level 3 - NOT both.

### **19EXE028: YANG STYLE TAI CHI & QIGONG LEVEL 3 \***

*Tutor:* Charles Leong

*Day & Time:* Weekly Thursday 11:00 - 12:15, 31 Jan - 19 Dec (NCSSH)

*Location:* Parkview Room Camberwell Library

This course is suitable for seasoned practitioners who have learnt the 85 form. Classes may be held elsewhere in school holidays, usually at an outside venue.

*Student pre-requisites:* Participants must be able to stand alternately on either foot. Loose fitting tops, long pants and flat-soled runners.

*Note:* Members may only enrol in one of the Thursday Tai Chi classes - either Level 2 or Level 3 - NOT both.

### **19EXE029: TAI CHI AND QIGONG REVISION - TUESDAY \***

*Tutor:* Kathy Manderson & Linda Kost

*Day & Time:* Weekly Tuesday 8:30 - 10:00, 12 February - 26 November

*Location:* Hall Sinclair Avenue

This is a Tai Chi and Qigong exercise class, rather than a teaching and beginners class. The class is only open for students enrolled in the Level 3 course in 2019.

*Student pre-requisites:* Loose fitting tops, long pants and flat-soled runners.

### **19EXE030: PILATES \***

*Tutor:* Kathy Manderson

*Day & Time:* Weekly Tuesday 10:15 - 11:15, 12 February - 26 November

*Location:* Hall Sinclair Avenue

The Pilates course is an on-going course and will start with basic Pilates exercises. Pilates is very concerned with posture and correct movement. The course will be suitable for all people capable of getting up and down off the floor. Bring an exercise mat for the floor and an old bath towel. Members of the class are expected to commit to regular attendance. New applicants will be contacted by the tutor before being accepted into the course.

### **19EXE040: YOGA**

*Tutor:* Ray Clarke

*Day & Time:* Weekly Thursday 12:30 - 13:45, 14 Feb - 28 Nov (NCSSH)

*Location:* Parkview Room Camberwell Library

Yoga makes you feel more alive and energised and has many benefits for health and well-being. This weekly course includes warm up exercises, breathing exercises, spinal movement, physical postures, cooling down and relaxation. Ray is an accredited Yoga Australia level 2 teacher.

*Student pre-requisites:* Wear loose clothing and bring a yoga mat and a thick blanket. All classes are conducted in bare feet, no shoes or socks.

### **19EXE050: FELDENKRAIS - AWARENESS THROUGH MOVEMENT**

*Tutor:* Simon Sliker

*Day & Time:* Weekly Tuesday 13:00 - 14:00, 12 Feb - 26 Nov (NCSSH)

*Location:* Parkview Room Camberwell Library

Feldenkrais is a form of movement education which utilises the neuromuscular system to improve at any age. The lessons are based on the idea that awareness

and focused attention on small movements will lead to greater improvement in function than force or effort. Many of the lessons are done lying on the floor.

Regular attendance is required.

*Student prerequisites:* Bring a yoga mat or thick blanket (or both) to lie on. Ability to get on to the floor and to get up is essential.

## FRENCH

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### **19FRE001: FRENCH BEGINNERS**

*Tutor:* Carolyn Macafee

*Day & Time:* Weekly Thursday 15:00 - 16:30, 14 February - 21 November

*Location:* West Room Sinclair Avenue

This class is for students with little or no knowledge of the French language. The course is grammar based, but also has a social/historical component.

*Text:* Schaum, *French Grammar* (6th Edition).

### **19FRE003: FRENCH YEAR 3 \***

*Tutor:* Carolyn Macafee

*Day & Time:* Weekly Monday 13:15 - 14:45, 11 February - 18 November

*Location:* West Room Sinclair Avenue

This class is for students with some knowledge of French grammar. The course is grammar based, having also a social/historical component.

*Text:* Schaum *French Grammar* (6th Edition).

New applicants for this course will be contacted by the tutor in January to assess suitability for this course level before final confirmation of acceptance in the course.

### **19FRE004: INTERMEDIATE FRENCH 1 \***

*Tutor:* Barbara Shepherd

*Day & Time:* Weekly Wednesday 13:15 - 14:45, 27 February - 27 November

*Location:* Room 2 Sinclair Avenue

Continuing course for people with 4 years of French. Knowledge of French required – present tense, passé composé and future tense. Willingness to participate in discussion necessary. Homework to be completed.

*Text:* *Vite et Bien 2*, Claire Miguel, CLE International - retained from 2018.

New applicants for this course are subject to tutor acceptance following telephone contact to assess suitability for this course level.

### **19FRE005: INTERMEDIATE FRENCH 2 \***

*Tutor:* Barbara Shepherd

*Day & Time:* Weekly Thursday 13:15 - 14:45, 28 February - 28 November

*Location:* Room 2 Sinclair Avenue

Continuing course for people with 5 years of French. Knowledge of main tenses of verbs necessary, present, future and past (passé composé, imparfait), recognition of pluperfect and conditional). Participation in discussion and completion of homework required.

*Textbook:* to be communicated in 2019.

New applicants for this course are subject to tutor acceptance following telephone contact to assess suitability for this course level.

**19FRE009: FRENCH YEAR 9 \***

*Tutor:* Carolyn Macafee

*Day & Time:* Weekly Thursday 13:15 - 14:45, 14 February - 21 November

*Location:* West Room Sinclair Avenue

This is a continuing course for students with 8 years of French. At this stage there are no vacancies in this class.

**19FRE010: ADVANCED FRENCH \***

*Tutor:* Barbara Shepherd

*Day & Time:* Weekly Thursday 11:30 - 13:00, 28 February - 28 November

*Location:* Room 2 Sinclair Avenue

Continuing course for people with 6 years of French. Good knowledge of main tenses and French verbs necessary, including pluperfect and conditional. Some idea of active/passive voice and present and past subjunctive. Willingness to participate in discussion on a variety of topics and completion of homework required.

*Text:* *Edito* Workbook and Textbook, *Niveau B2* 3rd edition, Elodie Heu, Jean Jaques Mabilat Didier - retained from 2018.

New applicants for this course are subject to tutor acceptance following telephone contact to assess suitability for this course level.

**19FRE015: FRENCH - CONVERSATION \***

*Tutor:* Beth Cameron

*Day & Time:* Weekly Monday 11:30 - 13:00, 11 February - 25 November

*Location:* Room 2 Sinclair Avenue

Every student will prepare a presentation to make to the class—can be spontaneous or read. The lesson is conducted only in French. Participants must have knowledge of French at conversation level. New applicants for this course are subject to tutor acceptance following telephone contact to assess suitability for this course level.

**19FRE016: FRENCH CONVERSATION - ADVANCED \***

*Tutor:* Millie Campain

*Day & Time:* Weekly Wednesday 13.13 - 14.45, 13 Feb - 27 Nov (NCSSH)

*Location:* Room 1 Sinclair Avenue

Every member of the class must present a previously prepared topic in French. This presentation can be spontaneous or read. Only French is used during the lesson. Participants must have a good knowledge of French at conversation level and good comprehension.

New applicants will be considered subject to tutor acceptance following telephone contact to assess suitability for this course level.

## INDOOR GAMES

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**19GAM002: BRIDGE - SUPERVISED PLAY - MONDAY**

*Tutor:* Linda Baynham

*Day & Time:* Weekly Course, Mon 13:30 - 16:00, 11/02/2019 - 25/11/2019

*Location:* Hall Sinclair Avenue

This course provides a relaxed environment for those wishing to improve their bridge skills by card play each week, along with some ongoing instruction. This course uses the Standard American Five Card Major bidding system.

*Please note:* this class is not for beginners, but for those who have been playing for at least a year and are keen to develop their skills in the game further. It may be suitable also for those who have played bridge at a more advanced level in the past and would like to take it up again.

*Note:* If you were not part of this group in 2018, the tutor will contact you in January to discuss whether or not you are at a sufficient level to fit into the class. To cover the cost of consumables, a levy of \$5 is to be paid by new players.

### **19GAM003: INTERMEDIATE BRIDGE - TUESDAY**

*Tutor:* Nafty Vanderhoek

*Day & Time:* Weekly Tuesday 9:30 - 11:15, 12 February - 26 November

*Location:* North Room Sinclair Avenue

For players with knowledge and experience with bridge fundamentals. Explores bidding and defence techniques in addition to declarer play.

*Student pre-requisites:* Basic bridge knowledge and experience. To cover the cost of consumables, a levy of \$5 is to be paid by new players and may also be payable, if needed, during the year by all bridge players.

### **19GAM004: DUPLICATE BRIDGE - WEDNESDAY**

*Tutor:* Chula Na Ranong

*Day & Time:* Weekly Wednesday 13:30 - 16:30, 13/02/2019 - 27/11/2019

*Location:* Hall Sinclair Avenue

*Student pre-requisites:* At least 12 months experience of playing duplicate bridge at a normal pace. To cover the cost of consumables, a levy of \$5 is to be paid by new players and may also be payable, if needed, during the year by all bridge players.

### **19GAM005: DUPLICATE BRIDGE - MONDAY**

*Tutor:* Claus Gyrn

*Day & Time:* Weekly Monday 9:15 - 12:00, 11 february - 25 November

*Location:* Hall Sinclair Avenue

Duplicate bridge for experienced players. To cover the cost of consumables, a levy of \$5 is to be paid by new players and may also be payable, if needed, during the year by all bridge players.

### **19GAM010: CHESS**

*Tutor:* David Barber

*Day & Time:* Weekly Wed 15:00 - 16:30, 13 February - 27 November

*Location:* Room 1 Sinclair Avenue

We are a self-help group with some experienced players. New members and beginner players would be most welcome. *Student pre-requisites:* Basic understanding, some playing experience. Members must provide their own chess boards and pieces.

### **19GAM016: CRYPTIC CROSSWORDS FOR CRAZY CRUCIVERBALISTS**

*Tutor:* Sue Wilson

*Day & Time:* Weekly Thursday 9:30 - 10:30, 14 February - 28 November

*Location:* Room 1 Sinclair Avenue

The course will have two streams. One for those who are new to Cryptic Crosswords and one for those who have some or lots of experience.

**Beginners:**

Introduction to solving Cryptic Crosswords for those who are new to CCs

1. What is it all about, the benefits and joys

2. Learning to look at cryptic clues and dissecting them to get the meaning

3. Learning all the tricks and sneaky wordplays including anagrams, charades, words inside words, reversals, homophones, hidden words and others.

4. Outcomes- to be able to attempt simple cryptic crosswords and to turn confusion and befuddlement into clarity and to set the participants on their way to being able to solve with success

**Experienced:**

1. To solve crosswords at your level with like-minded folk

2. To use the experience of others to extend your solving abilities

3. To come together to enjoy words, word play and solving the mysteries of Cryptic Crosswords

### **19GAM020: SCRABBLE CLUB**

*Tutor:* Ellen Frajman

*Day & Time:* Fortnightly 2nd & 4th Friday 10:30 - 12:30 22 Feb - 22 Nov

*Location:* Room 1 Sinclair Avenue

This is a fortnightly scrabble club where enrolled members can play scrabble and improve their game with Ellen's advice and support. The style of the course will be dependent on the interests and expertise of participants. Beginner to advanced players will be catered for.

### **19GAM030: MAHJONG (BEGINNERS AND ONGOING)**

*Tutor:* Janina Noga

*Day & Time:* Weekly Friday 11:30 - 13:00, 15 February - 29 November

*Location:* Hall Sinclair Avenue

Join our weekly group playing the ancient and mysterious game of Mahjong (western style). Experienced players and new players are invited to participate.

Classes for new players will be held during the first 12 weeks of the year only, beginners must commit to attend these 12 weeks. Beginners will not be accepted after the start of the year.

Student pre-requisites: *Students will be informed of the textbooks at the first lesson.* The initial book costs approx \$15.

## **GERMAN**

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### **19GER001: GERMAN - BEGINNERS**

*Tutor:* Beth Cameron

*Day & Time:* Weekly Monday 9:45 - 11:15, 11 February - 25 Nov (NCSSH)

*Location:* Room 2 Sinclair Avenue

This is a course for beginners. It is not available to anyone with prior knowledge of German. It aims to develop simple oral communication in the language. The

emphasis will be on speaking, but some grammar will be taught if the need arises. Some homework will be necessary. The course book to be purchased will be discussed in the first class.

### **19GER002: GERMAN - CONTINUING \***

*Tutor:* Terry Hastings

*Day & Time:* Weekly Tuesday 11:30 - 13:00, 12 February - 26 Nov (NCSSH)

*Location:* Room 2 Sinclair Avenue

Students need to have completed the equivalent of two years study of German. Consolidate skills of listening, speaking, reading and writing. The course also teaches pronunciation and simple conversation useful for travellers, as well as looking at some of the history and culture of German speaking countries. Participation in oral work and completion of homework are required. A German dictionary is essential. New applicants for this course are subject to tutor acceptance following telephone contact to assess suitability for this course level.

### **19GER003: GERMAN - INTERMEDIATE CONVERSATION \***

*Tutor:* Einhart Lincke

*Day & Time:* Weekly Monday 14:00 - 15:30, 11 February - 25 Nov (NCSSH)

*Location:* North Room Sinclair Avenue

The course is new and the Tutor will be pleased to act on feedback from students. The plan is to provide an opportunity for students to improve their German by speaking to the group in German on a diversity of subjects (to some extent of their choice) after reading about them on the Deutsche Welle News . (Access to the internet is required for that). Reading these items and speaking on them is expected to provide a couple of dimensions of learning German. Apart from the class being a conversation group, it is expected that about a third of each class will be devoted to discussing German grammar. Our textbook will provide structure to guide us. When students have specific needs or interests in certain aspects of grammar this can be taken into account as the course progresses.

*Student pre-requisites:* students will participate in oral work. Students must be prepared to ask questions! Access to the internet is required. A German dictionary is essential.

*Textbook:* *Schaum's Outlines- German Grammar - Fifth Edition*

### **19GER004: GERMAN - ADVANCED \***

*Tutor:* Heide Garner

*Day & Time:* Weekly Tuesday 9:45 - 11:15, 12 February - 26 Nov (NCSSH)

*Location:* Room 2 Sinclair Avenue

Students need to be at a level where they can contribute to conversation and discussions in German. Students are expected to prepare some material for class discussion. We watch short podcasts from Deutsche Welle or similar. We read articles on a variety of themes. We read one novel or play or short stories each year and some poetry.

*Student pre-requisites:* Students must be at an advanced level. New applicants for this course are subject to tutor acceptance following telephone contact to assess suitability for this course level.

### **19HEA: ASPECTS OF HEALTH - OVERVIEW**

This monthly series invites professionals from a wide variety of health care and/or research organisation to present on current issues. The series is co-ordinated by Helen Pickering.

#### **19HEA001: THE TRUTH ABOUT DELAYING ONSET OF AGEING**

*Tutor: Graham Morgan-Elliss*

*Day & Time: Single session Thursday 13:30 - 15:00, 7 March*

*Location: Hall Sinclair Avenue*

• Quantity or quality in the years ahead? • How do we ensure Functional Longevity? • Have we confused the process of ageing and illness as being a necessary part of ageing? • What is your ageing trajectory? Graham will discuss the above questions and provide some answers to these and other considerations around the ageing process. He will then offer some meaningful options and a way forward to a happier healthful life. Graham Morgan-Elliss is a champion in his age group and an example to others who aspire to a fit active and healthy lifestyle. He is an experienced Functional Ageing Exercise Specialist, Functional Ageing Group Exercise Specialist and Personal Trainer.

#### **19HEA002: YOUR BRAIN MATTERS**

*Tutor: Dementia Australia*

*Day & Time: Single session, Thursday 13:30 - 15:00, 4 April*

*Location: Hall Sinclair Avenue*

First noticed when a person may exhibit changes to memory or behaviour, an estimated 425,000 Australians are living with dementia. By 2056 this may increase to 1 million at an estimated cost of \$36.8 billion. Dementia Australia is the national peak body and charity for people of all ages living with all forms of dementia, their families and carers. It provides advocacy, support, education and information for those affected.

#### **19HEA003: INTERPLAST - AUST SURGEONS VOLUNTEER**

*Tutor: Interplast*

*Day & Time: Single session, Thursday 13:30 - 15:00, 2 May*

*Location: Hall Sinclair Avenue*

Interplast – Australian Surgeons and their teams volunteering in Asia Pacific Interplast is a charitable organisation started by Rotary in 1983 through a partnership with the Royal Australian College of Surgeons. Interplast sends fully qualified volunteer plastic and reconstructive surgeons, anaesthetists, nurses and skilled professionals to the Asia Pacific region to provide free surgical treatment to impoverished patients. Treatment is provided for conditions such as cleft lip and palate, tumours, burns and scar contractures. There is a strong emphasis on incorporating medical training for local personnel. This will be a presentation about some of their work.

## **19HEA004: FUNCTIONAL PILATES - FALLS PREVENTION SEMINAR**

*Tutor: Filippa Minnelli*

*Day & Time: Single session, Tuesday 13:30 - 15:00, 2 April*

*Location: Hall Sinclair Avenue*

Despite the plethora of research, falls for people over 50+ is on the increase. Knowledge of key risk factors is your best protection. Filippa Minnelli is the Principal Pilates Instructor at Functional Pilates. She will review the research based evidence, help you identify your key factors and teach a few simple exercises to help you improve balance and regain confidence.

## **HUMANITIES: HISTORY, LAW, SOCIOLOGY, ECONOMICS, ENVIRONMENT, RELIGION**

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### **19HUM001: WORSE THINGS HAPPEN AT SEA**

*Tutor: Bruce Gooley*

*Day & Time: Weekly Tuesday 9:45 - 11:15, 12 February - 30 April*

*Location: West Room Sinclair Avenue*

An illustrated maritime history miscellany covering: Some Australian maritime disasters, Henry Hudson, Operation Hannibal and the loss of MV Wilhelm Gustloff and SS Cap Arcona, King Island ships, lights and wrecks, The Pacific Sandalwood Trade 1830-45, Great Australian Convict Escapes by sea, Vitus Bering and the Imperial Russian Navy, Our Forgotten Rag Tag Fleet 1942-3, Desperate Voyages in Open Boats, Steamship Immigration to Aust. before 1939, and Three North Atlantic shipwrecks and mysteries. Participants will be encouraged, and if requested supported, to deliver a brief presentation to the class on an area of maritime history that is of special interest to themselves, during the last session.

### **19HUM002: CRIME AND PUNISHMENT**

*Tutor: Irving Miller*

*Day & Time: Weekly Tuesday 11:30 - 13:00, 12 February - 2 April*

*Location: West Room Sinclair Avenue*

This course examines "Crime and Punishment" in our community today. It is NOT a course about Philosophy or hypothetical Jurisprudence; it is a practical analysis of the Criminal Justice system with respect to "serious crime" in Victoria/Australia. Does "crime" pay?? If caught, what can the offender expect to "pay" as punishment?? The course will examine, explain and discuss the important legislation and case law which applies in Victorian superior courts for "serious crime" and "serious criminals". Topics to be covered include: the Crimes Act, the Sentencing Act, the Terrorism [Community Protection] Act, the Serious Sex Offenders [Detention & Supervision] Act, Parole [as part of the Criminal Justice system], and numerous actual court cases and decisions. Though this course is largely a repeat of 2018, it will include new legislation, recent sentencing data and the latest case law where relevant.

### **19HUM003: CHINA TODAY**

*Tutor: Albert Ip*

*Day & Time: Weekly Monday 11:30 - 13:00, 18 February - 4 March*

*Location: South Room Sinclair Avenue*

In the last 30 to 40 years, we have seen the rise of China which is unique in human history. How did they do that? We shall look at the policy framework and international political environment of China, as well as a brief introduction to Xi Jin Ping.

#### **19HUM004: THE HISTORY OF BRITISH INDIA**

*Tutor: Vin Underwood*

*Day & Time: Weekly Friday 11:30 - 13:15, 15 February - 2 August*

*Location: South Room Sinclair Avenue*

This course uses the Great Courses DVDs, The History of British India, as a basis for studying this very interesting period of British history. The material from the DVD will be supplemented by tutor presentations and class discussions.

#### **19HUM005: HISTORY OF CHINA**

*Tutor: Wolfe Sharp*

*Day & Time: Weekly Tuesday 11:30 - 13:00, 12 March - 2 July*

*Location: Hall Sinclair Avenue*

Over the last 40 years China has become an economic powerhouse second only to America on the world stage, and projected to overtake the size of the U.S. economy within a decade. Simultaneously, it has expanded its political influence and is increasing its military power. There are those who admire the accomplishments it has achieved and seek closer ties, and many others who view its rise with suspicion and anxiety. To understand any society one must know its history, culture, traditions and philosophies, in order to understand where it has come from and where it might be heading, particularly so with a culture that is so vastly different from that of the West.

This course will briefly cover the totality of Chinese History from its earliest beginnings to (almost) the present time, including all of the major Dynasties which influenced its development, and the different philosophies which guided its intellectual thought, political advancements, and amazing technological achievements.

#### **19HUM006: CONVERSATION WITH INTERNATIONAL STUDENTS**

*Tutor: Carol Lancashire*

*Day & Time: Single session, Monday 14:00 - 15:30, 18 March*

*Location: TD304 Swinburne TAFE Park Street*

This is an opportunity to meet and talk with international students at Swinburne University, mainly post graduate students. These young people welcome the opportunity to talk informally with 'locals' outside the university. This is one session only and participants would meet with 1 to 3 students to chat for 1.5 hours. An interest in meeting young people from overseas and sharing your experiences and knowledge of Australia and its customs and culture.

#### **19HUM007: THE AMERICAN CIVIL WAR 1861 - 1865 AND AFTER**

*Tutor: Graham Pratt*

*Day & Time: Weekly Wednesday 11:30 - 13:00, 6 March - 10 April*

*Location: Hall, Sinclair Avenue*

The course would explore the causes, the course and consequences of the American Civil War through to the present day. It would cover the following:

- The historical background to the war.
- The events leading to the war's start in 1861.
- The progress of the war including the major battles and the casualties.
- The impact of the war on the civilian population.
- The post-war period including the era of reconstruction.
- The medium and long-term consequences of the war.

The final session will review the relevance of the civil war to the USA of today.

### **19HUM008: THE ART OF PERSUASION**

*Tutor: Ian McKenzie*

*Day & Time: Weekly Thursday 13:30 - 15:30, 2 May - 23 May*

*Location: North Room Sinclair Avenue*

The art of persuasion – a short introduction to debating theory and practice. Sessions will include an introduction to debating, covering both theory and practice and will include some practice debates for class members in later sessions.

### **19HUM009: STOCKS AND SHARES**

*Tutor: James Blaufelder*

*Day & Time: Weekly Wednesday 11:30 - 13:00, 27 February - 13 March*

*Location: West Room Sinclair Avenue*

Part 1)

- Update on the current share market conditions
- What's affecting asset prices both in Australia & the U.S
- Election year 2019 – how this will affect the Australian stock market

Part 2)

- How to generate additional income over your current share portfolio
- Introduction onto Options

Part 3)

- Exchange Traded Funds (ETF's)
- What they are
- What role they play in your portfolio
- The benefits of asset allocation using ETF's.

### **19HUM010: HISTORY OF EARLY RELIGION**

*Tutor: David Miller*

*Day & Time: Weekly Friday 13:15 - 14:45, 19 July - 8 November*

*Location: Room 2 Sinclair Avenue*

"Early Religion: An Alternative History". The course has five sections: 1. The Indo-European, Semitic and Dravidian backgrounds. 2. Zoroastrianism: Origin, and influence on the Abrahamic religions. 3. Christianity: From Early Church to Imperial Church. 4. Gnostic Christian 'heresies': Marcionites, Valentinians, Manichaeans. 5. Analysing religion and spirituality.

### **19HUM011: THE ABCS OF ISRAEL AND THE MIDDLE EAST**

*Tutor: Zvi Civins*

*Day & Time: Weekly Tuesday 13:30 - 15:00, 30 April - 18 June*

*Location: Hall Sinclair Avenue*

This course will provide a simple but effective framework to examine and understand the history, conflicts, challenges and possibilities for Israel and its

neighbours. Using 'the ABCs' of Israel and the Middle East we will examine key people, decisions, events and more which have led to the creation of the State of Israel, as well as those which have led to the challenges and conflicts the world has seen all too often in recent years.

## ITALIAN

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### **19ITA001: ITALIAN - BEGINNERS**

*Tutor:* Wilma Buccella

*Day & Time:* Weekly Wednesday 9:45 - 11:15, 27 Feb - 27 Nov (NCSSH)

*Location:* Room 2 Sinclair Avenue

This course is for people with very basic or no prior knowledge of Italian.

### **19ITA002: ITALIAN - YEAR 2**

*Tutor:* Flora Nicoletti

*Day & Time:* Weekly Course, Tuesday 14:30 - 16:00, 12 Feb - 26 November

*Location:* Room 1 Sinclair Avenue

This is a continuation of the 2018 Italian beginners course. No new students will be accepted.

### **19ITA003: ITALIAN YEAR 3**

*Tutor:* Flora Nicoletti

*Day & Time:* Weekly Course, Thursday 13:15 - 14:45, 14 Feb - 27 Nov

*Location:* Room 1 Sinclair Avenue

Continuation of the 2018 Italian - Year 2 course. No new students accepted in this course for 2019.

### **19ITA005: ITALIAN YEAR 5**

*Tutor:* Flora Nicoletti

*Day & Time:* Weekly Wednesday 10:00 - 11:30, 13 Feb - 27 Nov

*Location:* Private Home (Kew)

Continuation of the 2018 Year 4 Course. No new students accepted for 2018.

### **19ITA010: BASIC ITALIAN CONVERSATION \***

*Tutor:* Ces Volpato

*Day & Time:* Weekly Friday 9:45 - 11:15, 15 February - 29 November

*Location:* Room 2 Sinclair Avenue

For students wishing to acquire competence and confidence in spoken Italian language. Emphasis will be on language structures and phrases used in conversation, especially when travelling.

*Student pre-requisites:* Some knowledge of Italian is required.

New applicants for this course are subject to tutor acceptance following telephone contact to assess suitability for this course level.

### **19ITA012: ITALIAN - CONVERSATION \***

*Tutor:* Ces Volpato

*Day & Time:* Weekly Monday 13:15 - 14:45, 11 February - 25 November

*Location:* Room 2 Sinclair Avenue

Students will discuss topics of interest in Italian as well as read and translate from

Italian literature and newspapers, and will be encouraged to converse in Italian. *Student pre-requisites:* Fluency in spoken Italian is essential. New applicants for this course are subject to tutor acceptance following telephone contact to assess suitability for this course level.

**19ITA020: ITALIAN LITERATURE \***

*Tutor:* Christine Watters

*Day & Time:* Weekly Tuesday 11:30 - 13:00, 12 February - 26 November

*Location:* Room 1 Sinclair Avenue

We read and translate Italian novels, plays and poetry. This is an opportunity to enjoy Italian literature without a focus on grammar.

*Student pre-requisites:* Students require a good knowledge of Italian.

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## JAPANESE

**19JAP001: JAPANESE - BEGINNERS**

*Tutor:* Marjorie Millingen

*Day & Time:* Weekly Monday 9:30 - 12:00, 11 February - 25 Nov (NCSSH)

*Location:* Private Home (Kew)

Simple Japanese grammar. Hiragana, Katakana, Kanji. Reading and writing simple texts. Simple Japanese conversation. Homework is required.

*Materials required:* coloured pencils, Japanese/English dictionary; Kanji dictionary.

**19JAP002: JAPANESE - POST BEGINNERS \***

*Tutor:* Beverley Fagan

*Day & Time:* Weekly Monday 9:30 - 12:00, 11 February - 25 Nov (NCSSH)

*Location:* TD304 Swinburne TAFE Park Street

Translation of text from Japanese to English; exercises in grammar; encouragement of spoken Japanese; learning of Japanese culture through audio-visual media after mid-session coffee break.

*Materials required:* Japanese/English Dictionary; Kanji dictionary.

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## LATIN

**19LAT009: LATIN - YEAR XVII \***

*Tutor:* Alby Twigg

*Day & Time:* Weekly Wednesday 9:45 - 11:15, 13 February - 27 November

*Location:* Room 1 Sinclair Avenue

We shall be studying Virgil - The Georgics - Book 4. *Student pre-requisites:* Students should have completed either the Oxford or Cambridge Latin Course and feel confident about reading Virgil or Cicero or Caesar. A good Latin dictionary is essential.

## LECTURES

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### **19LEC001: READMAN LECTURE - MELBOURNE'S EARLY HISTORY**

*Presenter: Professor Geoffery Blainey*

*Day & Time: Single session Thursday 21 March 14:00 - 15:30*

*Location: Hall, Sinclair Avenue.*

Melbourne's early history, including the near- eastern suburbs

## LITERATURE

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### **19LIT001: LITERATURE GROUP - LEACH & GIESE**

*Tutor: Lois Leach & Jean Giese*

*Day & Time: Weekly Tuesday 9:45 - 11:15, 12 Feb - 26 Nov (NCSH)*

*Location: South Room Sinclair Avenue*

The course comprises mainly fiction, but may include some non-fiction. It includes a poetry session and a play reading. Individual members select a book on which they volunteer to lead the discussion over 2 weeks. We aim to read 16 books over the year. The full booklist will be put on the U3A website.

### **19LIT002: BOOK GROUP - MONTHLY 2ND WEDNESDAY**

*Tutor: Beverley Fagan*

*Day & Time: Monthly 2nd Wednesday 11:30 - 13:00, 13 Feb - 13 Nov*

*Location: Room 2 Sinclair Avenue*

Informal discussion of a range of books, looking at merits of plot, character development, themes, literary styles. Books to be suggested by students and tutor. First book for 2019: Amor Towles *A Gentleman in Moscow*.

### **19LIT003: BOOK GROUP - MONTHLY 3RD TUESDAY**

*Tutor: Ruth Hoadley*

*Day & Time: Monthly 3rd Tuesday 10:00 - 11:30, 19 February - 19 Nov*

*Location: Private Home (Hawthorn)*

We select a range of books, literary fiction and non-fiction for discussion led by group members. This group meets in a private home in the Hawthorn area. The first book for 2019 will be Victor Hugo *The Hunchback of Notre Dame*.

### **19LIT004: BOOK GROUP - MONTHLY 4TH WEDNESDAY**

*Tutor: Elaine Cockburn*

*Day & Time: Monthly 4th Wednesday 11:30 - 1:00 27 February - 27 Nov*

*Location: Room 2 Sinclair Avenue*

A monthly reading and discussion of texts chosen from classical and contemporary fiction and non-fiction. Each group member is expected to have read the set text and be prepared to contribute to class discussions.

### **19LIT005: FOURTH TUESDAY BOOK CLUB**

*Tutor: Lilli Lipa & Ian McKenzie*

*Day & Time: Monthly 4th week, Tue 14:00 - 15:30 26 February - 26 Nov*

*Location: Room 2 Sinclair Avenue*

We will generally read current novels of literary value as well as occasional non-fiction, short stories or classical works. A book list will be generated by the group and distributed at the beginning of the year. The first book for 2019 is *The Shepherd's Hut* by Tim Winton.

#### **19LIT006: MEN'S BOOK CLUB**

*Tutor:* Simon Spurgeon

*Day & Time:* Monthly 4th Wednesday 15:30 - 17:00 27 February- 27 Nov

*Location:* Private homes of members

We meet monthly at member's homes to discuss a selected book. Titles vary from fiction, biography and history. All members have input to the selection of titles. Among the books we read in 2018 were: *Home Fire* by Kamila Shamsie, *Infidel* by Ayaan Hirsi and *Red Notice* by Bill Browder. All generated a lively discussion.

#### **19LIT008: BOOKS FOR LIFE**

*Tutor:* Margaret Oates

*Day & Time:* Weekly Wednesday 13:15 - 14:45 13 Feb - 27 Nov (NCSSH)

*Location:* South Room Sinclair Avenue

Classics, recent novels, plays, short stories and poetry are read in class and discussed. Student pre-requisites: Two or three books at reasonable prices.

#### **19LIT010: READING SHAKESPEARE**

*Tutor:* Kate Nelson

*Day & Time:* Weekly Wednesday 10:00 - 12:00, 13 Feb - 27 Nov (NCSSH)

*Location:* Balwyn Library Room 2

In this class we read aloud and discuss the plays of Shakespeare. At the end of each play we watch and discuss a DVD performance of the work. We also venture into poetry, the works of other playwrights such as Chekov and Ibsen and sometimes more contemporary writers. Members of the class offer to organise readings, visiting speakers and audio-visual support. The first term for 2019 will focus on the theme of evil in Shakespeare's plays: Richard 111, Othello and Macbeth.

*Student prerequisites:* Copies of the plays we are reading.

#### **19LIT012: SHARING POETRY**

*Tutor:* Lena Frankel

*Day & Time:* Weekly Thursday 13:30 - 15:00, 14 February - 28 November

*Location:* Private Home (Kew)

Poetry from all parts of the world studied and read. No knowledge of poetry is required. This course is held in a private home in the Kew area.

*Student prerequisites:* A respect for words used well and an interest in contributing to content and discussion.

#### **19LIT023: FIRST STEPS IN CREATIVE WRITING**

*Tutor:* Meg Adams

*Day & Time:* 2nd & 4th Monday 14:30 - 16:00, 11 Feb - 25 Nov

*Location:* South Room Sinclair Avenue

The aim of this course is to have participants write on some given or agreed topics and share their work within the group. Areas such as different styles of writing, structure etc will be discussed. Bring pens and paper

## **19LIT025: GREECE: HER THEATRE, HER TRAGEDIES, HER COMEDIES AND THEIR AUTHORS (PT 3)**

*Tutor:* George Theodoridis

*Day & Time:* Weekly Friday 11.30 - 13.00 from 15 February - 29 March

*Location:* West Room Sinclair Avenue

Session 1: The Gods

Session 2: The Stage and the Playwrights

Session 3: Aeschylus' Eumenides

Session 4: Sophocles' Philoctetes

Session 5: Euripides' Trojan Women

Session 6: Aristophanes' Clouds

Session 7: Epilogue and Q&A

## **MUSIC**

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### **19MUS001: ORCHESTRA OF U3A HAWTHORN \***

*Manager:* Ruth Muir

*Day & Time:* Dates as specified, Thursday 10:00 - 12:30, 21 Feb - 28 Nov

*Location:* St Mark's Church Hall cnr Burke & Canterbury Roads

A full symphony orchestra which performs at least 3 concerts a year, as well a visit to a local primary school. Repertoire mainly from 19th and 20th centuries, with soloists, often young aspiring students or graduates. Rehearsal and performance schedules will be sent out and placed on Orchestra website. Student pre-requisites: Sight reading capability, some knowledge of orchestral practice, reasonable playing standard. New applicants to join the Orchestra will be assessed before final acceptance.

### **19MUS002: CHOIR OF U3A HAWTHORN**

*Manager:* Bev Rangott

*Day & Time:* Weekly Tuesday 10:00 - 11:45, 12 Feb - 26 Nov (NCSSH)

*Location:* Parkview Room Camberwell Library Inglesby Road

We aim to enjoy singing together, covering a variety of musical genres. We aim to extend our choral abilities and experience and develop a balanced and melodic choir sound. Student prerequisites: Some basic musical knowledge and a keen desire to participate enthusiastically as part of a group in a supportive and friendly environment. There are no auditions. We ask for regular attendance. Register for the choir and come along to the rehearsals. Note: no classes in State School holidays - NCSSH

### **19MUS003: RECORDER GROUP \***

*Tutor:* Jeanette McArthur

*Day & Time:* Weekly Wednesday 10:15 - 11:45, 13 Feb - 27 Nov

*Location:* Community Room Stocklands cnr Toorak and Tooronga Roads

Small recorder group, playing music from baroque to modern. Different levels of competence within Group. Instruments range from descant to bass. NB not for beginners Student pre-requisites: Ability to play recorder and read music.

### **19MUS013: COMPOSERS AND THEIR MUSIC**

*Tutor: John Byrne*

*Day & Time: 1st & 3rd Wednesday 2:00 - 4:00 ,20 February - 20 Nov*

*Location: West Room Sinclair Avenue*

A personal overview of the composers of the Western tradition and influences that shaped their work.

### **19MUS014: ENJOYING OPERA**

*Tutor: Sam Alfreds*

*Day & Time: Weekly Friday 1:30 - 3:30, 10 May - 29 November*

*Location: West Room Sinclair Avenue*

Learning to differentiate and therefore enjoy opera styles of different periods of opera and their composers.

### **19MUS015: JAZZ FOR ENJOYMENT**

*Tutor: Layton Moss*

*Day & Time: Weekly Friday 1:20 - 2:45, 15 February - 29 November*

*Location: Hall Sinclair Avenue Campus*

Jazz appreciation from Ragtime to Big Band; from traditional to modern.

## **OUTDOOR ACTIVITIES**

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### **19OUT001: SHORTER WALKS ON WEDNESDAY**

*Convenor: Garry Warne*

*Dates: Monthly 2nd Wednesday 10:30, 13 March - 13 November*

*Location: Different locations*

Meet at 10.15am at the starting point. Easy walks of 6-8km, conducted at a pace suited to our age group. Student pre-requisites: Good walking shoes, day-pack and water-bottle are required. Students bring own packed lunch. You will also be required to sign an Acknowledgement of Risks form on your first walk. Details of the walks will be on the U3A Hawthorn website [www.u3ahawthorn.org.au/walking.html](http://www.u3ahawthorn.org.au/walking.html). There will be a meeting for those enrolled in this course on Wednesday 6 February at 10.30am in West Room at Sinclair Avenue.

### **19OUT002: METRO WALKS - SHORT WALKS ON TUESDAY**

*Convenor: Lorraine Doyle*

*Day & Time: Monthly 3rd Tuesday 10:00 - 12:30, 19 March - 19 November*

*Location: Different locations*

Easy walks of 6-8km in the Melbourne area. Where possible walks will be close to public transport and will start and finish at the same spot. There will be a morning tea break at a café (own cost). The walks will usually be from 10am until 12.30pm. Details of the walks will be on the U3A Hawthorn website [www.u3ahawthorn.org.au/walking.html](http://www.u3ahawthorn.org.au/walking.html) Student prerequisites: Good walking shoes, day-pack and water-bottle are required. You will also be required to sign an Acknowledgement of Risks form on your first walk.

### **19OUT003: WEDNESDAY WEEKLY WALK AND TALK**

*Convenors: Elisa Lando & Janet Gromer*

*Day & Time: Weekly Wednesday 10:00 - 12:00, 13 February - 27 Nov*

*Location: As specified*

Weekly walks (commencing 10am) of approximately 1 hour (6-10 km) followed by talk at a local cafe. Walks typically start from Central Park (cafe side of Burke Rd opposite Central Park, located on corner Burke and Wattletree roads). There is plenty of parking at Central Park on Kingston street. Student prerequisites: Comfortable walking shoes. Energetic walkers with a reasonable level of fitness, and capable of walking the distance over varied but not too-difficult terrain. You will also be required to sign an Acknowledgement of Risks form on your first walk. Walks, typically starting and finishing from same spot, with destinations that may include: Hedgeley Dene Gardens, Glen Iris Wetlands, Caulfield Park and the lovely Malvern streets. As well as, walks in Port Melbourne, St Kilda, Williamstown plus other destinations reachable by public transport and based upon group interests.

### **19OUT004: MODERATE WALKING GROUP (13-14KM)**

*Convenor: To be announced*

*Day & Time: Monthly 4th Thursday start time 10:30, 28 March - 28 Nov*

*Location: Different locations*

This group is a cooperative self-help one with members teaming up to lead a walk of their choice – usually about 13-14km. Student pre-requisites: A reasonable level of fitness, capable of walking the distance stated, over varied but not too-difficult terrain. Good walking shoes, day-pack and water-bottle are required. You will also be required to sign an Acknowledgement of Risks form on your first walk. Details of the walks will be on the U3A Hawthorn website [www.u3ahawthorn.org.au/walking.html](http://www.u3ahawthorn.org.au/walking.html)

### **19OUT005: LOCAL WEEKLY WALKING GROUP TUESDAY**

*Convenor: Graham Morgan-Ellis*

*Day & Time: Weekly Tuesday 9:30 - 11:00, 12 February - 26 November*

*Location: Glen Iris Road carpark*

Meet in the carpark at Ferndale Park on Glen Iris Road, opposite the Glen Iris Pantry 100 Glen Iris Road Glen Iris Distance will be approximately 7 kilometres, walking at a brisk pace but we'll still be able to chat and upon completion we'll enjoy a coffee at the Glen Iris Pantry.

*Student prerequisites:* A reasonable level of fitness, capable of walking the distance stated, over varied but not too-difficult terrain. Good walking shoes, day-pack and water-bottle are required. You will also be required to sign an Acknowledgement of Risks form on your first walk.

### **19OUT010: MUNARI RIDERS - CYCLING**

*Convenor: Trevor White*

*Day & Time: Weekly Friday 9:30 start, all year*

*Location: Usually start Sinclair Avenue carpark*

Weekly Friday 9:30am - 3:30pm, stopping for coffee and later for lunch, all year. Weekly rides usually around 65 klms predominately on Melbourne bike paths. Rides usually start from the car park in Sinclair Avenue U3A at 9.30am. Up to two country weekend cycling trips each year.

*Student Prerequisites:* Members must: • Have good cycling skills • The experience to cope with occasionally crowded cycle tracks • Be prepared for and able to negotiate road traffic (although we try to minimise this) • Be able to ride 65 kmls at an average speed of 18 kmls per hour using a road or hybrid bike and keep the bike in good working order.

Prepared to lead or jointly lead at least one Friday ride during the year.

Participate in at least 70% of the Friday rides except where an extended leave of absence is agreed due to prolonged ill health, overseas travels or other reasons at the discretion of the Tutor.

E bikes, recumbent bikes and collapsible bikes are not suitable.

You will also be required to sign an Acknowledgement of Risks Form prior to your first ride.

Note that this is not an occasional recreational ride facility. Numbers are limited and members who do not participate on a regular basis may be unenrolled in accordance with U3A's conditions for ongoing course participation and to make room for new applicants.

### **19OUT012: TUESDAY CYCLING GROUP**

*Convenor:* Carol Lancashire

*Day & Time:* Weekly Tuesday 9:30 start, all year

*Location:* Usually start Sinclair Avenue carpark

This group rides weekly 30-50 km mainly on bike paths. Two overnight country rides are arranged each year. The rides usually depart from the Sinclair Avenue carpark. The tutor reserves the right to assess an applicant's ability to meet the standard of riding of the group.

*Student Prerequisites :* Able to ride 40km. Must have a suitable road or hybrid bike, not an ebike. Able to participate in at least 70% of the Tuesday rides except where an extended leave of absence is agreed due to prolonged ill health, overseas travels or other reasons at the discretion of the Tutor. You will also be required to sign an Acknowledgement of Risks form prior to your first ride.

### **19OUT014: WEDNESDAY CYCLING GROUP**

*Convenor:* Michael Rodgers-Wilson

*Day & Time:* Weekly Wednesday 9:00 - 12:30, all year

*Location:* Usually start Sinclair Avenue carpark

Rides are weekly on Wednesday mornings starting at 9.00am unless otherwise notified. Rides generally end around 12.30pm. There are also 1 or 2 weekend riding trips out of Melbourne during the year. A signed Acknowledgement of Risks form is required from each member of the group.

*Note* that this is not an occasional recreational ride facility. Numbers are limited & members who do not participate on a reasonably regular basis may be excluded to make room for new applicants.

*Student pre-requisites:* Members must: • Have good cycling skills • Have the experience to cope with occasionally crowded cycle tracks • Be prepared for & able to negotiate road traffic (although we try to minimise this) • Be able to ride 60km at an average speed of 18km/h. • Have a suitable road/hybrid bicycle. E bikes & folding bikes are not suitable.

## **19OUT020: BIRD WATCHING WALKS**

*Tutor:* Pat Bingham

*Day & Time:* Monthly 3rd Friday 9:30 - 11:30, 15 February - 15 November

*Location:* Different locations

Gentle 2 hour walks in a variety of suburban parks to identify and learn about local birds, their behaviour and interaction with their environment. The first walk will be at Sinclair Avenue wetlands, subsequent venues in eastern suburban Melbourne will be decided and sent out to participants.

*Student pre-requisites:* Ability to walk (gently) for 2 hours and look up! Own binoculars. You will be required to sign an Acknowledgement of Risks form.

There is no class in April

## **19OUT: MARVELLOUS MELBOURNE WALKS - INTRODUCTION**

Welcome to the tenth year of discovery walks looking at some of Melbourne's rich heritage in its city and suburbs. This year there is a mixture of old and redeveloped parts of Marvellous Melbourne. Because of the likely heat in February, the walks begin in mid-March and continue into May. Walking conditions should be ideal.

For each of the walks the starting point is close to a coffee shop and you may wish to come early and drink coffee. At the end of the walk an inexpensive lunch place will be nominated for those who would like to stay on. Of course, staying on for lunch is optional.

## **19OUT030: MARVELLOUS MELBOURNE WALK 1**

*Tutor:* Norm Fary

*Day & Time:* Single session, Wednesday 10:00 - 12:30, 13 March

*Location:* Camberwell and Hawthorn

Victorian Camberwell and Hawthorn (This is an extension of an earlier walk in the area) 9.45 for 10am start. Meet at the south side exit from Auburn Railway Station on Auburn Road. There is some parking available in the area, but it tends to have tight time restriction because of the close proximity to Swinburne University. Note: Not all trains stop at Auburn.

## **19OUT031: MARVELLOUS MELBOURNE WALK 2**

*Tutor:* Norm Fary

*Day & Time:* Single session, Wednesday 10:00 - 12:30, 10 April

*Location:* St Kilda

St Kilda by the Sea (This is a variation on a walk in this area about five years ago) 9.45 for a 10am start. Meet on the South West corner of Fitzroy Street and St Kilda Road. Tram 3 (East Malvern) or another tram to St Kilda Junction, or take the tram to the old St Kilda Railway Station and walk east in Fitzroy Street to St Kilda Road. The walk will finish at the old St Kilda R S.

## **19OUT032: MARVELLOUS MELBOURNE WALK 3**

*Tutor:* Norm Fary

*Day & Time:* Single session, Wednesday 10:00 - 12:30, 17 April

*Location:* Williamstown

Williamstown (This is a repeat of a walk done about six years ago. It has been varied to some extent) 9.45 for a 10am start at Gem Pier, Williamstown.

Southern Cross Station Dep 9.13 Arrive Williamstown 9.37. Then a five minute

walk to Gem Pier. Suggested return to the city by train or ferry. The walk will start and finish at Gem Pier. Car parking is available in the area. Some locations have time restrictions. Return to Melbourne by train or ferry. Note: The ferry - Gem Pier to Southbank near Elizabeth Street has several departure times in the afternoon – 1.30 or 3.30 (Concession \$18). This is a great trip through the port and recommended if you have the time.

#### **19OUT033: MARVELLOUS MELBOURNE WALK 4**

*Tutor:* Norm Fary

*Day & Time:* Single session, Wednesday 10:00 - 12:30, 24 April

*Location:* Brunswick-Coburg

Brunswick-Coburg (This is a revised version of an earlier Brunswick walk) 9.45 for a 10am start. Meet on the south west corner of Union Street and Sydney Road, Brunswick. Train to Jewell Railway Station (Upfield Line) and walk one block east to Sydney Road. Alight from train, exit the station and walk north to Union Street (120 metres) and turn east to Sydney Road, or take the North Coburg tram from Flinders/Elizabeth streets, City, to Union Street stop before Brunswick Town Hall. There is some car parking in the area, but it usually has time restrictions. Please bring your Myki ticket as a short tram ride in Sydney Road is planned. The walk will finish in Sydney Road at a tram stop.

#### **19OUT034: MARVELLOUS MELBOURNE WALK 5**

*Tutor:* Norm Fary

*Day & Time:* Single session, Wednesday 10:00 - 12:30, 1 May

*Location:* Eaglemont

Eaglemont and the Houses of Walter Burley Griffin, Architect/Planner of Canberra (This is a new walk) 9.45 for 10am start. Meet at the exit to Eaglemont Railway Station, Hurstbridge Line. (Southern Cross 9.11 Arr Eaglemont 9.42) Alternatively, take a car and park in the area close to the station. Time restrictions do not seem to extend widely. This area is across the Yarra from Burke Road North. Don't be put off, but this is a bit hilly and we will walk slowly. It is a beautiful and scenic part of Melbourne. The walk will start and finish at Eaglemont Railway Station. There are coffee shops adjacent!

#### **19OUT050: GARDENING GROUP**

*Tutor:* Clare Carlson

*Day & Time:* Monthly 2nd Monday 9:30 - 11:30, 11 February - 11 November

*Location:* U3A Hawthorn Campus

This group meets monthly on the 2nd Monday of the month to work on the Sinclair Avenue Campus gardens. This may involve planting, weeding, pruning, watering etc. The Council maintains and mows the lawn area. A flexible watering roster over the summer months may be necessary.

## **PHILOSOPHY**

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#### **19PHI002: THOUGHTS AND IDEAS**

*Tutor:* John Cook

*Day & Time:* Weekly Friday 9:45 - 11:15, 15 February - 29 November

*Location:* West Room Sinclair Avenue

An informal group discussing thoughts and ideas relevant to today's society. Members are welcome to contribute subjects for discussion.

### **19PHI008: PHILOSOPHY DISCUSSION GROUP**

*Tutor: Anne McQueen-Thomson*

*Day & Time: 1st & 3rd Tuesday 13:15 - 15:00, 12 February - 26 November*

*Location: West Room Sinclair Avenue*

In each session we explore – philosophically - one of the topics suggested by members in February. Generally a participant introduces his/her topic and suggests some questions which are then discussed by the group.

### **19PHI011: PHILOSOPHY UNLIMITED**

*Tutor: Philosophy Committee*

*Day & Time: Weekly Friday 9:30 - 11:00, 15 February - 29 November*

*Location: Hall Sinclair Avenue*

An interactive examination of Philosophers both old and new - their ideas and relevance to the modern world.

## **RUSSIAN**

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### **19RUS001: RUSSIAN - BEGINNERS**

*Tutor: Jill Scurfield*

*Day & Time: Weekly Tuesday 10:00 - 11:30, 12 February - 26 November*

*Location: Private Home (Burwood)*

Take the plunge. Learn the Russian alphabet and simple vocabulary in a supportive small group with ample practice. For people with no prior knowledge of the Russian alphabet and language. Alphabet cards are available from the tutor for a small fee. Applicants for this course will be contacted by the tutor in January.

### **19RUS002: RUSSIAN - CONTINUING \***

*Tutor: Jill Scurfield*

*Day & Time: Weekly Thursday 9:30 - 11:00, 14 February - 28 November*

*Location: Private Home (Burwood)*

A continuation of the 2018 Beginners Russian. This course assumes knowledge of the Russian alphabet and simple grammar and vocabulary. the content of the course will be tailored to the group. New applicants for this course will be contacted by the tutor in January.

## **SCIENCE & MATHEMATICS**

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### **19SCI001: WHY IS IT SO?**

*Tutor: Norm Ellis & Brian Amey*

*Day & Time: Weekly Thursday 9:45 - 11:15, 14 February - 28 November*

*Location: North Room Sinclair Avenue*

A "Science behind the News" look at Earth and Space-science topics, issues and developments, and natural disasters such as earthquakes, volcanoes and tsunamis. Join us for a potpourri of video presentations and class discussions prompted by events in the news, as we painlessly enhance our understanding of the underlying science. NB A scientific background is not necessary.

## **19SCI002: EVERYDAY SCIENCE SERIES**

*Tutor:* Linda Baynham

*Day & Time:* Monthly 1st Monday 11:30 - 13:00, 4 March - 4 November

*Location:* West Room Sinclair Avenue

Science for non-scientists. Please note - Science does not need to be scary! Learn how much it is a part of our daily lives and gain insight into its importance and relevance, by looking at topics like climate change, driverless cars, 3D printing, what's happening in the universe. The presentation for each month will focus on a major topic and also look at current news items of interest. Student pre-requisites: An open mind and an interest in the world at large. Dates for 2019: 4 Mar, 1 April, 6 May, 3 June, 1 July, 5 August, 2 September, 7 October, 4 November.

## **19SCI020: MATHS FOR EVERYDAY LIFE**

*Tutor:* David Bennett & Sue Brink

*Day & Time:* Monthly 3rd Monday 11:30 - 13:00, 18 February - 18 Nov

*Location:* West Room Sinclair Avenue

We all use Maths every day and in these sessions, we'll look at some of the many interesting, practical and useful aspects of Maths as applied to all our lives. Maths does not have to be difficult or mysterious! Topics to be covered include measurement (eg calculating areas and volumes for various applications), probability, financial maths, the secrets of mental arithmetic, maths in traffic behaviour and some gentle calculus. Participants will be invited to suggest areas of interest in their first class and bringing a smart phone or tablet for use as a calculator is recommended.

## **SPANISH**

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### **19SPA002: SPANISH - BEGINNERS**

*Tutor:* Fernando Febres-Cordero

*Day & Time:* Weekly Monday 9:45 - 11:15, 11 February - 25 Nov (NCSSH)

*Location:* Room 1 Sinclair Avenue

This course is for people with very basic or no prior knowledge of Spanish.

### **19SPA002: ADVANCED SPANISH CONVERSATION**

*Tutor:* Rosella Flavell

*Day & Time:* Weekly Monday 9:45 - 11:15, 11/ February - 25 November

*Location:* Room 1 Sinclair Avenue

This is a self-managed class until a new tutor can be located. Students will be encouraged to talk about subjects of their interest and/or experience.

*Student pre-requisites:* knowledge of Spanish at conversation level.

## **TRAVEL**

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### **19TRA001: ARMCHAIR TRAVEL - CHINA**

*Presenter:* Lily Lau

*Day & Time:* Single session Thursday 28 February 13.30 - 15.00

*Location:* Hall Sinclair Avenue

**19TRA002: ARMCHAIR TRAVEL - FRANCE**

*Presenter: Pamela Crack*

*Day & Time: Single session Thursday 28 March 13.30 - 15.00*

*Location: Hall Sinclair Avenue*

**19TRA003: ARMCHAIR TRAVEL - GERMANY**

*Presenter: Georg Wertz*

*Day & Time: Single session Thursday 25 April 13.30 - 15.00*

*Location: Hall Sinclair Avenue*

**19TRA004: ARMCHAIR TRAVEL - JAPAN**

*Presenter: Sue Waller*

*Day & Time: Single session Thursday 30 May 13.30 - 15.00*

*Location: Hall Sinclair Avenue*

**19TRA010: CITIES OF THE SILK ROAD**

*Tutor: Frank Devlin*

*Day & Time: Weekly Wednesday 11:30 - 1:00, 20 March - 27 March*

*Location: West Room Sinclair Avenue*

The first session would cover Uzbekistan with the emphasis mainly on the arts and Persian architecture of Khiva, Bukhara and Samarkand. The second would cover the mountains of Tajikistan, Kazakhstan and Kirgizstan and the Tsarist and Soviet influence on these countries. The second session would conclude with the ancient mud brick cities on the Silk Road in China – Jiaohu and Gaochang plus my personal experience of repression in “Uighur – land”

**19TRA020: SOUTHERN INDIA APPRECIATION & COOKING**

*Tutor: Mary Butterworth*

*Day & Time: First session Thursday 28 March 14:00 - 16:00 then 4 April*

*Location: Private Home (Hawthorn East)*

This 2 session series comprises an information session on India and a southern Indian cookery demonstration and meal in a private home. Introductory session (Thursday 28 March in a private home in Hawthorn East) looks at travelling in India and provides an introduction to the history and culture of both northern and southern India. Participants can enjoy Indian refreshments (\$5 per person to cover cost of food – payable to the tutor). (Max 20) For the second session, the cooking demonstration and meal, participants will be asked to select one of the dates – Friday 29 March or Thursday 4 April, 5pm to 9pm (\$30 per person to cover cost of ingredients – payable to the tutor). (Max 10 at each session). This session will be held in a private home in Hawthorn East.

## CLASS VENUES

The Sinclair Avenue Campus has four classrooms, one small lecture theatre and a large hall. Most of the classes are held on this campus. Free 3 hour parking is available and the campus is close to train and tram services. However some classes are held in other venues because they require specialist facilities, or the spaces have been generously provided for us, or hired, to meet our timetable needs. Details and maps for each venue are provided on the U3A Hawthorn website. Some courses are also held in private homes (addresses will only be advised to those enrolled in the course).

Other venues used by U3A Hawthorn:

- Parkview Room, Camberwell Library Complex (Tues & Thurs - NCSSH)
- TD304 Swinburne TAFE, off Park Street, Hawthorn
- Eric Raven Pavilion, Estella Street, Glen Iris
- St Mark's Church Hall, Burke Road, Camberwell (Orchestra rehearsals)
- Community Room, Stocklands, Tooronga Village
- Hawthorn Arts Centre Studio, Burwood Road, Hawthorn
- Leo Baeck Centre, Harp Road, Kew
- Balwyn Library Meeting Room 2 (NCSSH)
- Camberwell Market Space, upstairs Camberwell market (NCSSH)

Details of all venues are available on the website: [www.u3ahawthorn.org.au/location](http://www.u3ahawthorn.org.au/location)

