



HAWTHORN
UNIVERSITY OF THE THIRD AGE

Patron: Professor Pascale Quester,
Vice Chancellor, Swinburne University

U3A HAWTHORN HANDBOOK 2023

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Reception Hours Weekdays:
Wed 4 - Fri 20 Jan: 10am - 2.00pm
Office closed: Mon 23 - Fri 27 January
From Mon 30 Jan: 9.30am - 4.00pm

ABOUT U3A HAWTHORN

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

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

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

Members must enrol and be accepted for the courses of their choice. Members may not attend a class without being enrolled, or if they are waitlisted.

A Book Exchange operates in the third week of each month, enabling free exchange of books, DVDs etc between members.

Dates for 2023:

Wednesday 4 January	Office re-opens, 10am - 2.00pm
Wed 4 – Fri 20 January	Summer School
Mon 23 - Fri 27 January	Campus and Office closed
Monday 30 January	Office opens, 9.30am - 4.00pm
Monday 6 February	Courses commence
Monday 13 March	Labour Day – public holiday – Campus closed
Fri 7 – Sun 23 April	State School holidays
Fri 7 – Mon 10 April	Easter - public holidays – Campus closed
Tuesday 25 April	Anzac Day – public holiday – Campus closed
Wednesday 17 May	Annual General Meeting, 10am
Monday 12 June	King's Birthday - public holiday – Campus closed
Sat 24 June – Sun 9 July	State School holidays
Sat 16 Sept – Sun 1 Oct	State School holidays
Friday 29 September	Possible AFL public holiday – Campus closed
Tuesday 7 November	Cup Day – Campus closed,
Friday 1 December	Last day of classes for 2023

To become a member:

- Membership is open to people who are retired or semi-retired.
- To join U3A Hawthorn you can join and pay your membership online at u3ahawthorn.org.au/members or come to Reception to complete membership enrolment and pay the annual individual membership fee.
- Associate membership is not available.

Member entitlements and responsibilities:

- Only members may attend U3A Hawthorn courses and activities.
- The annual membership fee entitles you to apply to enrol in as many courses and activities as you wish, subject to the class size limits which will vary depending on venue and the nature of the course.
- All members must abide by the Code of Conduct (see page 6).
- All members must abide by any Victorian government pandemic regulations and the conditions of venue use specified by the City of Boroondara or other leased premises. These conditions may change throughout the year and members will be notified of any changed requirements.
- Members are required to not attend face-to-face classes and activities if they have COVID-19 or any cold or flu-like symptoms.
- Members are requested to notify U3A Hawthorn Reception if they test positive for COVID-19 and have attended face-to-face classes or activities in their infectious period.
- Some activities require completion of an Acknowledgement of Risk form prior to commencing the course. These will be emailed to participants or handed out by the tutor.
- Please wear your membership badge to classes and events.

Course enrolments:

- Members can enrol for courses, presentations, excursions and events online. There are no pre-requisites for entry or cost for most courses. However some courses require tutor/convenor approval prior to acceptance, such as languages, orchestra and choir, where some prior knowledge or skill level is required. Textbooks are required for some courses.
- In order to enable as many people as possible to access the very popular courses where there is strong demand, we reserve the right to limit enrolment to only one or two course/s of that type, eg only one French course in the initial enrolment period.
- After enrolling you will receive an email to advise that you are accepted or waitlisted.

- You can also check the status of your enrolments on-line (enrolled or waitlisted).
- You may not attend a course until you receive enrolment notification for that course.
- Trial attendance at courses is not permitted.
- The courses offered depend on the availability and interests of volunteer tutors/convenors. The material presented in courses is at the discretion of the tutor or convenor and does not necessarily reflect the views of the management.

Start and finish dates for classes:

- The year program commences in early February and runs to the end of November.
- Tutors decide on the start and finish dates of courses and whether classes will take place over the State School holidays.
- Courses not held over State School holidays are marked NCSSH (no classes in State School holidays)
- Classes are not held on public holidays.

Attendance and absence:

- Whilst it is understood that members may not be able to attend all classes in a course due to other commitments and travel, absence without apology for two or more consecutive absences may result in the cancellation of your place in that course, especially where there is a waitlist. When you enrol in a short course every effort should be made to attend all sessions.
- You can register an apology for a session/s in a course on the membership system, or by contacting Reception, or directly with the tutor/convenor.

Withdrawal from a course:

- If you decide not to continue with a course, please login to u3ahawthorn.org.au/members, go to My Enrolments and Request Withdrawal for that course. You can also visit or ring Reception to request withdrawal from a course.

Communication with members:

- U3A Hawthorn website u3ahawthorn.org.au
- On-line Membership System which allows you to manage your membership and enrol in courses and activities u3ahawthorn.org.au/members
- A Quarterly Newsletter is emailed to Members - end Feb, May, August, November
- Regular *Gateway* emails with news, new courses and activities offered during the year
- Communications are now delivered on-line. Members who would like the four quarterly newsletters to be posted to them can pay an additional annual fee of \$10.
- Reception is open 9.30am to 4pm each weekday. Shorter Reception hours apply in January.

Pets on campus:

- With the exception of guide dogs, pets are not permitted within the buildings of U3A Hawthorn or its other leased venues.

Privacy Policy:

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

Volunteering:

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

Insurance Cover:

- U3A Hawthorn has insurance for Public Liability and, for Tutors and Officebearers, insurance against injury due to accident occurring while engaged in voluntary work and/or authorised activities on our behalf.
- Individual members are not covered but may make a claim under our Public Liability insurance where they believe a negligent act or omission by U3A Hawthorn, or its volunteers, has led to loss, injury or damage during our organisation's authorised activities.

Introduction

U3A Hawthorn is an inclusive apolitical organisation that exists for its members to participate in a broad range of educational opportunities in a positive and supportive learning environment. This environment is created largely through the communication and cooperation we have with each other and with visitors to our organisation, such as guest speakers and others who interact with U3A Hawthorn. Therefore, we expect that we treat each other and others with respect and courtesy at all times.

At U3A Hawthorn every member has the right to:

- feel safe and respected,
- experience a supportive and positive learning environment, and
- participate in learning, social and recreational opportunities.

This policy exists for the benefit and protection of the organisation and for the rights of its members, and a breach of this Policy may result in disciplinary action.

Purpose and scope

This policy and associated procedures apply to all members, including volunteers, tutors inclusive of external tutors and convenors under the control of U3A Hawthorn. It sets out the expected standards of behaviour and applies to all forms of communication; oral, written and email.

The code of conduct

It is a condition of membership of U3A Hawthorn that all members agree to abide by this code of conduct. Members will:

- Follow all U3A Hawthorn policies and directives of the Committee of Management.
- Keep up to date with these policies and directives by familiarizing themselves with these documents on the U3A Hawthorn website, and reading all communications including the Newsletter and Gateways.
- Recognize that U3A Hawthorn is an apolitical organisation that does not promote or endorse any specific ideology or political party.
- Participate in classes and activities in a friendly and positive manner at all times, including being punctual in attendance.
- Develop and maintain positive relations with other U3A members, guest speakers and visitors by:
 - engaging in a respectful manner which is free from personal abuse, raised voices, rudeness or insults,
 - not engaging in disruptive or intimidating behaviour,

- avoiding all forms of discriminatory behaviour or vilification of others based on race, gender, religion, sexuality, culture, age, disability or political belief.
- Respect the privacy of others, and not share private information that you have access to, such as email addresses or phone numbers, without members' consent.
- Never offer financial or other inducements to tutors/convenors/presenters or volunteers; and tutors/convenors/presenters/volunteers must not accept any financial or other inducements.
- Not promote or advertise any business, including a personal business.
- Contribute to the smooth operation of the organisation, either by taking up specified volunteer roles or by assisting with occasional tasks, such as setting up of rooms, provision of refreshments, cleaning up, or office tasks, when requested.
- Promote U3A Hawthorn in a positive manner, and not harm its reputation by actions or words.
- Care for the property and possessions of U3A Hawthorn.
- Wear a name badge to assist in governance of the organisation, and aid identification of and communication with other members.

Procedures: Members

- Joining U3A Hawthorn

All prospective members will be provided with the Code of Conduct.

New members can be accepted only after they agree to abide by the Code of Conduct.

- Enrolment

All existing members will be required to abide by the Code of Conduct when they enrol for courses each year; by enrolling they agree that they are bound by this Code of Conduct.

Procedures: Tutors and Convenors

- Tutors are required to reinforce the code principles at the beginning of their course and throughout its duration where necessary.
- Tutors will deal with breaches of the Code of Conduct informally in the first instance, by
 - Asking the member to withdraw a comment in class, or
 - Reminding the member of the specific requirement of the code in the class.

Should a class member further breach the Code of Conduct the tutor/convenor may take further action including:

- asking the member to leave the class, or
- meeting with that class member together with a designated member of the Committee of Management and issue a written warning, restating the expectations of behaviour,

- The tutor/convenor and member of the Committee of Management will both sign the warning, provide it to the Honorary Secretary of U3A Hawthorn for filing and a copy to the member, if they request one, or
- asking the class member not to attend the class for rest of the year, or for the period of time that the class is scheduled to run.

Further breaches, or breaches by the same member over different classes, constitute a potential disciplinary matter in accordance with the disciplinary processes outlined in the U3A Hawthorn Rules of Association. Where breaches come to the notice of other U3A personnel, such as to the Course Coordinator, the Honorary Secretary or other members of the Committee of Management, such breaches should be referred to the tutor/convenor in the first instance for them to follow the process detailed above.

Reception

Any breaches of the Code of Conduct by members, in relation to Receptionists or Office volunteers, should be managed by the office manager or a member of the Committee of Management in their absence, using the same process as for tutors/convenors.

Responsibilities: Committee of Management

It is the responsibility of the Committee of Management to ensure that:

- Members are aware of this policy,
- Tutors and convenors are aware of and agree to their role in relation to actively promoting this policy and to following procedures in relation to breaches of the Code of Conduct,
- The policy is published on the website within 4 weeks of the date of this authorization.

Responsibilities: Members

Every member has the responsibility to enact the behaviours detailed in this policy.

COURSE CATEGORIES

Courses, excursions, lectures and events are grouped into categories to assist you in finding U3A Hawthorn activities which are of interest.

From Monday 28 November to Wednesday 4 January there are restrictions on the number of courses within some categories that members may enrol in. This is to enable as many members as possible to get into at least one course of their choice. After 4 January these restrictions may be lifted for some categories.

Code	Course Categories	Restriction
ART PRAC	Art Practice	1
ARTS APP	Craft and Art Appreciation	
BRIDGE	Bridge	2
COMPUTER	Computers, IT, multimedia, photo/video editing	
CURRENT	Discussions and presentations on current issues	1
DUTCH	Dutch	
EXCURS	Excursions	
EXERCISE	Indoor exercise: tai-chi, dance, table tennis	
FIT/STR	Indoor fitness: pilates, strength training, stretching	1
FIT/YOGA	Yoga	
FRENCH	French	1
GAMES	Indoor games: cryptic crosswords, rummikub	
GERMAN	German	1
HEALTH	Medical, health & well-being, meditation	
HUM	Humanities: history, law, economics, religion	
ITALIAN	Italian	1
JAPANESE	Japanese	1
LATIN	Latin	1
LITERARY	Literature: book groups, poetry, writing, drama	
MAHJONG	Mahjong – Eastern and Western styles	
MANDARIN	Mandarin Chinese	
MARVMELB	Marvellous Melbourne Walks	3
MATINEES	Saturday Matinee program	
MUSIC	Music: orchestra, choir, recorder, guitar, music appreciation	
OUTDOOR	Outdoor: walking, cycling, bird watching, gardening, lawn bowls	
PHILOS	Philosophy	
READMAN	Readman Series	
SCIENCE	Science, Mathematics, Engineering, Environment	
SPANISH	Spanish	1
SUMMER	Summer School	
TRAVEL	Travel and Armchair Travel Series	

COURSE VENUES

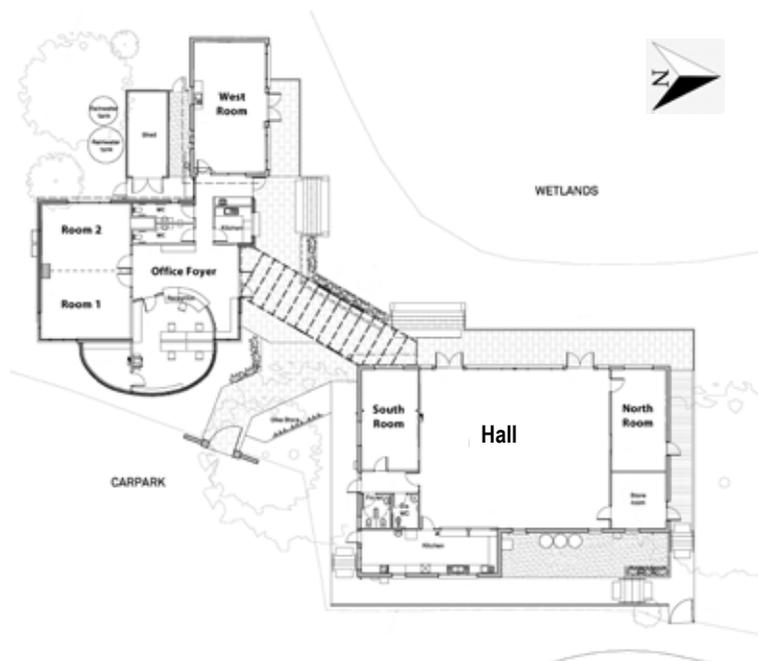
The Sinclair Avenue Campus (SAC) has five classrooms and a large hall. Most of the courses are held on this campus. Free 3 hour parking is available and the campus is close to train and tram services. However some courses are held in other venues because they require specialist facilities, or the spaces have been generously provided for us, or hired, to meet our timetable needs. Some courses may be held in private homes (these addresses will only be advised to those enrolled in the course).

Other venues used by U3A Hawthorn:

- Parkview Room, Camberwell Library Complex (Tues & Thurs - NCSSH)
- Robinson Road Pavilion (Mon to Wed)
- Community Room, Tooronga Village Shopping Centre (Mon)
- Balwyn Library Meeting Room 2 (NCSSH)
- Auburn Bowls Club - 2b Munro St, Hawthorn East
- Frog Hollow Pavilion - Fordham Avenue, Camberwell (Mon to Fri - NCSSH)
- St Pauls Church Hall, Canterbury
- St Mark's Church Hall, Camberwell (Orchestra)
- Victoria Park Tennis Club, Adeney Avenue, Kew

Details and maps of all venues are available on our website:

u3ahawthorn.org.au/location.



23ART001: Painting and Drawing for all levels

Tutor: Gary Faul

Dates: 9/02/2023 - 29/11/2023

Weekly, Thursday 9:45am - 11:15am

Location: West Room, Sinclair Avenue Campus

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

Student pre-requisites: Paper, graphite pencils and eraser. Bring your own materials.

23ART002: Learn how to draw and paint

Tutors: Tova & Stephen Seelig

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 11:30am - 1:00pm

Location: West Room, Sinclair Avenue Campus (NCSSH)

Learn how to draw and paint or simply join the class to extend your skills and work with like-minded people. All forms of art expression are welcome - any form of drawing and painting (eg charcoal, pastels), decoupage, textiles (knitting, crocheting), beadwork.

The tutors are Tova and Stephen Seelig who have run a lead lighting business for 30 years and are really passionate about art. Experienced artists also very welcome.

Materials: Participants are required to bring their own materials.

23ART003: Visual Arts Group

Convenor: Jenny Neale

Monday 1:30pm - 3:30pm commencing 6 February

Location: Frog Hollow Pavilion

Dates: 6 & 20 Feb, 6 & 20 Mar, 3 Apr & 24 Apr, 8 & 22 May, 5 & 19 June, 10 & 31 July, 14 & 28 Aug, 11 Sept (25 Sept en plein air), 2 & 16 & 30 Oct, 13 & 27 Nov.

This is a course for active amateur artists interested in producing their own work and interacting with like-minded people in their creative process, sharing ideas and techniques, and providing mutual support and encouragement. It is not a course for beginners:

participants are expected to be able to work on their own projects. A non-compulsory theme or task may be set to provide a common challenge, a learning opportunity, and a discussion point. We meet fortnightly, usually at the Frog Hollow function room, or by prior arrangement at other visually stimulating outdoor and undercover locations

23ART004: Watercolour for Beginners

Tutor: Ann Knowles

Dates: 21/02/2023 - 14/03/2023 (4 sessions)

Weekly, Tuesday 11.30am - 1.00pm

Location: West Room, Sinclair Avenue Campus

Explore the subtlety and beauty of painting with watercolour; the translucency of this medium. Four classes to demonstrate and paint various techniques.

Student pre-requisites: A4 300gsm watercolour paper, pad or block, watercolour paints (pans or tubes), brushes (synthetic is fine), and a palette for mixing, pencils for drawing.

Also bring an old towel to put under your work.

23ARTS01: Talking Films

Convenor: Colleen Clift

Dates: 15/02/2023 - 15/11/2023

1st & 3rd Wed, Wednesday 11:30am - 1:00pm

Location: Room 1, Sinclair Avenue Campus

A participatory course where students can enjoy a fortnightly film discussion. Normally the group selects three films for viewing: two films available in theatres throughout Melbourne and one film available on either SBS on Demand or ABC iView. Individual film attendance is required, but discussion will be held fortnightly at the Sinclair Avenue Campus. An enjoyment of film and willingness to view diverse films is required.

23ARTS02: Let's Catch a Movie

Convenor: Sharron Bedford

Dates: 09/02/2023 - 23/11/2023

2nd & 4th Thu, Thursday 2.30pm - 4:00pm

Location: Room 1, Sinclair Avenue Campus

In this class, participants study and analyse films regarding their production values, screenplay, direction and acting. Movies are chosen to challenge and entertain and are selected from a range of genres and countries, including international film festivals. Prior to each class, participants are given an element of movie-making to present to the class followed by a general discussion. Participants will get to comment on all elements over the duration of the course. Two movies are selected from cinema releases and/or free to air streaming. Group sessions for cinema films are arranged monthly along with regular lunches. This is a continuation of the 2022 movie class for participants with prior experience.

23ARTS03: Films and Film-makers (Term 1)

Tutor: Adrian Guest

Dates: 07/02/2023 - 21/03/2023 (4 sessions)

1st & 3rd Tuesday 1:30pm - 3:00pm

Location: Room 2, Sinclair Avenue Campus

Feb 7, Feb 21: Postwar British films 1945-1959 What defines a 'British' film? New influences, new directions.

March 7, March 21: Movies about making movies - Hollywood and beyond, from Keaton to Almodóvar.

At the end of each session, 1, 2 or 3 films will be up for discussion (held at the start of the following session). The presenter will email links to watch films using free streaming sites. PowerPoint notes from each session will also be emailed to participants after each session.

23ARTS04: Let's go to the movies

Convenor: Jennie Raymond

Tuesday 10:30am - 1:30pm Dates: 7 Mar, 4 Apr, 2 May, 6 June, 11th July, 1 Aug, 5 Sept,

3 Oct, 14 Nov

Location: usually Palace Cinema Balwyn

- We would usually attend the 10.30 or 11am session on Tuesday – a number of films are available and people can choose which to attend.
- Participants buy and pay for their own tickets either online or at the cinema on the day. (There is a booking fee if buying online).

- If you become a member (which is free to join) at Balwyn Cinema then a senior ticket is \$10 plus the booking fee (\$1.70 per ticket if buying online and no extra in person).
- An email will be sent out the week before with the films – please respond to the tutor if you are planning to attend.
- After the film we would go to a nearby café for coffee or lunch and a discussion of the film/s so an RSVP is helpful so the cafe knows how many people to expect.

23ARTS10: Let's go to a Gallery - Tues Convenors: Sue Whitehead & Judith Merrett

Dates: 21/02/2023 - 21/11/2023 Monthly 3rd Tues, Tuesday 10:30am - 12:00noon

Location: Different locations - participants will be emailed prior to each session

OR

23ARTS11: Let's go to a Gallery - Fri Convenors: Rosalie Gannon & Fiona Thomas

Dates: 17 Feb, 17 Mar, 21 Apr, 19 May, 16 June, 21 July, 18 Aug, 15 Sept, 20 Oct, 17 Nov

Monthly 3rd Fri, Friday 1.30 - 3.30pm - participants will be emailed prior to each session

These two groups will meet monthly to go to a gallery (art, craft, design) to view an exhibition. It may be a small local gallery or a visit to an exhibition at the NGV. After the visit there will be discussion of the exhibition over refreshments at a nearby café (own cost). Members of the group will take it in turns to organise a gallery visit. At the beginning of the year, members will be asked to volunteer to organise the outings.

Student pre-requisites: Members need to make their own way to and from the gallery.

Participants pay own entry fee and refreshments.

23ARTS20: Armchair Chats on Art - 1&3

Tutor: Helen Long

Dates: 07/02/2023 - 21/11/2023

1st & 3rd Tue, Tuesday 1:30pm - 3:00pm

Location: West Room, Sinclair Avenue Campus

OR

23ARTS21: Armchair Chats on Art - 2&4

Tutor: Helen Long

Dates: 14/02/2023 - 28/11/2023

2nd & 4th Tue, Tuesday 1:30pm - 3:00pm

Location: West Room, Sinclair Avenue Campus

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

23ARTS30: Patchwork and Quilting

Tutor: Pam Crack

1st & 3rd Fri, Friday 1:30pm - 3:30pm

Location: Frog Hollow Pavilion

Dates for 2023: 17 Feb, 3 & 17 & 31 Mar, 28 Apr, 5 & 19 May, 2 & 16 June, 21 July, 4 & 18 Aug, 1 & 15 Sept, 6 & 20 Oct, 3 & 17 Nov. (NCSSH)

For people who have always wanted to try patchwork, not knowing where to start! You will learn about basic equipment and fabric selection and then be guided to start a simple project. There is a choice of hand or machine sewing. Continue to work at home at your

own pace. The group welcomes beginners and those with experience to share the passion of this craft which has a strong tradition of recycling and sharing. Students provide own materials.

23ARTS31: Threads and Needles

Convenor: Ruth Muir

Dates: 06/02/2023 - 20/11/2023

Monday 1st & 3rd 2.00 - 4.00pm

Location: Private home, Hawthorn

An informal stitching group for embroiderers or knitters. No new people in 2023.

23ARTS32: Knitting Group

Convenor: Meredith Vincent

Dates: 22/02/2023 - 29/11/2023

Fortnightly from Wed 22 Feb 9:45am - 11:15am

Location: South Room, Sinclair Avenue Campus

Knitting for rugs and other items to be sent to aid agencies for distribution to victims of trauma and need all over the world. Student pre-requisites: Ability to either knit or crochet; provide own wool and needles.

23ARTS40: Digital Photography - Monday **Convenors: Di Wentworth & Gail Long**

Dates: 07/02/2023 - 27/11/2023

Weekly, Monday 10:00am - 1:00pm

Location: Community Room, Tooronga Village

How to get the WOW in your photographs — landscapes and people. Alternate days on location, then viewing the images at the Tooronga Village Community Room. Two overnight field trips are organised each year. A schedule of dates and venues will be sent by the Convenors prior to the commencement of the course. The first session will be held at Tooronga Village Community Room. Student prerequisites: digital camera and computer.

OR

23ARTS41: Photography - Wednesday (Zoom) **Convenors: Karin Watts & Alan Scott**

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 10:30am - 1:00pm

This course concentrates on the art of digital photography with a camera or phone.

Alternate days are on location, then we share our images via Zoom at 10:30 am on the following Wednesday. Some camera tuition will be presented during the Zoom session.

Zoom training will be available for those new to the program.

When we are at venues, we also enjoy some social time at a local cafe for lunch. Two optional photography weekends may also be organised.

The first session will be a local “get to know you” outing on 8 February 2023. The schedule of dates and locations will be sent in early 2023. Meeting times for the days on location may vary but it's usually around 11.00 am.

23ARTS42: Photography: f stops and stuff - Beginners

Tutor: Grant Fry

Dates: 06/02/2023 - 28/11/2023

Weekly, Monday 11.30am - 1.00pm

Location: South Room, Sinclair Avenue campus (NCSSH)

How to get the most out of your SLR camera. Topics which will be covered: - what the controls of your camera do and where to find them - exposure and auto focusing - settings

S, A, M, Auto and more, and when to use them - f stops - shutter speeds - combining f stops and shutter speeds - ASA or sensitivity setting + filters - lenses - flash guns - show and tell. Please bring along your camera to each class. Even though there are many different makes they all use the same principles.

OR

23ARTS43: Photography: f stops and stuff - Continuing

Tutor: Grant Fry

Dates: 09/02/2023 - 30/11/20223

Weekly, Thursday 9.45am - 11.15am

Location: Room 2 Sinclair Avenue campus (NCSSH)

This course is for people who have been in the course in 2022 and will continue to develop skills in using the SLR camera.

Women and Creativity

Convenor: Ruth Scharley

This is a series of presentations and workshops by women talking about their creative endeavours. Achievements of women are often under recognised, so this series will showcase local women working in the arts and other creative fields. Details of each session are provided on the Membership website.

23ARTS50: Inspirational leaders! What initiates their success?Presenter: Coral Ross

Thursday 2 March, 2.00 - 3.30pm, Hall, Sinclair Avenue.

23ARTS51: Guerilla Warfare

Presenter: Sarah Nash

Thursday 6 April, 2.00 - 3.30pm, Hall, Sinclair Avenue.

23ARTS52: Renewing your old favourites. Let's mend & restore

Presenter: Tamara Karhina Russell

Thursday 4 May, 2.00 - 3.30pm, Hall, Sinclair Avenue.

23ARTS53: A Colourful Life

Presenter: Jo Reitze

Thursday 1 June, 2.00 - 3.30pm, Hall, Sinclair Avenue.

23ARTS54: A Florilegium and Beyond

Presenter: Lesley Bretherton

Thursday 6 July, 2.00 - 3.30pm, Hall, Sinclair Avenue.

23ARTS55: Precious memories of parents' everlasting love: the lasting value of bereavement photography

Presenter: Kitty Vivekananda

Thursday 3 August, 2.00 - 3.30pm, Hall, Sinclair Avenue.

23ARTS56: A bold approach to printmaking

Presenter: Aileen Brown

Thursday 7 September, 2.00 - 3.30pm, Hall, Sinclair Avenue.

23ARTS58: Painting - A life-long Adventure

Presenter: Carmel O'Connor

Thursday 2 November, 2.00 - 3.30pm, Hall, Sinclair Avenue.

Bridge

23BRI002: Social Bridge

Convenor: Rob Staszewski

Dates: 09/02/2023 - 30/11/2023

Weekly, Thursday 11:15am - 1:30pm

Location: Frog Hollow Pavilion (NCSSH)

This course is not for beginners and is a self-help group. There is no formal instruction or scoring. It is social bridge.

23BRI003: Intermediate Bridge - Tuesday

Tutor: Nafty Vanderhoek

Dates: 07/02/2023 - 27/11/2023

Weekly, Tuesday 9:30am - 11:15am

Location: Frog Hollow Pavilion (NCSSH)

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

23BRI004: Duplicate Bridge - Wednesday

Convenor: Gerry O'Reilly

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 1:30pm - 4:30pm

Location: Hall Sinclair Avenue

Participants must have at least 12 months experience of playing duplicate bridge at a normal pace. Must have completed a recognised course on Bridge and be familiar with the Standard American (5 Card Major) bidding system.. Participants are required to organise their own partner.

23BRI005: Duplicate Bridge - Monday

Convenor: Claus Gyrn

Dates: 06/02/2023 - 27/11/2023

Weekly, Monday 1:30pm - 4:00pm

Location: Hall Sinclair Avenue

Duplicate bridge for experienced players. Please note: you will need to have a partner to play in this course. Partners will not be provided for anyone who comes alone.

Computers & IT

23COM001: Making the most of your iPad

Tutor: Pam Welsford

Dates: 22/02/2023 - 26/04/23 (5 sessions) Wednesday 2nd, 4th & 5th, 9.45 - 11.15am

Location: West Room, Sinclair Avenue

This five-week program aims to improve your understanding of how your iPad works including the role of Settings.

22nd February: Exploring features on the Home screen, organising apps, using the keyboard and dictation in the Notes app.

8th March: What really is in Settings? Exploring the features & apps that come with an iPad. What are they? What do they do? What can I change so the app works how I want?

22nd March: What is in Settings continued and exploring the apps that come with an iPad e.g Calendar, Siri and iPhotos. What do they do? What can I change so the app works how I would like it to?

29th March: Exploring apps that come with your iPad e.g. Calendar, Siri & the Photos app.
26th April: Discovering and downloading third-party apps e.g. travel, utility, productivity and lifestyle apps.

You need to have an Apple iPad but not the latest. An iPhone also has most of the functions.

23COM002: Using the Camera on your iPhone to take great photos and Managing your Photos in the Apple iPhotos App.

Tutor: Pam Welsford

Dates: 17/02/2023 - 10/03/23 (4 sessions)

Friday, 11.30am - 1.00pm

Location: West Room, Sinclair Avenue

We take photos everyday for an enormous variety of reasons. How can you take the best photo for each situation? How can you edit and organise these images to your satisfaction? This three-week course will explore:

- Features of the Apple camera such as Live Photos and types of images e.g. portrait, video and time lapse.
- Editing images in iPhotos, using markup and converting text in an image to live text.
- How Apple organises your photos in iPhotos and tagging photos so is easier to locate specific images including individual people.
- Creating and organising your own albums
- Sharing images.

Please bring a device where you can access the Apple camera and the iPhotos app; Apple phone and/or iPad.

23COM003: Security and Privacy On-Line

Tutor: Pam Welsford

Friday 24 March, 11.30am - 1.00pm

Location: West Room, Sinclair Avenue

Understanding how scams occur and ways to minimise them helps to make for a more positive phone and online experience. What actions you can take to increase your online security? Scams are common. How do you know that a message you have received is a scam? How can you decrease the chances of being hacked in Facebook? Can you be more anonymous across the web so that you receive fewer advertisements?

23COM004: Using Our Voice to Get What We Want from Our Apple Device

Tutor: Pam Welsford

Friday 28 April, 11.30am - 1.00pm

Location: West Room, Sinclair Avenue

Voice recognition has come a long way and is now an efficient way to write a message, undertake a search and get into the world of IoT (Internet of Things). This session will give you strategies for Siri to understand your voice commands. Time will also be spent using the microphone on the Apple keyboard and any app that enables you to use the built-in microphone e.g. finding a location on Google maps.

Please bring either an iPhone or iPad to this session.

23COM005: Searching on Apple Devices

Tutor: Pam Welsford

Friday 2 June, 11.30am - 1.00pm

Location: West Room, Sinclair Avenue

When using app based devices it can be difficult to locate what we are looking for. Search and filter functions on our Apple devices have come a long way so that it is now much easier to locate information. This session will explore the search functions including on the Home screen, in the Settings app, Photos app, App Store and Files folder.

Please bring either an iPhone or iPad to this session.

23COM006: Download & Organise Recipes on Apple Devices

Tutor: Pam Welsford

Friday 9 June, 11.30am - 1.00pm

Location: West Room, Sinclair Avenue

Finding new recipes on the web can be rewarding but how can you organise them so that you can find them again? This session will look at how you can download recipes from the web, convert them into a pdf and file them so you can locate them again.

23COM007: What's new for Apple's Operating System, IOS16?

Tutor: Pam Welsford

Friday 16 June, 11.30am - 1.00pm

Location: West Room, Sinclair Avenue

Every new operating system brings new features. Some feature upgrades are more obvious than others. The session will explore the improvements in the Apple apps such as Messenger, Notifications, Focus and Safari. Also IOS 16 is the start of doing away with passwords. Passkey is the new term. It allows users to use their Apple devices to log in to websites and services without any passwords, hence increasing security. This session will explore the new features that have been released on IOS16. Please bring an iPad or iPhone with IOS16 installed.

23COM008: Telling Your Family History Story with Powerpoint

Tutor: Richard Balsillie

Dates: 10/02/2023 - 17/03/23

Weekly, Friday 9.45 - 11.15am

Location: Room 1, Sinclair Avenue

Powerpoint is a powerful multimedia tool, with abilities well beyond its use in stand-up presentations. Using optional transitions and animations, adding music and narrations, and even video footage, you can record a family history presentation that will grab and hold interest; and one that you can share for years to come.

Additional Comment: It is preferred that you have your own late model laptop loaded with a recent version of Powerpoint.

23COM009: Getting started on Photobooks

Tutor: Carol Lancashire

Monday 3 April, 1.30 - 3.00pm

Location: Room 2, Sinclair Avenue

An introduction to using the application Photobookshop.com.au to create your own photobook. You must be familiar with using your computer and have the program loaded prior to the session. Tablets are not suitable.

Current issues - discussions & presentations

23CUR001: Politics and Current Affairs

Convenor: Pennie Kendall

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 9:30am - 11:15am

Location: Hall, Sinclair Avenue

This course will explore a mixture of political issues and social and current issues. We will alternate between well-known and well-regarded guest speakers and discussion groups. Participation is very much encouraged; we are a friendly group!

23CUR002: Issues in the Media

Convenor: Peter Boxhall

Dates: 16/02/2023 - 16/11/2023

1st & 3rd Thu, Thursday 11:30am - 1:00pm

Location: West Room, Sinclair Avenue

This is a current affairs discussion group. The convenor and a small panel of other class members take turns to select and introduce about 5 current issues for discussion in each class. Topics are typically chosen from interesting news articles, editorials or opinion pieces from either print or electronic media (including social media).

23CUR003: Current Affairs - Behind the News

Tutor: David Spivakovsky

Dates: 10/02/2022 - 24/11/2022

Weekly, Friday 9:45am - 11:15am

Location: West Room, Sinclair Avenue Campus (NCSSH)

This course examines current issues in depth by encouraging inquiry, research and presentation. Topics are chosen by both the group and convenor, and cover issues not necessarily in the public eye, but broader issues which are local, national and global. Participation is expected.

23CUR004: Current Affairs Discussion (Zoom)

Convenor: Nathan Feld

Dates: 07/02/2023 - 28/11/2023 (NCSSH)

Weekly, Tuesday 1:30 - 3:00pm

Discussing domestic and overseas issues - weekly courses will be undertaken on a rotation by Stephen Saks, Nathan Feld, Michael Mullerworth, Vince Lazzaro, Meg Adams and Ian McKenzie. Student pre-requisites: A willingness to present 1 or 2 short talks (15min) over the year on topics agreed by the class. We appreciate that you can not always be in class, but as we go to a great deal of effort to either invite and secure speakers or prepare the class your attendance is expected at every class.

23CUR005: Current Affairs - Monday (Zoom)

Convenor: Peter Eisler

Dates: 06/02/2023 - 27/11/2023

Weekly, Monday 3:30pm - 5:00pm

Issues of social, economic and the broad political sphere are examined on the basis of information available in the print media. The class selects the topics weekly. Party political matters are generally excluded. This is a long established small discussion group.

Dutch

23DUT001: Dutch Continuing

Tutor: Johanna Kol

Dates: 13/02/2022 - 27/11/2022 2nd & 4th & 5th Mon, Monday 2:00pm - 3:30pm

Location: Room 2 Sinclair Avenue Campus

Dutch grammar and conversation as well as some insights into Dutch culture.

Textbook: Bruce Donaldson, Dutch: The Complete Course for Beginners - available at the Language International Bookshop in Kew East. A Dutch Dictionary would also be useful.

Excursions

23EXC001: Tramboat Cruise up the Maribyrnong River Convenor: Joan Harding

Date: Wednesday 15 March Depart 10.30am sharp to 2.00pm

Cost: \$49 per person (includes cruise, morning tea, visit to Poyntons Nursery and sandwich lunch onboard on return) - to be paid on enrolment

Departure: The Marina Dockland Ferry Terminal - opposite Marvel Stadium.

For further details see the Membership website.

23EXC002: Enjoy a visit to the Australian Jazz Museum Convenor: Joan Harding

Date: Tuesday 18 April 10:30am - 12:30pm

Cost: \$25 per person (includes jazz performance & light lunch) - to be paid on enrolment.

Meet: Meet Koomba Park, 15 Mountain Highway Wantirna - Melway reference: 63C8

For further details see the Membership website.

23EXC003: Tour of the Jewish Museum of Australia Convenor: Joan Harding

Date: Friday 19 May 10:30am - 12.30pm

Cost: \$12 per person - to be paid on enrolment

Meet at 26 Alma Road, St Kilda - Melway reference: 58C9

For further details see the Membership website.

Exercise (Indoor)

23EXE001: Dancing the Years Away

Tutor: Norm Ellis

Dates: 08/02/2023 - 29/11/2023 Weekly, Wednesday 1:00pm - 3:00pm

Location: Robinson Road Pavilion (NCSSH)

Folk dancing for older folk! – the social dances of yesteryear – fun dancing in sets (not couples as for ballroom dancing). Folk dances drawn from Jane Austen's Britain, to the 'Bush' dances of Australia. New members welcome.

Please Note: The tutor has the right to inform a participant that the program is not suitable for them. Student pre-requisites: Willingness to participate. Reasonable agility.

23EXE002: Creative Movement and Dance

Tutor: Naomi Aitchison

Dates: 07/02/2023 - 28/11/2023

Weekly, Tuesday 10:00am - 11:30am

Location: St Pauls Anglican Church Hall (NCSSH)

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

23EXE003: Dancing with Life

Tutor: Lucy French

Dates: 07/02/2023 - 28/11/2023

Weekly, Tuesday 2.00 - 3.15pm

Location: Parkview Room (NCSSH)

Dancing with life is a conscious movement and mindfulness practice which allows you to express what's going on with your life, without the need for words. Here the dance floor is your canvas, your body the paintbrush, and the music your inspiration.

There are no steps to learn or ways of getting it wrong. Just follow some guided instructions and learn how the dance can nourish you from the inside out. Each week you will experience a different musical landscape, so you can dance the good days, the bad ones and everything in between. This form of conscious dance invites you to let go, have fun, be uplifted and then settle with a deep sense of inner peace.

Note: If you are new to this class, you are asked to commit to the first 5 classes so you can fully benefit from what this type of dance has to offer.

23EXE010: Tai Chi for Beginners

Tutor: Monika McCallum

Dates: 09/02/2023 - 30/11/2023

Weekly, Thursday 9:30am - 10:45am

Location: Robinson Road Pavilion

The gentle movements of regular Tai Chi practice can improve your strength, flexibility, and range of motion, as well as decrease the effects of common degenerative diseases such as arthritis. The mental discipline required to practice Tai Chi properly also decreases stress and can improve cognitive function. It also helps to improve balance. The sessions will include warm up, Qi gong and tai Chi Foundation 8. No experience necessary.

Requirements: Stable shoes and loose clothing.

23EXE011: Qi Gong & Yang Style Tai Chi Level 2

Tutor: Charles Leong

Dates: 09/02/2023 - 30/11/2023

Weekly, Thursday 9:30am - 10:45am

Location: Parkview Room (NCSSH)

This is a continuing course of Qi Gong and Traditional Yang Style Tai Chi. Primary focus on Qi Gong and its physiological benefits, with some simple Tai Chi. Qi Gong is generally less physically demanding than Tai Chi. Student pre-requisites: Pupils must be able to stand alternately on either foot. Loose fitting tops, long pants and flat-soled runners.

OR

23EXE012: Yang Style Tai Chi & Qi Gong Level 3

Tutor: Charles Leong

Dates: 09/02/2023 - 30/11/2023

Weekly, Thursday 11:00am - 12:15pm

Location: Parkview Room (NCSSH)

This course is suitable for seasoned practitioners who have learnt the Traditional Yang Style Tai Chi 85 Form. Primary focus on Tai Chi (also therapeutic), especially Yang Style 85 Form, with some supplementary Qi Gong. Student pre-requisites: Pupils must be able to stand alternately on either foot. Loose fitting tops, long pants and flat-soled runners.

23EXE013: Tai Chi & Qigong - Advanced Convenors: Fei-Wan Chong & Jenny Walsh

Dates: 07/02/2023 - 28/11/2023

Weekly, Tuesday 10:15am - 11:30am

Location: Robinson Road Pavilion

This is an advanced Yang Style Tai Chi and Qi Gong exercise class. It is only open to students who have completed the Level 3 course (Thursdays with Charles Leong) and are looking for further exercise in the forms that he has taught. Applicants are expected to have a level of competence in performing the 85 Form. Student prerequisites: Loose-fitting tops, full length pants with elastic waist, Flat-soled runners.

23EXE020: Social Table Tennis - Monday

Convenor: John Carmichael

Dates: 06/02/2023 - 27/11/2023

Weekly, Monday 2:00pm - 3:45pm

Location: Robinson Road Pavilion

OR

23EXE021: Social Table Tennis - Thursday

Convenor: To be advised

Dates: 09/02/2023 - 30/11/2023

Weekly, Thursday 1.30 - 3.30pm

Location: Robinson Road Pavilion

Beginners and experienced players welcome. You will need to provide your own table tennis bat and balls.

Fitness & strength

23FIT001: Pilates

Tutor: Kathy Manderson

Dates: 07/02/2023 - 28/11/2023

Weekly, Tuesday 9:00am - 10:00am

Location: Robinson Road Pavilion

The Pilates course is an ongoing course, incorporating basic Pilates floor exercises and including an emphasis on balance and leg strengthening. Pilates is very concerned with posture and correct movement. The course will be suitable for all people capable of getting up and down off the floor. For the class, you will need to bring an exercise mat for the floor and an old bath towel. Members of the class are expected to commit to regular attendance.

23FIT002: Exercise and Stretch Class 1

Tutor: Andrew Weatherhead

Dates: 06/02/2023 - 27/11/2023

Weekly, Monday 11:30am - 12:30pm

Location: Robinson Road Pavilion

OR

22FIT003: Exercise and Stretch Class 2

Dates: 06/02/2023 - 27/11/2023

Location: Robinson Road Pavilion

These 2 classes are exercise classes with an emphasis on stretching and with some work on strength, balance and other aspects relating to exercise. There is also an emphasis on safety and enjoyment. Wear stretchy clothing.

Equipment: Chairs are provided. Sometimes you'll need a yoga mat (or a folded blanket). Other items will be discussed in class.

Tutor: Andrew Weatherhead

Weekly, Monday 12:45pm - 1:45pm

23FIT004: Go4Life

Dates: 9/02/2023 - 30/11/2023

Location: Parkview Room (NCSSH)

This is a small group exercise course which aims at all round benefits for older adults.

The program focuses on strength, cardio, coordination, balance, stretch, and a little bit of fun. Participants are asked to commit to attend 80% of the classes. Please bring your own dumbbells & exercise/yoga mat to class.

Tutor: Graham Morgan-Elliss

Weekly, Thursday 2:00pm - 2:45pm

Fitness - Yoga

23FIT010: Yoga - Thursday

Dates: 09/02/2023 - 30/11/2023

Location: Parkview Room (NCSSH)

Yoga makes you feel more alive and energised and has many benefits for health and well-being. This weekly course includes warm up exercises, breathing exercises, spinal movement, physical postures, cooling down and relaxation. Student pre-requisites: Wear loose clothing and bring a yoga mat and a thick blanket.

Tutor: Ray Clarke

Weekly, Thursday 12:30pm - 1:45pm

23FIT012: Flex and Stretch Yoga (Zoom)

Dates: 07/02/2023 - 28/11/2023

Location: Zoom (NCSSH)

Flex & Stretch Yoga provide gentle, graceful, simple but profound movements for greater physical independence, mental dexterity and conscious awareness in our daily living - maximum return for minimum effort. Further details on the membership website. Student pre-requisites: Wear loose clothing and bring a yoga mat and a thick blanket (for cooler weather). All classes are conducted in bare feet, no shoes or socks.

Tutor: Mahes Karupiah

Weekly, Tuesday 3:00pm - 4:00pm

23FIT014: Monday Yoga - Gita-style Hatha Yoga

Dates: 06/02/2023 - 27/11/2023

Location: Robinson Road Pavilion

This is a gentle yoga class with a focus on carefully moving the body and learning to breathe deeply. We will practice relaxation skills and learn a group of ancient yoga asanas to develop healthier bodies. Equipment: Bring your own yoga mat and water bottle. Some people might also like to bring a cushion to sit on.

Tutor: Tim Race

Weekly, Monday 10:00am - 11:15am

23FIT015: Wednesday Yoga - Gita-style Hatha Yoga

Tutor: Tim Race

Dates: 08/02/2023- 29/11/2023

Weekly, Wednesday 10:00am - 11:15am

Location: Robinson Road Pavilion

This is a gentle yoga class with a focus on carefully moving the body and learning to breathe deeply. We will practice relaxation skills and learn a group of ancient yoga asanas to develop healthier bodies. Equipment: Bring your own yoga mat and water bottle. Some people might also like to bring a cushion to sit on.

French

23FRE001: French - Beginners

Tutor: Carolyn Macafee

Dates: 13/02/2023 - 20/11/2023

Weekly, Monday 3:00pm - 4:30pm

Location: West Room, Sinclair Avenue

This course is designed for those with little or no French. Whilst the course is Ggrammar based we will look at some of the historical, social, political and cultural influences that affect France today.

Required text: Schaum - French Grammar Edition 7

23FRE002: French - Post Beginners

Tutor: Barbara Shepherd

Dates: 03/03/2023 - 01/12/2023

Weekly, Friday, 9.45 - 11.15am

Location: Room 1, Sinclair Avenue (NCSSH)

Participants need to have completed at least one year of study of French.

Textbook to be advised.

23FRE005: French 5

Tutor: Carolyn Macafee

Dates: 16/02/2023 - 23/11/2023

Weekly, Thursday 3:00pm - 4:30pm

Location: West Room, Sinclair Avenue

This course is designed for students with asome knowledge of the French language. The course is grammar based but also has a social/historical component. Students new to this class will be contacted by the tutor in late January to see if this is an appropriate level.

Student Prerequisites: Purchase Schaum's French Grammar, 6th edition.

23FRE006: Intermediate French

Tutor: Barbara Shepherd

Dates: 02/03/2023 - 30/11/2023

Weekly, Thursday 1:15pm - 2:45pm

Location: Room 2, Sinclair Avenue (NCSSH)

Continuing course for people with knowledge of main tenses of verbs – present, future and past (passe compose, imparfait, pluperfect and conditional). Participation in discussion and completion of homework required.

Text: Edito Textbook and Workbook, NiveauB1 2rd

23FRE007: French 7

Tutor: Carolyn Macafee

Dates: 13/02/2023 - 20/11/2023

Weekly, Monday 1:15pm - 2:45pm

Location: West Room, Sinclair Avenue

This class is for students with a good basic knowledge of French grammar. The course is grammar based, having also a social/historical component. Students new to this class will be contacted by the tutor in late January to see if this is an appropriate level.

Required text: Schaum's French Grammar 6th Edition

23FRE010: Advanced French

Tutor: Barbara Shepherd

Dates: 02/03/2023 - 30/11/2023

Weekly, Thursday 11:30am - 1:00pm

Location: Room 2, Sinclair Avenue (NCSSH)

A course for people who have a good knowledge of main verbs tenses, including pluperfect and conditional. Some idea of active/passive voice and present and past subjunctive.

Willingness to participate in discussion on a variety of topics and completion of homework required.

Textbook: Cosmopolite 5 Methode de francais C1-C2 Text and Cahier

23FRE013: French 13

Tutor: Carolyn Macafee

Dates: 16/02/2023 - 23/11/2023

Weekly, Thursday 1:15pm - 2:45pm

Location: West Room, Sinclair Avenue

Members of the French 12 course in 2022 will be continuing, but there are 2 vacancies.

Discussion with the Tutor will precede any acceptance.

23FRE014: French - Conversation

Tutor: Beth Cameron

Dates: 06/02/2023 - 27/11/2023

Weekly, Monday 11:30am - 1:00pm

Location: West Room, Sinclair Avenue

Every student will prepare a presentation to make to the class. It can be spontaneous or read. The lesson is conducted mostly in French but necessary grammatical explanations may be made in English. Participants must have knowledge of French at conversation level.

23FRE015: French Conversation Advanced

Convenor: Dennis Vaughan

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 1:15pm - 2:45pm

Location: South Room, Sinclair Avenue (NCSSH)

On a rotation system, participants are expected to choose and present a topic for class discussion. Only French is used during the class. New applicants will be considered, subject to tutor acceptance, following telephone contact to assess suitability. Good knowledge of French at conversation level and good comprehension are essential.

23GAM001: Cryptic Crosswords for Cruciverbalists

Convenors: Mike Rozen & Penny Baker

Dates: 09/02/2023 - 30/11/2023

Weekly, Thursday 9:30am - 11:00am

Location: Frog Hollow Pavilion (NCSSH)

Are you keen to polish your cryptic crossword skills or learn how they work? All levels welcome - our aim is:

1. To solve crosswords at your level with like-minded folk
2. To use the experience of others to establish or extend your solving abilities
3. To come together to enjoy words, word play and solving the mysteries of Cryptic Crosswords.

23GAM010: Rummikub

Convenor: Eva Carew-Reid

Dates: 07/02/2023 - 28/11/2023

Fortnightly, Tuesday 11:15am - 12.45pm

Location: South Room, Sinclair Avenue Campus

Would you like to get together for a game of Rummikub, some fun and a cup of coffee?

If you don't know how to play it is easy to learn especially if you like number games.

Rummikub is similar to some European card games except it is tile based. The object of the game is to place all the tiles from your rack on the table. If you are playing it already join us if not, the tutor is happy to teach you.

23GER002: Conversational German 2

Tutor: Beth Cameron

Dates: 06/02/2023 - 27/11/2023

Weekly, Monday 9:45am - 11:15am

Location: West Room, Sinclair Avenue Campus

This course is designed for people with very limited knowledge of German. It aims to develop simple oral communication in the language. The emphasis will be on speaking, but some grammar will be taught as the need arises. New applicants will need to be approved by the tutor as this is not a beginners course. A textbook will be discussed in the first week.

23GER003: German Continuing

Tutor: Terry Hastings

Dates: 07/02/2023 - 27/11/2023 (NCSSH)

Weekly, Tuesday 11:30am - 1:00pm

Location: Room 1, Sinclair Avenue Campus

Students need to have completed at least three year's study of German. Consolidate skills of listening, speaking, reading and writing. The course also teaches pronunciation and simple conversation useful for travellers as well as looking at some of the history and culture of German speaking countries. The course is likely to operate as a hybrid Zoom/face-to-face course.

Student Prerequisites: participation in oral work. Homework to be completed. German Dictionary. New applicants for this course are subject to tutor acceptance following telephone contact to assess suitability for this course level.

Health and Well-being

23HEA001: Inner Self Meditation 1

Tutor: Kirti Baxi

Dates: 09/02/2023 - 06/04/2023 (9 sessions) Weekly, Thursday 11:30am - 1.00pm

23HEA002: Inner Self Meditation 2

Tutor: Kirti Baxi

Dates: 27/04/2023 - 22/06/2023 (9 sessions) Weekly, Thursday 11:30am - 1.00pm

These meditation courses seek to investigate questions pertaining to life and identity by stopping, observing and steering us towards a positive attitude, harnessing the power of mind. This is a workshop and discussion group to help understand oneself and cultivate willpower. Each term is a separate course.

Humanities

23HUM001: Impact of British Colonialism on Indigenous Australia

Tutor: Claude Baxter

Dates: 06/02/2023 - 26/06/2023 (16 sessions) Weekly, Monday 9:45am - 11:15am

Location: Hall, Sinclair Avenue

Tutored by a descendant of colonists, this course digs into the evidence of over 65,000 years of Indigenous occupation of Australia; its history, nature and achievements. Where did Australia and its people come from? What did Australia look like in 1778, its landscape and ecology? What was the nature of Indigenous economy and society? We review evidence of technology, beliefs and land management?

Then we look at the nature of colonialism and the forces behind it. We consider the impact of white 'settlement' on the people and the landscape. What really happened – facts versus myth. Why did the colonists record two different versions of what Australia looked like? We will look at what has changed and why and through this we can understand some of the residual issues through to the present day.

23HUM002: First Peoples of Australia

Convenor: Anne McQueen-Thomson

Dates: 08/02/2023 - 29/11/2023 1st & 3rd Wed, Wednesday 9:45am - 11:15am

Location: West Room, Sinclair Avenue

In this discussion class we explore the place of Aboriginal and Torres Strait Islander peoples in contemporary Australia. There is much to gain from studying the history and ancient culture of the First Peoples and the struggles for their rights. This will help to repair the relationships between them and settler peoples, and restore their rightful place in the nation. Textbook: Larissa Behrendt, *Indigenous Australia for Dummies* (2011), available through Readings and other bookshops.

23HUM003: Society and Culture (Zoom)

Convenor: Rob Kennedy

Dates: 08/02/2023 - 22/11/2023 2nd & 4th Wed, Wednesday 11:30am - 1:00pm

"We don't see things as they are, we see them as we are" – Anais Nin

This sociology discussion group explores current social issues as well as social and cultural matters more broadly. We seek to understand the psychology of human behaviour and the many factors that influence how societies function. We also examine the ideas of key thinkers (past and present) who have helped shape our social world. Each session covers a single topic. Introductory videos and notes are provided in advance to give background information and to help stimulate discussion.

Examples of previous topics: Understanding Race, The Future of Work, Identity, The Caste System, Meritocracy, Blame and Accountability, Fear and Trust, Nordic Societies, The Politics of Class, Bureaucracy, Understanding China, The Generation Divide, What is Beauty? Memory and Understanding, The Global Housing Crisis, Why History Matters. Classes are conducted online via Zoom, but we also organise a few face-to-face social catchups throughout the year.

23HUM004: Flogging a dead horse (Maritime History) Tutor: Bruce Gooley

Dates: 07/02/2022 - 02/05/2022 (12 sessions) Weekly, Tuesday 9:45am - 11:15am

Location: Hall, Sinclair Avenue

Topics include: Lloyds and Maritime Insurance, The Suez Canal, Melbourne's Ferries, The Colonial Schooner 'Gipsy', The Red Sea Men, Port Phillip Shipwrecks, Men and Ships Driven by Wind, 'Couta Boats', 'Reefers' - Refrigerated Ships, and Geelong Ferries.

Participants will be encouraged, and if requested supported, to deliver a brief presentation to the class on an area of maritime history that is of special interest to themselves, during the last session.

All class members will have free access to illustrated class notes via the internet. The only pre-requisite is an interest in history.

23HUM005: The Vietnam War 1945 to 1975 Tutor: Graham Pratt

Dates: 09/02/2023 - 09/03/2023 (5 sessions) Weekly, Thursday 11:30am - 1:00pm

Location: Hall, Sinclair Avenue

- The historical background to French colonial intervention in Indochina.
- The impact of World War 2 on the events in Indochina.
- The emergence of anti-colonial leadership - Ho Chi Minh.
- The first Vietnam War 1945 – 1954 – the key battle of Dien Bien Phu.
- The Geneva Peace Settlement 1954 onwards.
- The North reactivates war in the South – late 1950's.
- The growing US involvement with advisors late 1950's on. Australia from 1962.
- The war intensifies in the 1960's – US battle troops from 1965 – Australia also.
- The political instability in the South- assassination of leaders.
- Major escalation of the war late 1960's – US 500,000 troops – Australia a Task Force.
- The Tet Offensive January 1968 – the impact on peace activists in the US and Australia.
- The US and Australian withdrawal in 1972.
- The South collapses in 1975 – Vietnam reunited.
- Vietnam today?

23HUM006: Healing ourselves and the planet (Zoom)

Tutor: John Beaney

Dates: 10/02/2023 - 03/03/2023 (4 sessions)

Weekly, Friday 9.30 - 11.30am

Healing ourselves and the planet is an in-depth talk and discussion about human nutrition and metabolism from an evolutionary perspective. We will compare plant-based and animal-based diets including their effects on the gut microbiome, leaky gut, regenerative farming, reversing desertification, carbon sequestration and climate change as well as the moral, religious, ethical and political issues. Something for everybody I hope. There is plenty of time for questions about the course contents or related subjects. You are welcome to email me on 0438 752 146.

Join me at 9.15 for a coffee and chat before we start at 9.30.

23HUM007: China Today Term 1 (Zoom)

Tutor: Albert Ip

Dates: 13/02/2023 - 27/02/2023 (3 sessions)

Weekly, Monday 1:30pm - 3:00pm

1. The 20th Session of CPC was held in Oct 2022. What are the messages from the meeting?

2. Xi Jinping talks about a once-a-hundred-year challenge. The political environment facing China and the World.

3. What can we expect from China in the next 5 years?

23HUM008: Courts, Commissions, Crooks, Counsel & Comedy Tutor: Irving Miller

Dates: 06/02/2023 - 01/05/2022 (7 sessions)

Fortnightly, Monday 11:30am - 1:00pm

Location: Hall, Sinclair Avenue

Law & Politics: including Separation of Powers, Rule of Law, How laws are enacted, Parliament v the Courts, Judges, the black letter lawyers v social progressives/activists. Is the law "set in stone"? Is the law "fair", or "just", or just an ass?

Does the community get "justice"? or is the system "just a joke"?

Australian Court hierarchy: including Federal & State Courts, Tribunals, Royal Commissions, IBAC, and the National Anti -Corruption Commission [NACC], the appointment of Judges, the nature of the Legal Profession and its Regulation, Gobbo the double crosser and "guns for hire".

Will the most expensive KC get you off?? Or will a legal aid lawyer get you an extra 5 years in gaol??

Do the crime, do the time!!! Does crime pay?? Ask Rumpole, Rake or Richter??.

Criminal Law including: presumption of innocence, right to bail [or not], trial by jury, right to silence, evidence, admissions, reasonable doubt, plea bargaining, Terrorism cases and Special legislation. Detention without trial, can it happen in Australia?

Crime and Punishment: the Sentencing options, prison system as part of justice, cost of justice, Parole and Post Sentence detention; with emphasis on legislation, statistics and case studies.

23HUM009: The History of Spain: Land on a Crossroad **Tutor: Vin Underwood**

Dates: 16/03/2022 - 22/06/2023 (12 sessions) Weekly, Thurs 11.30am -1:30pm

Location: Hall, Sinclair Avenue (NCSSH)

In The History of Spain: Land on a Crossroad, Professor Emerita Joyce E. Salisbury of the University of Wisconsin unfurls a broad and fascinating panorama of Spanish history, spanning the centuries from the first Neolithic settlement of the peninsula to Spain's 20th century Civil War. This is one of the Great Courses of the World which includes DVD presentations and class discussion.

23HUM010: Current World issues **Tutor: David Dorward**

Dates: 14/02/2023 - 14/03/2023 (5 sessions) Weekly, Tuesday 1.30 - 3.00pm

Location: Hall, Sinclair Avenue

This series of lectures will look at a range of current world issues:

- BREXIT and the impacts of Tory policies on British economy and society
- The impacts of Putin on the future of Russia
- The impacts of Climate Change and the Ukraine War on the EU
- The impacts of climate change, COVID and political polarization on American society and economy
- The impacts of COVID, Climate Change and Xi Zinping's economic and political policies on China.

23HUM011: Music as a Mirror of History **Tutor: Nathan Feld**

Dates: 16/05/2023 - 15/08/2023 (12 sessions) Weekly, Tuesday 9.30 - 11.15am

Location: Hall, Sinclair Avenue (NCSSH)

At the most general level, a composer's environment shapes his musical style, meaning the generalized musical vocabulary and expressive parameters of his work. But sometimes, specific historical events shape the creation and content of a piece of music, and that's what this survey is about: music written in direct response to contemporary historical events.

23HUM012: Imperial China **Tutor: Jenny McArthur**

Dates: 20/07/2023 - 14/09/2023 (9 sessions) Weekly, Thursday 11.30am - 1.00pm

Location: Hall, Sinclair Avenue

This series of courses looks at China over the last 250 years and hopefully will give participants an understanding of modern China. It is divided into 3 courses – two offered in 2023 and one in 2024 (which will look at China under Mao Zedong and Deng Xiaoping). However, each course is stand alone and can be taken without doing the others.

This first course starts with China at the height of the Qing dynasty during the reign of Emperor Qianlong (1735-96). The increasing intrusion and trading demands of the West led to humiliation and destabilisation, which included wars with the Western powers and internal rebellions. The reasons for the failures of various attempts at reform and the causes of the Xinhai Revolution of 1911/12, which led to the downfall Qing Dynasty, will be examined.

23HUM013: Nationalist China

Tutor: Jenny McArthur

Dates: 05/10.2023 - 30/11/2023 (9 sessions)

Weekly, Thursday 11.30am - 1.00pm

Location: Hall, Sinclair Avenue

This series of courses looks at China over the last 250 years and hopefully will give participants an understanding of modern China. It is divided into 3 courses – two offered in 2023 and one in 2024 (which will look at China under Mao Zedong and Deng Xiaoping). However, each course is stand alone and can be taken without doing the others.

This second course starts with China after the overthrow of the Qing dynasty in 1912. It will look at the ways in which the revolution did not really solve China's external or internal problems. Subsequently, there was further disintegration resulting in the warlord era. Various political events and cultural movements led to the rise of competing parties, the Guomindang (Nationalists) under Jiang Jieshi (Chiang Kaishek) and the Communists under Mao Zedong. The reasons why the Communists won and founded the People's Republic of China in 1949 will be examined. Also, Jiang (Chiang) and his followers fled to Taiwan so there will be brief look at the significance of this.

23HUM014: The Great Revolutions of Modern History

Tutor: Nathan Feld

Dates: 22/08.2023 - 28/11/2023 (12 sessions)

Weekly, Tuesday 9.30 - 11.15am

Location: Hall, Sinclair Avenue (NCSSH)

In this course we will travel around the globe and through 3 centuries to examine the great revolutions of modern history. We will meet the winners and losers and discover the grand possibilities and mortal danger that come when people refuse to be passive, complacent and silent.

23HUM015: Family History Group

Convenor: Carol Lancashire

Dates: 24/03/2023 - 24/11/2023

Monthly 4th Friday 9.45 - 11.15am

Location: Room 1, Sinclair Avenue Campus

This monthly workshop will explore various aspects of researching and presenting family history. A topic will be set for each session with a presenter from the group followed by discussion and sharing of information. Members must be willing to research and present material.

23HUM016: Free Speech & its Enemies in Contemporary Australia

Tutor: Bob Stewart

Dates: 17/02/2023 - 12/05/2023 (10 sessions)

Weekly, Friday 11.30am - 1.00pm

Location: Room 1, Sinclair Avenue Campus (NCSSH)

The course will begin by introducing participants to the history of free speech by looking at times and places where free speech was enshrined in either the constitution of nations and/or their legislation on one hand, or severely constrained by ruling authorities on the other. This historical overview will be followed by a detailed study of free speech issues in today's society. Cases of both the abuse of free speech and attempts to suppress it will

be discussed. The course will be rounded off with a 'round table' on free speech as a fundamental human right, and the extent which this right is under threat as we make our way through the 2020s. And, if we decide it is, we will work out who or what was/is the source of the threat, and then reflect on what we might do about it?

Thursday afternoon speakers

This is a series of single presentations on a range of general topics on Thursday afternoons.

23HUM028: Investing Philosophies & Strategies

Presenter: Shaun Lee

Thursday 9 February, 2.00pm, Hall, Sinclair Avenue

We will look at the wisdom of the great investors of the past and present. The session mostly follows a passive approach based on ETFs. The objective is to enable participants to achieve a reasonable return from the market without necessarily spending a whole lot of time.

23HUM029: Masada: a symbol of heroic resistance?

Presenter: Saul Bastomsky

Thursday 16 February, 2.00pm, Hall, Sinclair Avenue

The Jewish revolt against their Roman rulers, which led to the destruction of the Temple in 70 C.E., ended with the conquest of the spectacular hill fortress and palace at Masada. When finally the Roman legionaries entered the fortress, they found that their opponents, 960 men, woman and children, had committed suicide rather than surrender. Only two old women and five children, who had hidden themselves, survived. Masada has become a symbol of resistance to the end. The epic has come down to us only in Josephus' writings. How true is it?

23HUM030: Genghis Khan & the Mongol Empire

Presenter: Judy McPherson

Thursday 16 March, 2.00pm, Hall, Sinclair Avenue

The Mongols were nomadic warriors led by Genghis Khan, who rode out from the steppes of Central Asia during the 13th C. to relentlessly conquer what became the greatest land empire in history. While their armies had a well-deserved reputation for brutality, unleashing terror across central Asia and eastern Europe, under Mongol rule there was a long period of relative peace and unity which enabled trade to flourish along the Silk Roads, the benefits of new ideas to be shared and many different cultures to spread across a large area of the known world. By the end of the 14th C. power struggles and leadership disputes had weakened Mongol supremacy and after some 200 years the Mongol empire was in decline.

23HUM031: The Indian in Me

Presenter: Jeffery Knight

Thursday 30 March, 2.00pm, Hall, Sinclair Avenue

The British East India Company was founded in 1600 to trade in India. Thousands of British men who travelled to India and many formed unions with the native female

population. These mixed race unions produced mixed blood children who went on to have their own families intermarrying with other mixed blood families and creating a new defined community known as Anglo-Indians. Ancestry tracing has enabled individuals to connect with the “Indian in Me” and a project has emerged which brings people together to relate their stories. Jeff is involved in a podcast which collects these stories, destined for sharing with future generations.

Italian

23ITA001: Italian - Beginners

Tutor: June Sbrarato

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 1.15 - 2.45pm

Location: Room 2, Sinclair Avenue Campus (NCSSH)

This course is for people with very basic or no prior knowledge of Italian. Textbook: Talk Italian 1, 3rd edition. Author: Alwena Lamping. Publisher: Pearson Education UK (BBC)

23ITA002: Italian - Post Beginners

Tutor: June Sbrarato

Dates: 08/02/2023 - 29/11/2023

Weekly Wednesday 9.45 - 11.15am

Location: Room 2, Sinclair Avenue Campus (NCSSH)

This course is designed for students with at least a first year study of the Italian language.

The course is highly interactive and there must be a willingness to participate in discussion and oral activities. There is a focus on grammar, conversation and culture. Completion of homework is required. Textbook: Talk Italian 1 3rd edition. Author: Alwena Lamping. Publisher: Pearson Education UK (BBC). People who were not in the Beginners Italian course in 2021 may be contacted by the tutor prior to the commencement of the year.

23ITA003: Italian - Lower Intermediate

Tutor: Wilma Buccella

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 1.15 - 2.45pm

Location: Room 1, Sinclair Avenue Campus (NCSSH)

This is a continuing class for those enrolled in this class in 2022 who completed Level 3 Italian. Some places may be available for new participants. Knowledge of basic grammar and verb tenses is required. The focus of the class is learning to speak Italian and participation is expected. There will be weekly homework set.

Text: Arrivederci 2 by Federica Colomba, Cinzia Faraci, Pierpaolo De Luca

23ITA004: Italian - Intermediate

Tutor: Wilma Buccella

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 9.45 - 11.15am

Location: West Room, Sinclair Avenue (NCSSH)

This is a continuing course for those enrolled in this class in 2022 who completed Level 4 Italian. Some places may be available for new participants. Knowledge of basic grammar and use of verb tenses is required. It is a highly interactive class with a focus on speaking Italian. Completion of homework is expected.

Text: Arrivederci Book 3 by Federica Colomba, Cinzia Faraci, Pierpaolo De Luca

23ITA011: Intermediate Italian Conversation

Tutor: Ces Volpato

Dates: 10/02/2023 - 01/12/2023

Weekly, Friday 9:45am - 11:15am

Location: Room 2, Sinclair Avenue Campus (NCSSH)

For students wishing to acquire competence and confidence in spoken Italian language. Emphasis will be on language structures and phrases used in conversation, especially when travelling. Student pre-requisites: Conversational Italian is required.

23ITA012: Italian Conversation

Tutor: Lucy Empson

Dates: 07/02/2023 - 28/11/2023

Weekly, Tuesday 1.30 - 3.00pm

Location: Room 1, Sinclair Avenue Campus

For each session every student will prepare a short presentation to make to the class as a discussion starter. It can be spontaneous or read. The lesson will be conducted mostly in Italian. but necessary grammatical explanations may be made in English. Participants must have knowledge of Italian at conversation level with at least 2 years of Italian study.

23ITA020: Italian Literature

Tutor: Christine Watters

Dates: 07/02/2023 - 28/11/2023

Weekly, Tuesday 11:30am - 1:00pm

Location: Room 2, Sinclair Avenue Campus

We read and translate Italian novels, plays and poetry. This is an opportunity to enjoy Italian literature without a focus on grammar. Student pre-requisites: Students require a good knowledge of Italian.

Japanese

23JAP001: Japanese - Beginners

Tutor: Marjorie Millingen

Dates: 13/02/2023 - 21/11/2023

Weekly, Monday 9:30am - 12:00noon

Location: Private Home, Kew (NCSSH)

Simple Japanese grammar. Hiragana, Katakana, Kanji. Reading and writing simple texts. Simple Japanese conversation. Homework is required. Materials required: coloured pencils, Japanese/English dictionary; Kanji dictionary.

23JAP002: Japanese - Intermediate

Tutors: Nobuko Sayer & Ikuko Happo

Dates: 06/02/2023 - 27/11/2023

Weekly, Monday, 9.45am - 12 noon

Location: West Room, Sinclair Avenue (NCSSH)

No beginners, basic grammar and reading skills are required. Translation of text from Japanese to English; exercises in grammar; encouragement of spoken Japanese; learning of Japanese culture through zoom sessions with friends in Kobe Japan, after mid-session coffee break. Materials required: Japanese/English Dictionary; Kanji dictionary. Textbook: Wagasa Book 1 Japanese for VCE Students.

23LAT001: Introduction to Latin

Tutor: Frank Vergona

Dates: 06/02/2023 - 27/11/2023

Weekly, Monday, 11.30am - 1.00pm

Location: Room 1, Sinclair Avenue Campus (NCSSH)

This is a very special opportunity for beginners to study Latin. Latin is the basis of all modern Romance languages, including English. You cannot read Latin without a knowledge of English grammar. Come along and learn the rudiments of English grammar, leading into Latin.

Textbook: Latin One for Common Entrance by NRR Oulton.

23LAT002: Latin - Year 2

Tutor: Frank Vergona

Dates: 09/02/2023 - 30/11/2023

Weekly, Thursday, 9.45 - 11.15am

Location: Room 1, Sinclair Avenue Campus (NCSSH)

This is a continuing course for people with at least one year of study of Latin. Latin is the basis of all the Romance languages, including English. This is a wonderful way to learn more about language and keep your brain active. New members but will be subject to Tutor assessment that they are of a suitable standard

Textbook: Latin One for Common Entrance by NRR Oulton.

23LAT003: Latin - Year 3

Tutor: Frank Vergona

Dates: 06/02/2023 - 27/11/2023

Weekly, Monday 2:00pm - 3:30pm

Location: Room 1, Sinclair Avenue Campus (NCSSH)

This is a continuing course for people with at least two years of study of Latin. Latin is the basis of all the Romance languages, including English. This is a wonderful way to learn more about language and keep your brain active. New members but will be subject to Tutor assessment that they are of a suitable standard

Textbook: Latin Two for Common Entrance by NRR Oulton.

23LAT010: Latin Advanced

Tutor: Saul Bastomsky

Dates: 17/02/2023 - 17/11/2023

Friday 1st & 3rd 11.30am - 1.00pm

Location: South Room, Sinclair Avenue Campus

We shall read a selection of Vergil's Eclogues and then some extracts from his Aeneid.

The tutor will give each class member a photocopy of the work to be read. As well, some selections from Caesar's Gallic Wars and Cicero's speeches will be tackled.

A good Latin dictionary is essential.

Dates for classes: 17 Feb, 3 & 17 Mar, no classes in April, 5 & 19 May, 2 & 16 June, 21 July, 4 & 18 Aug, 1 & 15 Sept, 6 & 20 Oct, 3 & 17 Nov.

23LIT001: Literature Group

Convenor: Lois Leach

Dates: 07/02/2023 - 28/11/2023

Weekly, Tuesday 9:45am - 11:15am

Location: West Room, Sinclair Avenue (NCSSH)

The course comprises mainly fiction, but may include some non-fiction. It includes poetry and play reading sessions. Individual students select a book on which they volunteer to lead the discussion over 2 weeks. We aim to read 16 books over the year. The first book for 2023 will be "My Cousin Rachel" by Daphne du Maurier.

23LIT002: Books for Life

Convenors: Lois Leach & Bernadette Reeders

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 1:15pm - 2:45pm

Location: West Room, Sinclair Avenue (NCSSH)

Meeting weekly, a variety of novels, classic and modern, are read aloud in class and discussed. The first book for 2023 will be "Harnessing Peacocks" by Mary Wesley

Student Prerequisites: students will purchase approximately four books per year at reasonable prices.

23LIT003: Book Group - 3rd Tuesday

Convenors: Meg Paul & Lesley Tan

Dates: 21/02/2023 - 21/11/2023

Monthly 3rd Tues, Tuesday 9:45am - 11:15am

Location: Room 2, Sinclair Avenue Campus

We select a range of books, literary fiction and non-fiction for discussion led by group members. Most of the books for 2023 have been chosen by members in 2022, and will be borrowed as book kits from the Boroondara Library. The current year members can be involved in choosing the books for the rest of 2023.

23LIT004: Fourth Tuesday Book Club

Convenors: Ian McKenzie & Julianne Lewis

Dates: 28/02/2023 - 28/11/2023

Monthly 4th Tues, Tuesday 2:00pm - 3:30pm

Location: Room 1, Sinclair Avenue Campus

We will generally read contemporary novels of literary value and occasional non-fiction, or classical works. A book list will be generated by the group and distributed at the beginning of the year. Members are invited, but not obliged, to select one title at the beginning of the year. Selections can be either from the Boroondara Library Kit List, or an independent selection. If not enough titles are selected, the convenors will select from the Library list. The first book for 2023 will be "The Rich Man's House" by Andrew McGahan.

23LIT005: Book Group - 2nd Wednesday

Convenor: Jean Aitken

Dates: 08/02/2023 - 08/11/2023

Monthly 2nd Wed, Wednesday 11:30am - 1:00pm

Location: Room 1, Sinclair Avenue Campus

Informal discussion of a range of books including at least one classic and one nonfiction book, biography or autobiography. The group looks at the merits of plot, character development, themes, and literary styles. Books are suggested by students and tutor. The first book for 2023 will be: The Marriage Portrait by Maggie O'Farrell.

23LIT006: Book Group - 4th Wednesday

Convenor: Sue Harvey

Dates: 22/02/2023 - 22/11/2023

Monthly 4th Wed, Wednesday 11:30am - 1:00pm

Location: Room 1, Sinclair Avenue Campus (NCSSH)

A monthly discussion of classical and contemporary fiction including literature from across the globe as well as some non-fiction. The convenor chooses the books for the year in close consultation with group members. Books are sourced from libraries, online and some members choose to purchase their own copies as well. The first book for 2023 will be "The Lincoln Highway" by Amor Towles

Student Prerequisites: Interest, enthusiasm, willingness to contribute to discussion.

23LIT007: Men's Book Club

Convenor: David Knipe

Dates: 15/02/2023 - 15/11/2023

Monthly 3rd Wed, Wednesday 3:30pm - 5:00pm

Location: Different locations - private homes etc

Members meet monthly at predetermined venues for informal but furious (preferably) discussion on the book of the month. At the first meeting for 2023 each member will nominate a title which can be fiction or non-fiction. Students access books from libraries, electronically or purchase books privately. Some of the books reviewed in 2022 were "Romulus My Father" by Raymond Gaita, "Silverview" by John le Carre, "A Spy Among Friends" by Ben McIntyre and "Oryx and Crake" by Margaret Atwood.

The first book for 2023 will be "Days without End" by Sebastian Barry.

23LIT008: Crime Fiction

Convenor: Elizabeth Board

Dates: 20/02/2023 - 20/11/2023

Monthly 3rd Mon, Monday 1:30pm - 3:00pm

Location: Room 2, Sinclair Avenue Campus

This discussion group explores crime fiction genres from around the world. Participants are invited to take turns to lead discussion during the year and to fill in if a class member is absent. Books for the first discussion will be "Stiff" by Shane Maloney and "The Lost Man" by Jane Harper.

23LIT010: America through the eyes of its novelists

Tutor: Barbara Fary

Dates: 02/03/20223- 02/11/2023

Monthly 1st Thur, Thursday 1:30pm - 3:00pm

Location: Room 1, Sinclair Avenue Campus

Each month the participants will purchase or borrow the chosen book and read it in preparation for the discussion. This discussion will be led by a facilitator from the group giving a brief introduction about the author and the setting of the novel.

The first five books, chosen from the Pulitzer Prize List for Novelists of the past 20 years, will be: "Angle of Repose" by Wallace Stegner; "The Colour Purple" by Alice Walker; "Gilead" by Marilynne Robinson; and "Olive Again" by Elizabeth Strout.

23LIT011: Australian Biography

Tutor: Norm Fary

Dates: 07/02/2023 - 07/11/2023

Monthly 1st Tues, Tuesday 9:45am - 11:15am

Location: Room 2, Sinclair Avenue Campus

We will consider a number of biographies of famous Australian aborigines, explorers, scientists, artists, architects, politicians, industrialists, religious leaders, and philanthropists. At the first meeting the class members will make a selection from a list of available biographies. The discussions will be led by a class member who will introduce the author and briefly outline the setting for the biography. Class members will source their own books. Selected books are readily available in libraries and bookshops and as e-books. In our first class on Feb 7 we will consider Peter Fitzsimon's "Mawson" (Penguin Books 2011) and/or Philip Ayres' "Mawson" (Melb Univ Press 2009). Select whichever is available. We will also look at the nature of biography.

23LIT012: Reading Shakespeare & other classic plays

Convenors: Kate Nelson & Bernadette Reeders

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 10:00am - 12:00noon

Location: Balwyn Library, Room 2 (NCSSH)

In this class we read aloud and discuss the plays of Shakespeare. At the end of each play we watch and discuss a DVD performance of the work. We also venture into poetry, the works of other playwrights such as Chekov and Ibsen and sometimes more contemporary writers. Students new to reading Shakespeare aloud sometimes have difficulty with Elizabethan English. Be assured that the ear and eye adjust, and it becomes easier in time. Members of the class offer to organise readings, visiting speakers and audio-visual support.

Student Prerequisites: Copies of the plays we are reading.

23LIT014: Sharing Poetry (Zoom)

Convenors: Lena Frankel & Angela Wallace

Dates: 09/02/2023 - 30/11/2023

Weekly, Thursday 1:30pm - 3:00pm

"Sharing Poetry" is an opportunity to develop and communicate the joy of poetry. During our weekly meetings on Zoom we read aloud and discuss poetry from many different times and places. Our choices are eclectic and build on the interests of members of the group who put together sets of poems which are distributed in advance by email. No prior knowledge is expected, just a willingness to contribute both to the selection of poems and to the discussion. This is not a poetry writing group.

23LIT020: Ancient Greece: From Mythology to Philosophy Term 1

Tutor: George Theodoridis

Dates: 10/02/2023 - 31/03/2023 (8 sessions)

Weekly, Friday 11:30am - 1:00pm

Location: Room 2, Sinclair Avenue

Session 1: From Chaos to Castration. The first gods

Session 2: Zeus: From Crete to Mt Olympus

Session 3: Hera: Her ugly baby and the double wedding.

Session 4: Prometheus: The creation of mortals, Part One: Man

Session 5: Hephaestus: The creation of mortals, Part two: Woman

Session 6: Aphrodite, Eros and Psyche. The best laid plans of gods and mortals

Session 7: Herakles and the birth of a galaxy

Session 8: The Minotaur, Daedalus, Ikarus and Theseus

23LIT021: From Mythology to Philosophy Term 2

Tutor: George Theodoridis

Dates: 28/04/2023 - 23/06/2023 (9 sessions)

Weekly, Friday 11:30am - 1:00pm

Location: Room 2, Sinclair Avenue

Further details are on the Membership website.

23LIT022: The Stage - Readings from Homer

Tutor: George Theodoridis

Dates: 14/07/2023 - 15/09/2023 (10 sessions)

Weekly, Friday 11:30am - 1:00pm

Location: Room 2, Sinclair Avenue

Session 1: Dionysius: the youngest arrival

Session 2: The Stage and the Playwrights

Session 3: Aeschylus' The Oresteia (From vengeance to Justice)

Session 4: Euripides' Iphigeneia In Aulis

Session 5: Sophocles' Oedipus Rex. The first and best "who-done-it" ever!

Session 6: Aristophanes' Lysistrata

Session 7: Homer, the Greek bard and Virgil, his apprentice.

Session 8: The Wedding and the Beauty Contest

Session 9: The First word in the Iliad

Session 10: The First word in the Odyssey

23LIT023: Philosophy - the cradle of Arete

Tutor: George Theodoridis

Dates: 06/10/2023 - 01/12/2023 (9 sessions)

Weekly, Friday 11:30am - 1:00pm

Location: Room 2, Sinclair Avenue

Further details are available on the Membership website.

23LIT030: Creative Writing Workshop

Tutors: Larry Cahill & Carey Kavanagh

Dates: 08/03/2023 - 29/11/2023

Wednesday 2nd & 4th, 11:30am - 1:00pm

Location: Room 2, Sinclair Avenue

This full year writing course in workshop format will provide a supportive environment offering suggestions and encouragement. Participants will write at home and bring along their work to read and workshop.

Larry Cahill has been involved as a participant and facilitator over the past decade and enjoys helping writers grow and enjoy their love of the written word.

Student pre-requisites: All you need is a passion for writing. Short stories, poetry, memoir, novels etc welcome.

23LIT031: Shaping your writing: how and why

Tutor: Mary Lancaster

Dates: 13/02/2023 - 20/02/2023 (2 sessions)

Weekly, Monday 1.30 - 3.00pm

Location: South Room, Sinclair Avenue

Shaping Your Writing – Why and How - Using Instructional Design (ID) to create a skeleton/map for a piece of writing.

The course introduces the Instructional Design (ID) process: its origins and how it supports

different types of creative writing, including books, online content, film/tv/audio scripts, formal reports, submissions, presentations, as well as training.

The course includes discussion, and activities - either alone or in small groups. The convenor will use examples from work completed over almost 30 years, across several industries and media formats. Participants who are interested in continuing to work on their project after the course, will have the opportunity to do so with email-based input/review from the tutor.

Mahjong

23MAH001: Eastern Mahjong

Dates: 08/02/2023 - 29/11/2023

Location: Frog Hollow Pavilion (NCSSH)

Join our weekly group to play the ancient game of Mahjong (eastern style). This is a mutual support group. Beginners are welcome to join the group.

Convenors: Ellen Bowman & Karlene Tomlin

Weekly, Wednesday 9:45am - 11:15am

23MAH002: Beginners and Ongoing Western Mahjong

Dates: 10/02/2023 - 01/12/2023

Location: North Room, Sinclair Avenue Campus

This course is a continuation of the beginners course in 2022. Beginners are welcome.

Tutor: Sim Birrell

Weekly, Friday 1.30 - 4.00pm

23MAH003: Western Mahjong - Monday

Dates: 06/02/2023 - 27/11/2023

Location: Frog Hollow Pavilion (NCSSH)

A weekly western Mahjong group which has been playing for 12 months. Beginners are welcome.

Tutor: Barbara Lynch

Weekly, Monday 9:45am - 11:15am

23MAH004: Western Mahjong Ongoing - Tuesday

Dates: 07/02/2023 - 28/11/2023

Location: North Room, Sinclair Avenue Campus

Join our weekly group playing the ancient game of Mahjong (western style-UK rules).

Only experienced players - no beginners.

Tutor: Sim Birrell

Weekly, Tuesday 2.00 - 4.00pm

23MAH005: Western Mahjong - Friday

Dates: 10/02/2023 - 01/12/2023

Location: Frog Hollow Pavilion (NCSSH)

Join our weekly group playing the ancient game of Mahjong (western style-UK rules).

Experienced players and beginners are invited to participate. The standard text for this group is the "Mahjong Players Companion" by Patricia Thompson & Betty Maloney.

Tutor: Janina Noga

Weekly, Friday 10:00am - 12:00noon

Mandarin Chinese

23MAN002: Intermediate Mandarin

Tutor: Yi Yang

Dates: 10/02/2023 - 01/12/2023

Weekly, Friday 11:30am - 1:00pm

Location: Room 1, Sinclair Avenue Campus (NCSSH)

This is an intermediate course in Mandarin Chinese using Chinese Pinyin. It is a speaking and listening course for travel, making friends and cultural knowledge. New members of the course may be assessed by the tutor as this is a continuing course.

Textbook: New Practical Chinese Reader 3rd Edition.

Marvellous Melbourne Walks

Marvellous Melbourne Walks - Background information

This will be the 15th year of this series of walks. The walks are held regardless of the weather, unless there are exceptional circumstances. Come prepared with a hat, water, UV cream, umbrella, and a name tag. For most walks there is a coffee shop nearby. For those who wish to stay on for an inexpensive lunch, a local spot will be found. For more details visit the Membership website.

23MELB01: Walk 1: Toorak

Tutor: Norm Fary

Thursday 9 March, 9.50 for 10am start. Meet: corner of Toorak Road & Clendon Road.

23MELB02: Walk 2: Flagstaff Gardens Precinct

Tutor: Carol Lancashire

Wednesday 22 March, 9.50 for 10am start. Meet: Flagstaff Station, Lonsdale St exit

23MELB03: Walk 3: Riversdale Road, Camberwell

Tutor: George Fernando

Thursday 30 March, 9.50 for 10am start. Meet: western side of Riversdale Railway Station

23MELB04: Walk 4: South Carlton

Tutor: Norm Fary

Wednesday 5 April, 9.50 for 10am start. Meet: NE corner of Lygon & Victoria Streets

23MELB05: Walk 5: Melb General Cemetery

Tutor: Norm Fary

Monday 17 April, 9.50 for 10am start. Meet: main cemetery entrance, Cemetery Rd West

23MELB06: Walk 6: Malvern

Tutor: Judy Hamann

Thursday 20 April, 9.50 for 10am start. Meet: corner of Kingston Street & Wattletree Road

23MELB07: Walk 7: Elwood Canal precinct

Tutor: Carol Lancashire

Thursday 27 April, 9.50 for 10am start.

23MELB08: Walk 8: Werribee Park precinct

Tutor: Carol Lancashire

Thursday 26 October, 10.30am Meet at the entrance to the State Rose Garden

23MUS001: Orchestra of U3A Hawthorn

Convenor: Orchestra Committee

Dates: schedule to be circulated at beginning of year

Thursday 10.00am - 12.30pm

Location: St Mark's Church Hall

A full symphony orchestra which usually performs 3 concerts a year. Repertoire mainly from 19th and 20th centuries, with soloists, often young aspiring students or graduates. Rehearsal and performance schedules will be sent out and placed on Orchestra website. Student pre-requisites: Sight reading capability, some knowledge of orchestral practice, reasonable playing standard.

23MUS002: The Gateway Singers

Choir Director: Julie Lancashire

Dates: 07/02/2023 - 28/11/2023

Weekly, Tuesday 10:00am - 11:45am

Location: Parkview Room (NCSSH)

The choir consists of approximately 50 members of varying experience and ability. Anyone with a love of singing, particularly in a group, is welcome to join. Some experience of choral singing is an advantage but not absolutely necessary. The Choral Director contacts all new members as a courtesy and to ascertain which section new members will join. Our repertoire ranges from Verdi to John Denver, so there is something for everyone. Members are divided into the standard soprano, alto, tenor and bass sections but we sing four-part, three-part and two-part pieces. A mid-rehearsal morning tea break enables members to socialise and get to know each other. We ask for regular attendance which is important in building individual improvement and developing the group's overall musicianship. The Gateway Singers give two major performances during the year as well as occasional smaller presentations. A standard dress is expected for these. Although it is preferable that all members are involved in performing, it is not obligatory.

23MUS003: Recorder Group

Convenor: Jim Bland

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 11:30am - 1:00pm

Location: Frog Hollow Pavilion (NCSSH)

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

23MUS004: Acoustic Guitar Group

Tutor: Peter Rogers

Dates: 09/02/2023 - 30/11/2023

Weekly, Thursday 2.00 - 4.00pm

Location: Frog Hollow Pavilion (NCSSH)

This people with some guitar experience an opportunity to share and build their skills in a relaxed and supportive environment. Classic, soft rock, blues and folk acoustic pieces will be played. Provide your own guitar and music stand. Basic skills with guitar chords and following lyric chord charts.

23MUS010: The Magic of Opera (Zoom)

Dates: 03/03/2023 - 24/11/2023

Exploring Russian, British, American and Australian opera.

Tutor: Sam Alfreds

Weekly, Friday 1:30pm - 3:30pm

23MUS011: Jazz for Enjoyment

Dates: 10/02/2023 - 01/12/2023

Location: Hall, Sinclair Avenue

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

Tutor: Layton Moss

Weekly, Friday 1:30pm - 3:00pm

23MUS021: Great rock and pop music videos

Dates: 06/06/2023 - 1/08/2023

(6 sessions)

Location: Hall, Sinclair Avenue

A course for those who enjoy Rock & Pop music. Our 2022 YouTube Music Videos programme over 5 weeks featured themed sessions & then soared on our final sixth afternoon when many of our participants entertained attendees by sharing their favourite videos. When, at the end of that programme, group members shared their thoughts on the series, there was strong support for returning for further meetings in 2023. Furthermore, many participants expressed an interest to bring more of their music along at that time. Our 2023 series then will over eight weeks again showpiece themed music clips sourced from the time when music videos first burst onto the scene through the years to contemporary times. All “new” selections – no repeats from 2022. We will also enjoy more of course participants’ particular interests by interspersing a range of such presentations through the programme.

So, if you would like to join with like-minded folk & enjoy a wide range of rock & pop music in an entertaining & fun setting, do come along to our next course.

Tutor: John Wallace

Weekly, Tuesday 1:30pm - 3:00pm

23MUS025: The early Romantics

Dates: 15/02/2023 - 22/03/2023

(6 sessions)

Location: Hall, Sinclair Avenue

“The early Romantics”: F+F Mendelssohn, Schubert and Schumann.

Symphonies, sonatas and choral music. How did these greats respond to a philosophical movement sweeping across Europe? A multitude of audio visual examples will be used. Each work will be examined for style and structure and placed in context, both personal and historical.

Tutor: Roger Creed

Weekly, Wednesday 11:30am - 1:00pm

23MUS026: Bel Canto! Beautiful Singing

Dates: 03/05/2023 - 07/06/2023

(6 sessions)

Location: Hall, Sinclair Avenue

“Bel Canto! Beautiful Singing”. Composers such as Bellini, Donizetti and earlier Verdi. This style shaped opera for the next century and beyond. We will examine great artists from the earlier 20th century and later masters such as Sutherland, Callas and Pavarotti. Great singers of our time will also be included. Audio/visual examples will be used, placing the music in personal, stylistic and historical context.

Tutor: Roger Creed

Weekly, Wednesday 11:30am - 1:00pm

23MUS027: Beethoven the Revolutionary

Tutor: Roger Creed

Dates: 19/07/2023 - 23/08/2023 (6 sessions) Weekly, Wednesday 11:30am - 1:00pm

Location: Hall, Sinclair Avenue

“Beethoven the Revolutionary”. By 1803 Beethoven was at the height of his Heroic period and Napoleon was rampaging through Europe. Beethoven admired Napoleon enormously and he harboured Revolutionary politics for the rest of his life. How did he respond to the social upheaval around him? In symphonies, opera and piano music he explored heroism in general and also the social liberation of the masses. A wide range of audio/visual material will be used and each work is placed in its personal, stylistic and historical context. A personal guide to recordings and some basic score reading is included.

23MUS028: A Grand Tour of Music

Tutor: Roger Creed

Dates: 11/10/2023 - 15/11/2023 (6 sessions) Weekly, Wednesday 11:30am - 1:00pm

Location: Hall, Sinclair Avenue

A Grand Tour of music, architecture and art in six Italian cities. Based on the personal experience of the presenter we will explore Art and Music from the Renaissance and the Baroque, and also some 20th century masterworks. A personal response to the Art included is encouraged and some guidance on “how to see” will be given. A special focus will be on Venice; the presenter’s favourite city!

Saturday Matinee program

A Saturday afternoon program of music is organised throughout the year. These will appear on the membership website as they are organised.

Outdoor activities - Walks

23OUT001: Shorter Walks on 2nd Wednesday

Convenor: Marg Deighton

Dates: 08/03/2023 - 08/11/2023 Monthly 2nd Wed, Wednesday 10:15am - 2:00pm

Location: see U3A Hawthorn website u3ahawthorn.org.au/walking

Meet at 10.15am at the starting point. Easy walks of 6-8 km, conducted at a pace suited to our age group. Student pre-requisites: good walking shoes, day-pack, water-bottle and hand sanitiser. Students bring their own packed lunch. You will also be required to sign an Acknowledgement of Risks form on your first walk. Walks are led by different members each month. Please contact the leader a few days before each walk to indicate your intention to join the walk.

23OUT002: Metro Walks - Short Walks on 3rd Tuesday

Convenor: Lorraine Doyle

Dates: 21/03/2023 - 21/11/2023 Monthly 3rd Tues, Tuesday 10:00am - 12:30pm

Location: see U3A Hawthorn website u3ahawthorn.org.au/walking

Easy walks of 6-8km in the Melbourne area. Where possible walks will be close to public transport and will start and finish at the same spot. There will be a morning tea break at a cafe (own cost). Student prerequisites: Good walking shoes, day-pack and water-bottle. You will also be required to sign an Acknowledgement of Risks form on your first walk.

23OUT003: Wednesday Weekly Walk & Talk Convenors: Elisa Lando & Janet Gromer

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 9.30am - 12:00noon

Weekly walks of approximately 6-10 km including time for a chat at a local cafe. Walks typically start from Hartwell Sports Ground (located on Bath Rd Glen Iris, car park entrance from Beryl St, Glen Iris).

Walks through the lovely streets of Glen Iris, Camberwell and Canterbury; including: Gardiners Creek Trail, Ferndale Trail, Anniversary Outer Circle Trail, Glenburn Bend Park, Frog Hollow Reserve, Riversdale Park, Maling Road and Canterbury Gardens. Walks in Hawthorn, Wattle Park, Port Melbourne, St Kilda, Williamstown plus other destinations reachable by public transport may also be organised during the year.

Student prerequisites: Energetic walkers with reasonable level of fitness and capable of walking the distance over varied terrain. Participants need to complete Acknowledgement of Risks form prior to the first walk.

23OUT004: Moderate Walking Group (10-14km) Convenors: Franz & Inge Hanke

Dates: 23/03/2023 - 23/11/2023

Monthly 4th Thurs, Thursday 10:30am - 12:30pm

Location: see U3A Hawthorn website u3ahawthorn.org.au/walking

This group is a co-operative, self-help walking group, with members teaming up with other like-minded members to lead a walk of their choice – usually about 10–14 kms on un-paved pathways outside the Metropolitan area. Participants need to complete an Acknowledgement of Risks form on the first walk.

Outdoor activities - Cycling

The following applies to all participants of cycling groups. Members must:

- Have good cycling skills - there are no beginner groups
- Be prepared to ride as a group
- Be experienced to cope with occasionally crowded cycle tracks
- Be prepared for and able to negotiate road traffic (although we try to minimise this)
- Sign an Acknowledgement of Risks Form prior to your first ride.
- It is recommended that you join Bicycle Victoria to avail of their insurance coverage.

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

23OUT010: Munari Riders - Cycling

Convenors: Vin Lucas & Kathy Manderson

Dates: 11/02/2023 - all year

Weekly, Friday 9:00am - 3:00pm

These weekly rides are usually around 50-60 kms, predominately on Melbourne bike paths. Rides usually start from the car park in Sinclair Avenue U3A at 9.00am, stopping for coffee and later for lunch, all year. We encourage the participation of females.

Up to two country Victoria weekend cycling trips are organised each year.

Members must:

- Be able to ride 50-60 kms at an average speed of 16 kms per hour using a road or hybrid bike and keep the bike in good working order.
- Be prepared to lead or jointly lead at least one Friday ride during the year.
- Participate in at least 70% of the Friday rides except where an extended leave of absence is agreed due to prolonged ill health, overseas travel or other reasons at the discretion of the Convenor.
- Share our preference for unpowered bikes. Recumbent bikes and collapsible bikes are not suitable.

23OUT011: Moderate Cycling - Friday

Convenor: Michael Read

Dates: 10/02/2023- all year

Weekly, Friday 9:30am - 1.30pm

Location: Usually depart from Sinclair Avenue Campus

The intention of this riding group is to provide riders with a combination of outdoor pleasure, social engagement and moderate exercise. The ride will be about 35 – 55km and include a coffee break and, on occasion, a lunch stop. Ride routes will generally use sealed bike paths, but occasionally gravel paths or may include short distances on roads, usually local streets. As a guide, riders should have good riding skills, be comfortable riding continuously at a speed of 18-20 Km/hr on flat, sealed pathways and be able climb moderate hills. Further details are provided on the membership website. Please read these before enrolling in the course.

23OUT012: Tuesday Cycling Group

Convenor: Carol Lancashire

Dates: 07/02/2023 - all year

Weekly, Tuesday 9:30am - 1:30pm

Location: Usually depart from Sinclair Avenue Campus

* This group rides weekly all year, 30-50 km mainly on bike paths.

* Two overnight country rides are arranged each year.

Detailed prerequisites are provided on the membership website.

23OUT013: eBike Group - Thursday

Convenor: David Brown

Dates: 09/02/2023 - all year

2nd & 4th Thursday 9:30am - 1:00pm

These rides are usually around 65 kms, predominately on Melbourne bike paths. Rides usually start from the car park in Sinclair Avenue U3A at 9.30am, stopping for coffee all year. Members must:

- Be able to ride 65 kms at an average speed of 18 kms per hour using an electric bike in good working order.
- Be prepared to lead or jointly lead at least one ride during the year.

23OUT014: Wednesday Cycling Group

Convenor: Rob Alexander

Dates: 08/02/2023 - 29/11/2023

Weekly, Wednesday 9:00am - 12:30pm

Location: Usually depart from Sinclair Avenue Campus

There maybe also 1 or 2 weekend riding trips out of Melbourne during the year depending on interest and COVID-19 conditions.

Members must:

- Be able to ride up to 60km at an average speed of 18km/h.
- Have a suitable well-maintained road/hybrid bicycle. E bikes & folding bikes are not suitable.
- Be prepared to lead or jointly lead at least one ride during the year

Note that many rides include some road riding, mostly on quieter back streets but sometimes on busier roads almost always with designated bike lanes

Outdoor activities - Other

23OUT020: Bird Watching Walks

Tutor: Pat Bingham

Dates: 17/03/2023 - 17/11/2023

Monthly 3rd Fri, Friday 9:30am - 11:30am

Location: Different location each month

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

Dates for 2023: 17 Mar, 21 Apr, 19 May, 16 June, 21 July, 18 Aug, 15 Sept, 20 Oct, 17 Nov

Student Prerequisites: Ability to walk (gently) for 2 hours and look up! Own binoculars.

Provide (or arrange) own transport to walk venues.

23OUT022: On a roll - Lawn bowls for beginners

Tutor: Auburn Bowls Club

Dates: 02/03/23 - 06/04/23 (6 sessions)

Weekly, Thursday 10.00am - 11.30am

Location: Auburn Bowls Club, 2b Munro St, Hawthorn East

Experienced players at Auburn Bowls club will tutor a 6 week beginners course in lawn bowls at the Auburn Bowls Club. There is a small charge of \$5 per person per session to cover venue and equipment hire and morning tea break - paid in cash directly to the club.

23OUT024: Social Tennis

Tutor: Victoria Park Tennis Club

Dates: 16/02/2023 - 16/03/2023 (5 sessions)

Weekly, Thursday, 10.30 - 12noon

Location: Victoria Park Tennis Club, Adeney Avenue, Kew

An introduction to tennis for those who have never played and a refresher course for people who have not played for some time. Enjoy the benefits of social tennis with other U3A Hawthorn members, under the guidance of volunteers from the Victoria Park Tennis Club. The Tennis Club will provide courts and equipment. Wear comfortable sports shoes. Tea and coffee will be provided and a chance to socialise. Cost: \$50 for course of 5 sessions – payable on enrolment. This charge covers equipment, court hire and tea/coffee.

23OUT040: Gardening Group

Convenor: Judy McPherson

Dates: 13/02/2023 - 13/11/2023

Monthly 2nd Mon, Monday 9:30am - 11:30am

Location: Campus

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

23PHI001: Philosophy Unlimited

Tutor: Daryl Wayland

Dates: 10/02/2023 - 01/12/2023

Weekly, Friday 9:45am - 11:15am

Location: Hall, Sinclair Avenue

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

23PHI002: Philosophy Discussion Group

Convenor: Anne McQueen-Thomson

Dates: 07/02/2023 - 21/11/2023

1st & 3rd Tues, Tuesday 1.30 - 3.00pm

Location: South Room, Sinclair Avenue

We will read about and discuss philosophies and philosophers that are of interest to the members. Everyone is encouraged to bring texts that engage them so they can be copied for the group to discuss.

23PHI003: A bit more philosophy

Tutor: Laurance Splitter

Dates: 28/02/2023 - 28/11/2023

Weekly, Tuesday 11:30am - 1:00pm

Location: Hall, Sinclair Avenue (NCSSH)

The course will examine various philosophers and philosophies, with a particular focus on the distinction between Rationalism and Empiricism. As in previous years, we will look at the ideas of Socrates, Plato, Aristotle), proceeding through the ages to Augustine, Descartes, Locke, Hume, Spinoza, Leibniz, Rousseau.... We will also spend some time studying the philosophical views of Immanuel Kant, whose epistemological and ethical theories are among the most famous in the history of philosophy. Time permitting, we will examine what happened in/to philosophy post-Kant, including the growth of Continental (non Anglo-American) philosophy and 20th Century analytic philosophy (including logic and the philosophy of language).

The focus will be on Western philosophy but, depending on the interests of participants, we will look at some non-Western approaches (e.g. Confucianism).

The course will explore the links between these historical sources and a range of contemporary issues, particularly concerning ethics (How should we behave?), logic (What makes sense? The role of language), and epistemology (True and false).

There are no prescribed texts, but we will refer from time to time to such books as An illustrated brief history of Western Philosophy (A. Kenny) and The history of philosophy (A. C. Grayling).

No prior philosophical background is required. Each class will allow time for discussion as well as presentation via Power point. Participants from previous philosophy courses at U3A, along with newcomers, are most welcome to join.

Derek Readman lectures

The Derek Readman lectures cover a wide range of topics and subjects delivered by experts in their field. 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.

Convenor: Judy Hamann

23READ01: Julian Gardner AM: Human rights and cognitive disabilities

Thursday 9 March, 2:00pm, Hall, Sinclair Avenue

23READ02: David Walker: Three years in Beijing: Living and travelling in China

Thursday 15 June, 2:00pm, Hall, Sinclair Avenue

Science

23SCI001: Why is it so?

Tutors: Norm Ellis & Brian Amey

Dates: 09/02/2023 - 30/11/2023

Weekly, Thursday 9:45am - 11:15am

Location: Hall, Sinclair Avenue

A "Science behind the News" look at earth and space science topics, issues and developments. Join us for a potpourri of video presentations and class discussions prompted by events in the news, as we painlessly enhance our understanding of the underlying science. NB. A scientific background is not necessary.

Spanish

23SPA002: Continuing Spanish (Zoom)

Tutor Carlos Serrano

Dates: 06/02/2023 - 27/11/2023 (NCSSH)

Weekly, Monday 11:30am - 1:00pm

We have chosen a basic Spanish book to follow in class: Easy Spanish, Step by Step, by Barbara Bregstein, McGraw-Hill. Besides the teachings of this book, the students will be able to construct basic simple phrases, mainly using verbs in the infinitive form and in conjugations in present tense. The phrases will enable the students to acquire and use on a daily basis some Spanish vocabulary. The students will also get acquainted with some cultural information from Spain and South America: music, literature, general commentaries, etc. This course is for people with very basic knowledge of Spanish. Note: There are no classes during State School holidays (NCSSH).

23SPA003: Advanced Spanish Conversation

Convenors: Rosella Flavell & Laurie David

Dates: 06/02/2023 - 27/11/2023

Weekly, Monday 9:45am - 11:15am

Location: Room 1, Sinclair Avenue

This is a self-managed class. Students are encouraged to talk about subjects of their

interest and/or experience. Students also take it in turns to share articles and/or short stories sourced from books, magazines, newspapers and the internet which can be read aloud and discussed by the class.

Student Prerequisites: knowledge of Spanish at conversational level.

Travel

Armchair Travel Series

Convenors: Geoff & Judy McPherson

The Armchair Travel Series is held at 1.30pm in the Hall at Sinclair Avenue on the 4th Thursday of each month. Further details about each presentation can be found on the Membership website.

23TRA001: Living and Touring in Germany

Presenter: Monika McCallum

Thursday 23 February, 2.00pm, Hall, Sinclair Avenue

23TRA002: From Darwin to Dili, Timor Leste

Presenters: Pam Welsford

Thursday 23 March, 2.00pm, Hall, Sinclair Avenue

23TRA003: Spain: north to south in 19 days

Presenter: Sue Waller

Thursday 27 April, 2.00pm, Hall, Sinclair Avenue

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*Additional courses, presentations and activities will be advertised in Gateways
and Newsletters during 2023.*