

# U3A HAWTHORN NEWS

Number XXXI

September 1993

## HEALTH & YOU

It is axiomatic that if elderly people wish to have a pleasant and healthy life style, they should be active both physically and mentally; in this respect, two recent reports from the United States are of particular interest to U3A members.

One report stated that elderly people who are intellectually active are less likely to be affected by Alzheimer's Disease. Though this claim still has to be confirmed, it is a pointer to just one facet of the research being carried out into the disease. U3A courses, if pursued seriously, will certainly give the intellectual activity referred to above.

The second report is on physical activity and makes the point that exercising moderately is beneficial and there does not seem to be the need to exercise strenuously for 20 minutes continuously for at least three times a week.

The latest information is that one should engage in small increments of activity at any time of the day for a total of 30 minutes of moderate intensity on most days.

The information is taken from a review of 40 recent scientific studies.

Wolfe Flack

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## **PARKING**

Members are reminded that parking for Wakefield Street and other venues is difficult and we suggest that you carefully check the relevant notices before leaving your vehicle.

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## THE U3A NETWORK - VICTORIA

Council of Adult Education Centre  
256 Flinders Street,  
Melbourne, Vic. 3000

Phone: (03) 652 0649

### NETWORK NOTICES No.6, July 1993

#### **Grant received from Adult, Community and Further Education Board**

A breakthrough! ... The Network has received a grant from the ACFE Board. Not quite as much as was asked for in the submission approved at the June 2nd meeting of our Council, but enough to cover the employment of a part-time office assistant until the end of June 1994. Support beyond that date will depend on funds then available and on how effectively we spend this first grant. The most urgent thing to do is to get this person appointed.

**We earnestly ask Secretaries to do what they can to publicise the attached notice as rapidly and as widely as possible.**

Full details of the grant arrangements and of the Executive's actions in this matter will be reported to the August 18 Council meeting.

#### **Sales Tax Exemptions**

It's now been clarified, from enquiries at the Taxation Department, that the Network's exemption can't be applied to its member organisations. Unfortunately you're going to have to make individual applications if you want that exemption. The following details may be of some help.

The pamphlet currently being issued by the Taxation Department, headed "Streamlined Sales Tax and Universities and schools" is current as at October 12, 1992. In it, a University is defined in the conventional manner—which obviously would exclude a U3A—and the description of a school is also restrictive, including a list of organisations of a non-profit nature which "may be accepted as schools for the purpose of claiming sales tax exemption". U3As don't appear on that list, so the first response may be that your U3A is unlikely to be granted exemption.

However, we hold a copy of a memorandum from the Office of the Adult, Community and Further Education Board, dated 28 January 1993, quoting the General Manager of that Board as follows:

*"Exemption from sales tax is available to universities or schools which are conducted by organisations not carried on for the profit of individuals [under Item 109 in the first Sales Tax (Exemptions and Classifications) Act].*

*I have been advised by the Australian Taxation Office that goods purchased by "community learning centres" in the adult, community and further education sector will also be covered by Item 109 in the Act.... A list of exempted centres is included as Attachment 1."*

The list in that Attachment includes U3A Frankston and the Network. If it would be of any help, we would be happy to provide a photocopy of that letter, in full, plus the Attachment to any of our member U3As which is making an application for exemption.

The process of application is not clearly spelled out. However we understand that the minimum requirement to accompany a letter of application is a copy of your constitution or Statement of Purposes and Rules (it's the statement of purposes which is significant in either case) and a copy of your most recent financial statement (presumably, the last annual one).

It is not clear to us whether it is more advantageous to apply to your regional Taxation Office directly or to ask your Regional Council of Adult, Community and Further Education to apply on your behalf.

The Network is in the process of sending a letter to the Deputy Commissioner of Taxation, explaining the nature of the U3A movement and its purposes, quoting the precedents already established and recommending sympathetic and expeditious treatment of any applications for exemptions which may be received from our member U3As.

## **Regional Councils of Adult, Community and Further Education**

Here's the full list of addresses of the offices of these Councils.

REGION	REGIONAL COUNCIL
Albury Wodonga	59 High St., Wodonga (060) 247 333
Barwon South Western	64 Thompson St., Hamilton (055) 724 488
Central Highlands Wimmera	Gillies St., Ballarat (053) 341 707
Central Metropolitan	568 St Kilda Rd., Melbourne (03) 510 1011
Eastern Metropolitan	Suite 3, 4 Railway Rd., Blackburn (03) 878 0044
Gippsland	Cnr Haigh & Kirk Sts., Moe (051) 276 000
Goulburn North Eastern	19 Bridge St., Benalla (057) 624 655
Loddon Mallee	138 Mollison St., Bendigo (054) 424 300
Northern Metropolitan	14 Hopkins St., Greensborough (03) 434 6455
South Western Port	58-60 Young St., Frankston (03) 781 4822
Western Metropolitan	131 Paisley St., Footscray (03) 689 7321

## **Sunraysia's 1994 Spring School**

We've received notice of a slight change of dates. The confirmed dates and time are these:

2.00 pm, Saturday, 24th September 1994  
to 10.00 am, Thursday 29th September 1994

## **Council Meeting, August 18, 1993**

A couple of details relating to this meeting have still to be finalised. It will be necessary to send out the Agenda papers in a separate mailing.

## **NETWORK NOTICES No.7, AUGUST 1993**

### **'Key Workers' Get-together**

The Network has been asked to look into the possibility of arranging a seminar for U3A committee members and office volunteers, to discuss a number of the procedures or problems which are common to their operations.

Accordingly, our Project Officer, Alison Carlson, is arranging a seminar to be held on **Thursday, October 14th 1993**, from 10 am to 1 pm. The venue will be a room in the CAE Centre at 256 Flinders Street, Melbourne.

Full details will be circulated with September's NETWORK NOTICES. In the meantime, here is a list of topics under consideration for inclusion in the program.

- Office planning and management
- Course co-ordination
- Use of a computer in record-keeping (and in production of lists, address labels, etc)
- Enrolment procedures
- Handling of money in the office
- Making use of contacts with ACFE Regional Councils

To get some idea of the number of people likely to attend it would be helpful if those interested could, even at this early stage, leave a message for Alison Carlson at (03) 652 0649.

### **U3As and School Buildings**

Some of our member U3As already make use of spaces in school buildings. Others could be interested in buildings which are under threat of closure, as schools, in the present round of discussions about 'clusters' but which have potential for retention for other community uses. Extensive negotiations may obviously be necessary to achieve whatever outcome your U3A would like to achieve. The Network has taken advice about this and offers the following comments.

Firstly, there is no single channel which is the best one to use in all cases. Secondly, it is probably wise to pursue the matter along several fronts, simultaneously, rather than rely on a single line of approach. The following channels for negotiation are worth exploring.

- **Local government:** retention of a building for community use is unlikely to be possible without local government support.
- **The 'cluster taskforce':** if the school in question is within one of the nominated clusters, contact your Regional Office (Metropolitan Telephone Directory, p. 741) and find out the name of the chairman of the cluster taskforce. See if you can, through that chairman, get your expression of interest before the taskforce.
- **Regional Council of Adult, Community and Further Education:** contact the Manager of your regional office (see list, Network Notices No.6, July 1993) and see if he or she can achieve anything for you. If negotiations at the local level don't seem to be succeeding, ask your Manager to contact Peter Thomas, Manager of Resources and Personnel of the staff of the central ACFE Board.

In any event, if your U3A is involved in such discussions, would you please keep the Network Secretariat informed of progress? We want to up-to-date with our information on the subject if and when we are in contact with politicians or government officials who have anything to do with the use of school buildings.

## **Community Centres and Senior Citizens Clubs**

Has your U3A run into difficulty in trying to get space for some of its activities within a community centre where a Senior Citizens Club is the main occupant? Or do you have a good working relationship with such a Club and share facilities with them? We have received some varied accounts of attempts by U3As to get access to space in such community centres which are ostensibly intended for use by older citizens. The situation is evidently different in different municipalities.

If your U3A has had any recent experience in this area and if you've not written on the subject to our Secretary within the last few weeks (as some U3As have), would you like to do so, describing your situation? The Network ought to collect as much information as is available about this matter and see if there are any consistent pattern of problems concerning access to such venues. We may be able to lobby on behalf of U3As if there seems to be a case to do so.

## **Network News: New Format**

Network Council approved, some time ago, the idea that if we could find a source of new funds for the purpose, it would be a good idea to expand our Network News publication and make it a newsletter published in sufficient quantities to provide copies for all members of Network U3As.

This has now become possible through our grant from the Adult, Community and Further Education Board and the next issue will be a 4-page one. We are printing enough copies to send each U3A a quantity equal to its membership (as reported to us) plus about 5%. We don't have funds to embark upon direct mailing to all members, so we will have to rely on U3As to distribute these copies in whatever ways they find practicable. We know of cases, for example, where newsletters or course diaries are distributed by giving bundles of copies to each activity group and telling members who aren't currently enrolled in groups that they can collect their copies from the U3A office.

There should be bundles of copies for each U3A available for your representatives to take back with them from the August 18 Council meeting. Any not collected then will be mailed out.

If, for any reason, your U3A does not wish to continue to receive as many copies as you get in this first distribution, please let us know. Alternatively, if you need more, please ask for them. We aim to adjust future print runs to our best estimate of demand.

## **BETTER HEARING TACTICS**

There are times when everyone suffers from "selective hearing". (Try asking teenagers to help with the dishes!). Quite often, however, hearing loss creeps up on us over the years and we may be reluctant to admit to the problem. Unrecognised, hearing loss can be very isolating. Not realising that we are being spoken to can lead to miscommunication and, unfortunately, misunderstandings.

Unlike spectacles, which often restore normal or near normal sight, hearing aids rarely restore normal hearing. A common complaint of many aid wearers is that background noise is amplified as well as speech. Sound has become louder, but not always clearer. Loud noises can be distressing and adjusting to a new hearing aid can be an exercise in perseverance. Recognising and living with our own hearing problem or that of a family member or friend can be a challenge.

As a member of a class or meeting, we should let the tutor or chairperson know of our hearing difficulty and sit as close as possible, facing the speaker. It will also help if he or she sits in a well lit position so that we can clearly see their face and therefore partly "speech read" what is being said. We "hear" better with our glasses on as well.

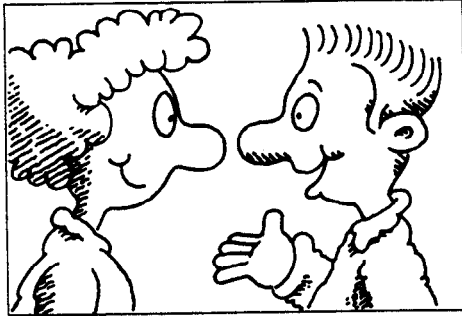
Poor acoustics in a hall or meeting room can be a great disadvantage, but under average conditions, distinct, clear diction suffices; shouting is never necessary. In a class situation, where a reply is required, hearing can be aided if the speaker makes a point of looking directly at individuals when asking questions. Rephrasing questions rather than repeating them is often more satisfactory.

Everyone with a measure of hearing loss must concentrate harder than others to be part of the conversation and this can be quite a strain. It is also more noticeable when we are tired or upset, so tolerance and patience is called for. In social situations other common hazards to hearing occur when the speaker's hand is obscured by a hand, eating utensil, cigarette, etc.

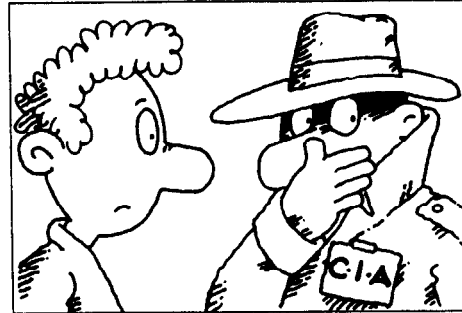
Fortunately we live in an age of new technological advances and information services so if any queries arise about your situation you can contact

H.E.A.R. Service  
101 Wellington Parade South,  
EAST MELBOURNE. 3002  
Telephone: 650 3981.

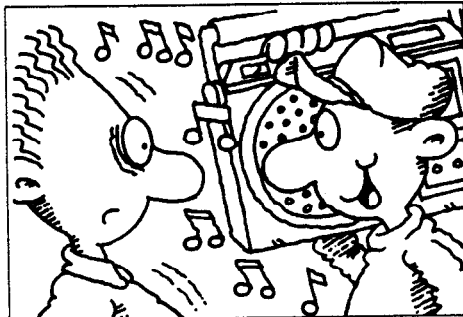
## Tips for talking to the hard of hearing



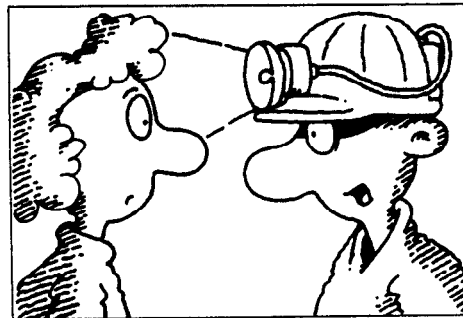
Face the hard of hearing person directly, and be at the same eye level whenever possible. Don't shout – speak normally.



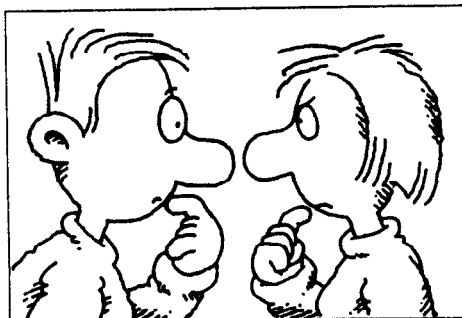
Keep your hands away from your face. Give him/her every chance to see all of your face.



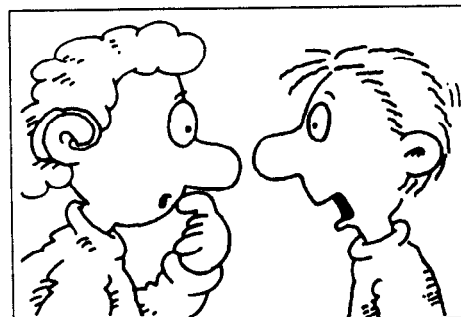
Reduce background noise – turn off the radio or television.



Be sure that light is not shining in his or her eyes.



If you are not making yourself understood, find a different way of saying the same thing.



Be aware that he/she may have difficulty understanding speech even with a hearing aid.

(Grateful thanks to John Marshall, U3A Hawthorn member, President of the Deafness Foundation (Victoria) for his advice and assistance).

Judith Elsworth

## **SOCIAL ACTIVITIES**

**FILM CLUB** Convener: Shirley Ramsay

The Film Club has grown to 35 members and we have widened our range of activities:

- . We visited the Deutscher and Melbourne Fine Art Galleries to see their exhibitions of paintings by women artists from the 1840s to the present day.
- . We linked these visits with lunch at Southgate followed by "Experience Australia", a sensor vision show at the Australiagate Theatre.
- . A viewing of the award winning film "The Piano" has been arranged for Tuesday, 14th September, at the Rivoli Theatre, Camberwell
- . And for theatre buffs, we have group bookings for "Fallen Angels" (Hayley & Juliet Mills) and "42nd Street" - the latter in conjunction with U3A Caulfield.

While Film Club members are notified individually of forthcoming programmes, the Film Club is not a "closed shop". Other U3A members can find out what is on, and join in if the activity appeals, by either 'phoning the U3A office or having a look at the latest notice on the door there.

## **ABORIGINAL RECONCILIATION STUDY CIRCLE PROJECT**

This project is being promoted by the Australian Association of Adult and Community Education, Canberra. The Association is providing kits for 1000 workshops to be set up throughout Australia in order to increase understanding and so enhance relationships between Aborigine Torres Strait Islanders and other Australians.

Hawthorn U3A propose to form such a group if enough interest is shown by its members. It will be held on the 2nd and 3rd week of February 1994 on two consecutive days each week. If you wish to be involved, please fill in the form below and return it to the office before 1st December 1993. Confirmation of the workshop and further details will be in the December Newsletter. Facilitators Barbara Hadkinson and Judith Elsworth have kindly consented to answer any queries at 24 Wakefield Street.

Alexe Gale

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I/We wish to be involved in the  
Aboriginal Reconciliation Study  
Circle Project to be held in  
February 1994

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## CLASSIFIED      ADVERTISEMENTS

### TUTORS REQUIRED FOR 1994

#### SHARE MARKET INVESTMENT KNOWLEDGE

It has been suggested that a class on the above topic would be most beneficial to many members. Is there someone in our ranks who has this expertise and would be willing to conduct such a course?

#### DRESSMAKING

This course has been most successful and the current class is full. We are looking for another tutor so that the people on the waiting list can have the opportunity of improving their dressmaking skills. Can anyone help in this regard?

#### FRENCH CONVERSATION

There is a need for a French Conversation Tutor for 1994. We would appreciate any offers to take a class on this subject.

#### ITALIAN CONVERSATION

Also, there is a need for an Italian Conversation Tutor for 1994. Any offers to take a class on this subject would be appreciated.

#### FURNITURE RESTORATION, ETC.

There have been several enquiries regarding the setting up of a course to cover this interesting and wide-ranging field. We would very much like to hear from any member or members who would be willing to co-ordinate such a course in 1994.

## CURRENT COURSES

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

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

ART APPRECIATION Convener: Sue Van Dorssen  
HISTORY OF EUROPEAN ART

Group 2 16th August - 29th November, 1993

Continuing study of the major arts of Western Civilization starting with the later Renaissance and Mannerist arts through to the Baroque styles of the 17th Century.

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

ART HISTORY Convener: Martin Merchant WAITING LIST ONLY

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

Tuesdays, 11.30 a.m., fortnightly, 24 Wakefield Street

ART - PRACTICAL Tutor: Lorna Noble

The group will cover the mediums of oils, watercolour, pastels, etc. You may do your own thing, or follow topics suggested. Help will be given on request with regard to techniques, colour combinations, and imaginative approaches you may wish to use.

Thursdays, 1.00 p.m., Hawthorn Artists' Society, Cnr. Glenferrie & Manningtree Roads, Hawthorn.

BOOK DISCUSSION GROUP - CONTEMPORARY WRITERS & SOCIETY

Convener: Pamela Rogers

This course includes thought provoking discussion on subjects such as the relationship between the writer and society, and concerns of modern men and women as they are explored in contemporary writing.

Short stories, poetry and some classical literature will be introduced.

Tuesdays, 9.30 a.m., 24 Wakefield Street.

MONTHLY BOOK GROUP Convener: Rae Alexander

READ A BOOK A MONTH THEN DISCUSS IT IN A  
STIMULATING AND THOUGHT PROVOKING SESSION.

Some current books will be studied. Authors will include:

A.S. Byatt

Janette Turner Hospital

Andrea Goldsmith

Alberto Manguel

Peter Ackroyd

Books are available at bookshops (paperbacks) and libraries.

2nd Tuesday in the month, Kew Library, 10.30 - 12.00.

CHESS FOR PLEASURE Convener: Egon Donath WAITING LIST ONLY

"You don't need to be a Bobby Fisher" to enjoy playing chess.

Fridays, 11 a.m., 24 Wakefield Street

CURRENT AFFAIRS (Thursday) - AUSTRALIA & THE WORLD

Convener: Wolfe Flack

Ours is a discussion group which deals with Current Affairs, whether Australian or international; items are taken from the Media or raised by members. Sessions commence by the convener reading selected items from press cuttings. Members are then free to raise other items which are of especial interest. On occasions, visiting lecturers are invited to give their views on subjects which may have been particularly controversial. Members of the group are encouraged to take the chair, so gaining experience in another aspect of discussion.

Thursdays, 10 a.m., Uniting Church, 8 Power Street, West Hawthorn

DRAMA FOR FUN Convener: Rion Jennings - WAITING LIST ONLY

A light-hearted approach to drama with readings of verse and prose and performances of short plays.

Tuesdays, 9.30 a.m., 24 Wakefield Street.

DRESSMAKING Convener: Patricia Morris - WAITING LIST ONLY

This is an opportunity for ladies with sewing skills to enjoy a pleasant few hours with others who have the same interests under the guidance of an experienced teacher/supervisor.

Wednesdays, 1.30 - 3 p.m., Tresise Centre, Cnr. Bowler & Munro Sts.

ELEMENTARY ECONOMICS - Continuing Convener: George Charles

A discussion and look at the hidden pictures within the Economy. It is free of figures and in plain language that all can follow and understand

Wednesdays, 10.30 a.m., Kew Library commencing 1st September 1993

EVOLUTION Convener: Frances McCallum

The course will comprise a discussion of the various theories which have been advanced to explain the amazing diversity of living things, culminating in Darwin's Theory of the Origin of Species by Natural Selection. It will summarise the evidence on which this theory is based and will discuss the forces which Darwin believed influenced the evolutionary process. Also to be discussed will be some modifications to Darwin's theory which have been developed in recent years.

Four classes - 7th October - 28th October, 1993.

Thursdays, 11 a.m., 24 Wakefield Street.

GEOLOGY Convener: Michael Plier-Malone WAITING LIST ONLY

Introducing beginners to the science of Geology and will, if necessary, cover more advanced aspects, such as groundwater, structural geology, mapping and petrology. It is expected that the course will be informal, with maybe some excursions later on.

Thursdays, 9.30 a.m., 24 Wakefield Street.

GETTING TO KNOW YOUR GALLERY

This course comprises nine relaxed and informative hour-long tours of different departments of the National Gallery of Victoria. Works of art will be discussed within their socio-historic context and, where relevant, within the context of the history of the Gallery's Collections.

The tours/lectures will be conducted on site by experienced guides from your Gallery.

The size of the group will be limited to 25 people.

<u>Date</u>	<u>Topic</u>	<u>Guide</u>
7.10.93	17th C. Dutch Art	Rosemary Syme
14.10.93	18th C. European Art	Beverley MacIntosh
21.10.93	French Impressionists	Marjorie Stuckey
28.10.93	Glass	Helen Smith
4.11.93	European Porcelain	Joan Duff
11.11.93	Australian Silver	Margot Cooper
18.11.93	Australian Art: Colonial to 1940	Helen Kennan
25.11.93	Australian Art: 1940 to Contemporary	Vena Henning
2.12.93	Contemporary Australian Aboriginal Art	Ruth Warren

Thursdays, 11.00 a.m., at the National Gallery of Victoria, St.Kilda Road, commencing 7th October, 1993.

### HISTORICAL WOMEN IN BYZANTINE & MOSLEM SOCIETIES

Convener: Andrew Ehrenkreutz

A collective enquiry into the sources containing information about Byzantine and Moslem women whose lives made an impact on the history of their respective societies. Participants will study and present informal essays dealing with the "Heroines" of their choice.

Working knowledge of French and/or German may prove helpful but is not essential.

Tuesdays, 1 p.m., Recreation Centre.

### HISTORY - The Influence of the Italian Renaissance on Europe

Convener: Charles D'Aprano

Beginning with the Middle Ages in Europe, we will consider the development of Communes and Italian City States, progressing to Commerce, the growth of the Merchant Families, Patronage of the Arts and the great Italian Artists.

Fridays, 10.30 a.m., Augustine Centre, 2 Minona St., Hawthorn, commencing 8th. October, 1993.

### HISTORY OF THE U.S.A.      Convener: Alf Floyd INDEPENDENCE & BEYOND

This course covers the following:

How Britain lost the American Colonies

Expansion of U.S. Territory

e.g. Louisiana Purchase, Mexico, California & Oregon.

Slavery Issue:

Ante-Bellum; Civil War; Reconstruction.

Fridays, 12 noon. Recreation Centre, excluding school holidays.

### JESUS THROUGH THE AGES Convener: Theresa Gunn

This course of 10 sessions will discuss the developments in teaching about the life and work of Jesus in early church documents and in 20th century thinking.

Later courses will cover the political, social, cultural and religious settings on New Testament scriptures and the writings of Paul and the Acts of the Apostles.

Tuesdays, 1.30 p.m., Augustine, 2 Minona Street, Hawthorn Centre

### JUNG AT HEART Convener: Felix Carrady

An examination and discussion of Jung's thinking and life - text "Memories, Dreams & Reflections"

Mondays, 12.30 p.m., Recreation Centre.

LANGUAGES

FRENCH (Beginners) Convener: Edward Petraki

This new beginners course will commence ;  
Tuesdays, 2 p.m. Kew Library, 1st June 1993

FRENCH (Year 2) Convener: Mary Parker - WAITING LIST ONLY

On-going course for those who completed last year's beginners' French  
Tuesdays, 1.30 p.m., 24 Wakefield Street

FRENCH (Advanced) Convener: Adele Chambers - WAITING LIST ONLY

This course includes some grammar, writing exercises & conversation  
Fridays, 1.30 p.m., 24 Wakefield Street

FRENCH WITHOUT FRONTIERS Convener: Anna Ghiurekian

This course is for advanced students and covers reading and discussion  
of "Le Nouveau Sans Frontieres, No.2", 1989 or 1991 edition.

Mondays, 10.30 a.m., 24 Wakefield Street

GERMAN (Continuing) Convener: Ken Bandman

Up to date conversation, discussions, grammar. Members should be  
willing to prepare written homework for correction & class discussion.  
Thursdays, 11.15 - 12.45, 24 Wakefield Street

FIRST-TIME ITALIAN Convener: Nan Inglis WAITING LIST ONLY

This course is designed to introduce students to Italian.

The textbook used will be "Italiano Vivo" by Giorgio Milesi, which is  
used in the continuing Italian classes at Hawthorn U3A. The tutor will  
provide extra material to show that learning a language can be fun.

Tuesdays, 11.15 a.m., 24 Wakefield Street

ITALIAN (Beginners) Convener: Maurice Berah

For students with no previous learning or very limited, willing to face  
a new start. Thursdays, 1 p.m., Recreation Centre

ITALIAN (Continuing) Convener: Maurice Berah

For students with 1-2 years' work

An interview with Tutor may be necessary to assess level.

Thursdays, 2.15 p.m., Recreation Centre

JAPANESE (Beginners) Convener: Joyce Berdy

Learning to read, write and speak simple Japanese to survive in  
Japan. Students will learn Hiragana, Katakana & simple Kanji and to  
relate Japanese to everyday situations.

Mondays, 9.30 a.m., 24 Wakefield Street, commencing 1st March, 1993

JAPANESE (Intermediate I & II) Convener: Geoff Matenson

Intending class members should have completed at least U3A Japanese  
Beginners class (or equivalent) before undertaking Japanese II. They  
should have some fluency in reading and writing Hiragana and be  
prepared to learn and use Kanji as appearing in lessons.

Other material for class use will be supplied as required.

Easy conversation will be practised in class.

Please Note: New students must have successfully completed the  
Japanese Beginners class or be assessed by the tutor.

Mondays, 1.30 - 3 p.m., 24 Wakefield Street

LANGUAGES (Continued)

SPANISH (Advanced) Convener: Janine Clauss

A continuing course based on "El Espanol Practico" by J.P. Fitzgibbon & J. Poldan and cassettes of the same. Students should come equipped with this book, paper and pen.

Fridays, 12 noon, 24 Wakefield Street, commencing 5th March, 1993

READ BOOKS IN ALL LANGUAGES! Tutor: Charles Russell

Seven languages are now available. Hopefully, more to come.

Read the Bible in Hebrew, in Greek (Septuaginta) and in Latin (Vulgata).

These three can be mastered within a year (about one hour reading a day).

The Oxford English dictionary contains over 12,000 Latin and (would you know it?) even more Greek words and you already know about half of them!

Read the tales of Andersen in German or in French. German and French are really hidden English - you know thousands of German and French words already - very short time to learn!

Read the folk-tales of Java, Malaysia, Kalimantan in Indo-Malaysian - a very easy language to learn - less than a year!

Read folk-tales in Japanese. Learn to read and write Chinese-Japanese characters. When you are learning to read Japanese, you are learning to read Chinese as well - two of the most important languages of the near future - 2-3 years to learn - very rewarding! When I say "read", I mean "read and understand" - of course.

Thursdays, 3.15 p.m., Kew Library

MAH-JONG FOR BEGINNERS: Convener: Lois Thomas

A fascinating Chinese game popular in many countries. The basic method played by most Chinese is the game followed by this group.

Bring your own mah-jong set if possible.

Fridays, 1.45 p.m., 24 Wakefield Street

MUSIC - AS ONE LIKES IT Convener: Ven Houston

This course is a general (non progressive) study.

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

Tuesdays, three courses, 12 noon, 1.30 p.m. and 3.00 p.m.

Hawthorn Community House. All courses WAITING LIST ONLY

NEW SCIENCE & PHILOSOPHY Conveners: Barbara Hadkinson, Geoffrey

Guilfoyle & Fred Rosedale

What is the nature of the universe and what is our position in it?

This course tries to bridge the worlds of mind and matter, physics and psyche, hard science and personal values.

Tuesdays, 2.30 p.m., Recreation Centre

NUTRITION & HEALTH Convener: Greta Burman

This is a good opportunity to learn how to distinguish between the fads about a healthy diet and the fiction of the "miracle" diets of advertisements and newspaper and magazine articles.

- . How correct nutrition allows the body to make correct use of food materials, produce energy and maintain body tissues.
- . The importance of minerals and vitamins.
- . The effects of deficiency and excess.
- . Cooking and food processing.
- . Reducing diets.
- . Popular misconceptions.

Tuesdays, 11 a.m., 24 Wakefield Street, 7 September - 30 November 1993

EXPLORING POETRY Convener: Vicki Walker

This course explores poets and poetry throughout the ages and occasionally a play that is relevant. It is a relaxed class in which enjoyment of poetry is enhanced by sharing with others. For the first meeting, please bring a poem that, for whatever reason, appeals to you.

Thursdays, 1.30 p.m., Kew Library

PSYCHOLOGY & PHILOSOPHY Convener: Alex Gale

A book is chosen with a philosophical/psychological component for us to question the meaning of our existence, and how our upbringing and culture determine attitudes and behaviour.

Wednesdays, 12.30 p.m., Recreation Centre

A RATIONALIST APPROACH

The Rationalist Society will present a series of lectures starting August/September, their second series for Hawthorn U3A.

It covers areas of morality, ethics and associated themes, and will be held on the following dates:

20. 9.93 Rationalism Today (Part I), Lesley Vick, President, RSA

27. 9.93 Rationalism Today (Part II), Lesley Vick, President, RSA

4.10.93 God & Cosmology (Part I), Prof. Brian Ellis Philosophy Dept.

La Trobe University, Vice-President, RSA

11.10.93 Moral Dilemmas (Part I), Lesley Vick, President, RSA

28.10.93 Society & Education Ian Robinson, Educationist, RSA Committee

25.10.93 God & Cosmology (Part II), Prof. Brian Ellis, Philosophy Dept.

La Trobe University, Vice-President, RSA

1.11.93 Moral Dilemmas (Part II), Lesley Vick, President, RSA

8.11.93 Ethics in the Modern World, Lesley Vick, President, RSA.

This is a very popular programme and we recommend early registration of interest.

Mondays, 2.30 p.m., Uniting Church, 8 Power Street, West Hawthorn.



SCIENCE DISCUSSION GROUP Convener: Frances McCallum

It is proposed to form a group appealing to people, with and without a scientific background, who are interested in the urgent scientific issues of our time. This could include genetic engineering; the IVF programme; environmental issues, including survival of the planet. Discussion will be on the scientific viewpoint of contemporary issues rather than on technological matters.

Fortnightly, Tuesdays, 2 p.m., Wakefield Street

SOCIAL ISSUES Conveners: M. Black, G. Triaca and J. Jackson

The first half of 1993 provided this course with excellent speakers on a wide variety of subjects, ranging from changes in the Phillipines, the Museum of the move, Food and Agrioculture in Australia, to Modern day Vietnam, World Population and How Parliament works.

Members are encouraged to ask questions of the speaker and discussion follows at the end of the talk.

Wednesdays, 2 p.m., Recreation Centre

"SPEAKING" Convener: Felix Carrady

Speaking - to others - communication - voice - gestures - feeling - having fun.

Mondays, 3 p.m., 24 Wakefield Street

THOUGHTS AND IDEAS Convener: Beryl French

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

Fridays, 10 a.m., 24 Wakefield Street

THE WRITTEN WORD for READERS & WRITERS Convener: Rae Alexander

Prose and poetry from the world's literary storehouse will be explored for greater understanding and enjoyment of the way writers present themes, ideas and characters through their use of language and individual styles. It will cover works from the U.K., South Africa, Russia, India, Europe and Australia and include women writers, e.g. Doris Lessing, Emily Dickinson and Anita Desai and Australians, Christina Stead and Rosemary Dobson will be considered. Time will be available in each session to assist students develop skills in writing creatively.

Fridays, 12.15 p.m., Kew Library.

YARRA YARRA GROUP Convener: Dymphna Coleman WAITING LIST ONLY

O! Man Yarra has a lot of appeal. Discover its history and beauty as a member of this fit, active and enthusiastic group

Group A1 Wednesdays - 1st Wednesday of each month, 10 a.m. - 1.30 p.m.  
including 2 1/2 hour walk and lunch

YARRA YARRA GROUP (Continued)

Group A2 Wednesdays - 2nd Wednesday of each month, 10 a.m. - 4 p.m.  
including lunch and afternoon tea (B.Y.O.)

Group B Thursdays - Last Thursday of each month, 10 a.m. - 4 p.m.  
incl. 4 1/2 hours walk, lunch and afternoon tea

## **NEW COURSES**

YOU WILL BE NOTIFIED OF THE TIME AND PLACE FOR THESE  
COURSES WHEN WE RECEIVE ENOUGH ENROLMENTS FOR A CLASS.  
IF YOU ARE INTERESTED, PLEASE ENROL AS SOON AS POSSIBLE.

CURRENT AFFAIRS (Wednesday) Convener: Niell Oeters-Snow

The course provides a forum for the participants to express their opinions on Australian and International current affairs.

The format of the course is based on audience participation. An Australian subject is chosen by the group for one session and an International one for the next. The tutor prepares a number of leading or provocative questions at the beginning and members choose to speak on any one of these, followed by group discussion.

Duration 60-75 minutes.

Wednesdays, 10.00 a.m., Marwal Centre, 9 Marwal Street, North Balwyn.

### PLEASE NOTE

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