

EXCURSION

E1 – Visit to the Desalination Plant and the Vietnam Veterans Museum

Gregor Howie – Thursday 11 June, departing from U3A in Valetta Street at 8.45, returning to Valetta Street by 4.30, limit 16

U3A has secured the Stonnington Community bus for a day outing to visit the Desalination Plant in Phillip Island and then the Vietnam Veterans Museum on Phillip Island. There will be a scheduled coffee break stop in Phillip Island on the way. The Desalination Plant visit from 10.00 includes a bus tour around the facility. The Vietnam Veterans Museum will provide a guide for approx. one hour. **Cost: \$20 per person payable at time of enrolment** which will cover the cost of the Stonnington bus, presentation to Desalination Plant, entry to the Vietnam Veterans Museum and morning and afternoon teas. Fish and chips for lunch can be ordered on the bus (\$15 per person) and the money will be collected as we cross onto Phillip Island. The lunch stop will be on the lawn at the Vietnam Veterans site or you can bring your own cut-lunch. The Museum also has a small kiosk.

The \$20 enrolment fee is non-refundable so if for any reason you need to cancel, it will be your responsibility to find a replacement. Places are limited so please enrol early.

COURSES AND LECTURES

Sunday

1 – Barefoot Bowls

6 sessions on Sundays, 10.00 to 11.00 on 16, 23 February and 1, 15, 22, 29 March at Malvern Bowling Club, 14 Coonil Cres, Malvern, minimum number: 10

Do you enjoy a challenge? Want to enjoy friendship, exercise and build up new skills? Here is an invitation to come and participate in barefoot bowls, with six free 1-hour lessons, equipment provided, at Malvern Bowling Club. All ages and abilities are welcome. Come and try it. Bunty went bowling with U3A some years ago on this course, and recently came runner up champion in the mixed pairs and women's pairs. If you don't have a go you will never know! Clothing: loose comfortable clothes, hat, barefoot or flat shoes. A certificate of participation will reward you for completion of the "course". The skills build up will be followed by a proper game on the last week, and a BBQ to celebrate completion.

Monday

No sessions on Labour Day 9 March, Easter Monday 13 April, Queen's Birthday 8 June

2 – Mah Jong

Jeanette Thomas – 19 weekly sessions from 10.00 to 12.00 on Mondays from 3 February to 11 June in Room 4, class limit 12

This friendly group plays the traditional version of Mah Jong. Some tuition is available.

3 – Book Discussion Group B

5 monthly sessions from 12.30 to 2.00 on Mondays 3 February, 2 March, 6 April, 4 May and 1 June in Room 1, class limit 14

The group discusses one book at each monthly meeting. Members take turns in leading the discussion. The book to be discussed at the first meeting is *A gentleman in Moscow* by Amor Towles. For March, the book chosen is *Unreliable Memoirs* by Clive James.

4 – Current Affairs

Myra Mortensen-Williams – weekly sessions from 10.00 to 12.00 on Mondays from 17 February throughout the year at the Toorak/South Yarra Library, class limit 100

Join a vibrant group in interactive discussions of current affairs, international, national and local events. Occasional guest speakers, welcome participation in Q & A sessions.

5 – French Literature and Conversation

Elizabeth Sprigg - 17 weekly sessions from 10.00 to 12.00 on Mondays 17 February to 22 June in Room 2&3, class limit 14

Class members are expected to have some familiarity with French as we read extracts from French literature, journals and the internet. Grammar points are revised as problems emerge from the reading. All are encouraged to participate and ask questions.

6 – Understanding Hearing Loss (causes and treatments), Tinnitus and Communication Training

Michelle Pasinati – 1 session from 10.00 to 11.45 on Monday 17 February in Room 1, class limit 80

Understanding hearing loss – causes, types and treatments; Hearing aid technology – latest features, styles, Bluetooth technology and rechargeable hearing aids; Understanding Tinnitus – management techniques; Communication strategies; Government Hearing Program for pensioners and DVA cardholders – who is eligible and what is offered.

7 – Discover and express the artist in you

David Pincus - 15 weekly sessions from 12.00 to 1.45 on Mondays 17 February to 22 June (not 9 March, 23 March, 13 April, 8 June) in Room 2&3, class limit 12

The aim of this program is to introduce newcomers to the art of sketching and painting and to help them to discover and to enjoy the experience of producing their own works. Participants will develop basic skills in the use of a range of media including: pencil, pastel, watercolour, ink, crayon and watercolour (not oil or acrylic). They will gain an understanding of the role of light and shadow and of form in the preparation of a composition. The subjects considered may include set pieces, still life, models, the figure and working out of doors. This is a structured program with instruction, guidance, (gentle) criticism and some demonstration. It will strongly encourage individual "hands on" effort – this being the best way for participants to gain an understanding of the advantages and limitations of the various art materials and acquire confidence in their application. Ultimately, the objective of the program is to support each individual's interests and preferences to make their own journey into the practice of art fruitful and fulfilling. While all budding artists are welcome to join the program, the emphasis will be on those who have seldom undertaken any meaningful art practice or on those who now wish to reengage with it after a long absence. To others who are looking for a program to expand their knowledge, skills and experience, consider joining Course 9 - Enhance and grow the artist in you.

8 – Book Discussion Group A

Mary Heinemann - 5 monthly sessions from 2.00 to 3.30 on Mondays 17 February, 6 March, 20 April, 18 May and 15 June in Room 1, class limit 12

The group chooses a book to be discussed each month and members take turns leading the discussion. The first book will be: Markus Zusak, *Bridge of Clay*.

9 – Enhance and grow the artist in you

David Pincus - 15 weekly sessions from 2.45 to 4.30 on Mondays 17 February to 22 June (not 9 March, 23 March, 13 April, 8 June) in Room 2&3, class limit 12

The aim of this program is to help participants to develop and expand the basic skills and knowledge gained from the initial program *Discover the Artist in You*. This course will encourage participants take their previous skills to a higher level with instruction, guidance and (constructive) criticism and some demonstration and, above all, a strong emphasis on individual "hands on" effort. The objective being to help each individual to develop a personal form of expression and so to enhance and enjoy the experience of preparing his or her own works. Media proposed could include: pencil, pastel (soft and hard,) conte, crayon, charcoal (both hard and soluble), ink and watercolour (not oil or acrylic) mixed media and collage. Studio subjects may be of still life, set pieces, models, portraits and the figure. Outdoor topics could include land and seascape, architecture and other urban settings, all with an emphasis on composition. Further, participants will be encouraged to suggest group projects or to pursue their own subjects. Participation in the aforementioned *Discover.....* program is not a prerequisite. Newcomers with some experience with, and confidence in, the use of some of the art media outlined and with an understanding of the basic principles of form and composition are welcome to join the group.

10 – 180 years of Greville Street, Prahran

Dr Judith Buckrich – 1 session from 10.00 to 11.45 on Monday 24 February in Room 1, class limit 80

Judith Buckrich's most recent book, *The World is One Kilometre: Greville Street, Prahran* explores 180 years of life in the street from before European settlement to the present day. Throughout the nineteenth century, Greville Street was the centre of civic activity in Prahran, containing the town hall, courthouse, police station, public library, fire station and post office. The railway station provided easy access to these institutions and the district's factories, shops and houses. After the establishment of Leggett's dance hall in 1920, the street became one of Melbourne's entertainment hotspots and from the 1960s it was a centre for countercultural activity, boasting the Station Hotel and the Continental as well as many alternative food and clothes shops. Judith Buckrich's talk will be illustrated with a slide show.

11 – Film Discussion Group B

Andrew Porter - 5 monthly sessions from 2.00 to 3.30 on Mondays 24 February, 23 March, 27 April, 25 May, 22 June in Room 1, class limit 14

Three films, viewed in advance, will be discussed by the group each month. At the end of the meeting the group will decide the films for the next session. The group will be notified of the films to be discussed before the first session.

12 – Early Computing in Australia and the Monash Museum of Computing History

Barbara Ainsworth – 1 session from 2.00 to 3.45 on Monday 24 February in Room 1, class limit 80

This lecture will address the origins and work of the Monash Museum of Computing History and will provide a brief survey of Australian computing in the mid-twentieth Century. The roles of women in computing in Australia at this time will also be discussed.

13 – Spirituality and the issues of ageing

Rev Iamm Liew – 3 weekly sessions from 10.00 to 11.45 on Mondays 2 to 23 March in Room 1, class limit 14

The topics to be presented are: the different levels of human existence; body, mind, spirit; Maslow's hierarchy of needs and Erikson's stages of life; science, spirituality and religion;

the utilisation of transactional analysis; Alexander Lowen's biogenetic model; the quest for a peaceful and dignified death, talking to family, wills, powers of attorney etc; the 3 Fs: forgive, forget, fulfil.

14 – Film Review Group A

4 monthly sessions from 2.00 to 3.30 on Mondays 2 March, 6 April, 4 May, 1 June in Room 4, class limit 14

Three films are selected by the group for discussion at each session and are viewed in the member's own time. Members will be notified of the first three films in time for the first session.

15 – The History of Marriage

The Hon Justice Julie Dodds-Streeton – 1 session from 12.00 to 1.45 on Monday 16 March in Room 1, class limit 80

In this session, we look forward to a fascinating discussion of ideas such as the following: How long has the institution of marriage existed? Was it inspired by love – or money? Is marriage a religious institution? Was it related to social class? What are current definitions of marriage?

16 – Australian Wildlife Conservancy: "How we are effectively achieving our mission for the protection of Australian animals and the habitats in which they live"

Bianca Friend – 1 session from 2.00 to 3.45 on Monday 23 March in Room 1, class limit 80

Few people realise that Australia already has the worst mammal extinction record in the world. Scientists are predicting that Australia will lose an entire suite of native species within the next 10 – 20 years unless urgent action is taken. This is a matter of national and international significance! AWC is successfully halting and reversing this tide of extinctions by taking a groundbreaking approach to transform conservation. This is an inspiring and award-winning story of hope.

17 – Governor La Trobe: His Melbourne House and Garden

Helen Botham – 1 session from 10.00 to 11.00 on Monday 30 March in Room 1, class limit 80

Most Victorians are not aware that our first Lieutenant Governor, Charles Joseph La Trobe, developed a beautiful garden around his 12½ acre Jolimont estate during the nearly 15 years he spent in Victoria. His home and garden became an oasis for him and his family in this foreign land. Drawings by Edward La Trobe Bateman completed in 1853 give us a flavour of the little everyday matters of life at Jolimont in its hey-day and show how the garden had become a haven of Mediterranean and Australian native plants. After La Trobe returned to Europe in 1854, his estate was subdivided. The cottage remained until 1964 – its story, until the present, will be revealed.

18 – What causes obesity?

Prof Iain Clarke, AM – 1 session from 10.00 to 11.45 on Monday 6 April in Room 1, class limit 80

What causes obesity?

1. A crash course on how the body controls food intake and energy expenditure will be provided, focusing on the brain as the 'fat controller'.
2. There will be some consideration of how genetics plays a role in adiposity and the propensity to become obese. (Q. Why is there a resemblance between grandparents, parents, children and grandchildren? A. Because they have similar genes!). Inheritance of body shape will be discussed, as well as common mutations that cause obesity.
3. Factors such as diet and environment will be discussed.

19 – Civilisations of the Ancient Maya 300 BC to 1300 AD

Frank Devlin – 1 session from 10.00 to 11.45 on Monday 20 April in Room 1, class limit 80

The talk covers Mayan sites in the Yucatan province of Mexico, Guatemala and Belize with an emphasis on their architectural and sculptural virtuosity together with some insights into their rich and distinct culture. It will also cover a private flight from Caye Caulker on the reef off Belize to the Great Blue Hole made famous by Jacques Cousteau, swimming in the remarkable cenotes near Merida (provincial capital of Yucatan province) and wild life in the tropical rainforest in Tikal National Park, Guatemala.

20 – The Crusades: An Alternative View

Albert Isaacs – 1 session from 12.00 to 1.45 on Monday 20 April in Room 1, class limit 80

These days, people are starting to look at the Crusades in completely different ways to how they did previously. This talk looks at the history of the Crusades through the perspective of the many negatives, particularly the way the Muslims and Jews were treated in both the Middle East and in Europe. The talk will even cover some events in the 21st century.

21 – The Samaritans

Albert Isaacs – 1 session from 12.00 to 1.45 on Monday 27 April in Room 1, class limit 80

All that many people know about the Samaritans is the New Testament story of *The Good Samaritan*. However, the Samaritans were a religion that lived side by side with the Jews in ancient Israel; in the time of Jesus and for many centuries before that. Did you know that the Samaritan religion still exists in the 21st century, although numbers of adherents has dwindled significantly? This talk looks at: Samaritan theology; its history; and the present-day situation for the Samaritans.

AGM – Monday 11 May at 2.00 in Room 1

Tuesday
22 – Chess Partners

Kenneth Ray – weekly sessions from 9.30 to 12.00 on Tuesdays from 4 February throughout the year in Room 4, class limit 10

How is your memory? Train your brain to play chess. If you have ever played chess, join our group to refresh your skills and improve your knowledge. Our ages are 50-70 years. Play level 4-7 out of 10. Play speed 2-10 minutes per move. Coffee available. Average I.Q. 140 and rising. (No Alzheimer's diagnosed yet.) Languages: French, Italian, Hungarian, Czech, Chinese, German, Chess. English also spoken. Average duration of membership: 10 years. Longest membership term: over 20 years (and doing well). Two probationary places available. Enquiries answered.

23 – French Conversation

Self-help group - weekly sessions from 10.00 to 11.45 on Tuesdays 18 February to 23 June in Room 2&3, class limit 10

This is a French conversation class for those who are reasonably fluent French speakers only.

24 – Nutrition and Ageing

Dr Mark Kestin – 1 session from 10.00 to 11.45 on Tuesday 18 February in Room 1, class limit 80

We are bombarded with messages about nutrition all the time and a lot of it seems contradictory. This lecture will provide an overview of human nutrition, including what we know and what we don't know, with an emphasis on

ageing. Some issues that will be addressed include: Do we really need nutrient supplements, do nutrition requirements change with ageing, and what do we know about the relationship between nutrition and important health problems such as diabetes, cardiovascular disease, cancer, osteoporosis, arthritis, and Alzheimer's?

25 – Falls and medications

Prof Louis Roller – 1 session from 12.00 to 1.45 on Tuesday 18 February in Room 1, class limit 80

"He fell and broke his hip" is heard all too often – in fact, almost one in three older Australians will suffer a fall each year. Such falls can have extremely serious consequences, including significant disability and even death. Falls are one of the largest causes of harm. This talk will examine the consequences of falls and the influence that prescribed medications might have on falls.

26 – Great Music: A Journey

Harry Wenig – 8 sessions from 12.00 to 1.45 on Tuesdays 25 February, 10 March, 24 March, 21 April, 5 May, 19 May, 2 June, 16 June in Room 1, class limit 80

What is great about great music? An exploration of the many factors in the creative process.

27 – Australia: Is it time to join the EU?

Raymond Sexton – 1 session from 2.00 to 3.45 on Tuesday 25 February in Room 1, class limit 80

In view of the changing global dynamic is it time for Australia to join the European Union? A review of the challenges facing Australia in all spheres leads the presenter to articulate a case for Australia to start the process of applying to join the EU: Trade; Security; Environment; Human Rights; Migration; Infrastructure. The precedent has been set through participation of Australia in the Eurovision Song Contest.

28 – The discovery of Ned Kelly and the Lost Pentridge Burials

Jeremy Smith – 1 session from 10.00 to 11.15 on Tuesday 3 March in Room 1, class limit 60

The presentation details the archaeological and historical investigations undertaken as a part of building works at the former Pentridge Prison site that led to some remarkable discoveries.

29 – WALK The Pubs of Port Melbourne

Ian Singleton – 1 session from 10.00 to 12.00 on Tuesday 17 March, limit 12

Port Melbourne has a rich history of pubs with 53 pubs by 1876. Only a few remain. By 1900 there were operating and many continued until the 1950s. This gentle walk of about 3-4 km will visit many of the 34 sites in the south of "The Borough". Meet at **11.00 at the Port Melbourne terminus of Tram 109 (Collins Street tram)**. The walk will conclude at the same spot. Car parking is available in the vicinity **but take extreme care with parking restrictions!**

30 – Cholesterol and fatty acids

Prof Louis Roller – 1 session from 12.00 to 1.45 on Tuesday 17 March in Room 1, class limit 80

High cholesterol (hypercholesterolaemia) is a major risk factor along with smoking, hypertension and diabetes for developing atherosclerosis. Coronary heart disease is almost entirely due to atherosclerosis in the coronary arteries. This talk will discuss the nature of cholesterol and other fats and the use of medications to reduce their negative effects.

31 – Talk on my biography titled *An Unconventional Wife* published by Scribe in April 2019 about Tasmanian woman Julia Sorell Arnold

Mary Hoban – 1 session from 10.00 to 11.45 on Tuesday 24 March in Room 1, class limit 80

Born in Hobart in 1826, Julia Sorell was an original. Her marriage to Tom Arnold in 1850 propelled her into one of the most renowned families in England and into a circle that included Lewis Carroll and George Eliot. Her father-in-law was the revered Dr Thomas Arnold of Rugby, her brother-in-law was the poet and critic Matthew Arnold, her eldest daughter became a bestselling novelist, while her grandchildren included the writer Aldous Huxley, author of *Brave New World*, and the evolutionary biologist Julian Huxley, the first Director-General of UNESCO. Julia's story reveals an extraordinary woman, a paradox who defied convention as much as she embraced it. Tom's sudden decision to become a Catholic and Julia's refusal to convert with him plunged their lives into a crisis wherein their great love for each other would be pitted against their profoundly different understandings of marriage and religion. It was a conflict that would play out over three decades in a time when science challenged religion, when industrialisation challenged agrarian forms, when democracy challenged aristocracy, when women began to challenge men.

32 – A tour of Turkey (following the footsteps of St Paul)

Ken Pakes – 1 session from 10.00 to 11.45 on Tuesday 7 April in Room 1, class limit 80

A tour of Roman ruins as well as visiting places where St. Paul preached, ending with a visit to Gallipoli.

33 – Our trip to two Stans and Iran – from Tashkent to Tehran

Tom and Denise Nadebaum – 1 session from 12.15 to 2.00 on Tuesday 7 April in Room 1, class limit 80

This presentation will cover the rich history, culture and architecture of Uzbekistan, Turkmenistan and Iran – important stops on the Old Silk Road and feature the 6 Ms - Mosques, Mausoleums, Minarets, Madrassas, Museums and Markets. It will also touch on the current political and social situation in each country.

34 – **WALK Hawthorn, from Chrystobel Crescent to Kinkora Grove**

Elizabeth Brown – from 10.00 to 12.00 on Tuesday 14 April, limit 15

Please meet by 10am, corner of Chrystobel Crescent and Glenferrie Road, opposite Lawns of Cycles. Tram route 16, stop 75 - about 2 blocks from Glenferrie Railway Station. This walk will cover an area of Hawthorn that was first settled by some early landowners. This interesting area was home to many musical, literary and visual artists – some well known and others less so. The walk includes a part of the former Kew Branch Railway line. The walk will take place whatever the weather – please come suitably prepared. This walk is repeated on Thurs 9 April (Course 72).

35 – Incontinence

Prof Louis Roller – 1 session from 12.00 to 1.45 on Tuesday 14 April in Room 1, class limit 80

Incontinence is a term that describes any accidental or involuntary loss of urine from the bladder, faeces or wind from the bowel (faecal or bowel incontinence). Incontinence is a widespread condition that ranges in severity from 'just a small leak' to complete loss of bladder or bowel control. Over 4.8 million Australians have bladder or bowel control problems for a variety of reasons. Incontinence can be treated and managed. In many cases it can also be cured.

36 – Madeira: Portugal's Island Paradise

Ian Singleton and Elspeth Ferguson – 1 session from 10.00 to 11.45 on Tuesday 21 April in Room 1, class limit 80

A jewel in the Atlantic, Madeira was discovered in 1421 and has always been part of Portugal. A volcanic island it is a flower paradise, and famous for its "Madeira" fortified wines. It has World Heritage Laurel forests and "Levadas" (Irrigation canals). Ian and Elspeth will take you on a tour of this sub tropical Eden. We will also visit and enjoy the delights of Lisbon and Porto, as well as World Heritage sites in Evora, Coimbra, and Guimaraes. Finally, we will pay a visit to the remote Peneda Geres National Park, and a village that time forgot. Here barter is the norm, even in the 21st Century.

37 – **WALK Tour of Flagstaff Gardens, Melbourne's original cemetery, and the original Queen Vic Market**

Ken Pakes – from 10.00 to 12.00 on Tuesday 21 April, meet at the corner of William and La Trobe Streets, at 10.00 (Flagstaff Station), limit 25

This walk will explore some of Melbourne's historic locations. Commencing at Flagstaff Station, the walk will visit the Gardens and St James Old Cathedral. After this we will explore the Queen Vic Market and continue along Victoria Street ending at Errol Street, North Melbourne. Return from here by tram or walk back.

38 – Decision Making: Some insights for the curious and the perplexed

Prof Leon Mann AO, Melbourne School of Psychological Sciences, University of Melbourne - 1 session from 10.00 to 11.45 on Tuesday 28 April in Room 1, class limit 80

This lecture/workshop will cover a selection of topics: The importance of having choices and making decisions for human satisfaction, resilience and even survival; implications of availability and preservation of choice for health, medical and social outcomes; the many different ways we cope and deal with difficult decisions; understanding the causes of procrastination; cultural values and differences in decision making; changes in decision making capacity and performance over the life span and particularly in old age; the effects of sleep disorders, alcohol, depression etc on decision making and risk taking; How we see ourselves as decision makers; ten plus principles for sound decision making.

39 – Buckingham Palace in my underwear

Beverley Moss – 1 session from 2.00 to 3.45 on Tuesday 28 April in Room 1, class limit 80

This is not an academic presentation. It is a motivational and entertaining talk on my experience of working overseas as an older woman. It is to inspire and challenge.

40 – Jewish Liturgical Music

Adrian Bartak - 2 sessions from 10.00 to 11.45 on Tuesdays 5 and 12 May in Room 1, class limit 50

Session 1 - the nature of the Jewish religious service in the synagogue and an account of the activities which occur such as (a) Cantorial renditions, (b) Scriptural content, (c) Choral music.

Session 2 - the different occasions of religious worship and the variations in service content. The emphasis will be on the Orthodox Jewish service.

41 – Miscellany of Short Talks

Dr James Keipert – 1 session from 2.00 to 3.45 on Tuesday 5 May in Room 1, class limit 80

1. What do boards, CEOs and executives of modern companies actually do?
2. Are we sleepwalking towards the next financial crisis?
3. Are things any better for the poor and disadvantaged in Australia?
4. More asylum seekers arrive by air now than they did by boat.
5. Some problems starting to arise in aspects of modern life.

42 – Fainting (syncope)

Prof Louis Roller – 1 session from 12.00 to 1.45 on Tuesday 12 May in Room 1, class limit 80

Fainting (syncope) is a temporary loss of consciousness usually related to insufficient blood flow to the brain. It's also called fainting or "passing out". It most often occurs when blood pressure is too low (hypotension) and the heart doesn't pump enough oxygen to the brain. This talk will discuss the causes and risks associated with syncope.

43 – World War II in Europe

Dr Bill Breen – 6 weekly sessions from 2.00 to 3.30 on Tuesdays 12 May to 16 June in Room 1, class limit 80

Most U3A members who grew up in Australia understandably absorbed a very British or American-centric view of World War II. Some of the assumptions that underpinned that view have been undermined by recent historical scholarship. For example, recently opened archives in Eastern Europe and the former USSR have made us much more conscious of the pivotal nature of the struggle on the Eastern Front and the enormous suffering endured by both soldiers and civilians in that theatre. Other campaigns and strategic decisions have also been reassessed. This course covers the major European campaigns in World War II in the light of this recent scholarship.

44 – Integrated Energy Systems with a focus on Geothermal

Dr Donald Payne – 1 session from 10.00 to 11.45 on Tuesday 26 May in Room 1, class limit 80

In this talk Dr Payne will discuss integrated energy systems with a focus on geothermal or Ground Source Heat Pump (GSHP) systems. Rising natural gas prices in Australia are motivating energy users to review options for energy reduction including Solar PhotoVoltaic (PV) cells, Solar thermal, Battery Energy Storage Systems (BESS) and GSHPs. GSHP system uptake has historically risen in any economy whose natural gas prices rise – Canada's GSHP market uptake during the early 2000's exhibits this. In 2018-9 the Australian Geothermal Association (AGA) conducted a Census of existing and planned GSHPs throughout Australia identifying circa 61 MW_t of GSHP installed capacity and it is expected to grow to 151 MW_t. A number of installations will be reviewed to illustrate the benefits of integrated energy systems that include GSHPs.

45 – Widowhood in the 21st Century

Helen Wolfers – 1 session from 10.00 to 11.45 on Tuesday 2 June in Room 1, class limit 80

My own frightening and debilitating initiation into widowhood prompted me to embark upon an extensive research into widowhood: it's history, sociology, psychology, demography and politics. The Widowhood Explosion, recently published, is the result of that endeavour. The book also seeks to assist women to proactively prepare for widowhood in order that it may become a positive and productive life experience. 80% of all married women in the Western world experience widowhood. Yet few, if any, ever prepare to meet the challenge of this substantial period their lives. My interactive session will broadly outline the past history and present 21st century challenges of widowhood and how best to meet these challenges.



Morning tea follows this session

46 – Metal Glass and Mathematics

Dr Anthony Ash – 3 weekly sessions from 10.00 to 11.45 on Tuesdays 9 to 23 June in Room 1, class limit 80

Throughout history, Engineering (in its widest sense) and Mathematics are two enablers which brought us to our modern technological world. At times engineering efforts precede mathematical competence, sometimes with disastrous results. At other times mathematical techniques came first and had to wait for an engineering application to rescue. Starting from the ancient Greeks let me show you some of that synergy throughout history. As usual, nothing scary: like logarithms or plane geometry. No prior knowledge required.

47 – Sleep and Health

Prof Louis Roller – 1 session from 12.00 to 1.45 on Tuesday 9 June in Room 1, class limit 80

Insomnia is defined as "dissatisfaction with sleep quantity or quality and is associated with difficulty initiating or maintaining sleep and early-morning waking with inability to return to sleep". This talk will discuss that insomnia has a ripple effect on the health of the individual as lack of quality sleep can then lead to other medical issues.

48 – Anxiety

Prof Louis Roller – 1 session from 12.00 to 1.45 on Tuesday 23 June in Room 1, class limit 80

Anxiety is an emotion characterised by apprehension and somatic symptoms of tension in which an individual anticipates impending danger, catastrophe, or misfortune. Muscles become tense, breathing is faster, and the heart beats more rapidly. Anxiety may be distinguished from fear both conceptually and physiologically, although the two terms are used interchangeably. This talk will discuss the effects of anxiety on everyday living.

Wednesday**49 – Scrabble**

Marlene Polsa – 21 weekly sessions from 10.00 to 12.00 on Wednesdays 5 February to 24 June in Room 4, class limit 12.

Improve your vocabulary and word skills and enjoy playing this stimulating game!

50 – Bridge

21 weekly sessions from 1.00 to 3.00 on Wednesdays 5 February to 24 June in Room 4, class limit 12

These bridge games are for players who have a good grasp of the game.

51 – Current Affairs Discussion Group A

Ron James – 18 weekly sessions from 10.00 to 12.00 on Wednesdays 19 February to 24 June (not 11 March) in Room 1, class limit 80

Engage in current up-to-date social and political topics and share your opinion, experiences and ideas in this interactive class.

52 – Drawing

Bruce Gifford – 19 weekly sessions from 10.00 to 12.00 on Wednesdays 19 February to 24 June in Room 2&3, class limit 12

Bruce organises drawing and other media projects, sometimes including watercolour. Profiles of individual artists are discussed from time to time, and other topics of artistic interest. The work of the group is displayed regularly in the foyer.

WAIT LIST

53 – Superannuation and Investment Seminar

Gabriel Orzoi – 1 session from 12.15 to 1.45 on Wednesday 19 February in Room 1, class limit 80

The presentation will focus on the superannuation rules relevant for pre and post retirees and how the current economic environment may be relevant to them.

Broader summary of presentation

Superannuation

- Super contribution caps
- Downsizer contributions
- Transition to Retirement Income Streams (TRIS)
- Transfer Balance Cap (TBC) & Total Super Balance (TSB) implications

Estate planning - dependency & superannuation law

- Estate vs. non-estate assets
- Super death benefit nominations
- Centrelink
- Income & Assets test
- Super income streams - deeming
- Commonwealth Senior Health Card (CSHC) eligibility

Investments

- Macro-economic environment
- Valuations across asset classes
- Risks and opportunities

54 – Poetry Pilgrims: Poetry appreciation

Anne McQueen Thomson – 9 fortnightly sessions from 12.30 to 2.00 on Wednesdays 19 February to 24 June in Room 2&3, class limit 12

Anne will lead this poetry discussion group. (It is NOT creative writing). We read and discuss a variety of poems from a variety of authors and from different eras. Our explorations include the context of each poem, something of the author's background and strengths and weaknesses and style of each poem. We advise in advance the poems for each session. Our hope is to learn something of the world of poetry, to become more open to taking pleasure in different kinds of poems and more articulate in discussing our reactions, all in a relaxed and congenial atmosphere.

WAIT LIST

55 – Current Affairs Discussion Group B

Christine Haydon – weekly sessions from 2.00 to 4.00 on Wednesdays 19 February to 24 June in Rooms 2&3, class limit 20

General discussion of current affairs, locally, nationally and internationally, with some depth analysis.

WAIT LIST

56 – Turning points in ancient and medieval Jewish History

Assoc Prof Peter Schattner – 6 sessions from 2.00 to 3.30 on Wednesdays 19-26 February, 4, 25 March, 1 April and Monday 6 April in Room 1, class limit 80

This six-part lecture series will examine several pivotal eras in ancient and medieval Jewish history. These eras were so profound that they changed either Judaism or the Jewish people or both – hence the term 'turning point'. The series will cover the following 'turning points': the end of the first temple and the Babylonian exile; three Jewish revolts (the Maccabees, the Jewish-Roman War and Bar Kokhba); two golden ages in Babylonia and Moslem Spain; and the dark ages of Crusader and Christian antisemitism. The aim of the series is not only to describe the events but to analyse their impact on the evolution of the Jewish story. Outline:

A. Ancient

- 1) The Babylonian exile: 586 – 538 BCE
- 2) The Hasmonean revolt: 167 BCE
- 3) The Great and Bar Kokhba revolts: 66 – 70 CE and 132 – 135 CE

B. Medieval

- 1) The golden age of Babylonian Jewry: 200 – 1000 CE
- 2) The golden age of Spanish Jewry till their expulsion: 900 – 1200 CE
- 3) The dark age of the crusades and Christian antisemitism: 1100 – 1330 CE

57 – Conversations

Anthony Ash Convener – 9 fortnightly sessions from 12.15 to 1.45 on Wednesdays 26 February to 17 June in Room 2&3, class limit 35

Conversations are intended to be wide-ranging in scope, addressing topics of interest in history, ethics, science, food, art, and include overlaps between these. The theme or topic for each session will be advertised in advance. People are invited to attend sessions of their own interests. As with the former Lunarticks and Conversations in History, it is anticipated topics for a "Conversation" will emerge from within the group, and on occasions recommendations will be made for a visiting presenter.

58 – From Secret Ballot to Democracy Sausage: How Australia got compulsory voting

Dr Judith Brett – 1 session from 10.00 to 11.45 on Wednesday 11 March in Room 1, class limit 80

In my recent book, *From Secret Ballot to Democracy Sausage: How Australia got compulsory voting* (Text), I look at the history of Australia's distinctive electoral system. We invented the ballot paper and the compartmentalised voting booth. It is compulsory to register to vote as well as to vote. We use preferential rather than first past the post voting. We vote on Saturdays and have great flexibility as to where we cast our votes. Our elections are administered by impartial public servants. These all grew from Australians early commitment to majoritarian democracy – to governments that are elected by the majority of voters not just the majority of those who turn up.



Morning tea follows this session

59 – Gardens in Southern England

Suzanne Collings – 2 sessions from 12.15 to 1.45 on Wednesdays 18 and 25 March in Room 1, class limit 80

These two sessions look at some of the beautiful gardens in southern England, Surrey, Sussex, Dorset and Somerset, and include Borde Hill, Nymans, Montacute Tintinhull and the Savill gardens at Windsor. The sessions include some of the history of the gardens, their design and plant collections.

60 – There's an app for that

Tim McQueen – 1 session from 12.15 to 2.00 on Wednesday 22 April in Room 1, class limit 80

There is a huge range of apps available for phones, tablets, computers even smart TVs. This talk is an overview of what apps are, where they come from and how to get them. There is also a quick survey of the types of apps out there.

61 – Preparing for the NBN

Tim McQueen – 1 session from 12.15 to 2.00 on Wednesday 29 April in Room 1, class limit 80

These lectures help you understand and use modern communications and information technology safely. What do you need to know before connecting to the National Broadband Network.

62 – Keeping safe on the Web

Tim McQueen – 1 session from 12.15 to 2.00 on Wednesday 6 May in Room 1, class limit 80

How do you avoid all the traps you constantly hear about on the Internet when using your PC, tablet or smartphone.

63 – Are cuckoos crazy?

Dr Patricia Bingham – 1 session from 2.00 to 3.45 on Wednesday 6 May in Room 1, class limit 80

Pat, a long-term birdwatcher, will discuss these fascinating birds from both an historical and ornithological perspective, and asks "Why do we associate these birds with craziness?"

64 – Behind the screens

Tim McQueen – 4 weekly sessions from 12.15 to 2.00 on Wednesdays 13, 20, 27 May and 3 June in Room 1, class limit 80

We all use smartphones, tablets and smart TVs, but rarely think about how they work. In this course, I look at how Information Technology has evolved over the last 150 years or more, what we can do now, and how this is changing.

Thursday

65 – The Readers

Marjorie de Saint-Ferjeux - 19 weekly sessions from 10.00 to 11.45 on Thursdays 20 February to 25 June in Room 4, class limit 12

Members of the group take it in turns to read aloud, possibly getting to know books that otherwise might not have been considered. Listening to a book gets it into your head and enlivens your understanding; there is time for a brief discussion. This semester we will start with "The Pillow Book of Sei Shonagon" (trans. Meredith McKinney) Penguin Classics (ISBN 13:9780143105190), an account of life at the imperial court of tenth-Century Japan. This edition is suggested so that we are all, literally, on the same page! It is generally available.

66 – A taste of Intermediate German

Dr Judy Hajdu - 13 weekly sessions from 10.00 to 11.15 on Thursdays 20 February to 14 May in Room 2&3, class limit 14

This is a short course covering Netzwerk A2.1 Chapters 5-6 and a short story which will be the basis for revision and the introduction of new language. We will converse in German about our weekly activities and events in Germany. Bring along a sense of fun so we can play games to practise German constructions. You will also have to do some writing exercises, possibly as homework, to reinforce what we learn in class. It is assumed that students have already mastered some basic German.

67 – Fun with Beginners' German

Dr Judy Hajdu - 13 weekly sessions from 11.15 to 12.00 on Thursdays 20 February to 14 May in Room 2&3, class limit 14

We plan to have fun learning basic German questions and answers. We will repeat and speak a lot and sometimes even sing. We will chant the numbers and construct simple German sentences. We will discuss German traditions and culture whenever it is interesting for us. Materials will be provided in class, but you will need exercise books to copy work and complete exercises. Written work will be to reinforce listening and speaking. Some short reading passages might also help introduce new language. We will often use games to practise new words and structures, so we must all be ready to participate and above all to have fun.

68 – Italian Conversation

Plinia Crea – 19 weekly sessions from 10.15 to 11.45 on Thursdays 20 February to 25 June in Room 1, class limit 12

This is a group for those with basic or intermediate Italian, who would like to practise speaking Italian on a regular basis. Members can join the group throughout the semester and throughout the year.

69 – Healthy Bladder and Bowel Habits

Danika Gasparini - 1 session from 2.00 to 3.15 on Thursday 20 February in Room 1, class limit 80

It is rarely spoken about, but incontinence is one of the most prevalent health issues facing Australians. One in four adults are affected by bladder and bowel control problems. The good news is that most cases can be better managed, treated or even cured. Join the Continence Foundation of Australia's Health Promotion Officer, Danika, to learn about this hidden problem and the help available. You will also hear information on good bladder and bowel habits to help prevent incontinence. Topics include:

- What is incontinence?
- Types of incontinence
- Risk factors
- Healthy bladder and bowel habits
- Where to get help

70 – Co-operative Painting Group

Penny Jansen – 18 weekly sessions from 12.00 to 2.00 on Thursdays 5 March to 25 June in Room 2&3, class limit 15

Penny will facilitate this painting group, which will include sketching, watercolour and mixed media. There will be peer critique and discussion. All are welcome, from beginners to experienced.

71 – Mongolia: Land of the Mongols

George Golvan QC – 1 session from 12.00 to 1.45 on Thursday 2 April in Room 1, class limit 80

Mongolia is not on the usual tourist agenda but is well worth visiting. The illustrated talk will concern an extensive trip I took to Mongolia in June/July 2019. Including, travelling through the vast Mongolia steppes and the Gobi desert by 4 Wheel drive vehicles. And attending the colourful Naadam Festivals, traditionally held in mid-summer, where the traditional sports of Mongolia, wrestling, horse riding and archery are conducted. We also visited the eagle hunters of north-west Mongolia, members of the largely Muslim Kazakh minority, hunting with eagles in the Altai Mountains, made famous by the 2016 film, 'The Eagle Huntress'. I propose to talk about the proud history of Mongolia, and its customs and culture.

72 – WALK Hawthorn, from Chrystobel Crescent to Kinkora Grove

Elizabeth Brown – from 10.00 to 12.00 on Thursday 9 April, limit 15

Please meet by 10am, corner of Chrystobel Crescent and Glenferrie Road, opposite Lawrence Cycles. Tram route 16, stop 75 - about 2 blocks from Glenferrie Railway Station. This walk will explore an area of Hawthorn that was first settled by some of the early landowners. This interesting area was home to many musical, literary and visual artists – some well known and others less so. The walk includes a part of the former Kew Branch Railway line. The walk will take place whatever the weather – please come suitably prepared. This walk is repeated on Tuesday 14 April (Course 34).

73 – Podiatry Information: Looking after your feet

Will Hiser – 1 session from 2.00 to 3.30 on Thursday 30 April in Room 1, class limit 80

This session will provide general information about podiatry advice, the role of a podiatrist, and common medical conditions affecting the feet such as diabetes and arthritis.

74 – An introduction to genetics: genetic disease, testing and health, and the impact of genomics for healthcare

Prof. David Amor – 1 session from 12.00 to 1.45 on Thursday 7 May in Room 1, class limit 80

This lecture will provide an overview of genetics, mechanisms of genetic disease, genetic testing, and the implications of genomics for healthcare.

75 – Music in the service of religion

John Gregory – 2 weekly sessions from 2.00 to 3.45 on Thursdays 7 and 14 May in Room 1, class limit 80

This presentation will present aspects of the history of sacred music in the Christian tradition, both Catholic and Protestant, from its beginnings through to recent examples.

76 – WALK Rosstown Railway

Ian Singleton – from 10.00 to 12.00 on Thursday 14 May, limit 12

This is a repeat of a Semester 1 2019 walk. It is a **Public Transport Walk. We finish several km from the start.** Meet at Hughesdale Station (DOUGLAS PARKS) at 10.00. Hughesdale is on the Dandenong line, Cranbourne Lines. MOST trains stop there – check! We finish, about 2 hours later at Tram Stop 64 on Hawthorn Road Caulfield South - East Brighton Tram 64. The walk (flat) will follow the route of a derelict and abandoned railway. It started as one man's dream but became his personal folly. Only one train is thought to have run and even then not for its original purpose!

77 – Pick a Plague

Dr Anthony Ash – 3 weekly sessions from 12.00 to 1.45 on Thursdays 21 May to 4 June in Room 1, class limit 80

Continuing in the successful style of our previous Pick a Colour, Pick a Dish and Pick a Tune, this time we are going with the outrageous and provocative title of Pick a Plague! We use the term *plague* in the widest sense: from the great plagues of history, to everyday things that *plague* us, such as banal TV advertising. Themes for each the three sessions will be decided and advertised early in Semester 1. Members are encouraged to contribute with brief or longer presentations or discussions, and experts will be invited to contribute. One health-based example could be the Human Immunodeficiency Virus-HIV, and its effects on individuals, communities and society world-wide – not simply on health consequences.

Friday

No sessions on Good Friday 10 April

78 – Tai Chi for Beginners

Susan Berryman – 18 weekly sessions from 10.00 – 11.30 on Fridays from 21 February to 26 June in Room 1, class limit 15

Basic principles and foundations of Yang style Beijing 24 Form. This is for beginners who want to learn Tai Chi and is also a revision for those who have practised the Beijing 24 forms. **Attire:** Participants should wear loose comfortable top and pants. **Footwear:** flat shoes or sneakers.

79 - Friday Flicks

Gerald Tofler – 17 weekly sessions from 1.00 to 3.30 on Fridays 21 February to 3 July in Room 1 (Room 2&3 on 24 April)

Gerald will show films from his extensive collection of DVDs. It is not necessary to book for the films, just come and bring your lunch. The films to be shown are:

21 Feb	<i>The Visit</i> (I. Bergman)
28 Feb	<i>Separate Tables</i>
6 Mar	<i>Random Harvest</i>
13 Mar	<i>Song of Freedom</i> (Paul Robeson)
20 Mar	<i>Saboteur</i>
27 Mar	<i>Arch of Triumph</i>
3 Apr	<i>Fiddler on the Roof</i>
17 Apr	<i>Streetcar named Desire</i>
24 Apr	<i>Bridge on the River Kwai</i>
1 May	<i>Around the World in 80 Days</i> (Part 1)
8 May	<i>Around the World in 80 Days</i> (Part 2)
15 May	<i>Kind Hearts and Coronets</i>
22 May	<i>Quartet</i>
29 May	<i>Mrs Caldicott's Cabbage War</i>
5 June	<i>Shall we Dance</i>
12 June	<i>Anne of a Thousand Days</i>
19 June	<i>The Kite Runner</i>
26 June	<i>The Duchess</i>
3 July	<i>Enigma</i>

80 – Creative Writing

Janet Allen – 9 fortnightly sessions from 10.00 to 12.00 on Fridays 6 March to 26 June in Room 2&3, class limit 20

The writers' group meets fortnightly to share work members have produced and comment on the effectiveness of the piece. Each member writes on a theme of personal choice or topic or technique set for that meeting. Everyone has the opportunity to present their work regularly.

81 – Managing common baby and child sleep, behavioural and emotional problems - what works?

Prof Harriet Hiscock – 1 session from 12.00 to 1.15 on Friday 24 April in Room 1, class limit 80

Problems such as refusing to go to bed, frequent night waking, tantrums, and anxiety are common in babies, toddlers and children. They can be a great source of frustration and distress to parents and grandparents alike. This presentation will cover what we know about normal child development, causes of common sleep and behavioural problems, and evidence-based strategies of how to fix them. Useful resources including websites and podcasts will also be covered.



We welcome any suggestions you may have for new courses and speakers