

Semester 2 2022 Programme 18 July 2022

Courses will be face-to-face, hybrid (face-to-face and Zoom), Zoom only and WhatsApp subject to Covid restrictions at the time.

The Zoom links will be emailed the workday before the session.

It is preferable members be fully vaccinated for all face-to-face sessions, including walks.

MONDAY

221CAF01: Current Affairs

Weekly sessions face-to-face and Zoom

Mondays 25 July –21 November 10.00-12:00

Room 1/Zoom V3 limit 80

Tutor/Leader: Myra Mortensen-Williams

Join a vibrant group in interactive discussion of current affairs, international, national and local events. Occasional guest speakers, welcome participation in Q & A sessions. This is a yearly course so there is no need to re-enrol in Semester 2.

221LAN01: French Literature and Conversation

Weekly sessions face-to-face

Mondays 25 July–21 November 10.00-11.30

Rooms 2&3

Tutor/Leader: Elizabeth Sprigg limit 10

Class members are expected to have some familiarity with French. We read extracts of French literature, journals and the internet. Grammar points are revised as issues emerge from reading and from written work as well as specific requests from participants. All are encouraged to participate, ask questions and make suggestions. Communication is via email when appropriate.

Grammar Book: Schaum's "French Grammar".

Intermediate to advanced level of French required.

This is a yearly course so there is no need to re-enrol in Semester 2.

221GAM01: Social Bridge

Weekly sessions face-to-face

Mondays 25 July–21 November 10.00-12.00

Room 4

Tutor/Leader: Self-help limit 12

Join a keen bridge playing group. This is not an introductory group so a reasonable knowledge and skill level is required.

221GAR01: Lesser-known Gardens of Western Victoria

1 session face-to-face and Zoom

Monday 25 July 12:00 – 1-30

Room 1/Zoom V1 limit 80

Tutor/Leader: Suzanne Collings

We are to be treated to another garden odyssey, this time closer to home, around Colac and district. Suzanne will lead us, with her superb photography and commentary, around mainly private gardens that are rarely open to the public.

221ART01: Enhance and Grow the Artist in You **Fortnightly sessions face-to-face**

Mondays 25 July -14 November 2:00 – 3.45

Rooms 2&3 limit 12

Tutor/Leader: David Pincus

The aim of this program is to help participants to develop and expand their practical, visual art skills. The course encourages all to take their experiences to a higher level, with guidance, (constructive) critique, occasional instruction & demonstrations but, above all, a strong emphasis on individual "hands on" effort. The goal being for each to enhance and enjoy the experience of producing their own works. Everyone will be encouraged (but not obliged) to move beyond their "comfort zone" and experiment with pencil, pastel, charcoal, soluble colour, ink, watercolour and mixed media. The subjects considered will be wide-ranging: models, still life, set pieces, the figure, working outdoor and those proposed by participants. The course anticipates that participants will have some experience with and confidence in the use of some of the media outlined. The only other prerequisite is enthusiasm and a willingness to contribute collegially to the program.

Face-to-face sessions with periodic, informal communication via email. Note: "Discover the Artist in You" (Course 221ART02) will run on the alternate Mondays. Participants may wish to join both programs.

221FIL01: Film Discussion Group B

Monthly sessions face-to-face

Mondays 25 July, 22 August, 26 September, 24 October, 14 November 2.00 – 3.30

Room 1 limit 14

Tutor/Leader: Andrew Porter

Three films, viewed independently, 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 at the first session.

This course is year-long so there is no need to re-enrol in Semester

2221FIL02: Film Review Group A**Monthly sessions face-to-face****Mondays 1 August, 5 September, 3 October,
7 November 2.00 – 3.30****Room 1 limit 10****Tutor/Leader: Margaret Nelson**

Films for discussion are chosen by members with a combination of Cinema releases and Streaming services. They are viewed in the members own time. There will be some suggestions before the first meeting.

This is a year-long course so there is no need to re-enrol in Semester 2.

Wait list only**221LIT01: Book Discussion Group A****Monthly sessions face-to-face****Mondays 15 August, 19 September, 17 October,
21 November 2.00 – 3.30****Room 4 limit 12****Tutor/Leader: Mary Heinemann**

The group chooses one book to be discussed each month and members take turns to read the discussion. Members will be asked to prepare the book to be discussed at the first meeting.

This is a year-long course so there is no need to re-enrol in Semester 2.

Wait list only**221ART02: Discover and Express the Artist in You****Fortnightly sessions face-to-face****Mondays 1 August -21 November 2.00 - 3:45****Rooms 2&3 limit 12****Tutor/Leader: David Pincus**

The aim of this program is to help newcomers (or those wishing to return) to the practice of sketching and painting to discover (or re discover) and to enjoy the experience of producing their own, individual art works. Together we will develop basic skills in the use of pencil, carbon, charcoal, ink, pastels, watercolour and mixed media: (but not oil or acrylic) and explore form, light & shade and composition. The subjects considered will include models, still life, set pieces, the figure and possibly working out-door. While the sessions will include demonstration and constructive criticism, the emphasis will be on individual "hands on" effort – this being the best way to gain an understanding of the advantages and limitations of the art materials and acquire confidence in their application. The goal being to support each individual participant's interest and preferences and to enjoy their journey into the practice of their own art. The course will run fortnightly "on site" only, supplemented by periodic, informal communications via email.

This course runs throughout the year so there is no need to re-enrol in Semester 2.

221TRA02: Travel Sicily with Suzanne**2 sessions face-to-face and Zoom****Mondays 22 and 29 August 12.00 – 1.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Suzanne Collings**

Sicily is a semi-autonomous region of Italy with a fascinating history – the largest island in the Mediterranean with Greek, Carthaginian, Roman, Byzantine, Muslim and Norman connections. Altogether a wonderful place to visit! These two sessions have a look at some of the wonderful things to see on the island.

221GAR02: Mansions and gardens of N.E. USA**3 sessions face-to-face and Zoom****Mondays 31 October, 7 & 14 November 12.00-1.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Suzanne Collings**

There are amazing houses and gardens in the North East of the USA which have belonged to the rich and famous. These 3 sessions look at some of them, starting with Mt Vernon (Washington's house), then Du Pont, Rockefeller, Vanderbilt houses moving north up to Newport and Rhode Island.

221SOC01: Mysteries and histories**1 session face-to-face and Zoom****Monday 8 August 2.00 – 3.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Elizabeth Brown**

In these days of Ancestry.com and "Who do you think you are?" people are making unexpected discoveries about their family tree, unexpected branches, fascinating stories. Many of our members have interesting stories about their emigration to Australia.

Mary Legge will speak during this session and Elizabeth Brown will be speaking on Thursday 27 October at 2pm.

TUESDAY**222GAM01: Chess Partners****Weekly sessions face-to-face****Tuesdays 5 July – 13 December 9.30 – 12.00****Room 2&3****Tutor/Leader: Tom Nadebaum limit 10**

If you have ever played chess, we invite you to join our group to refresh and improve your knowledge. Our ages are 60 to 96 years. All skill levels are welcome. This vibrant group is back playing face-to-face at U3A but will revert to Zoom if Covid restrictions are re-imposed.

This is a yearly course so there is no need to re-enrol in Semester 2.

222LAN01: French Conversation via Zoom**Weekly sessions Zoom only and occasional face-to-face****Tuesdays 26 July – 22 November 10.30–12.00****Zoom V3 limit 20****Tutor/Leader: Sue Majewski**

If you would like to share and grow your French conversational skills, join us for a chat via Zoom with a friendly group. All participants need to have a conversational level of French, be able to use Zoom, and be prepared to share their skills. Note: about once a month we intend to meet up at Valetta Street or a café to see each other in person, lockdowns permitting.

This is a year-long course so there is no need to re-enrol in Semester 2.

222MUS01: Great Music - a Journey**Fortnightly sessions face-to-face****Tuesdays 2,16 & 30 August, 13 Sept, 25 October, Thursdays 8, 22 November 12.30- 2.00****Room 1 limit 40****Tutor/Leader: Harry Wenig**

What is great about great music? These sessions provide an exploration of the many factors in the creative process. Numbers will be subject to prevailing Covid restrictions at the time.

Please note: 8 & 22 November are on Thursdays**222HIS01: Comparative Religion****Fortnightly face-to-face and Zoom****Tuesdays 26 July – 22 November 2.15 – 3.45****Room 2&3/Zoom V2 limit 40****Tutor/Leader: Albert Isaacs**

Talks about aspects of different religions will be given by the leader, group members and visiting speakers, and will be supplemented by visits to places of worship. The timetable for speakers will be updated from time to time during the year.

26 July - The Moors, Jews and Christians of Spain and Portugal (Albert Isaacs)

9 August - The history of the Islamic Museum and an account of Muslims in Australia and their contributions to society. (Sherene Hassan)

23 August - The place of modern and contemporary music in modern religion (Dr John Gregory)

6 September - Visit to All Saints Anglican Church in East St Kilda

20 September - Class Project: religious artefacts in my possession that mean a lot to me.

11 October - Lunch in the Sukkah (Tabernacle) in a Synagogue in East Kew, during the feast of Sukkot (Tabernacles). Also includes a tour of the synagogue.

25 October – The Seventh Day Adventist Church (Pastor Paul Kleinmeulen)

8 November - Stephen Spielberg (Albert Roller)

15 November - The Lutheran Church in Australia (Herbert Mees and Dr John Gregory)

222GAM03: Mah Jong - morning**Weekly sessions face-to-face****Tuesdays 26 July – 22 November 10.00 – 12.00****Room 4 limit 16****Tutor/Leader: Self-help**

Join an enthusiastic group of members who have recently learnt how to play Mah Jong. Experienced players are also welcome.

222GAM02: Mah Jong - afternoon**Weekly sessions face-to-face****Tuesdays 26 July – 22 November 2.00 – 4.00****Room 4 limit 16****Tutor/Leader: Self-help**

Join an enthusiastic group of members who have recently learnt how to play Mah Jong. Experienced players are also welcome.

222HEA04: Fatigue (postponed from Semester 1)**1 session face-to-face and/or Zoom****Tuesday 9 August 12:00 - 1:30****Room 1/Zoom V1 limit 80****Tutor/Leader: Prof Louis Roller**

Fatigue is a term used to describe an overall feeling of tiredness or lack of energy. It isn't the same as simply feeling drowsy or sleepy. When you're fatigued, you have no motivation and no energy. Being sleepy may be a symptom of fatigue, but it's not the same thing. Fatigue is a common symptom of many medical conditions that range in severity from mild to serious. It's also a natural result of some lifestyle choices, such as lack of exercise or poor diet. There has been much recent work in this area and this talk will focus on the issues.

If you enrolled in this talk in Semester 1 you don't need to re-enrol.

222SCI01: The Love Hormone**1 session face-to-face and Zoom****Tuesday 23 August 10.00 -11.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Professor Iain Clarke**

Oxytocin is a hormone the function for which was, for many years, described in the text-books as being to cause milk ejection and to initiate the onset of labour and cause uterine contractions. More recently, the function of oxytocin in the brain has led to remarkable new understanding of its function. In particular, it has been shown to promote bonding of con-specifics and to facilitate social and maternal behaviour. Oxytocin also facilitates sexual excitation, which is why it has been referred to as the 'love hormone'. Arginine vasopressin (AVP) is another neurohormone that works in concert with oxytocin. This lecture will explain how findings in little wild creatures (voles) elucidated the mechanism for above mentioned behaviours. Most recent studies have translated these findings to the function of oxytocin and AVP in humans in various conditions such as autism.

222HEA08: Pain Management in Older People**1 session face-to-face and/or Zoom****Tuesday 23 August 12.00 – 1.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Prof Louis Roller**

Older people are much more likely to suffer pain than younger people. Pharmacists have an important role as part of a multidisciplinary healthcare team in providing the prescriber with actual medication use, effectiveness, adverse effects and recommendations, including non-pharmacological interventions for older people in the community and in aged care facilities. This talk will examine some options for assessment and safe pain management in this high-risk population.

222HEA09: Migraine**1 session face-to-face and/or Zoom****Tuesday 6 September 12.00 – 1.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Prof Louis Roller**

4.9 million people in Australia suffer from migraine. 71% of migraine sufferers are women and 86% are of working age. 7.6% of migraine sufferers experience chronic migraine (≥15 migraine days per month).

The total economic cost of migraine in Australia is \$35.7 billion. This consists of: \$14.3 billion of health system costs, \$16.3 billion of productivity costs; and \$5.1 billion of other costs. Migraine also imposes significant wellbeing costs on sufferers. This talk will examine the nature of migraine and its treatment

222SCI03: Understanding Weather**3 fortnightly sessions face-to-face and Zoom****Tuesdays 20 Sept, 4 & 18 October 12.00 – 1.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Terry Hart**

What is a "weather map" and how do we interpret it? How do we observe the weather? How are weather forecasts made? What can satellite images and weather radar tell us? How are weather and climate related? This is a short course for all interested in weather and weather forecasting. No background knowledge is needed and we will explore the excellent online resources available.

222MUS02: "My life on stage as an opera singer"**1 session face-to-face and/or Zoom****Tuesday 27 September 10:00 - 11:30****Room 1/Zoom V1 limit 80****Tutor/Leader: Roxane Hislop**

Roxane is one of Australia's most acclaimed mezzo-sopranos who sang with the Australian Opera for many years. Roxane will talk about early influences which led her to a life on the stage. She will then talk about the journey through her career juggling a busy performing career with family life, and the wonderful mentors and colleagues she met along the way, and her favourite roles. Roxane will bring some photos from productions and perhaps even a costume so people can see the work that goes into a costume that is meant to last many years.

222HEA10: Stroke**1 session face-to-face and/or Zoom****Tuesday 27 September 12.00 – 1.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Prof Louis Roller**

Stroke occurs when a blood vessel supplying blood to the brain either suddenly becomes blocked (ischaemic stroke) or ruptures and begins to bleed (haemorrhagic stroke). Either may result in part of the brain dying, leading to sudden impairment that can affect a number of functions. Stroke often causes paralysis of parts of the body normally controlled by the area of the brain affected by the stroke, or speech problems and other symptoms, such as difficulties with swallowing, vision and thinking. Stroke is often preventable because many of its risk factors are modifiable. These include biomedical risk factors such as high blood pressure, insufficient physical activity, overweight and obesity, and tobacco smoking.

OPEN DAY AT U3A**Tuesday 4 October 1 10.00 – 1.00**

In conjunction with Seniors' Week, a day when U3A Stonnington is open for interested people to come in and see what we are about and the facilities we have. Enjoy light refreshments, learn about our courses and activities, meet some members and perhaps join in a session and see why our motto is "Live, Learn and Enjoy".

Current members are encouraged to invite a friend or two. No bookings required.

222HEA11: Heart Failure**1 session face-to-face and/or Zoom****Tuesday 11 October 12.00 – 1.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Prof Louis Roller**

Heart failure is a condition in which the heart cannot pump enough blood to meet the metabolic requirements of body tissues. It is generally a disease of older persons with the medium survival following diagnoses of three to four years. Many of the symptoms associated with heart failure are caused by the dysfunction of organs other than the heart, especially the lungs, kidneys, and liver. Common symptoms include shortness of breath and fatigue. Therapies that have been shown to improve survival include angiotensin converting enzyme inhibitors (ACE inhibitors), angiotensin II receptor blockers (ARB), certain beta-blockers and aldosterone antagonists.

222SCI02: The world of diagnostic imaging**1 session face-to-face and Zoom****Tuesday 18 October 10.00 – 11.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Dr Rodney Taft**

It outlines the dramatic changes in Radiology and diagnostic imaging over 55 years, through Rodney's personal experience as a Radiologist, detailing the incredible developments and progression, from plain film X-Rays, to Ultrasound, Computerised Tomography (CT scans), and Magnetic Resonance Imaging (MRI). In simple terms this enabled the progression from the diagnosis of basic fractures and arthritis to early visualization of brain tumours and other malignancies, detailed foetal imaging, visualization of blood vessels enabling interventional radiology to prevent heart attacks and strokes, and later Teleradiology. This is all revealed in an informative and entertaining Power Point presentation.

222ART01: The Life and Art of Penleigh Boyd**1 session face-to-face and Zoom****Tuesday 25 October 10.00 – 11.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Colin Smith**

Penleigh was a member of the Boyd family of artists. Raised in a creative family environment, he became a landscape painter early in life. His painted the hills and forests east of Melbourne, and coastal areas around Port Phillip Bay. He also painted around Sydney, including Sydney Harbour and the Blue Mountains. Serving at the Western Front in World War 1, Penleigh met his death in a car accident in eastern Victoria, aged 33 years.

The talk will include the major events in Penleigh's life and a cross-section of his art. It is a very pictorial presentation.

222ART02: The Australianness of Australian Art**1 session face-to-face and Zoom****Tuesday 8 November 10.00 – 11.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Dr John Gregory**

Is there something typically or uniquely characteristic of the art of Australia? If so, is it to be found in images of the landscape or the city - or in something more intangible? And whose Australia is involved? - that of the original inhabitants or the British and European settlers of the 18th and 19th centuries or more recent arrivals? How do changing perceptions of nationhood and Australia's global position affect the question? This illustrated talk will explore the issues and offer a few suggestions.

222SOCL01: Decision making for the curious and perplexed**2 sessions face-to-face and Zoom****Tuesdays 15 and 22 November 10.00 – 11.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Professor Leon Mann AO**

Session 1 Making decisions : Knowing myself and understanding others.

Session 2 Decision making in groups, organisations, and across cultures.

Session content will be provided prior to the sessions, and fine-tuned in the light of new and fascinating findings in this dynamic area of knowledge.

222HEA12: Substance use disorder**(repeat of Illicit drug use talk on 19 April)****1 session face-to-face and/or Zoom****Tuesday 15 November 12.00 – 1.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Prof Louis Roller**

A substance can be anything that is ingested to produce a high, alter one's senses, or otherwise affect mood, perception and consciousness. There are nine separate classes of drugs identified in the DSM-5 that can be involved in a substance use disorder: alcohol; cannabis; hallucinogens; inhalants; opioids; sedatives, hypnotics, and anxiolytics; stimulants (amphetamine-type substances, cocaine, and other stimulants); tobacco (nicotine); and other (or unknown) substances.

WEDNESDAY**223CAF01: Daily Interactive Current Affairs****Daily interactive posts online via WhatsApp****Wednesday 27 July- 23 November****Tutor/Leader: Ron James**

Ron's daily interactive Current Affairs group discusses political, social and other topics around the clock. All members have the opportunity to participate - to respond, or post articles or other items of interest at any time, as they wish. This group uses WhatsApp for communication to members. Daily Posting from 8am.

Note: this course is in addition to the weekly Wednesday morning face-to-face/Zoom session also run by Ron James.

223CAF02: Wednesday Current Affairs**Weekly sessions face-to-face and/or Zoom****Wednesdays 27 July - 30 November 10.00-12.00****Room 1/Zoom V1 limit 80****Tutor/Leader: Ron James**

Engage in current up-to-date social and political topics and share your opinion, experiences and ideas in this interactive class. This is a hybrid session with some members in Room 1 and others attending via Zoom.

223GAM01: Scrabble**Weekly sessions face-to-face****Wednesdays 27 July –23 November 10.00-12.00****Room 4 limit 12****Tutor/Leader: Marlene Polska**

Improve your vocabulary and word skills and enjoy playing this stimulating game! This is a year-long course so there is no need to re-enrol in Semester 2.

223LIT01: Poetry Pilgrims**Fortnightly sessions face-to-face and Zoom****Wednesday 27 July -16 November 12.30 – 1.45****Rooms 2&3/Zoom V2 limit 16****Tutor/Leader: Anne McQueen-Thomson**

Anne will lead this poetry discussion group by videoconferencing (Zoom). (It is NOT creative writing). We read and discuss a variety of poems from a variety of authors and from different eras. Explorations include the context of each poem, something of the author's background and the poem's strengths and weaknesses and style of each poem. You will 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.

223ART03: Wet Felting for Beginners**4 sessions face-to-face only****Wednesdays 3, 27, 24 and 31 August 10.00-12.00****Rooms 2 and 3 limit 10****Tutor/Leader: GailMarie Hart**

Session 1: Introduction to wet felting, setup, design, colours & demonstration. Bring pen & paper to Session 1. A list of materials needed for Weeks 2-4 will be available at this 1st session.

Session 2: Wet felting starts. Participants to bring materials listed (handout at Session 1) to Sessions 2-4.

Session 3: Continue felting projects.

Session 4: Last Session – felting projects to be completed.

We ask that participants show their up-to-date Covid vaccination record and Flu vaccination, please.

223SOC01: Conversations: members' choice**4 monthly sessions face-to-face and Zoom****Wednesday 3 August, 28 September, 26 October, 23 November 12:30 - 1:45****Rooms 2&3/Zoom V2 limit 40****Tutor/Leader: Anthony Ash and Elizabeth Brown**

We meet approximately monthly to explore topics of interest - anything from history, art, science, to current issues or your current interest. Illustrate with words, a photo, a flower, Powerpoint, an excerpt from a book, an archive, a scientific publication, a news item Lead a discussion, give a presentation, read a passage from a book that illuminated your thinking, an event that set your life on its path How much time? 10 minutes, an hour or more? Whatever you need, up to an hour or so!

223HIS05: A Pictorial History of Malvern 3144**1 session face-to-face and Zoom****Wednesdays 10 August 2.00 – 3.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Steve Stefanopoulos**

Join Steve Stefanopoulos, former Mayor of the City of Stonnington and expert on local architectural history, for a Pictorial History of the suburb Malvern, 3144. Steve is an engaging and informative speaker, and life-long resident of Malvern.

223SOC04: Standing up for Retail Investors**1 session face-to-face****Wednesday 24 August 2.00 – 3.30****Rooms 2&3 limit 16****Tutor/Leader: Christine Haydon**

Find out how ASA stand up for retail shareholders, discuss how our company monitors produce "voting intentions" and consider proxy voting. Discussion of interest to all who hold shares.

223HIS04: The British Mandate for Palestine – A lost opportunity?**4 weekly sessions face-to-face and Zoom****Wednesdays 31 Aug, 7, 14 & 21 Sept 2.00 – 3.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Assoc Prof Peter Schattner**

The British Mandate lasted from 1922 to 1948. During this time, the British were caught between two competing interests: the Jews who wished to rebuild their ancient land as an independent homeland after suffering so much during their long exile; and the Arabs, who were emerging from domination by the Ottoman Empire only to find their nationalism within the region of Palestine increasingly suppressed by the British. Could the British have managed these competing interests any better? Was the conflict between the Jews and the Arabs inevitable or could there have been a more satisfactory compromise which would have avoided one hundred years of bloodshed?

This short lecture series will analyse the British Mandate for Palestine from the perspectives of colonialist Europeans, the development of modern Zionism and the emergence of Arab nationalism. The series commences in the 19th century and finishes with the collapse of the Mandate in 1948. Topics include: the Sharif-McMahon correspondence, the Sykes-Picot agreement, the Balfour Declaration, the League of Nations, the leadership of Weizmann, Jabotinsky, Ben Gurion and Amin Al-Husseini, the Great Revolt, the various British commissions, the 1947 U.N. vote on the partition of Palestine, the collapse of the Mandate, the establishment of Israel and the Nakba.

Lectures, audience participation and provided readings.

31 Aug - Background and beginnings (19th century – early 1920s)

7 Sept - The Mandate gets underway

14 Sept - Opportunities lost? (1930s)

21 Sept - The Mandate collapses. (1940s)

223WAL02: WALK: St Kilda Cemetery Tour**Wednesday 14 September 10.00-12.00****Cemetery Gates Dandenong Road Limit 20****Leader: Ken Pakes**

Join in this tour of the Cemetery and visit the graves of many persons connected to the Ned Kelly saga. Following the tour of the Red Light District you can see the actual graves of Madame Brussels and her first husband.

Meet at the cemetery gates in Dandenong Road by 10am.

223TRA01: The Travels of Robert Burns through the Four Ancient Nations of Scotland: life, verse and travels**1 session face-to-face and Zoom****Wednesday 9 November 12.00 – 1.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Assoc Prof John McBain AO**

The talk will begin with an outline of Burns' life in verse for context for those who do not know him or only vaguely, followed by an account of his travels through the historical four kingdoms of Scotland; Strathclyde, Dalriada, Pictland and Lothian drawing on his observations and quotations.

223WAL03: WALK: Collins Street Melbourne**Wednesday 16 November 10.00-12.00****Town Hall, corner Collins & Swanston Streets****Leader: Ken Pakes Limit 20**

There are many buildings along Collins Street connected to our early Pioneers. From the first land sales there are sites purchased by Fawkner, Batman, Howey and Swanston to learn about, as well as many buildings important to Melbourne's history to see.

Meet at the Town Hall (corner of Collins and Swanston Streets by 10am.

THURSDAY**224SCI04: The Sexual Spectrum: genes vs memes****1 session face-to-face and Zoom****Thursday 28 July 10.00-11.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Ilse Hemenstall**

A look at the genetic basis of sex and how memes affect genetic expression.

224ART01: Cooperative Painting Group**Weekly sessions face-to-face only****Thursdays 28 July –24 November 12.00-2.00****Room 2&3 limit 15****Tutor/Leader: Penny Jansen**

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

Wait list only**224ASCI05: Global Navigational Satellite Systems****1 session face-to-face and Zoom****Thursday 4 August 10.00 – 11.30****Room 1/Zoom V1 limit 80****Tutors/Leaders: Dr Anthony Ash and Chris Fletcher**

During the last few years, we have, in our daily lives, become dependent on Global Navigational Satellite Systems (GNSS). In this talk we will explore the principles of working of the system, the different contributions by various nations and the applications in real life.

224TRA04: Cape Horn to Cotopaxi Ecuador**1 session face-to-face and Zoom****Thursday 11 August 10.00 – 11.30****Room 1/Zoom V1 Limit 80****Tutor/Leader: Frank Devlin**

An adventure on the West of South America. Discover Tierra Del Fuego – "The Uttermost Part of the Earth". We'll cruise the Beagle Channel, climb Cape Horn and hike the foothills of the towering Torres del Paine. Farewell Patagonia then warm up in the Atacama desert, the driest on earth. Cross the Andes by train, ferry across Lake Titicaca to La Paz, Bolivia's capital city, the highest in the world. We'll explore spectacular Machu Pichu from 5.30am before the crowds arrive. Ride Ecuador's "Devil's Nose" train and scramble in the scree of Cotopaxi, Ecuador's highest active volcano.

224TRA03: Broome to Darwin Tour**1 session face-to-face and Zoom****Thursday 18 August 2.00-3.30****Room 1/Zoom V1 Limit 80****Tutor/Leader: Ken Pakes**

There are many places that can only be visited by boat along our West coast, which not many people have the opportunity to visit. We will also pay a visit to the Bungle Bungles by helicopter.

224HEA03: Infertility Matters**1 session face-to-face and Zoom****Thursday 25 August 10.00 – 11.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Dr Michael Gronow**

Infertility is a common problem, affecting both men and women. It can cause distress not only for the couple, but also for their wider family.

What are the causes? Can they be treated? What are the treatment options – and costs, emotional and financial? Can infertility be prevented?

224LAN01: A taste of Intermediate German
Weekly sessions face-to-face and/or Zoom
Thursdays 1 September-24 November 10.00-11.30
Rooms 2&3/Private Zoom Limit 14
Tutor/Leader: Dr Judy Hajdu

This is a short course introducing Studio A2.1 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. These will be submitted by email. It is assumed that students have already mastered some basic German. The book will be available at the bookshop Languages International in Station Street, Kew.

Prerequisite: Basic German. No classes during school holidays. This course runs throughout the year, apart from designated breaks so there is no need to re-enrol in Semester 2.

224TRA05: French food and places: Encore screening of recording from 2021

1 session face-to-face
Thursday 8 September 10.00 – 11.30
Room 1 limit 40
Tutor/Leader: Suzanne Collings

This is an encore screening of a very popular session that was enjoyed in 2021. Please join us in Room 1.

Suzanne will treat us once again to a delectable display of French food and places visited in a gastronomic paradise. We will visit a garden or two as well.

Join us with whetted appetite for some enticing French fare for morning tea!

224SCI03: Mulching, composting, worm farming, recycling and rainwater harvesting

3 weekly sessions Zoom only
Thursdays 15, 22 and 29 September 2.00 – 3.30
Zoom V1 limit 80
Tutor/Leader: Clinical Assoc Prof John Brownbill

My journey over 40 years living in a free-standing dwelling on a suburban block in East Malvern.

224EXC01: EXCURSION: Visit to Mont de Lancey
Thursday 29 September 9.30 – 3.00
Meet outside Valetta Street limit 19
Leader: Gregor Howie Cost: \$35 each

Mont de Lancey is a historic homestead, located in the Yarra Valley. The homestead dates from the 1880's and is set on 80 acres. It has the original 1880 homestead, a historic timber slab kitchen, a 1920's St Mary's Chapel, a blacksmiths shop, beautiful gardens, a vintage engine shed PLUS a museum.

We have secured the Stonnington Community BUS for this outing on THURSDAY 29th September.

Cost for the day is \$35, and includes
 ~ seat on the bus
 ~ entrance to Mont de Lancey
 ~ morning coffee / tea / scones & cream

For lunch...its BYO. There is a gazebo if its raining, and beautiful gardens if the weather allows.

The BUS will leave U3A Valetta Street at 9.30am and we plan to return to U3A around 3.00pm.

Cost: \$35 per head payable at time of booking. Pay by PayPal if enrolling via U-MAS, by EFT (details on the Enrolment Form), by cheque or by cash. *If you are on the wait list, please don't pay until a vacancy occurs.*

224HIS03: Vandemonians: The Convict Stain in Victoria from Tasmania

Encore screening of recording from S1 2022
1 session face-to-face
Thursday 6 October 10.00 – 11.30
Room 1 limit 40
Tutor/Leader: Emeritus Prof Janet McCalman

Vandemonians: The Convict Stain in Victoria from Tasmania - The repressed history of colonial Victoria "It was meant to be 'Victoria the Free', uncontaminated by the Convict Stain. Yet they came in their tens of thousands as soon as they were cut free or able to bolt. More than half of all those transported to Van Diemen's Land as convicts would one day settle or spend time in Victoria."

Janet McCalman provides fascinating information about the plight of convicts in England and circumstances here. Movement of convicts from Tasmania to Victoria has only been acknowledged recently. Details about particular convicts, ships and dates of transportation are provided. These could very helpful for anyone searching their ancestry!

This is an Encore Screening of "Vandemonians", that was presented early in Semester 1. This was a most informative and interesting lecture – join us for a first or second time.

224WAL05: WALK: St Kilda Botanic Gardens Ramble**Thursday 13 October 10:00 – 12.00****Cnr Blessington & Foster Streets, St Kilda limit 15****Leader: Elspeth Ferguson**

The St Kilda Botanic Gardens date from 1859 and are recognised by Heritage Victoria for their cultural heritage significance as one of Victoria's earliest Botanic Gardens. They are a true hidden gem. The Gardens display a great diversity of native and exotic plants, a local native species, a sub-tropical rainforest conservatory, the Clark Rose Garden and an Eco-Centre. There are 810 mature trees 8 of which are on the significant tree register.

Meet, by 10.00am at the main gate, at the Corner of Blessington and Foster Streets. There is free all day and two hour parking in the streets surrounding the Gardens, although space could be at a premium. For public transport users take Bourke Street tram # 96 (St Kilda Beach via Casino) to the terminus in Acland Street. It is a short walk from there to the Gardens. Plenty of coffee/lunch options in Acland and Barkly Streets after the ramble. A reminder email will be sent a week before the walk.

224SOC03: Television: How Things Flickered By! 3 fortnightly sessions face-to-face and Zoom**Thursdays 27 October, 10 & 24 November 12.00-1.30****Room 1/Zoom V1 limit 80****Tutor/Leader: Dr Anthony Ash**

- The first television picture was a little bigger than a postage stamp, flickering and crude.
- The camera and receiver whirling pieces of machinery.
- Then crude but quickly developing electronics.
- Then attempts at colour. By the 1950s a serious broadcasting method which people embraced.
- It gives us loved series, movies and a coronation, all on a flickering 12" screen, competing with snow and ghosts.
- And on to the large screen miracles of today.

Let me tell you something of the technical hurdles that got us there, and let's recap some of the famous events that television presented to us.

224SOC02: Mysteries and histories**1 session face-to-face and Zoom****Thursday 27 October 2:00 - 3:30****Room 1/Zoom V1 limit 80****Tutor/Leader: Elizabeth Brown**

In these days of Ancestry.com and "Who do you think you are?" people are making unexpected discoveries about their family tree, unexpected branches, fascinating stories. Many of our members have interesting stories about their emigration to Australia.

Elizabeth Brown will speak during this session. Mary Legge will be speaking at the session on Monday 8 August at 2-3.30pm.

224WAL04: WALK: Malvern East History Walk**Thursday 3 November 10.00 – 12.00****Cnr Central Park & Burke Roads limit 20****Leader: Elizabeth Brown**

We will explore Central Park and its features. We will then look at the exterior of the Duldig studio, including the sculptures on display. This is followed by a walk through Hedgeley Den and Tollington Avenue to view the first house in this street. The walk ends where we began. There are a number of places nearby for tea, coffee or even lunch after the walk.

Meet by 10am, opposite Duldig Studio, at the Central Park Road intersection with Burke Road. Melways ref: G11. A reminder email will be sent a week before the walk.

FRIDAY**225EXE01: Tai Chi for Beginners****Weekly sessions face-to-face****Fridays 29 July – 25 November 10:00 - 11:30****Room 1 limit 12****Tutor/Leader: Susan Berryman**

Basic principles and foundation exercises of Yang style Beijing 24 Form. This course is for beginners who want to learn Tai Chi and is a good introduction for those who have practised the other forms.

Attire: Participants should wear loose comfortable top and pants. Footwear: flat shoes or sneakers.

This is a yearly course so there is no need to re-enrol in Semester 2.

225LIT01: Creative Writing**Fortnightly sessions face-to-face and Zoom****Fridays 29 July – 25 November 10:00 - 12:00****Rooms 2-3/Zoom V2 limit 10****Tutor/Leader: Janet Allen**

This writers' group meets fortnightly to share members' work 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.

This is a yearly course so you will not need to re-enrol in Semester 2.

225SOC01: A New Constitution: Conceptual Design**1 session to start with face-to-face****Friday 29 July 10.00 – 11.30****Room 4 limit 12****Tutor/Leader: Raymond Sexton**

A discussion group for a conceptual design of a New Constitution.

The discussion would involve research and a commitment to delivering an outline of Core Elements of a New Constitution. It is hoped that the outcome of this task that could be a valuable contribution to a conceptual design of a New Constitution.

This would not be a legal drafting exercise, we would need it to be understandable and be able to pass the pub test.

A group of 6-12 would be like a jury. Participants would have to be positively disposed. Raymond would have no problem debating content/elements but not debating the need/benefit of the exercise.

The Working Group would meet initially face-to-face two or three times, and subsequently face-to-face or by Zoom (remotely), by agreement. Should a group member be unable to join the group face-to-face (eg due to illness) Raymond would use his Zoom licence for that member to join the group by Zoom.

225EXC01: EXCURSION: The Art of Botanical Illustration**Friday 30 September 10.30 for a 45 minute tour****Make your own way to Domain House, Dallas Brooks Drive , South Yarra limit 12**

The Friends of the Royal Botanic Gardens Melbourne are hosting their 16th biennial exhibition of botanical art, "The Art of Botanical Illustration" (TABI) this year.

The exhibition attracts submissions of exquisite art works from local and international botanical artists. All original artworks are for sale. A selection of works will be acquired for the State Botanical Collection held at the National Herbarium of Victoria as reference and for future generations. Profits from the exhibition are used by the Friends to support the Royal Botanic Gardens Melbourne and the Herbarium.

We have been able to arrange a group booking for a 45- minute tour. One of the artists as our guide. Morning tea will be provided. The exhibition is free, but a gold coin donation would be appreciated.

Please meet by 10.20am for our 10.30 tour, at the front entrance of Domain House, on Dallas Brooks Drive, off Birdwood Avenue.

Paid street parking is available nearby. Public transport by tram: alight at The Shrine or Botanical Gardens Stops. By bus: 605 bus stops at the Shrine.

225WAL01: WALK: The Pubs of Port Melbourne – Part 2: Upper Sandridge**Friday 21 October 10.00 12.00****Cnr Evans & Raglan Streets, Port Melbourne limit 12****Leader: Ian Singleton**

This walk is a continuation of the "Pubs of Port" walk of Semester 1, 2021, and will visit about 18 sites in the north of "The Borough". Many of the hotels are well preserved and still operating. The walk is in an interesting and comfortable area about 4 km, and flat. The walk will end a short distance from the start but it is an easy walk back to the commencement point.

Meet by 10.00am at Tram Stop #127 - North Port, Collins Street tram #109 - Port Melbourne. (The stop is located at the corner of Evans and Raglan Streets) There is free parking in surrounding streets (Princes or Station Streets are recommended) Just be aware of parking restrictions! Lots of coffee/lunch options after the walk. A reminder email will be sent a week before the walk.

225FIL01: Friday Flicks**Weekly sessions face-to-face****Fridays 29 July - 25 November 12:00-2:30pm****Room 1 limit 18****Tutor/Leader: Dr Gerald Tofler**

Join us at Friday Flicks for appreciation of modern films and treasures from the past.

Gerald will show films from his extensive collection of DVDs.

Note: no session on Friday 23 September due to AFL public holiday.

Note that the finish time may vary with the length of the film.

- 29/7 *My Wild Irish Rose*
 5/8 *Shadow of a Doubt*
 12/8 *The Great Caruso*
 19/8 *A Song to Remember*
 26/8 *The Captain's Paradise*
 2/9 *The Music Man*
 9/9 *The Raid on Entebbe*
 16/9 *I Know Where I'm Going*
 30/9 *The Rabbit Proof Fence*
 7/10 *Enchanted April*
 14/10 *My Fair Lady*
 21/10 *Call Me Madam*
 28/10 *Girl of the Golden West*
 4/11 *The Phantom of the Opera*
 11/11 *The Italian Job*
 18/11 *Me and My Gal*
 25/11 *Cabaret*

Wait list only

U3A Stonnington Inc
 ABN: 23 378 204 740 Reg No: A0020583J
 1-3 Valetta Street, Malvern 3144
 Phone: 9500 1288
mail@u3astonnington.org.au



ENROLMENT FORM/TAX INVOICE

Semester 2 2022

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| PERSON 1 PLEASE PRINT CLEARLY | Full name | Member No. | Birth Year |
| | Phones | Email address | |
| | Former occupation and expertise: | In which capacity can you volunteer? <i>(please specify):</i> | |

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|----------------|----------|
| Postal address | Postcode |
|----------------|----------|

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| PERSON 2 PLEASE PRINT CLEARLY | Full name | Member No. | Birth Year |
| | Phones | Email address | |
| | Former occupation and expertise: | In which capacity can you volunteer? <i>(please specify):</i> | |

ONLY MEMBERS WHO ARE FULLY VACCINATED SHOULD ATTEND FACE-TO-FACE SESSIONS

PLEASE TICK THE BOX IF YOU ARE FULLY VACCINATED

Choosing between email and Australia Post: Email or Post to receive confirmation of this enrolment. For Post you must include a stamped self-addressed envelope with this enrolment. Future Newsletters will be emailed to members.

ENROL ONLY FOR COURSES YOU MEAN TO ATTEND. PLEASE LET US KNOW BY PHONE OR EMAIL IF YOU MUST CANCEL.

| COURSES – PERSON 1 <small>(insert first name)</small> | | COURSES – PERSON 2 <small>(insert first name)</small> | |
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| Course Number | Tutor or Course Title | Course Number | Tutor or Course Title |
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| 2022 Annual Membership Fee: Member - \$50.00 per person (only one membership category now) Note: Subscriptions cover the whole year. PLEASE DO NOT PAY IF YOU PAID IN SEMESTER 1 | \$ |
|---|----|

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|---|----|
| 224EXC01: Excursion to Mont de Lancey payable at time of booking - \$35.00 | \$ |
|---|----|

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| Donations towards costs are gratefully accepted | \$ |
| TOTAL | \$ |

Make cheques and money orders payable to **U3A Stonnington Inc.**
 Pay by EFT or in person at any branch of the Bendigo Bank – BSB 633 000
 Customer/Account Name – U3A Stonnington Inc. - Account Number – 154565071
 Reference: your 4 digit membership number and your surname or the reference number on the invoice followed by your surname.

OFFICE USE ONLY

| | | | |
|-----------------|-----------------------|---------------------------------|---|
| Name 1: | M/No. | Name 2: | M/No. |
| Member 1: \$ | Member 2: \$ | Donation \$ | |
| TOTAL \$ | Rec'd...../ ... /2022 | Cheque <input type="checkbox"/> | Bank Payment <input type="checkbox"/> Money Order <input type="checkbox"/> EFT <input type="checkbox"/> CASH <input type="checkbox"/> |