



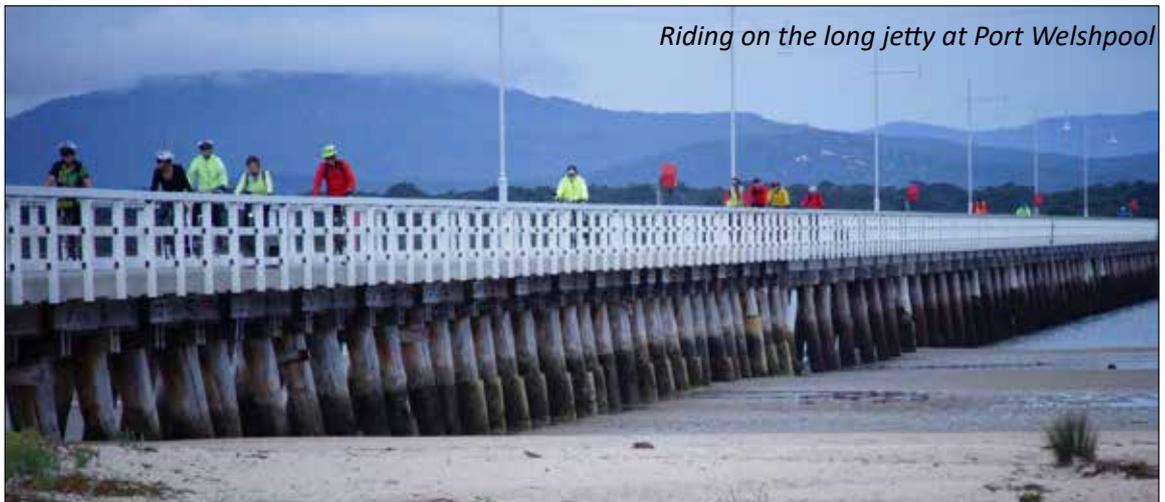
Dinner at the Wyanga Park Winery near Lakes Entrance

Some courses offer overnight, out of Melbourne activities. The Monday and Wednesday photography groups enjoyed a weekend in Lakes Entrance in April. The Tuesday Cycling group explored rail trails around Foster.

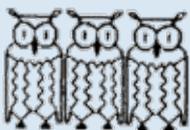
In March, participants enjoyed the Tramboat excursion to Williamstown. The weather was kind and the sea was calm. It was a wonderful adventure, particularly after the long restrictions imposed by COVID.



Riding on the long jetty at Port Welshpool



NEWS



Patron: Professor Pascale Quester, Vice Chancellor, Swinburne University

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U3A HAWTHORN COMMITTEE OF MANAGEMENT

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**PATRON: PROFESSOR PASCALE
QUESTER,**
Vice Chancellor,
Swinburne University

Lifelong learning: the most powerful lifestyle intervention for a better life

THOMAS OPPONG — APRIL 3, 2022

The ability to improve what you know consistently is one of the most powerful habits for a better and smarter life. A solid lifelong learning habit changes lives. Lifelong learning is the “ongoing, voluntary, and self-motivated pursuit of knowledge for either personal or professional reasons.” It’s crucial for your personal growth.

Isaac Asimov explains it beautifully, “Self-education is, I firmly believe, the only kind of education there is.”

Some of the most successful and smart people are always learning. Leonardo da Vinci, Descartes, Immanuel Kant, Benjamin Franklin, Abraham Lincoln, Steve Jobs and many of history’s great minds were massive lifelong learners — they were curious about many topics. They made time to explore their intellectual curiosities. “Learn as much as you can from those who know more than you do, who do better than you, who see more clearly than you,” says Dwight D. Eisenhower.

Learning new skills, gaining new knowledge, upgrading your mindset, expanding your perceptions, changing your mind when necessary are essential habits of highly successful people. If you are not learning something of value most of the time, don’t expect a different or better life. Einstein was right, “Insanity is doing the same thing over and over and expecting different results.” A better life is hidden in the learning habits you are avoiding. Lifelong learning can help you find the routines and behaviours that guarantee real progress.

Life is not linear — the ability to adapt and adjust where necessary is necessary for accelerated growth. Lifelong learning can help us become better at what we do by challenging our minds and skills by learning new topics or exploring different points of view. Learning is an infinite lifelong process — if you make it enjoyable, it won’t become a chore or boring.

It’s not structured learning; it’s a fun way to pursue your intellectual curiosities and upgrade yourself. Learning is not just about acquiring knowledge or skills in school. We learn throughout our lives and constantly develop new habits, beliefs, and abilities that make us who we are. So why not make it deliberate? You can explore the many ways to learn, whether through online courses, newsletters, podcasts, books, audiobooks or documentaries. Make it personal and choose content options you enjoy.

In the age of knowledge abundance, learning should not be limited to a place and time; we can embrace learning as an ongoing process of becoming better versions of ourselves. Through the experiences of successful and highly efficient people, we can learn what works and what doesn’t and use better skills and knowledge to improve what we know and do.

Unstructured self-directed learning can teach us almost everything we need to know to improve our lives consistently. The application of knowledge is not limited to a place or time. In your daily interactions and experiences, you can maintain an open and curious mind and take complete control of your self-paced learning.

The good news about lifelong learning is that you don’t have to disrupt your current schedule to learn something new every day. You can start with just 5 minutes of learning every day — focus on bite-sized knowledge via reading apps, newsletters, or courses to learn something

new. Newsletters and books have worked well for me. I read great essays and posts from experts and thought leaders every week. If you are interested in a specific skill, you sign up for a course or find an expert who teaches it online. Learn from anywhere at any time you want.

It's entirely up to you to decide your learning pace and the content type that works for you. Make it a fun habit if you are in it for the long haul. Richard Feynman, a famous scientist and physicist once said, "If you're not having fun, you're not learning. There's a pleasure in finding things out." It's essential to make it enjoyable or something to look forward to; otherwise, it becomes another boring learning experience.

"Intellectual growth should commence at birth and cease only at death," Albert Einstein. Formal education only lays the foundation for acquiring knowledge. To renew your mind, upgrade your mindset and improve on what you already know, use informal learning opportunities.

Start with a to-learn list — choose your topics wisely. What's more important to your success? What skills can make you indispensable in the future? What habits can you learn to improve your odds of success? Find your knowledge sources and set aside time for learning. You can use blogs, books, podcasts, newsletters, and videos to feed your mind daily or weekly. Make reading or listening a learning habit.

Take action on what you learn — apply knowledge to your specific problems and learn from your personal experiences. Ponder over what you are learning by taking breaks — go for a walk, sit to reflect, teach what you know or make personal notes. Life never stops teaching — it's our responsibility to continue our learning to become better versions of ourselves.

"Knowledge has to be improved, challenged and increased constantly, or it vanishes," says Peter Drucker. Live as if you have something new to learn, and you will pick knowledge unconsciously.

Live as if a better life depends on lifelong learning because it does. What you know influences your next action — improve what you know, and your future self will make an intelligent choice for the life you want. Make learning a lifestyle — your long-term health, wealth, and wisdom depend on it.

This article originally appeared in Medium.

CAN YOU SUPPORT OUR U3A?

If you are reading this, then you are a member of our terrific Hawthorn U3A, and enjoy the variety of stimulating activities and classes we have each week. But it doesn't happen without the effort of our U3A community and now it's time for you to help us keep our much-loved U3A running smoothly.

If you can find a couple of hours in your week to help us out as a U3A volunteer, we would love to hear from you. We want to keep our U3A strong and viable, and to do that, we need a little help from members like YOU! You will be so glad you can do your part to keep U3A viable and strong into the future!

Ways you can help:

- Tutor support - being there to help the tutor - maintaining the roll, setting up the room, packing up at the end of session
- AV support - if you have an interest in technology, be trained to use our AV equipment so you can help other tutors and speakers
- Reception - join the vital band of receptionists who usually work a half day a fortnight. You will be trained in all aspects of this role
- Present a single session on a topic of your interest or expertise
- Offer a course as a Tutor or Convenor
- Help with maintenance around campus - keeping the place swept and clean, looking after the garden
- Help with catering for functions such as Saturday matinees
- Just being aware of issues - has the AC been turned off at the end of the session? the blinds drawn and lights turned off at the end of the day?
- Join the book exchange committee
- Assist with Summer School - see below
- Help us with ideas for new courses, speakers, things we can do to make our U3A even better.

Telephone 9821 0282 or email courses@u3ahawthorn.org.au

2023 SUMMER SCHOOL

3 -20 JANUARY 2023

Planning for next year's Summer School starts shortly. A group of six members will meet in June to begin developing the program: deciding the topics of likely interest to the wider membership, contacting quality speakers/presenters and finalising the three week program.

We are keen to seek your input into Summer School. You can be involved in several ways:

- If you would like to have a particular **TOPIC**, we ask you to let us know about it.
- If you know of a really good **SPEAKER** and their area of expertise, let us know.
- If you would like to **JOIN** the planning group between June and December [meeting approx monthly], you will be most welcome. The process is not demanding, but very rewarding.
- If you are interested in helping with the **AV system** in the Hall to support the presentations in January, we do need extra members to assist. Training on the AV system will be provided.

We are looking forward to putting on another Summer School that continues a long tradition of successful, interesting programs. Should you wish to contribute in any of the above ways, please contact me to discuss your ideas and possible input.

*Chris Stocker
Convenor, U3A Hawthorn Summer School
0404 819 016*

NEWS AROUND CAMPUS

Sue Waller has been the Office Manager at U3A Hawthorn for 10 years and has overseen enormous changes in the office. The construction of the new office area and classrooms in 2016/2017, the introduction of the online membership system, increased computerisation of all aspects of the office, increasing numbers of members and courses and the on-going need to train new Receptionists and deal with the multiple issues which crop up on a daily basis have kept Sue very involved. Thank you Sue for all your work and the support and training of Receptionists who generally work half a day a fortnight. Sue will remain on the Management Committee, but her role as Office Manager will be split amongst several Receptionists.

Thank you to **David Sheppard** who stepped in to complete The Celtic World course when tutor Vin Underwood became ill. This was the third year that we had offered the course, but it had been disrupted by lockdowns in 2020 and 2021.

The monthly series, Creative Women and their Work, has been very successful. So far this year Deirdre Hasted presented a workshop on drawing a mandala, Gail Stiffe a presentation on papermaking and Miranda Brett on textile art and felting. Participants enjoyed the hands on aspects of the presentations and the opportunity to appreciate the creativity and skill of these Melbourne artists.

Whilst we have been able to run face-to-face classes there have been some disruptions with illness and Covid-19 affecting both tutors and participants. We hope that the flu vaccine and booster shots for Covid will help members avoid serious illness. A small number of courses continue to operate on Zoom. The decision to remain on Zoom or go face-to-face rests entirely with the tutor. A reminder that only fully vaccinated people may attend face-to-face sessions.

Unfortunately we have had to cancel some courses and individual sessions due to low numbers attending. Chess with Claus Gyrn has been cancelled and some single sessions with external presenters.

The Walking with Poles course has changed to an afternoon start time to avoid the cold winter mornings. This course is weekly on Tuesdays at 2pm with Nigel Flannigan. New participants are welcome to come along and learn how to use walking poles to best effect and participate in a fitness walk each week.



Receptionists thank Sue Waller for her amazing work as Office Manager.



Creative Women and their work sessions



SOME EXCITING NEW COURSES

We are delighted to offer a new music group - the Acoustic Guitar Group, led by new member Peter Rogers who has been tutoring a similar group at a U3A in Sydney for several years. If you have a guitar and can read guitar charts come along and share the music with others. The course commences in July.

This course will be another music performance option in addition to the Recorder Group which has been operating for very many years.

Jennie Raymond is convening a new group, Let's go to the movies (commencing July), where members go together to a monthly movie, usually at the Palace Balwyn, followed by lunch or coffee afterwards to discuss the movie. This provides another opportunity for people socialise as well as enjoying an outing and movie together.

Recently there was an excellent presentation by Jenny Hiller, Senior Engagement Advisor, Gardiners Creek Main Sewer Rehabilitation Project, about the sewer renewal which is taking place along Gardiners Creek. This is a major project which inspects and repairs sections of the 130 year old sewer system. That the original sewer system is still operating is a testament to the excellent engineering and craftsmanship at that time. New technologies and materials assist in repairing sections of the sewer using sewer access points.

Professor Alan Duffy, Director, Space Technology and Industry Institute, Swinburne University gave a fascinating presentation on Australia's place in space on the moon. He spoke about Artemis, the next NASA mission, which will land the first woman and first person of colour on the Moon, using innovative technologies to explore more of the lunar surface than ever before. Australia is involved in this project.

Members of the Magic of Opera course led by Sam Alfreds met for a social afternoon at Sam's home and enjoyed a beautiful piano recital by Sam.

The social table tennis course continues to be popular and offers some additional skills training on a monthly basis. Robinson Road Pavilion offers an excellent space for table tennis and a range of other exercise classes, including yoga, taichi, pilates, dance and stretching.



IN MEMORIUM



PETER HARDHAM OAM

Peter Hardham was the Leader of our Wednesday Politics and Current Affairs class from 2015 until he became ill in 2019.

Peter joined U3A Hawthorn in 2014. When Peter was invited to lead our class, he gave me a call and asked if he could come and chat about his new role, as I had been assisting in running our class, specifically in inviting speakers. He liked to connect with people, as evidenced by his call to me and his willingness to prepare for his role.

He was very comfortable with giving 'public' talks and so was in his prime as leader of our class! He would always start with a joke or too. Many were rather risqué! He would then deliver his speeches on whatever topics he had chosen for the day; and invite our comments and questions. He always gave intelligent and knowledgeable responses.

Peter accepted the role of President of U3A Hawthorn in 2018, but because of his ill-health only served for one year. Peter's regular contributions to the Summer School program show his diverse interests with talks on "The Creative Genius of William Blake" and "The History of Blues Music".

Covid intervened and Peter did not play an active part in the Politics and Current Affairs class until 2022 when returned to the class, apparently in fine fettle, just as he had always been. We rejoiced. It was so good to see Peter on top of his game again. He was connecting with people and offering well thought through comments. But then, a few months later, he passed away suddenly on 16 March 2022. We were all shocked and sad. May he rest in peace.

Pennie Kendall

BOOK EXCHANGE

We are so fortunate at U3A Hawthorn to be able to run our Book Exchange every month. It is wonderful to observe the happy faces of members when they see the table in the foyer laden with books.

As I am sure you are aware, we rely on volunteers to set up, top up and pack up the table each month and at the moment this is falling to just two us. If you enjoy using the Book Exchange, please consider joining our team. Leave your name at reception if you are able to help or would like more information.

Whilst donations are always welcome, at the moment our storage is at capacity so please no large donations. You no longer need to bring items in order to take books so feel free to take as many as you would like.

We look forward to seeing you all gathering around the table trying to find a hidden gem to take home and enjoy.

Happy reading.

Julie Angus-Kiddle



MUSIC PERFORMANCES

Saturday 18 June 2.30pm	Gateway Singers Concert St John's Anglican Church, Burke Rd Camberwell.
Saturday 23 July 2.30pm	Saturday Matinee Alan Cook & his Russian baritones Hall, Sinclair Avenue
Sunday 14 August 2.30pm	Orchestra, Conductor: Marie-Louise Wright, MLC, Kew.
Saturday 20 August 2.30pm	Saturday Matinee Music and Arts of Vietnam Hall, Sinclair Avenue

MUSIC NOTES

It is so good to know that our many music groups are back into the world again after the past difficult years. Both Choir and Orchestra have recently presented their first concert for the year, and both in the same weekend, the Gateway Singers as part of the Saturday Matinee Series, followed the next day at MLC by the return of the Orchestra. Sam Alfred's popular Friday Opera sessions have carried on throughout via Zoom, the Saturday Matinee series is up and running with a variety of musical entertainment to come - requests and suggestions always welcome! - and Roger Creed's richly illustrated morning sessions continue to draw interest. A chat with Jim Bland, who has taken over the Recorder Group following Jeanette Macarthur's retirement, reveals a very encouraging start to the year, with a concert with the Victorian Recorder Guild, another new member, and a complete change of repertoire for future enjoyment. And Layton Moss and his Jazz Group still fill the Hall with the nostalgia of loved music of the past.

The Gateway Singers has grown in numbers since its resumption and delivered a delightful program to a very happy audience in our Hall. There are two more concerts planned for this year, in June and November. For the Orchestra, the return, after almost falling apart during the Covid breaks, was a very auspicious occasion and was a great success, rewarding the amount of hard work from players and conductor over

such a long period of lockdown "on and offs". Our conductor David Keeffe is owed special thanks for the depth of his commitment to the multiple rehearsals and preparation required and his patient re-awakening of the players to the need for regular practice and concentration to the job in hand. The performance of his own composition "After the Fires", a World Premiere, was very well received and the soloist on bass clarinet a joy to watch and listen to.

There are still gaps in the orchestra personnel, particularly strings; some have not yet felt comfortable in attending, and we hope that the situation will improve. There is good news of two new cellists who will be joining, so recruiting violinists is important. There has been a project underway to find a second conductor to the fleet. We have now decided to appoint both of the final applicants as a way forward, with the next concert in August being led by Marie-Louise Wright, and the first for next year directed by Simon Harvey. Both are string specialists which is a bonus for an orchestral conductor – all the more need to encourage more strings! David Keeffe has plans in place for the final concert in November. These decisions have enabled dates and venues to be firmly in place for the rest of the year, a much more comfortable situation than the unknowns of the past.

Ruth Muir



PRESIDENT'S ANNUAL REPORT FOR 2021-2022

It gives me great pleasure to present the President's Annual Report for U3A Hawthorn for 2021-2022, and it is a joy to do so face-to-face, and without masks! What another extraordinary year this has been for everyone at U3A Hawthorn. A year in two parts really. The period from last years' AGM in May until December 2021 was one of getting vaccinated, social distancing, self-isolation, lockdowns, Zoom, wearing masks, staying at home and panic buying of toilet rolls. This had become the "new normal" in our Covid-19 pandemic world.

Part two saw an easing of restrictions, an opening up of some businesses, booster shots, more mask wearing, QR codes, the continuation of the vaccination program and the reopening of our Campus for face-to-face learning and activities. This has been the period from January 2022 to the present. It is against that background that I report on the functioning of U3A Hawthorn for the past twelve months.

Firstly, I believe we have achieved a great deal during the year, despite the interruption to our many programs caused by Covid-19. From May-December 2021 we managed to keep U3A Hawthorn functioning by use of technology, mainly using our Zoom licences. This enabled us to present about 50 classes a week. In this way we continued to stay connected to our members and still provide worthwhile educational outcomes, albeit not face-to-face, as we normally do.

Unfortunately not everyone had Zoom as the means to "virtually" attend classes, nor were some classes adaptable to the technology. Many classes were simply cancelled for the second half of 2021, as they had been earlier. We had no other option. This placed a significant strain on our organisation, particularly on tutors, who acted as Zoom hosts as well as presenting their classes. The amount of time spent by the tutors keeping the technology operating as well as assisting our members "logging in/on" was immeasurable. Our thanks go to each of those tutor hosts, who worked tirelessly for months to keep things going. Particular thanks go to Bruce Lancashire, our Secretary and tech guru, who was so frequently called upon to solve Zoom issues.

Secondly, from May to November 2021 the Covid-19

restrictions and lockdowns required closure of our musical programs, as well as the cancellation of Excursions, outdoor activities, Readman lectures, and the suspension of ALL social activities and personal face-to-face contacts. Our Sinclair Avenue office was closed during lockdowns, though we did monitor the phones and emails.

Our primary committees, the Program Planning Committee and the Management Committee continued to meet via Zoom. In fact, the Management Committee met even more frequently than before Covid-19. We also continued to communicate and keep connected to our members by our quarterly Newsletters and regular Gateway publications, advising members of the latest Covid-19 Health warnings, and rule changes, and their impact on our operations and updates on the Zoom classes. It was a very worrying time for everyone, in particular for the Management Committee concerned as to whether we would still have a functioning U3A by the time the pandemic was under control by government authorities. The uncertainty of when, and how we would re-open our Sinclair Avenue campus [and elsewhere] on a safe face-to-face basis, hung like a black cloud over the second half of 2021. [As it had done over most of 2020].

Fortunately, we did achieve a brief partial face-to-face reopening last November, but the number of members attending a few small classes was greatly reduced. This was understandable. Also, the isolation and potential loneliness for some of our members was a matter of great concern. In my opinion these issues impacted on the level of our membership in 2022. The reduction in enrolments this year is a shared experience amongst U3As, and other community groups. Hopefully as many more of our age cohort get vaccinated [and booster shots] against Covid-19, more new and renewing members will join our organisation. Encouragingly numbers are increasing steadily as this year progresses.

2022 commenced with our highly successful Summer School which ran for 3 weeks in January. Summer School participants had the privilege of listening to a diverse and stimulating range of speakers on subjects from Indigenous History of Boroondara to Famous Gardens of UK and Europe. All these classes were held





The 2022 - 2023 Management Committee

*L- R: Lily Lau, Irving Miller (President), Ron Box, Stefanie Sowerby, Fay Maglen, David Bennett, Ruth Muir, Nathan Feld, Ellen Stoddart, Carol Lancashire, Bruce Lancashire. Absent: Sue Waller
The Management Committee welcomes Fay Maglen, who was elected to the Committee at the Annual General Meeting. Fay has been a member since 2007.*

face-to-face so members regained the valuable face-to-face social interaction, though masks were compulsory and all members were required to be fully vaccinated. Other members played Mah-Jong, Bridge, Chess and Cryptic Crosswords at Sinclair Avenue campus, whilst observing our Covid-19 Safety Plan. It was an outstanding program and special to U3A Hawthorn. We thank each and every presenter; their contributions were invaluable.

For the first time Summer School ended with a “Sausage Sizzle and Jazz Music” lunch. In my view this was a great innovation, and was very well received by all who attended. None of this happens by “magic”. Summer School only occurs as a result of the dedication, time and great organisational skills of the organising committee. I want to acknowledge and thank Chris Stocker [Chair], Lily Lau, Susan Heath, Julie Angus-Kiddle, Pam Welsford, Andrew Weatherhead and Roger Seddon for their tireless work on behalf of U3A Hawthorn members. In addition, our thanks go to the AV support members whose contributions allowed our speakers’ presentations to go so smoothly.

Since enrolment opened for 2022, many members have joined and enrolled in courses. Currently we have over 1344 active members, a number similar to 2021. Whilst this number is slightly down on our total membership prior to the pandemic, this was to be expected in the circumstances.

On a more positive note, I am pleased to report that there are 136 Tutors/Convenors of whom 24 are new to the role at U3A Hawthorn in 2022. Welcome. I trust you enjoy your time at Hawthorn, I am sure our

members have a great deal to learn from you. Currently we have 224 courses or activities on offer to members for 2022 to date. No doubt as the year progresses new courses and new tutors will add to our expanding program. Special thanks go to Carol Lancashire, our Course Co-Ordinator for her outstanding work in developing and timetabling our ever-expanding educational program.

On 27 January 2022 we held our Tutors/Convenors and Volunteers Lunch and Briefing at Leonda. About 130 guests attended in a splendid setting and very positive atmosphere. The opportunity to see so many of our tutors and volunteers in person, and mixing freely, with energy and enthusiasm, was a joy in itself. This event was an outstanding success and a great occasion for us to get together, exchange ideas and receive a detailed briefing on U3A Hawthorn operational matters for 2022 and attendees to receive important up-to-date information on our Covid-19 Safety Plan.

During the year the Management Committee met via Zoom on numerous occasions to manage the organisation and, in particular, to write and submit several Covid-19 Safety Plans to Boroondara Council for its approval. Whilst these plans were a Management Committee project, special thanks go to Sue Waller, Carol Lancashire and Judy Hamann for their contributions to the successful outcome, which meant our plans were approved in record time. These comprehensive plans meant that we were able to re-open on Monday 7 February 2022 with safe face-to-face learning at our Sinclair Avenue Campus. Members returned to classes wearing masks, keeping a social distance, using the QR code or kiosk check in and

proving that they were fully vaccinated.

It has been a significant administrative exercise to ensure we met the numerous health and government/council requirements. It is pleasing to record that we have not been subject to any lockdowns in 2022. In fact, the Covid-19 restrictions have all but gone over the past 3 months. But everyone still has to be fully vaccinated and stay away from classes, if they have any Covid-19 or flu-like symptoms. Some members continue to wear a mask, and they are encouraged to do so, if they wish.

We continue to maintain an excellent relationship with Swinburne University of Technology. I am delighted to report that Professor Pascale Quester, its Vice Chancellor and President continues to act as our Patron. We look forward to a continuing positive relationship with the University.

Regrettably, in this Covid-19 world, all of our musical program, including the Saturday Matinees, the Orchestra and the Choir were cancelled for the whole of 2021. Thankfully with the easing of restrictions at the start of 2022, our musical program recommenced bigger and better than ever. Our Saturday Matinees series of musical presentations commenced on Saturday 19 March with the 20 year old piano soloist, Brian Luo stunning a packed Hall with a virtuoso performance of Rachmaninoff and other composers.

A second Saturday Matinee took place on 30 April when our choir, the "Gateway Singers" performed to a large and appreciative audience in the Hall. Thanks to Julie Lancashire, Choir Director and all the talented singers.

Members can look forward to monthly Saturday Matinees for the rest of the year, thanks to the dedicated work and planning by Ruth Muir; thank you Ruth.

The Orchestra of U3A Hawthorn's first performance for 2022 took place on Sunday 1 May at MLC in Kew. The concert was an outstanding success attended by about 100 people. The musical program was stimulating and very well received by all. Our thanks go to our conductor, David Keeffe and the orchestra committee, led by Jaynee Russell Clarke. Of course, a special thank you goes to the many talented musicians whose performance of "After the Fires" and other pieces was uplifting and enjoyable. The performance of that piece, composed by David Keeffe and commissioned by the soloist, Jason Xanthoudakis, was its world premiere.

On Saturday 27 November 2021 we held a "Morning Tea and Music Function" at our Sinclair Avenue campus. What a wonderful occasion it was. The weather was kind to us, and about 80 members enjoyed the sausage sizzle, muffins and music. This was our first social event for 2021, in late November! Everyone was in good spirits, keen to eat, drink and talk together on a face-to-face basis. So it was a warm, friendly and very positive atmosphere, enjoyed by all who attended. Thanks go to our own "MasterChefs", Ron Box, Harvey Sowerby and Nathan Feld and to all those who participated. There were also very yummy muffins arranged by our catering manager, Julie McNaughton. Arguably the highlight of the morning was the musical program, namely the "mini concert"

by the Gateway Singers and the Avalon Jazz Band. We thank each and every singer for your enthusiastic participation on the day, and the great atmosphere which you helped create. Special thanks to our Choir Director, Julie Lancashire for the joyful program she prepared for the singers and for our members enjoyment.

Sadly the pandemic saw the necessary cancellation of all arrangements for our Excursion program in 2021. Now, with the easing of restrictions, the 2022 program is up and running with 4 visits arranged to date and many more members participating. Thanks go to Joan Harding and her organising team for these arrangements.

The Book Exchange, which was also shut down during 2021, is now open for business and is flourishing. Julie Angus-Kiddle and her team are responsible for this successful initiative and we warmly thank them for their dedicated work.

We gratefully acknowledge the support of the Boroondara Council for our wonderful campus, and for the community-based lease access to venues such as the Parkview Room at the Camberwell Library, the Frog Hollow Pavilion and the Robinson Road Pavilion. The team at Aged Services, with whom we liaise, together with those in Facilities Management, deserve our special gratitude for their support, availability, assistance and ease of dealing with the issues we raise with them.

No Annual Report could be tabled without acknowledging the outstanding contributions made by our many volunteers including: receptionists, database, AV support, gardening group and catering group. Then there are the tutors/convenors and committee members, each of whom generously and tirelessly give of themselves, for the benefit of us all. The success of U3A Hawthorn is based primarily on the valued and significant contribution of the many members who so freely donate and share their time, skill, expertise and knowledge in the running our organisation. What would we do without you? Thank you everyone.

We acknowledge and thank several tutors/convenors who have retired during the past year. Each conducted classes at U3A Hawthorn for more than 5 years, they are:

Elaine Cockburn [4th Wednesday Book Group]
Bev Fagan [2nd Wed Book Group & Japanese]
Jeanette MacArthur [Recorder group].

On a very sad note, we learnt of the deaths of five of our tutors/convenors during the past year:

Nobby Ward [Philosophy]
Lyn Parer [Mah-Jong]
George Giummarra [Outdoor Activities]
Alby Twigg [Latin]
Peter Hardham OAM [Politics&Current Affairs and former President of U3A Hawthorn].

They are each remembered with great affection for their significant contributions to our organisation. They are missed but not forgotten.

The running of U3A Hawthorn involves a huge workload, and endless hours of dedicated work in a challenging and complex environment. It can only be undertaken successfully with the support and

contribution of some very special people. I would like to acknowledge the leading contributors to our U3A over the past 12 months:

Stefanie Sowerby: Vice President, MC, Readman Committee & Catering
Bruce Lancashire: Secretary, MC, UMAS, U3A Network, A/V technology, etc.
Ellen Stoddart: Treasurer, MC, Rules Review Sub Committee, Reception
David Bennett: Minutes Secretary, MC, Choir Liaison
Ron Box: MC, PPC Chair
Nathan Feld: MC, Summer School
Carol Lancashire: Curriculum Coordinator, MC, PPC
Lily Lau: MC, Summer School, Reception
Ruth Muir: MC, Saturday Matinees
Sue Waller: MC, Office Manager
Julie Angus-Kiddle: Book Exchange, Archives & Summer School
Clare Carlson: Gardening Group
Judy Hamann: Readman series
Nigel Hannam: External Venues
Joan Harding: Excursions
Julie McNaughton: Catering
Toni Nigro: Membership
Harvey Sowerby: Campus Manager
Chris Stocker: Summer School
All Tutors, Convenors, Tutor Support people & Covid-19 Monitors.

Many of those mentioned above have committees which work with them. The work of these Committees is invaluable. Without this work our organisation would simply not function.

Thank you to all members who contribute to U3A Hawthorn by your generous donation of your time, energy, and expertise. Finally, I would like to thank the Management Committee and all members for giving me the privilege of serving U3A Hawthorn as President for the past twelve months.

*Irving Miller
President
4 May 2022*



ANNUAL MEMBERSHIP FEE FOR 2023

The Annual Membership Fee for the coming year is passed at the Annual General Meeting. This year the Annual Membership fee for 2023 has been fixed at \$50, remaining the same as in 2022.

The Annual Membership Fee becomes due when membership is rolled over for the coming year which will be on Monday 28 November 2022. The fee for next year can be paid anytime after this.

U3A NETWORK

U3A Network Victoria is the peak body for the University of the Third Age (U3A) movement in Victoria. It represents 104 Member U3As, and their 35,000 members.

The current President Susan Webster spoke at our Annual General Meeting about the role and work of Network in supporting individual U3As.

Each U3A is an independent nonprofit, community, self-help organisation which provides a range of adult education courses, recreational activities and excursions for retired and semi-retired people.

However Network provides an opportunity for individual U3As to exchange ideas and pool resources. The Membership system used by many U3As, including Hawthorn, was developed with the support of Network.



AGM GUEST SPEAKER

The guest speaker at the Annual General Meeting was Rita Hawkes, Research Officer with the RSPCA Victoria.

Rita spoke of the role of the RSPCA in meeting its objective of ending cruelty to animals. In addition to the extensive range of services and programs to improve the welfare of animals and to support Victorians with their pets, the RSPCA is very active in advocacy in a range of areas including:

- Ending duck shooting in Victoria
- Banning battery cages in Victoria
- Significant animal welfare improvements across the three racing codes
- Desexing of all owned and semi-owned domestic cats in Victoria
- Wildlife legislation reform in Victoria
- Animal Welfare Legislation Reform in Victoria

HONORARY LIFE MEMBER

BRUCE LANCASHIRE

U3A Hawthorn is an incorporated association pursuant to the Associations Incorporation Reform Act 2012. Under the Act, the Management Committee may, at its discretion, recognise the long and meritorious service to the association by any member, by the granting of a special category of membership styled "Honorary Life Member".

It gives me great pleasure to tell you that the Management Committee, at its monthly meeting held on 9 March 2022 unanimously decided to grant Bruce Lancashire, Honorary Life Membership in recognition of his "long, outstanding and meritorious service" to U3A Hawthorn. It is fitting that award is recognised and confirmed at this Annual General Meeting of the organisation. We are delighted that Bruce has agreed to accept this recognition.

Over the past 15 years any discussion of U3A Hawthorn would be incomplete without mentioning the role played by Bruce, in particular as Secretary, tech guru and policy maker. Joining the organisation on 27 October 2005, Bruce has been a tireless worker for U3A Hawthorn for than a decade and a half. In fact he was a guest musician in the orchestra even before he joined U3A Hawthorn. Soon after joining he became part of the website and data base team led by John Harcourt and Hans Van Dorssen, both Life Members.

Bruce was elected to the Management Committee at the AGM in May 2008, and in May 2010 AGM he was elected Secretary, a position he still holds today. A record 12 years and continuing. A glance at our Honour Board shows that no one has held an Executive position for nearly that long.

In addition Bruce has been the U3A Hawthorn delegate to Network since 2008, and the Eastern Metro Forum of regional based U3As which meet to discuss common issues for 14 years. When Network proposed a common database UMAS, Hawthorn became a founding member of the User group, and Bruce has been our active representative ever since. Bruce's reputation extends beyond U3A Hawthorn, as he is part of the UMAS working group, which recommends changes and testing of the system; and has helped Frankston and Cranbourne U3As install and support their systems.

It is nearly impossible to summarise the workload that Bruce performs with skill, energy and patience. Suffice to say that our U3A would not function as professionally as it does without his contribution. Whether it is researching, sourcing and commissioning new computers or our new state-of-the-art phone system; Bruce is at the forefront, the middle and the back.

Any visit to our office will find him at his desk, surrounded by computers and entering data or on the phone solving members tech issues, or in a classroom helping tutors with use of the AV equipment.



No one could calculate the hours Bruce has contributed to our U3A over the past 15 years. And it must be remembered, he continues to serve in the crucial role as Secretary, ensuring our legal compliance under the legislation.

Bruce, all members of U3A Hawthorn [past and present] owe you an enormous debt of gratitude. Your service to U3AH has undoubtedly been "long, outstanding and meritorious" within the meaning of Rule 8 [4] of our Rules of Association.

We are delighted that you have agreed to accept the recognition of "Honorary Life Membership". If we were AustPost we would give you a \$3000 Cartier watch, if we were the Federal Government we would appoint you to a lucrative Board position for life. But as we are neither, we cannot honour you in that way.

Today we can do no more than say thank you, and confirm upon you Honorary Life Membership. Please accept this Certificate in appreciation of your contribution to U3A Hawthorn.

*Irving Miller
President
11 May 2022*



HAWTHORN
UNIVERSITY OF THE THIRD AGE

READMAN LECTURE

The Readman series of lectures are designed to bring leading experts in their field to U3A Hawthorn to speak about important current issues. Normally there will be 3-4 lectures per year. The lectures are open to all members, subject to hall capacity, and conclude with refreshments.

The series is named after Derek Readman, who made a great contribution to U3A Hawthorn over many years, and was instrumental in sourcing speakers for many U3A Hawthorn events and lecture series.

“Human rights and cognitive disabilities”

Julian Gardner AM

22REA004 Tuesday 9 August 2022, 2pm, Hall



Julian Gardner has been involved for several decades with human rights and social justice. He was involved in establishing Australia’s first community legal centre, the Fitzroy Legal Service, and was later the first Director of Legal Aid in Victoria. Subsequently he has been the CEO of three different tribunals and from 2000-07 he held the position of Public Advocate for Victoria.

in that role he was Victoria’s guardian of last resort for adults lacking decision making capacity and engaged in systemic advocacy to promote and protect the rights of people with cognitive disabilities.

Among his later roles he conducted a review of the Victorian Equal Opportunity Act, chaired a committee advising government on reform of the Mental Health Act, was Vice Chair of the Australian Press Council, Deputy Chair of Alfred Health and Chair of Mind Australia a not-for-profit providing community mental health services. Most recently he was a member of the State government’s Expert Advisory Panel on the drafting of the historic Voluntary Assisted Dying Act and then chaired the committee that implemented that Act. He is now Chair of the Voluntary Assisted Dying Review Board.

Julian was made a Member of the Order of Australia in 2015 for “significant service to the community through leadership roles with social welfare, mental health, legal aid and other legal organisations”.

ENROL FOR THIS LECTURE

The Readman Lectures are free to all members of U3A Hawthorn, but registration is essential. Please enrol in this lecture (22REA004) online www.u3ahawthorn.org.au/members or register at Reception. Refreshments will be provided.

EXCURSIONS 2022

BOOKING POLICY

Enrolment in Excursions is done in the same way as enrolling in all other courses. You are encouraged to enrol online using the Membership system u3ahawthorn.org.au/members or by visiting Reception. Telephone or email enrolments are not accepted. Excursions are for Members of U3A Hawthorn only. All tour fees are payable at the time of enrolment, either online or at Reception.

For further queries, please contact Joan Harding on 9813 3974 or 0408 366 987

CANCELLATION POLICY

For cancellations made 14 days or less prior to the scheduled departure, no refund will be made

22EXC005 WINTER WARMER LUNCH AT WILLIAM ANGLISS FINE DINING RESTAURANT

Date: Thursday 23 June

Cost: \$29 per person, payable on enrolment (drinks bought from the bar)

Meet: Ground floor, Building E, 550 Little Lonsdale St City

Time: 12 noon

Limit: 20 persons

Take the opportunity to dine at this special restaurant where final year apprentice chefs work alongside award-winning chefs to present a memorable and best value dining experience.

Always a winner, always heavily booked.

- Must show COVID Vaccination Certificate

- Please wear name tag

Fully booked
but places
may become
available

22EXC006 GUIDED TOUR OF BOX HILL CEMETERY

Date: Friday 1 July

Cost: \$20 per person, payable on enrolment

Meet: Cemetery Office located in centre of cemetery, 395 Middleborough Rd, Box Hill

Time: 9:45am for 10:00am start

Limit: 20 persons

This tour led by guide Sue Barrett, member of the Surrey Hills Historical Society and noted historian will commemorate Victoria Day, a public holiday in Victoria prior to WW1.

In present times it is a day honouring and recognising people of Victoria who have contributed to our society in so many ways. Sue will dedicate this tour to those early pioneers and settlers of the area. Hear the stories of John Maling Snr of Surrey Hills, Pastor Schramm, leader of the German settlement in Doncaster, William Angliss and many more.

- Wear suitable walking shoes, perhaps take an umbrella and water

- Must show COVID Vaccination Certificate

NOTE: No toilets available.

22EXC007 FOX COLLECTION - CLASSIC CAR MUSEUM

Date: Thursday 4 August

Cost: \$9.50 payable on enrolment

Meet: 749-755 Collins St

Enter 1 Batman Hill Drive, Docklands

Transport: By train, leave Collins Street exit Southern Cross Station

Walk 450 metres along Collins Street to Batman Hill Drive (5-10 mins)

Turn left into drive, entrance on the right.

Time: 10:30am

Limit: No limit

Donated by Lindsay Fox, founder of the Australian logistics company Linfox who is a collector of cars spanning almost a century of automotive technology and design.

See Jaguar, Porsche, Ferrari, Rolls Royce, MG, Lexus and Nissan, many previously owned by the famous.

Currently the museum is exhibiting a rare and prestigious Porsche collection never before displayed in its entirety. Steeped in history this collection is what dreams are made of. Enjoy!

- Must show COVID Vaccination Certificate

- Please wear name tag

CURRICULUM UPDATE - June 2022

These courses have been added since the publication of the Curriculum in November and the March Update. Details of each course can be viewed on the Membership website u3ahawthorn.org.au/members.

22ARTS08	Let's go to the movies monthly from Tuesday 5 July, 10.30pm, usually Palace Balwyn Cinema	Convenor: Jennie Raymond
22COM012	Making the most of your iPad from Friday 2 September, 11.30am, West Room	Tutor: Pam Welsford
22COM013	Getting to know Siri & microphone (Zoom) Monday 10 October, 11.30am, Zoom	Tutor: Pam Welsford
22COM014	What's new for Apple IOS15 Friday 14 October, 11.30am, West Room	Tutor: Pam Welsford
22COM015	Using an electronic calendar Monday 17 October, 11.30am, West Room	Tutor: Pam Welsford
22COM016	Security and privacy online Friday 21 October, 11.30am, West Room	Tutor: Pam Welsford
22COM017	Searching on Apple devices Monday 24 October, 11.30am, West Room	Tutor: Pam Welsford
22COM018	Using the camera on your iPhone from Friday 18 November, 11.30am	Tutor: Pam Welsford
22COM019	Introduction to Word Processing Monday 21 November, 11.30am, West Room	Tutor: Pam Welsford
22COM020	Creating Powerpoint Presentations Monday 28 November, 11.30am, West Room	Tutor: Pam Welsford
22MUS004	Acoustic Guitar Group weekly from Thursday 8 July, 2pm, Frog Hollow	Tutor: Peter Rogers
22HEA012	Health Series Transition to Residential Care Thursday 9 June, 1.30pm, Hall	Presenter: Prof Colleen Doyle
22HEA013	Health Series Organ & Tissue Donation Thursday 14 July, 1.30pm, Hall	Presenter: DonateLife
22HEA014	Health Series Red Cross Blood Service Thursday 11 August, 1.30pm, Hall	Presenter: Elie Giles
22REA004	Readman Series: Julian Gardner AM Tuesday 9 August, 2pm, Hall	
22SCI025	Science/Environment Series National Parks: The Best Idea Thursday 21 July, 1.30pm, Hall	Presenter: Rob Crocker
22TRA005	Armchair Travel Two Iconic Islands: Madeira & Mallorca Thursday 23 June, 1.30pm, Hall	Presenter: Judy McPherson
22TRA006	Armchair Travel Riding for Afghanistan Thursday 28 July, 1.30pm, Hall	Presenter: Dick Marquardt
22TRA007	Armchair Travel Costa Rica Thursday 25 August, 1.30pm, Hall	Presenter: Zvi Civins
22TRA008	Armchair Travel Backroads: Alaska, Yukon & British Columbia Thursday 22 September, 1.30pm, Hall	Presenter: Victor Caune
22TRA009	Armchair Travel Victoria's Painted Silos Thursday 27 October, 1.30pm, Hall	Presenter: Carol Lancashire
22TRA010	Armchair Travel Italian Odyssey Thursday 24 November, 1.30pm, Hall	Presenter: Frank Devlin