



Notice is given of the

**38th ANNUAL GENERAL MEETING of U3A HAWTHORN INC.**

Location: Hall, U3A Hawthorn Campus, 26 Sinclair Avenue, Glen Iris

Date: Wednesday 17 May 2023

Time: 10.00am - 1.30pm

A light lunch will be provided after the presentation by the guest speaker.

Guest Speaker: to be advised

**Agenda:**

- To receive apologies and proxies [Proxy forms available at the Office]
- To confirm Minutes of the 2022 Annual General Meeting
- To receive the Annual Report for 2022
- To receive the Audited Financial Statement for the year ended 31/12/2022
- To elect Office Bearers and Committee Members for the next 12 months
- To appoint an Auditor for the year ending 31 December 2023
- To approve Subscription Fees for 2024
- To consider other business of which notice has been given in accordance with the Rules

All Executive and Committee positions will be declared vacant. Nomination and proxy forms (both available from the Office) must be deposited with the Secretary not less than 7 days (in the case of nominations) and not less than 24 hours (in the case of proxies) prior to the time for the commencement of the Meeting.

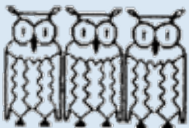
You can notify us of your intention to attend by enrolling in the course 23AGM001 on the Membership System (as for any other course) or by contacting Reception.

Registration is essential as this is a catered event. Please register before Wednesday 10 May.

PLEASE REMEMBER TO WEAR YOUR NAME BADGE

*Bruce Lancashire, Hon Secretary*

**NEWS**



Patron: Professor Pascale Quester, Vice Chancellor, Swinburne University

mail@u3ahawthorn.org.au  
u3ahawthorn.org.au  
ABN 41 360 939 238

26 Sinclair Avenue  
GLEN IRIS VIC 3146  
Tel: 9821 0282

# A LETTER FROM THE PRESIDENT

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## U3A HAWTHORN COMMITTEE OF MANAGEMENT

President: Irving Miller  
Vice President: Stefanie Sowerby  
Secretary: Bruce Lancashire  
Treasurer: Ellen Stoddart  
Ron Box  
David Bennett  
Nathan Feld  
Carol Lancashire  
Lily Lau  
Fay Maglen  
Ruth Muir  
Sue Waller

## U3A HAWTHORN INC

26 Sinclair Avenue  
GLEN IRIS VIC 3146  
Tel: 9821 0282

mail@u3ahawthorn.org.au  
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ABN 41 360 939 238

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

Welcome everyone to U3A Hawthorn's first Newsletter for 2023. And a special welcome to our many new members. I trust that you are enjoying your classes, making new friends, and participating in all that U3A Hawthorn has to offer.

2023 started with our highly successful Summer School which ran for over 2.5 weeks in January. Summer School participants had the privilege of listening to a diverse and stimulating range of Speakers on subjects from the "Real First Fleet" to "Chopin Delights", and many more. Other members played "mind games", Bridge and Mahjong.

It was an outstanding program and special to U3A Hawthorn. We THANK each and every presenter; their contributions were invaluable, and their time and effort most generous. None of this happens by magic. Summer School only occurs as a result of the dedication, time and great organisational skills of the organising Committee. I want to ACKNOWLEDGE and THANK: Chris Stocker [Chair], Susan Heath, Julie Angus-Kiddle, Pam Welsford, Roger Seddon and Andrew Weatherhead for their tireless work on behalf of U3A Hawthorn members. In addition our thanks go to the AV support members whose contributions allowed our speakers' presentations to go so smoothly.

Summer School ended with a social event, namely a sausage sizzle and background music. In my view this has become a great feature, and very well received by the many members who attended. The weather was perfect and the setting at Sinclair Avenue ideal. Thanks Chris, a superb idea brilliantly executed. Thanks to our MasterChefs: Nathan Feld, Lily Lau, Harvey Sowerby and Ron Box. By the end of the lunch there was not a sausage or veggie burger to be seen. These hard-working members were ably assisted by several members who provided tea/coffee and mini muffins to the delight of many. Thank you for your contributions too.

Since enrolment opened for 2023, many members have joined and enrolled in classes. Currently we have over 1400 active members. This is an increase on the same time last year. A very pleasing development. In addition, I am pleased to report that there are 120+ Tutors/Convenors [already], many of whom are new to the role at U3A Hawthorn in 2023. WELCOME. I trust you enjoy your time at Hawthorn, I am sure we have a great deal to learn from each of you. Currently we have approximately 200 courses or activities on offer to members for 2023. No doubt as the year progresses new courses, and new tutors will add to our expanding program. So look out for new courses in Newsletters and *Gateway* publications. SPECIAL THANKS go to Carol Lancashire, our Course Co-ordinator for her outstanding work and endless time spent in organising the 2023 curriculum. What would we do without her?

On 25 January 2023 we held our Tutors/Convenors and Volunteers Lunch and Briefing at Leonda. About 140 guests attended in a splendid setting and very positive atmosphere. This event was an outstanding success, and a great opportunity for our many Tutors/Convenors and Volunteers to get together, exchange ideas and receive a detailed briefing on U3A Hawthorn operational matters for 2023.

These comprehensive plans meant that we were able to open on Monday 6 February 2023 with safe face-to-face learning at our Sinclair Avenue Campus and elsewhere. The first weeks have been busy, energetic and have run relatively smoothly. I urge all members to use common sense and not attend classes if they feel unwell. And, if you feel more comfortable wearing a mask, please do so.

I am optimistic that we will have a very successful 2023 at U3A Hawthorn. We have got off to a great start. I wish everyone a happy, safe and stimulating 2023.

*Irving Miller, President*

# SUMMER SCHOOL 2023



## WANTED

Are you a regular attendee at Summer School?

We need you to join the Summer School Planning Committee to help develop the 2024 program and to assist with running Summer School. We need your ideas, contacts and enthusiasm.

Don't just leave it for "someone else".

Contact Carol Lancashire  
[courses@u3ahawthorn.org.au](mailto:courses@u3ahawthorn.org.au)  
to offer your services.



Over a three week period, Summer School provided 25 presentations on a wide range of subjects, covering travel, the arts, animal rights, history, science, music and many other areas of interest. Four sessions had enrolments of 100 and most others were well subscribed.

The session convenors noted that the standard of presentations was universally very high and the guest speakers gave stimulating addresses on their specialist subjects. Feedback from U3A members also indicated that the sessions resonated with the audiences: many questions followed the presentations and there was a good level of interaction with our speakers. Although some topics were clearly more popular, there was a sufficient spread to cater for most members' interests.

We are grateful that all the presenters gave freely of their time and willingly volunteered to give us such quality professional talks.

With a more manageable COVID environment this year, although safety protocols were still observed in the Hall, there was overall a return to higher enrolments than in 2022. However, one disappointing aspect of the program was the number of members who continue to enrol for sessions but who then do not attend, and usually without an apology. While we all face unexpected medical emergencies, transport problems etc, enrolling for multiple sessions with little intention of actually turning up is both discourteous and disrespectful to guest speakers.

Summer School concluded with a free BBQ and musical entertainment, attended by about 75 members. Our special thanks to the crew who helped on the day. Also deserving thanks were the small but dedicated group of AV volunteers under Roger Seddon's excellent co-ordination who ensured all presenters' needs were looked after.

Planning for 2024 starts in May. If you have a topic that you would like the Planning Group to explore, or better still, you can offer assistance in developing next year's schedule, please contact our Course Coordinator, Carol Lancashire.

*Chris Stocker*  
2023 Summer School Convenor

# MUSIC NOTES

At the beginning of the year it is always interesting to assess the plans ahead for our music groups, and there is much to report.

The Orchestra has started weekly rehearsals at St Mark's on 23 February to prepare for the first concert on 7 May at MLC. This program is to be all-Bizet and will of course feature his famed opera Carmen. Our Concertmaster, Jaynee Russell-Clarke, has engaged a soprano and a mezzo to sing arias from Carmen, a real coup which is sure to be a delight! Jaynee has also set up an important recruiting drive for violinists and other string players to replace some gaps, as several are away or having to retire. If you are interested, or know someone who might be, please contact Jaynee Russell-Clarke at concertmaster@u3ahawthorn.org.au.

The Gateway Singers have just got underway and will soon be performing for us at the second of the Saturday Matinees on 29 April, with their director Julie Lancashire very keen to get underway with her program ideas!

The list for the Saturday Matinees is almost complete, and details are in the side panel of this article. The first concert will be on 25 March, and will again be presented by Brian Luo, a virtuoso pianist who gave us much pleasure for the first concert last year.

I have recently contacted the leaders of the acoustic guitar group and the recorder group to suggest the possibility of joining together to form a program for a Saturday Matinee. I am pleased that both groups are interested and will start planning for a presentation towards the end of the year.

It's good to see another valuable music group added to the list – that of Theory of Music by Jenny Hall. I'm sure that will attract a lot of interest.

So along with these and Roger Creed's Wednesday morning popular illuminated series dealing with musicians, their music and historical background, and the environment in which they flourished, Sam Alfreds and his opera, Layton Moss and his Jazz, John Wallace and his Great rock and pop videos, there is something for everyone, no matter what your musical preference. Enjoy!

*Ruth Muir*

## GATEWAY SINGERS

After a number of successful concerts in 2022 including singing at 'The Edge' venue in Federation Square for Seniors' Week, the Gateway Singers Choir welcomed some new choristers in 2023. We are all now working hard, learning new songs and also reprising some previous favourites for our next Saturday matinee at Sinclair Avenue on 29 April 2023.

Members wishing to enjoy this free Saturday matinee along with a delicious afternoon tea, can either book on the Membership system or by phoning reception between 9.30am – 4.00 pm weekdays. Please indicate to Reception if you are bringing guests.

The John Hopkins Medicine website confirms the following positives about listening to music.

### KEEP YOUR BRAIN YOUNG WITH MUSIC

- \* If you want to firm up your body, head to the gym.
- \* If you want to exercise your brain, listen to music.
- \* There are few things that stimulate the brain the way music does. If you want to keep your brain engaged throughout the ageing process, listening to or playing music is a great tool. It provides a total brain workout.
- \* Research has shown that listening to music can reduce anxiety, blood pressure and pain as well as improve sleep quality, mood, mental alertness and memory.

*Sherrin Xerri*

### MUSIC PERFORMANCE DATES:

Saturday 25 March 23MUS030	Saturday Matinee, 2.30pm, Hall Brian Luo, piano
Saturday 29 April 23MUS031	Saturday Matinee, 2.30pm, Hall Gateway Singers
Sunday 7 May	Orchestra concert Sunday, 2.30pm at MLC Kew.
Saturday 27 May 23MUS032	Saturday Matinee, 2.30pm, Hall The Polyphons - down Memory Lane, piano and violin.
Saturday 17 June 23MUS033	Saturday Matinee, 2.30pm, Hall Faye Goldsmith (cello) & Tim Gray (piano) <b>Changed date</b>
Saturday 29 July 23MUS034	Saturday Matinee, 2.30pm, Hall Jenny Lu (piano) & vocalist
Saturday 26 August 23MUS035	Saturday Matinee, 2.30pm, Hall Phillip Norris and the clarinet

Members may bring family and friends to the Saturday Matinees but please register yourself and let Reception know how many guests you are bringing, as the capacity of the Hall is limited.

# AROUND CAMPUS

*Social Tennis at the Victoria Park Tennis Club.  
On a Roll - Lawn Bowls for Beginners at Auburn Bowls Club.*



*Talking Films with Colleen Clift.  
Learn how to paint and draw with  
Tova & Stephen Seelig.*



*Roger Creed's music course, The  
Early Romantics.*



# TUTORS, CONVENORS & VOLUNTEERS



Our tutors, convenors and volunteers are our most important resource at U3A Hawthorn. One or two tutors or convenors are responsible for each course and liaise with the Course Co-ordinator and/or the Program Planning Committee.

Tutors teach/train course participants. They are responsible for devising, researching and delivering course information and skills development over one or more sessions. They also moderate class discussion and are contact people for the course.

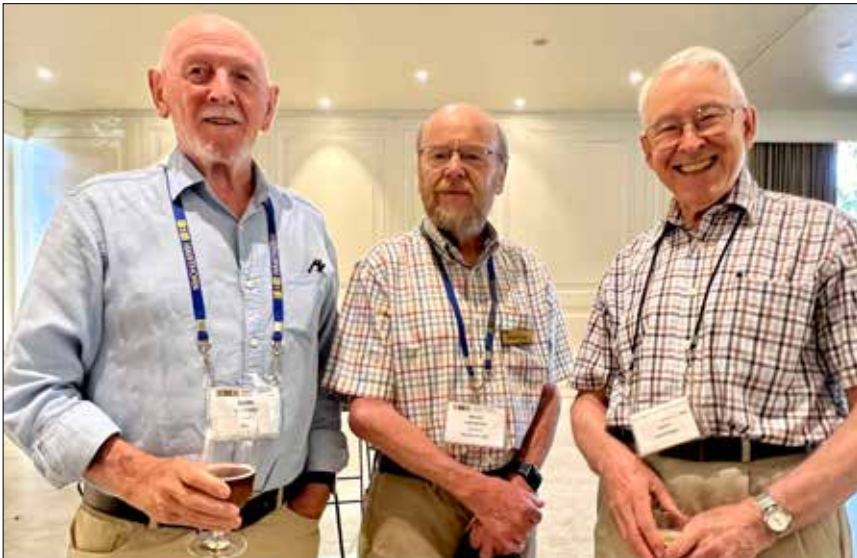
Convenors take responsibility for the organisation and management of a course or indoor or outdoor activities. They set the parameters for course operation and moderate class discussion and are the contact people for the course. They may organise presenters from within the course or non-members of U3A Hawthorn, introduce and thank these people and moderate question time and discussion.

Volunteers take a number of roles including our hard working Receptionists. Receptionists are the public face of our organisation and handle enquiries in the office and by phone. They are kept very busy, especially during the change over periods between classes. Other volunteers include the committee members: Management, Program Planning, Summer School, Readman, Saturday Matinee, Excursions and Book Exchange.

There are also other important roles: Membership Co-ordinator, Tutor Liaison Co-ordinator, Campus Manager, Catering Manager and Garden Co-ordinator (and the hard working gardening group who care for our lovely gardens).

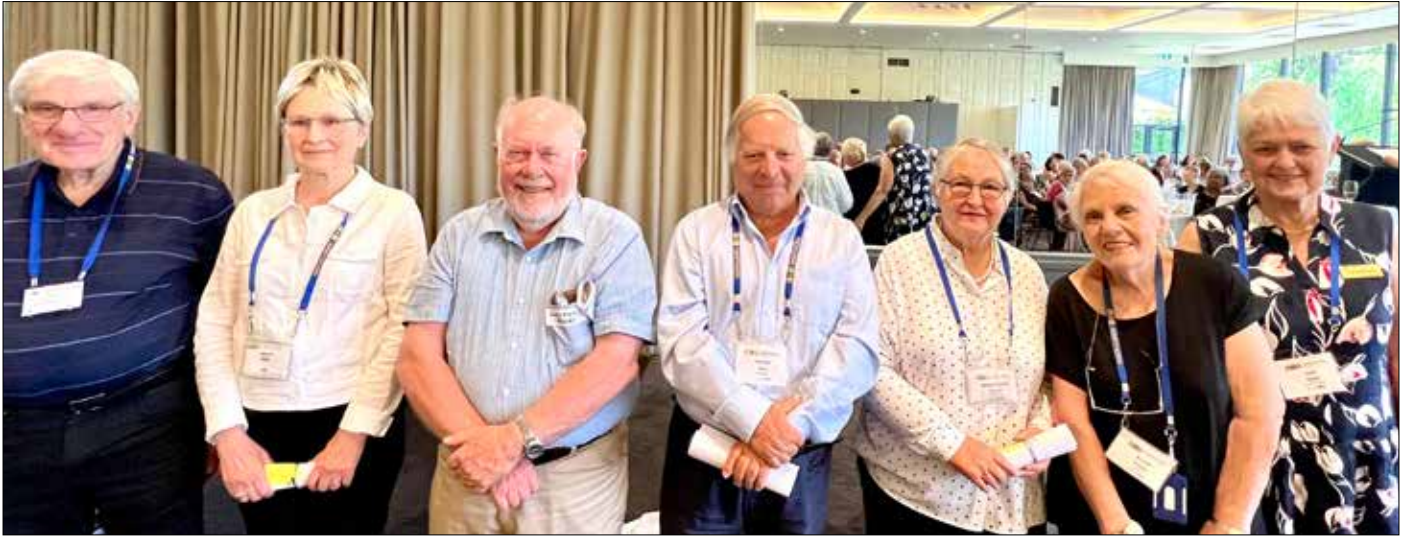
Of course there are many other people who contribute within courses. Some courses have organising committees and many people help generally with classes. We thank all of these people who help the tutors and convenors to carry out their roles.

We are also very fortunate to have many presenters (who may be members or external speakers) who are invited by tutors/convenors/the Course Co-ordinator or members of sub-committees to make presentations to a class on a specific topic as part of a course or a series, or just a one-off event.



Top: Susan Heath, Ikuko Hoppo, Nobuko Sayer  
Middle: Daryl Wayland, Bruce Lancashire, David Sheppard  
Bottom: Vin Lucas, Rob Alexander, Franz Hanke

# WELCOME AND BRIEFING 2023



The contribution of volunteers who have completed 10 years of volunteering and who are continuing in 2023 was recognised with a 10 year award at the luncheon. Recipients are (Above L-R): David Spivakovsky (Current affairs), Janina Noga (Mahjong), Layton Moss (Jazz for Enjoyment), Irving Miller (Issues in the law, Management Committee), Bernadette Reeders (Reception, Literature groups), Ellen Stoddart (Reception, Treasurer, Management Committee), Sue Waller (Reception, Management Committee, Office Manager). Absent: Graham Pratt (Short courses).

## CURRENT TUTORS, CONVENORS AND RECEPTIONISTS WHO HAVE VOLUNTEERED FOR 10 YEARS OR MORE

Naomi Aitchison - Creative Movement and Dance  
Brian Amey - Why is it so?  
Clare Carlson - Gardening Group  
Peter Eisler - Current Affairs  
Norm Ellis – Why is it so? & Dancing the Years Away  
Norm Fary – Marvellous Melbourne Walks & others  
Jean Giese – Literature Group  
Bruce Gooley - Maritime History & other courses  
Joan Harding - Excursion Co-ordinator  
Terry Hastings - German  
Bruce Lancashire - Management Committee  
Carol Lancashire – Bike group  
Carolyn Macafee - French  
Irving Miller – Issues in the law, Management  
Marjorie Millingen – Japanese  
Layton Moss - Jazz for Enjoyment  
Ruth Muir – Orchestra, Threads and Needles & others  
Janina Noga - Mahjong  
Graham Pratt – Short courses  
Bernadette Reeders – Reception & co-convenor  
Barbara Shepherd – French  
David Spivakovsky – Current issues  
Ellen Stoddart – Reception, Management Committee  
Meredith Vincent – Knitting, Choir  
Cesare Volpato – Italian  
Sue Waller – Reception, Office Manager  
Christine Watters – Italian Literature

## NEW TUTORS/CONVENORS 2023

Penny Baker & Michael Rozen – Cryptic Crosswords  
Rob Staszewski & Gamini Kodikara - Bridge  
Monika McCallum – TaiChi  
David Dorward – Current Issues  
Lucy Empson – Italian  
Claude Baxter – Indigenous Australia  
Karlene Tomlin – Mahjong  
Elizabeth Ridge – Behind the News  
Fei-Wan Chong & Jenny Walsh – TaiChi  
Di Wentworth & Gail Long – Monday Photography  
David Knipe – Men’s Book Group  
David Brown – eBike cycling  
Jenny McArthur – History of China  
John Beaney – Healing ourselves and the planet  
Julie Houghton – Monday Movie group  
Annie Coleman – Social Table Tennis  
Harvey Sowerby – Social Table Tennis  
Mark Ahn – Table Tennis Coaching  
Victor Caune – Antarctic Explorers  
Mary Lancaster – Shaping your writing  
Jenny Hall – Theory of Music

Right: Monika McCallum, Carol Lancashire and Lucy French



# ZOOM COURSES


We do offer a small number of Zoom courses. Courses are held on Zoom for a number of different reasons and can help meet needs of members who are perhaps less mobile or prefer not to have to come to campus.

Zoom also offers the opportunity for course convenors to gain presenters who are not local or who may be invited to make a short presentation and not have to travel to our campus. Sometimes there are tutors who are physically distant from Glen Iris, but wish to offer a course. The tutor may also prefer to stay on Zoom for health reasons.


However for several years we also have been offering China Today with Albert Ip as a multi U3A zoom course, which allows the tutor to provide a course to several U3As without having to run separate sessions for each U3A.

This year we are also offering another multi U3A course led by John Beaney - see the poster below. More information is available on the Membership system. John is offering the course on Zoom either on Tuesday or Friday (23HUM021 & 23HUM022)

**Climate change and global warming is not inevitable.  
Our planet can turn from desert to green.  
We can feed a world population of ten billion people.**



**Regreening the Planet  
for health and wellbeing**



**Dr John Beaney** MB, BS, LRCP, MRCS.  
Forty years in General Practice

The series of talks  
**Living Younger Longer**  
commences with  
**Regreening the Planet  
for  
Health and wellbeing**  
with  
**Dr John Beaney**

“Regreening the Planet” is the first 5 of a 27 part series of weekly Zoom classes. They will run from 9.30 to 11.30 each Tuesday commencing the 2nd of May and repeated live the following Friday. There will be plenty of time for discussion.



# CREATIVE WOMEN SERIES 2023

CREATIVE WOMEN SERIES - Don't miss these fabulous presentations, single sessions with a new presenter each first Thursday of the month!

(FOR MORE DETAILS AND TO ENROL PLEASE VISIT THE MEMBERSHIP SYSTEM)

**GUERRILLA GARDEN WARFARE:** Presenter: Sarah Nash. Course code: 23ARTS51

Thursday 6 April 2pm-3.30pm, single session only

Sarah, an inspirational young speaker, enrolled in Environmental studies at Deakin University, will provide a presentation about Urban Guerrillas, a rapidly growing movement that collaborates and works on shared projects to rehabilitate debilitated environments. She will then walk us to Lewin Reserve, situated on Gardiners Creek approx. 200 metres away from U3A Hawthorn, where she will showcase the work of UG.

**RENEWING YOUR OLD FAVOURITES.** Presenter: Tamara Karhina Russell. Course code 23ARTS52

Thursday 4 May 2pm-3.30pm, single session only

Tamara Russell is a Melbourne based Textile Artist specialising in free machine embroidery, hand stitching and mending. In this workshop you will learn how to make the clothes you love last. You will learn to repair and embellish your clothing, making them a delight to wear again. You will learn some hand stitching techniques that offer lots of possibilities for repairing & enhancing your clothes and household textiles.

**A COLOURFUL LIFE.** Presenter: Jo Reitze. Course code: 23ARTS53

Thursday 1st June 2pm-3.30pm, single session only

Jo Reitze is a Fellow of The Victorian Artists' Society, Past President of Melbourne Society of Women Painters & Sculptors and an award-winning artist. Jo will talk about her work, in particular, her recent work in painting flowers and gardens, hoping you will be enchanted by the colour and beauty as much as she is.

**A FLORILEGIUM AND BEYOND.** Presenter: Lesley Bretherton. Course code: 23ARTS54

Thursday 6 July 2pm-3.30pm, single session only

Lesley will present and discuss her photography work with flower illustrations. In the studio she pursues still life photography using everyday flora and natural light. Seasonal flowers are sourced locally from private gardens, markets, and parks and for the most part they were every day, modest and humble blooms. Lesley is also interested in Landscape photography, especially seascapes.

## BOOK EXCHANGE 2023

As many of you are aware the Book Exchange was open throughout the re-enrolment period at the end of last year and every day during Summer School 2023 and by all accounts this was well received by all who visited us during that time. Hopefully we have attracted the attention of new members who will continue to support us throughout the coming year.

The Book Exchange will continue to be held for a week from the third Monday of each month. Whilst we would love to have donations of good quality books and jigsaw puzzles, please give some thought to the items you wish to donate, most importantly please ask yourself if the item is likely to appeal to someone else.

Donations can be left in the tub under the table when the Book Exchange is being held. We cannot accept large donations as we have limited storage space.

If you have any questions about donations or would like to volunteer to help our group, please email Julie Angus-Kiddle. [jangusk@gmail.com](mailto:jangusk@gmail.com).

*Julie Angus-Kiddle and the Book Exchange Team*

Dates for 2023:

February 20-24  
March 20-24  
April 17-21  
May 15-19  
June 19-23  
July 17-21  
August 21-25  
September 18-22  
October 16-20  
November 20-24





**HAWTHORN**  
UNIVERSITY OF THE THIRD AGE

## **Human rights and cognitive disabilities** with **Julian Gardner AM**



**When: Thursday 9<sup>th</sup> March 2023, 2.00-3.30 p.m.**  
**Where: Main Hall Sinclair Ave Campus**

Julian Gardner is an eminent human rights lawyer. He was involved in establishing Australia's first community legal centre, the Fitzroy Legal Service, and was later the first Director of Legal Aid in Victoria. Julian was a member of the Victorian State Government's Expert Advisory Panel on the drafting of the historic Voluntary Assisted Dying Act and then chaired the committee that implemented that Act. He is the Chair of the Voluntary Assisted Dying Review Board. Julian was made a Member of the Order of Australia in 2015 for "significant service to the community through leadership roles with social welfare, mental health, legal aid and other legal organisations".

### **ENROL FOR THIS LECTURE**

The Derek Readman Lectures are open to all members of U3A Hawthorn, but registration is essential. Please enrol in this lecture (23READ01) online [u3ahawthorn.org.au/members](https://u3ahawthorn.org.au/members) or register at Reception. Refreshments will be provided.

### **THIS IS A DEREK READMAN LECTURE**

This series of lectures is named after Derek Readman. The lectures cover a wide range of topics and subject delivered by experts in their field.

# EXCURSIONS 2023

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## BOOKING POLICY

Enrolment in Excursions is done in the same way as enrolling in all other courses. You are encouraged to enrol online using the Membership system [u3ahawthorn.org.au/members](http://u3ahawthorn.org.au/members) or by visiting Reception. Telephone or email enrolments are not accepted. Excursions are for Members of U3A Hawthorn only.

All tour fees are payable at the time of enrolment, either online or at Reception.

Bookings close 14 days prior to tour departure date.

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

## CANCELLATION POLICY

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

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### 23EXC002 ENJOY A VISIT TO THE AUSTRALIAN JAZZ MUSEUM

Date: Tuesday 18 April  
Cost: \$25 per person - pay on enrolment  
(includes jazz performance and light lunch)  
Meet: Koomba Park, 15 Mountain Highway Wantirna - Melway reference: 63C8  
Time: 10:30am - 12:30pm  
Limit: No limit

By popular demand, we shall revisit this incredible collection of jazz memorabilia and be entertained royally by a talented jazz band. A great morning concludes with a light lunch.

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### 23EXC003 TOUR OF THE JEWISH MUSEUM OF AUSTRALIA

Date: Friday 19 May  
Cost: \$12 per person - pay on enrolment  
Meet: 26 Alma Road, St Kilda - Melway reference: 58C9  
Time: 10:30 am  
Limit: No limit

Join this popular tour and be guided through the award-winning Jewish Museum of Australia. It tells of the unique contribution of Jews in Australia over the last 200 years and traces their waves of migration here. It is custodian of over 20,000 objects and stories that tell the continuum of Jewish life and what it means to be Jewish in Australia. We will then proceed to the adjoining synagogue for further interest. A recommended tour.

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### 23EXE004 GUIDED TOUR OF TOWN HALL GALLERY 'ROMANCING THE LANDSCAPE'

Date: Wednesday 5 April  
Meet : 360 Burwood Rd Hawthorn  
Time: 12 noon to 1pm  
Cost : Free

Join this curator-led tour of 'Romancing the Landscape' and celebrate a group exhibition of street scapes and buildings of Melbourne and surrounds. Hear directly from the artists and get a deep understanding of the art works on display. With a mastery of paint, the featured artists slip between direct observation and imagination, revealing their unique perspectives of urban existence.

Highly recommended.

# CURRICULUM UPDATE - MARCH 2023

*These courses have been added since the publication of the Curriculum in November. Details of each course can be viewed on the Membership website [u3ahawthorn.org.au/members](http://u3ahawthorn.org.au/members).*

- 23ARTS06 [Monday Movie Club](#) [Convenor: Julie Houghton](#)  
3rd Monday from 20 March, 10.30am Palace Balwyn Cinema
- 23COM011 [Getting the most out of gmail](#) [Tutor: Mike Bilsborough](#)  
weekly from Thursday 2 March (8 sessions), 11.30am Room 1
- 23EXE022 [Social Table Tennis - Friday](#) [Convenor: Annie Coleman](#)  
weekly from Friday 24 March, 1pm - 3pm, Robinson Road Pavilion
- 23HEA003 [Issues in Geriatric Health](#) [Presenter: Dr Hamed Zansaz](#)  
single session Monday 6 March, 1.30pm, Room 2
- 23HUM018 [Leadership Lessons: Antarctic Explorers](#) [Tutor: Victor Caune](#)  
weekly from Monday 1 May, (4 sessions) 9am - 11am, Hall
- 23HEA004 [Upper gastrointestinal cancers](#) [Presenter: David Menzies](#)  
single session Thursday 8 June, 2pm, Hall
- 23HEA005 [Vascular health](#) [Presenter: Dr Claire Campbell](#)  
single session Monday 10 July, 9.45am, Hall
- 23HUM019 [The ABCs of Israel and the Middle East](#) [Tutor: Zvi Civins](#)  
weekly from Friday 19 May (8 sessions), 11.30am, Hall
- 23HUM020 [China Today Term 2 \(Zoom\)](#) [Tutor: Albert Ip](#)  
weekly from Monday 8 May (3 sessions), 1.30pm
- 23HUM021 [Living Younger Longer - Tuesday \(Zoom\)](#) [Tutor: John Beaney](#)  
weekly from Tuesday 2 May, 9.30am - 11.30am Zoom
- 23HUM022 [Living Younger Longer - Friday \(Zoom\)](#) [Tutor: John Beaney](#)  
weekly from Friday 5 May, 9.30am - 11.30am, Zoom
- 23HUM023 [Fire and Home Safety](#)  
single session Thursday 13 July, 2pm, Hall
- 23HUM032 [All about electric vehicles](#) [Presenter: Bryce Gatton](#)  
Single session Thursday 20 July, 2pm, Hall
- 23MUS008 [Theory of Music](#) [Tutor: Jenny Hall](#)  
weekly from Monday 8 May, 11.30am, Hall

Please note:

\* details of the Saturday Matinees are provided on Page 4.

\* the Derek Readman lecture is advertised on Page 10.

## RECEPTIONISTS WANTED

Would you like to join the group of people you would have seen in the office at the Sinclair Campus reception area? All of us are U3A members and volunteers, and we need some more!

The office volunteers on reception are the key point of contact with U3A Hawthorn for new and existing members. In general, the role is to unlock and open the buildings at the beginning of the day, and close up securely at the end. When U3A is open, we answer enquiries in person and by telephone, provide support and assistance to members, tutors and office-bearers, and process and record any payments received.

There are about 25 of us and we are hoping some more U3A members may join us this year. Volunteers are provided with as much one-on-one training as they need, to become comfortable with operating the computer and phone systems and undertaking other office routines. After that, volunteers are rostered into the office at days and times that suit them: a typical time commitment is two half-days a month.

The only requirements to volunteer are an interest in meeting and helping people, and a basic ability to operate office equipment (PC, printer, copier, EFTPOS machine, etc). If you would like to volunteer, or if you have any questions, please leave your contact details with an office receptionist, or contact Nigel Hannam, Office Liaison, on 0412 254 017.