

HAWTHORN COMMUNITY  
EDUCATION CENTRE  
24 WAKEFIELD STREET  
HAWTHORN 3122  
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# HAWTHORN CAMPUS NOTES VIII

JANUARY, 1987

## A HAPPY & PROSPEROUS 1987 TO ALL OUR MEMBERS

A young lorry driver with a liberal arts degree answered the frequent question about what he intended to do with his education: "I will practise living. I will develop my intellect, which may incidentally contribute to the elevation of aesthetic and cultural levels of society. I will try to develop the noble and creative elements within me. I will contribute very little to the grossness of the national product." (Quoted in "The Aquarian Conspiracy" by Marilyn Ferguson).

This little anecdote reflects something of the character of Universities of the Third Age, in its focus on cultural and intellectual pursuits for the sake of personal growth, and not for material gain or paper qualifications. Perhaps, too, our Organization may have some beneficial effect on the Society around us as we grow in strength and influence.

U3A in Hawthorn seems now to have developed a real stability at the end of this our second year, as evidenced by the great measure of satisfaction expressed by many of you, our members. All of which is due to the constant efforts of the many people who work for its successful growth through tutoring, working in the office, and sharing in all sorts of administrative tasks, as well as the enthusiastic contributions of those who are members of the various study groups. We thank you all.

We hear many comments relating to the enjoyment, even excitement, of learning, and to the companionship that develops as people come together for the various activities. We like to hear about what you think, so keep telling us, including any ideas for improvement.

As we change ourselves, we change our world to some degree, as suggested by Martin Buber when he says "We do not have to accept the world as it is; we continually create it. Reality itself is new every day, and every morning it asks anew to be shaped by our hands."

## WHY THE FOURTH AGE ?

In various parts of Australia, the concept of the 'University of the Third Age' is being accepted. New campuses, which reflect the character of their local community, are being established and hundreds of people are now enjoying the benefits of shared learning in later life. But, what of the 'Fourth Age', the time of dependency? Can such pleasure exist for the physically less able or those living in hostels or nursing homes?

The challenge of providing educational opportunities for those in the "Fourth Age" was taken up, in Hawthorn, four years ago. The "Learning for the Less Mobile" program was developed to encourage those with limited mobility, and therefore had little chance to get out and about unaided, to join in community education activities. Many of the original participants are still involved and have found the experience a very valuable part of their lives. The chance to continue to learn in the company of others has added considerably to the quality of their lives, while helping to reduce some tensions of isolation and dependency.

Isolation is very real, even for people living in their own homes, when driving or the use of public transport becomes impossible. For those in institutions, activities which do not suit the staff routine may be discouraged and maintaining personal autonomy can be very difficult. With increased age, meaningful social networks can diminish. It may become harder to remain in contact with the rest of the world, without relying very heavily on family members, who necessarily have commitments elsewhere.

L.L.M. members have found that the learning groups have provided a type of support received from no other source. The sense of belonging to a group with its social interaction, its friendships and concern, is an essential element. Being able to express views, amongst like-minded people encourages greater self esteem and confidence, which spills over into everyday life.

L.L.M. sessions, in many cases, are indistinguishable from those of the U3A. A wide range of topics are discussed and exchanges are frequently lively. It is the sheer effort of attending which often takes considerable courage, determination and organisation.

Because of the difficulties faced by L.L.M. members, door-to-door transport is arranged by staff. Volunteers attend each session to assist members in and out of the community bus, taxis or cars. They are also on hand to provide any personal assistance necessary. These volunteers and the experienced tutors are the strength of the L.L.M. program. Together with members, they are also active in the planning and organisation of activities. Despite this, many L.L.M. volunteers still find time to be active U3A members as well.

The experience of L.L.M., over the years has shown that it is possible, with encouragement, the necessary built-in support and services, for older people to take part in learning programs, despite frailty. The L.L.M. concept has been tried with success in South/Port Melbourne and hopefully, with time, other older people will have their learning needs met. Opportunities for educational experiences will then give an added dimension to life in the 'Fourth Age'.

Judith Elsworth

### BREAKING NEW GROUND

The correspondence courses for the housebound and isolated hope to break yet more new ground in 1987. Much interest has been shown in a proposed poetry writing course - definitely not a poetry teaching course. A group of encouragers is meeting to plan a common level of assessment and comment to writers submitting work.

In addition to the life writing course, an exciting new one is being considered - the brainchild of a keen encourager during the last two years - Autobiography as fiction, a challenging development of the initial course. The starting point for this writing can be a simple incident with additions and changes as the writer chooses. This course has to be tested in a pilot run and the encouragers have requested time for discussion of the new and specific demands of commenting on these scripts.

The success of the 1986 programmes is shown in the results - four books of writings in the basic course and the self-help groups, the course for teenagers by teenagers and the acceptance of the challenges by writers' groups and also prisoners.

Marjorie Atkinson

We have received a letter from Sonya Carrington, the artist who designed our "3 Owls" Logo, advising that the National Council of Adult Education, Wellington has adopted the same logo. She is delighted that her 3 wise owls are so welcome in 'Kiwi-land'

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We have also received a letter from Mrs. Frayda Myers Cooper, President, U3A Sunshine Coast enclosing a copy of their first newsletter and extending a very warm welcome to any of our U3A'ers who may be visiting the Sunshine Coast for a holiday or contemplating permanent residence in the area. Should anyone be planning such a trip, the newsletter may be perused by applying to the office.

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The garden surrounding 24 Wakefield Street is in need of some T.L.C. We would appreciate it if some of our members could form a pool to keep the weeds down and make the place look more cared for (the lawns are mowed, but the edges are not trimmed).

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### OBITUARY

It is with regret that we advise Philippa Metz died on 23rd November, 1986. Philippa was the convener of our Play Reading - Drama Group and will be greatly missed by all at U3A.

Also we were grieved to learn that Frances Lawrence was involved in a fatal road accident on 12th December, 1986. Frances was an enthusiastic member of Connie Anthony's Literary Studies.

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### EXCURSION

AERG has regular excursions throughout the year and would like to extend an invitation to U3A members and friends to join us on Thursday, 9th April for a visit to the Australia Post Museum, Richmond. We will meet between 9.30 and 9.45 a.m. at the Museum, 90 Swan Street, Richmond (near Dimmeys - only 100 metres from Richmond Station).

For further information, please contact Bev Orgill on (059) 63 7188.

CLUB DU 3IEME AGE, FRANCE

Whilst in France last year U3A Hawthorn members, Elsie & Harry Birkett, spotted a notice in the small town of Brantome in the Dordogne, to the effect that "Club de 3ieme Age" meetings were suspended for the summer holidays!

Intrigued they motored on determined to check the "Club du 3ieme Age" out at the first opportunity. In Burgundy, where they stayed for a week, they made a few enquiries and were invited to drink an aperatif with three members where Elsie taped a brief interview. It only lasts about five minutes and is a bit noisy with the chatter in the background, but it is in French and could be of interest to our French students and others with some knowledge of the language.

It seems that as well as Universities of the Third Age, these "Clubs" have sprung up in some parts of France which are rather like a Womens Institute or Country Womens Association branch with the emphasis more on socialising than learning perhaps.

Should anyone be interested in hearing the tape, please get in touch with Elsie and arrange to collect it from her.

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HAWTHORN U3A SUBSCRIPTIONS FOR 1987.

These are coming in beautifully - we appreciate the prompt payment by so many of our members.

If you have not yet paid yours, please use the tear-off slip below and return as soon as possible. If you do not intend to continue your membership, please let us know so we can adjust our membership lists.

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Name .....(please print)  
Address ..... Telephone .....

Enclosed is my/our subscriptions for U3A Hawthorn 1987 (\$15 single, \$25 double).

Signed .....

S T O P P R E S S

INTERNATIONAL ASSOCIATION OF U3As

I have received advice from the General Secretary of this Association that their 1987 conference will be in Poland, in September. It occurs to me that some of your members could be planning a visit to Europe at about that time and might like to consider adding this to their itinerary.

Practical Notes:

As a condition for organising the Colloquy, Poland has laid down that at least 200 non-polish Congress Members take part. The Congress Registration Fee is 100 U.S. dollars. We have no information at present on the cost of the stay, it should be reasonable enough. We invite you to sound out participation possibilities with your students and to inform Mr. Mayence of them as quickly as possible.

(To these Notes, may I add two more. Since the great majority of U3As which are members of the International Association are French, it is a strong possibility that the main language of this gathering will not be English. Secondly, it would be helpful to know if any Australians are thinking of going, since further information is likely to come directly to this Centre. We will undertake to send it directly to anyone interested.

Next "Colloquy" of the International Association of U3As takes place at WARSAW, in the beginning of SEPTEMBER 1987.

Theme: Education and Health - teaching, theory, results, perspective.

"Health" calls for thinking about physical education, in particular. "Results" invites us to think about how to evaluate results. Those taking part will have to ask themselves questions on teaching methods and enquire as to the existence of specific Third Age methods.

If you have any suggestions to bring, or if you wish to present a communication, write to the President of our Scientific Council, Professor Serge Mayence, University of the Third Age (Université du Troisième Age - Charleroi - Marcinelle) Institut Européen Interuniversitaire de l'Action Social, 179, Rue du Débarcadère, 6000, MARCINELLE (Belgium-Belgique).

J.A. McDonell

# COURSES

## CURRENT COURSES

### ANTHROPOLOGY

Convener: Judy Lee

A study of social structures used by human groups from hunters/gatherers to more complex civilizations.

Friday mornings at the Hawthorn Centre, commencing 13th February.

### ART - PRACTICAL

Convener: Nan James

A self-help group doing painting and sketching. We are hopeful of getting a tutor later in the year.

Thursday afternoons at Hawthorn Artists' Society, Cnr. Manningtree & Glenferrie Roads, Hawthorn commencing February/March.

### ART - BEGINNERS

A self-help group doing Practical Art in a variety of styles.

Tuesday afternoons.

### CAR MAINTENANCE

Convener: Thalby Reidy-Crofts

A 10 week course to help you understand how your car works - in conjunction with M.L.C.

Particulars available from office.

### COMPUTERS - AN INTRODUCTION

Convener: Vic Kennedy

A simple 4-session course, designed for people who have had no contact with computers, but who would like to get some understanding of what these machines are, how they work and what they are used for.

Tuesday mornings, commencing 5th May.

### CONTRACT BRIDGE

Convener: William Zimmerman

Group needs 12 players.

Wednesday afternoons at William Tresise Centre.

### ECONOMICS FOR EVERYDAY LIFE

Convener: George Charles

This discussion group will emphasise the natural economic forces which influence day-to-day living and current affairs with reference to the historical development of the subject. Its aim is to create a greater awareness of the world about us.

Thursdays at William Tresise Centre from 26th February.

### HISTORY - AUSTRALIAN

Convener: Martin Merchant

Continuation of 1986 group.

Mondays at Hawthorn from 9th March.

### KNITTING & CROCHET

Convener: Alma Bourke

For those interested in making garments or toys for their grandchildren, also advice and instruction on adult patterns.

Tuesday afternoons at Hawthorn Recreation Centre - March.

### LITERARY STUDIES - Level 2

Convener: Connie Anthony

Each week the work of a well-known author, poet or playwright is studied and discussed.

A reading list is set well in advance to enable books to be borrowed from libraries or bought secondhand.

Tuesdays at Wakefield Street from 24th February.

### MUSIC APPRECIATION & THEORY

Convener: Ven Houston

This on-going course looks at the structure and history of music in opera, dance, chamber, vocal, choral and other areas.

Tuesday afternoons at Hawthorn Community House, from 3rd February.

NUTRITION & HEALTH

Convener: Greta Burman

Topics covered in this course include nutrients and how the body makes use of food materials; the importance of minerals and vitamins; cooking and food processing.

Tuesday mornings at Wakefield Street from 17th February.

PHILOSOPHY

Convener: Joan Drake

The group will continue with the Deakin Philosophy Course studying Karl Marx.

Second and fourth Tuesdays in the month at Augustine Centre from 10th February.

PIANO STUDIES

Convener: Ann Taylor

A course for people who have never learnt the piano before (or learnt as children) and may now have time to explore and practice.

Monday mornings, commencing March.

RELAXATION

Convener: John Balfour

These workshops explore deep states of relaxation as guided imagery and creative visualisation is able to develop a person's ability to enter a meditative state. Using fantasy helps to develop creative potential and helps to apply the techniques to ease minor ailments or discomforts.

Wednesday afternoons at Hawthorn commencing April.

SOCIAL ETHICS

Convener: John Balfour

In this course we shall be discussing various contemporary ethical problems especially those which are the consequences of biomedical technologies. Other subjects will include the quality versus the sanctity of life and matters relating to human and social values. The format will be a short talk followed by discussion. This is a continuation of last year's course but it is open to those who did not attend last year's sessions as no previous ethical knowledge is necessary.

Wednesday afternoons at Hawthorn commencing 25th February.

SOCIAL ISSUES

Convener: Herbert Liffman

This course considers the important social issues of our time.

Limited number of vacancies.

Wednesday afternoons at Wakefield Street from 11th February.

SOCIOLOGY/PSYCHOLOGY

Convener: Alex Gale

A course covering a mixture of philosophy, psychology and sociology studying Ken Wilbur's book "No Boundary" a simple yet comprehensive guide to the types of psychologies and therapies now available from both Western and Eastern societies.

Friday mornings at Hawthorn from 20th February.

LANGUAGES

FRENCH (Beginners)

Convener: David Sliwka

FRENCH (Intermediate)

Convener: William Zimmerman

FRENCH (Advanced)

Convener: Jean Berah

GERMAN (Beginners)

Convener:

ITALIAN (1st Year)

Convener: Maurice Berah

ITALIAN (2nd Year)

Convener: Maurice Berah

ITALIAN (Advanced)

Convener: Jean Berah

JAPANESE (1st Year)

Convener: Geoff Matenson

JAPANESE (2nd Year)

Convener: Geoff Matenson

LATIN

Convener: Helen Gordon

There are only a few vacancies in the above language courses. For further information enquire at office.



## COURSES WITH NO VACANCIES

### ART APPRECIATION

Convener: Sue Van Dorssen

Continuation course.

New time - Mondays, 1.15 p.m.

### GERMAN - Continuing

Convener: Ursula Gottschalk

### CURRENT AFFAIRS - S.E. ASIA

Conveners: Gerald Noble, Jean Aikenhead

A continuation of the 1986 course.

### CURRENT AFFAIRS - AUSTRALIA & THE WORLD

Convener: Bernard Haugh

## NEW COURSES

### ART - ORIENTAL

Convener: Ernestine Lobb

An introduction to Oriental Art.  
Course of 5 or 6 weeks including some  
excursions to Oriental Galleries.

Wednesday mornings from 4th March.

### GENEOLOGY

Convener: Marjorie Stone

Geneology workshop for beginners.

Tuesday afternoons at Recreation  
Centre from 31st March.

### HUMAN PHYSIOLOGY

Conveners: Greta Burman  
Claire Pullen  
Frances McCallum

Tuesday afternoons at Wakefield  
Street from 3rd March.

### LITERARY STUDIES - Level 1.

Convener: Connie Anthony

Each week the work of a well-known  
author, poet or playwright is studied  
and discussed. (A reading list is  
set well in advance to enable books  
to be borrowed from libraries or  
bought secondhand).

Tuesday mornings at Hawthorn  
from 31st March.

### MOVEMENT & DRAMA

Convener: Janice Jenkins

Mondays at Hawthorn.

### PHILOSOPHY

A self-help new group to study the  
Deakin Course in 20th Century Philosophy -  
starting with existentialists.

Tuesday afternoons at Augustine  
Centre, commencing 10th March.

### RELAXATION & CREATIVE IMAGERY

Convener: Alex Gale

4 sessions - Friday mornings at  
Hawthorn, commencing May/June.

### TRAVEL TALKS

Convener: Photographer, Harry Bonney

With numerous slides Harry gives advice  
to would-be travellers, brings back  
memories to those who have been on  
overseas or local trips and shows the  
world to the ones who want to enjoy it  
in home comfort.

Commencing April/May.

For further information, contact the office

### LANGUAGES

#### FRENCH CONVERSATION

Convener: Nazli Wilhelm

Wednesday afternoon at Hawthorn.

#### ITALIAN

Convener: Helen Gerstman

#### JAPANESE (Beginners)

Convener: Joyce Berdy

## FUTURE COURSES.

MYTHS & FACTS OF AGEING

Convener: Elizabeth Turner

Commencing May/June

LIVING SKILLS

Convener: John Balfour

Commencing June

LITERATURE

Convener: Rae Alexander

NUTRITION

Convener: Rosemary Hepburn

PSYCHOLOGY

Convener: Lenka Ter

These courses are in the pipeline and we will advise you further in our next Campus Notes. For example, Elizabeth Turner is convening a course on Myths & Facts of Ageing for the City Campus but will be giving a course at Hawthorn later in the year.

CALL FOR TUTORS

U3A Hawthorn needs tutors for the following:

AUSTRALIAN HISTORY

APPRECIATION OF ART

PRACTICAL ART

GERMAN

FRENCH

Could anyone help us with tutoring in these areas? Or do you know someone who would be willing to teach these subjects?