

Semester 1 2024 Program - published 16 February 2024

Courses will be face-to-face, hybrid (face-to-face and Zoom) and Zoom only.

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

Please do not attend sessions if you are feeling unwell.

Please wear your name badges with Emergency Contact details on the back.

Monday

241CAF01: Current Affairs

Weekly sessions face-to-face and Zoom

Mondays 12 February–18 November 10:00 - 11:30

Room 1/Zoom V1 limit 70

Tutor/Leaders: Christine Haydon and occasionally Myra Mortensen-Williams

Come along to join lively debate of current affairs: international, national and local events. These sessions are hybrid with members face-to-face at Valetta Street and at home by Zoom. In the interests of efficient management of sessions, please note the following: those at home will participate as listeners only. Videos of members can be quite distracting - please switch your video off if you are doing other things in addition to listening!

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

241GAM01: Social Bridge

Weekly sessions face-to-face

Mondays 12 February–18 November 10:00 – 12.00

Room 4 limit 16

Tutor/Leader: Ros Winspear

Join an enthusiastic group of bridge players. This is not an introductory group so a reasonable knowledge and skill level is required.

241LAN01: French Literature and Conversation

Weekly sessions face-to-face

Mondays 12 February–18 November 10:00 - 11:30

Rooms 2&3 limit 12

Tutor/Leader: Elizabeth Sprigg

Extracts from French literature, journals and the internet are read and analysed. Discussion is in French and English. The approach to learning French is collaborative with grammar points being revised as issues emerge from the reading and from written work, as well as addressing specific requests from participants. Each participant is invited to give a short talk in French at the start of the lesson on a subject of their choice. Everyone is encouraged to participate, ask questions and make suggestions.

COLLINS EASY LEARNING FRENCH GRAMMAR & PRACTICE is the only prescribed text. Other texts are photocopies. These are provided to all members of the class. This is a yearly course so there is no need to re-enrol in Semester 2.

241ART02: Discover and Express the Artist in You Fortnightly sessions face-to-face

**Mondays 12 February- 11 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. Subjects considered will include models, still life, set pieces, the figure and possibly working outdoors. While the sessions will include demonstration and constructive criticism, the emphasis is 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 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.

Semester 1 sessions: February 12, 26; March 25; April 8, 22; May 6, 20; June 3, 17 Semester 2 sessions: July 22; August 5, 19; September 2, 16, 30; October 14, 28; November 11.

241HIS01: Frederick The Great, Liebermann, Dietrich

One session face-to-face and Zoom

Monday 19 February 12:00 - 1:30

Room 1/Zoom V1 limit 70

Tutor/Leader: Dr Joe Hajdu

Dr Joe Hajdu will speak about "The Life and Work of three distinguished Berliners: King Frederick the Great; Max Liebermann; Marlene Dietrich."

Dr Hadju has given talks on a wide range of topics connected to Germany and Berlin.

241LIT01: Monday Book Discussion Group**Monthly sessions face-to-face****Mondays 19 February -18 November 2:00 - 3:45
Room 4 limit 12****Tutor/Leader: Mary Heinemann**

The types of books chosen for discussion by the group for 2024 include fiction, travel, history, autobiography and biography. In 2024 there will be two Book Discussion Groups – one on Monday and Thursday. The book to be discussed at the first Monday Group meeting is "Lessons in Chemistry" by Bonnie Garmus. Members will lead the discussion each month.

Semester 1 sessions: February 19, March 18, April 15, May 20, June 17. Semester 2 sessions: August 19, September 16, October 21, November 18. This is a year-long course so there is no need to re-enrol in Semester 2.

241ART01: Enhance and Grow the Artist in You**Fortnightly sessions face-to-face****Mondays 19 February -18 November 2:00 - 3:45
Rooms 2&3 limit 14****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 to enjoy the experience of producing their unique works. Everyone will be encouraged (but not obliged) to go beyond their 'comfort zone', to experiment with pencil, pastel, charcoal, soluble carbon, watercolour and mixed media. The subjects covered will be wide-ranging: models, still life, set pieces, the figure, working out-door 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.

Semester 1 sessions: February 19; March 4, 18; April 15, 29; May 13, 27 Semester 2 sessions: July 29; August 12, 26; September 9, 23; October 7, 21; November 4, 18. This course runs throughout the year so there is no need to re-enrol in Semester 2.

241FIL01: Film Discussion Group**Monthly sessions face-to-face****Mondays 26 February-18 November 2:00 - 3:30
Room 4 limit 14****Tutor/Leader: Andrew Porter**

The group chooses three contemporary films, on current or future release and views them independently, to be discussed by the group on the Monday of each month. At the end of each session, 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.

Session dates: February 26, March 25, April 22, May 27, July 22, August 26, September 23, October 28, November 18. This course is year-long so there is no need to re-enrol in Semester 2.

241GAR01: Gardens in and around Dublin**One session face-to-face and Zoom****Monday 18 March 2:00 - 3:30
Room 1/Zoom V1 limit 70****Tutor/Leader: Suzanne Collings**

The frequent rain and warm ocean currents around the island of Ireland mean that it is an ideal place for gardens. This session looks at six gardens in and south of Dublin including the National Botanic Gardens and, possibly the most famous, Powerscourt. They are all full of the most amazing range of plants and their history is fascinating.

241SCI01: Proof of the Pudding**One session face-to-face and Zoom****Monday 25 March 12:00 - 1:30
Room 1/Zoom V1 limit 70****Tutor/Leader: Edgar Loutit**

Proof of the pudding? What is a proof? How do they work? This talk will provide simple examples from maths and logic.

Edgar is a retired engineer. He was also in the original science discussion group at U3A Stonnington—the Lunarticks.

241GAR02: Patio Gardening**One session face-to-face and Zoom****Monday 15 April 12:00 - 1:30
Room 1/Zoom V1 limit 70****Tutor/Leader: Kaye Roberts-Palmer**

This presentation will focus on patio gardening. However, Kaye's experience is extensive – from terrariums to insect hotels, propagation, climate change gardening, caring for indoor house plants, bird, bee and butterfly attracting gardens, growing herbs for health, composting and worm farms, native gardens, sensory plants. Come along with your questions! Kaye Roberts-Palmer manages Blue Bee Garden Design. She has been featured on various radio gardening shows and has been an invited speaker at notable events including National Sustainable Living at Federation Square. Kaye has written about gardening for various publications including ABC News online, Progress Leader Newspaper, ABC Organic Gardener and The Weekend Australian Review.

241SOC01: ChatGPT AI - Benefits and Fears**One session face-to-face and Zoom****Monday 20 May 12:00 - 1:30
Room 1/Zoom V1 limit 70****Tutor/Leader: Dr Anthony Ash**

ChatGPT: The Source of Knowledge that Changed the World in a year-and scared the hell out of it !!! Artificial Intelligence (AI) has been developing for years and applied in specific applications. For instance, I use an App on my phone called 'Seeing AI' which helps vision impaired people find their way or read signs etc. Or AI can control robots or assist in driving cars. ChatGPT hit the ground running in late November 2022 and took off from there. It can be an App on your phone or computer. By having a 'conversation' or a 'Chat', you very rapidly obtain

information far more quickly than browsing the Web. It can also write you an essay to a poem. But there are issues: students at school or university can have it write their assignments or essays. Governments are very concerned about false information it might acquire from the Web. The EU is already proposing restrictions. It's certainly a brave new world!

241HIS02: The Medieval Pilgrimage

3 weekly sessions face-to-face and Zoom

Mondays 27 May – 17 June 12:00 - 1:30

Room 1/Zoom V1 limit 70

Tutor/Leader: Peter Conlon

During the Middle Ages, undertaking a Pilgrimage to one, if not more, of the holy sites throughout Christendom was a goal that every person, regardless of social standing, sought to fulfil. The pilgrim was driven by a combination of religious devotion and the urge to see what lay beyond the horizon of the small world of their home village or town. The three main destinations of Christian pilgrimage were Jerusalem, Rome and Santiago de Compostela.

Week 1 – 27 May: The Social and Religious Background of the Medieval Pilgrimage

Week 2- 3 June: The Pilgrimage to Rome and Canterbury

Week 3 – 17 June: The Pilgrimage to Santiago de Compostela and the Holy Land.

Peter Conlon is a retired teacher with a keen interest in history.

Tuesday

242GAM01: Chess Partners

Weekly sessions face-to-face

Tuesdays 9 January – 17 December 9:30 - 12:00

Rooms 2&3 limit 10

Tutor/Leader: Tom Nadebaum

Chess Partners is a group who enjoy meeting over a chess board every Tuesday morning from 9.30am. Some play faster, some slower, but always with good humour. We welcome all players - whether you learnt from your father or played at school or in a chess club (or when you were hiking in the Swiss Alps waiting for the weather to clear!). If you have only slight expertise, we can help you progress. Chess can sometimes be like watching paint dry. However, we take time to have a chat, and you might hear some amazing experiences. This is a yearly course so there is no need to re-enrol in Semester 2.

242GAM02: Mah Jong

Weekly sessions face-to-face

Tuesdays 9 January – 19 November 2:00 - 4:00

Room 4 limit 18

Tutor/Leader: Self-help

Join an enthusiastic group of members who have recently learnt how to play Mah Jong. Experienced players are also welcome. This course will run throughout the year in the afternoons.

242SOC01: Powers of Attorney: What Do You Know

One session face-to-face

Tuesday 13 February 10:00 - 11:30

Room 1 limit 70

Tutor/Leader: Burke Lawyers

What do you know about Powers of Attorney? Do you have one? What happens if you don't? and what about Advanced Care Directives? This is an educational session designed to answer your questions. Chances are you've heard the term "Powers of Attorney", and you might be broadly familiar with the concept, but do you have a Power of Attorney yourself? Like many legal documents, Powers of Attorney, takes a small amount of effort to set up AND can save a lot of unnecessary stress in the future. There's also a dedicated Q&A session so you'll have the chance to ask any questions you may have about this subject.

The Wills' and Estates' lawyers from Burke Lawyers will share their expertise on everything related to Powers of Attorney including Advance Care Directives.

242LAN01: French Conversation via Zoom

Weekly sessions Zoom only

Tuesdays 13 February – 19 November 11:30- 12:30

Zoom V3 limit 20

Tutor/Leader: Joyce Marks

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.

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

242HEA01: The Story of Insulin

One session face-to-face and Zoom

Tuesday 13 February 12:00 - 1:30

Room 1/Zoom V1 limit 70

Tutor/Leader: Prof Louis Roller AM

This talk will follow the historical development of insulin in the early 20th century and its effect that it has had on human health. The topic will cover the area of diabetes both Type 1 and Type 2 and other medications currently used in their treatment.

Prof Louis Roller is a well known and respected presenter at U3A Stonnington.

242HIS05: Discovering Umayyad Architecture**One session face-to-face and Zoom****Tuesday 20 February 10.00 – 11.30****Room 1/Zoom V1 limit 70****Tutor/Leader: Frank Devlin****Jerusalem, Damascus, Amman, Jericho, Cordoba**

This story was prompted, firstly, by a visit to Jordan and recently one to Andalucia in Spain and, secondly, by my growing understanding of the architectural legacy of the Umayyads. The Umayyad Caliphate started in 661 CE, only 29 years after Mohammad's death and lasted just 89 years until the family was assassinated apart from one who escaped to Spain where he established autonomous rule. The Umayyads gave us the three greatest early Islamic buildings which are world renowned to this day: The Dome of the Rock in Jerusalem, The Great Mosque of Damascus and the Mezquita or Great Mosque of Cordoba. We will also cover some extraordinary but little-known Umayyad buildings in the West Bank, Lebanon and Syria.

242HIS03: Comparative Religion**Monthly sessions face-to-face and Zoom****Tuesday 20 February – 18 June 2:00 – 3:30****Rooms 2-3/Hybrid Zoom V2 limit 70****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 topic for the first session is:** What is a Jew? Group discussion will be led by Albert Isaacs. Scenario: U3A's Comparative Religion group has been made the executor of the will of a Jewish person. He has four children, and all of this estate has to go to the child that we consider to be the most Jewish. Not surprisingly, all four children have completely different interests and personalities.

The timetable for the three remaining topics and presenters will be supplied part way during the semester. Tuesdays February 20; March 19; April 16; May 21; June 18.

242HEA02: The Circulatory System and Its Problems**One session face-to-face and Zoom****Tuesday 27 February 12:00 – 1:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Prof Louis Roller AM**

As the title implies, this talk will discuss the human circulatory system and its place in life. What can go wrong? There are treatments and medicines for all areas of circulatory dysfunction.

242TRA01: Baltic Cruise Crime**One session face-to-face and Zoom****Tuesday 5 March 10:00 – 11:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Fiona Malcolm**

In 2019 Fiona headed off on a cruise to the Baltic States. Her planning did not involve Lonely Planet or Eyewitness guidebooks but rather crime novels set in all the ports she was planning to visit. Come along and discover what she read and how she did it.

Fiona Malcolm is currently Senior Librarian at the Melbourne Athenaeum Library (Victoria's oldest library and possibly Melbourne's best kept secret...). Fiona doesn't remember a time when she didn't want to be a librarian. Her fate was sealed when she discovered Batgirl was a librarian. What could be better than being a crime solving librarian?

242HEA03: Smell and Taste**One session face-to-face and Zoom****Tuesday 5 March 12:00 – 1:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Prof Louis Roller AM**

This talk will concentrate on two of the basic special senses, smell and taste. How they work, what can affect them and treatments when things go wrong. Also, the place of smell and taste in human health.

242HIS04: The Shakers**2 weekly sessions face-to-face and Zoom****Tuesdays 12 & 19 March 10:00 – 11:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Peter Conlon**

The "Shakers" originated in England and established their first settlement in America in 1774. Famous for their fine furniture and ecstatic behaviour during worship services, this millenarian Christian sect numbered 6,000 members by 1840 living in 19 settlements across the eastern states of America. Throughout the nineteenth century, many other groups both religious and secular set out to establish utopian communities in America. Many of these drew on the ideas of social reformers like Robert Owen and Charles Fourier. Week 1 - 12 March: Utopian Movements in America in the nineteenth century. Week 2 - 19 March: The lived experience of the Shakers in America and the decline of the movement after the Civil War.

Peter Conlon is a retired teacher with a keen interest in history.

242HEA04: Smoking and Vaping**One session face-to-face and Zoom****Tuesday 19 March 12:00 – 1:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Prof Louis Roller AM**

Smoking is going down (sort of), vaping is going up (definitely). This talk will compare and contrast these two dangerous pastimes (addictions).

242TRA02: A Western Australia Road Trip**One session face-to-face and Zoom****Tuesday 2 April 10:00 - 11:30****Room 1/Zoom V1 limit 70****Tutors/Leaders: Mary Heinemann & Brian Lennon**

This is a presentation utilising a selection of photos Mary and Brian took on an 11 week, 15,000 km campervan trip to Western Australia from July to October 2023. They traversed the Nullarbor en route to the Pilbara and Karajini National Park and then continued down the west coast of WA from Exmouth and along the southern coast to 100 km east of Esperance before heading home via Eyre Peninsula. National Parks and viewing (but not identifying/naming) the amazing variety of wildflowers were the main focus. Every day was a wonder, and all nights were spent in caravan parks, national parks or roadside free camping.

242HEA05: The Breast**One session face-to-face and Zoom****Tuesday 2 April 12:00 - 1:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Prof Louis Roller AM**

This talk will discuss the function of the human breast, and its place in history. Theories as to why human breasts are where they are, breastfeeding, breast cancer and the breast as a sexual object in more recent time.

242HIS01: The Golden Age of Cricket**One session face-to-face and Zoom****Tuesday 16 April 12:00 - 1:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Dave Hurley**

A nostalgic look at some of the luminaries who strode the cricket fields of England and Australia around the turn of the 20th century. Some of the greats will include: W.G. Grace, Victor Trumper, Clem Hill, Ranji, Wilfred Rhodes, the Trott brothers, Hugh Trumble, Joe Darling, Stanley Jackson, Monty Noble, Sidney Barnes and more.

Dave grew up in Melbourne and first encountered Test cricket with the famous Australia-West Indies series of 1960-1. It also marked the commencement of a lifetime involvement in the game both playing, umpiring and delving into its history.

242SOC03: Creativity and Innovation – an update**One session face-to-face and Zoom****Tuesday 23 April 10.00 – 11.30****Room 1/Zoom V1 limit 70****Tutor/Leader: Prof Leon Mann AO**

This session will cover:

- What is Creativity
- Levels of creativity
- Am I creative? (Can I become more creative?)
- Common myths about creativity
- Principal sources and drivers of creativity.
- Other influences on creativity
- Can creativity be trained?
- Is creativity domain specific?

- Creativity across the life cycle.
- Creativity in creative duos, teams, and organisations
- Building bridges between creativity and innovation.

Morning tea and discussion will follow.

242HEA06: Narcissistic Personality Disorder**One session face-to-face and Zoom****Tuesday 14 May 12:00 - 1:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Prof Louis Roller AM**

Narcissistic personality disorder is a mental health condition in which people have an unreasonably high sense of their own importance. They need and seek too much attention and want people to admire them. People with this disorder may lack the ability to understand or care about the feelings of others. This talk will describe what the condition is according to DSMV-TE(2023) and possible treatments.

242HEA07: An Introduction to Forensic Psychiatry**One session face-to-face and Zoom****Tuesday 21 May 10:00 - 11:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Dr Lester Walton**

Dr Lester Walton will present an overview of forensic psychiatry explaining the distinction between this and other branches of psychiatry. Lester invites questions that you may have about this topic as a basis for discussion.

Dr Lester Walton is a recently retired forensic and general psychiatrist. He has received numerous qualifications, awards and prizes and had many professional responsibilities. He qualified in medicine in New Zealand, was elected to Member and subsequently Fellowship of the Royal Australian and New Zealand College of Psychiatrists.

242HEA08: Physiological Effects of Heat Stress**One session face-to-face and Zoom****Tuesday 28 May 10:00 - 11:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Professor Iain Clarke AM**

When ambient temperatures rise into the high 30's, a number of physiological processes are compromised in animals and humans. This leads to reduced appetite and growth, leaky gut which activates the immune system, aberrant hormonal balance and compromised liver function to mention a few. Temperatures over 40C can cause death. This talk will review these factors and also discuss how some animals display heat resilience.

Prof. Ian Clarke of the Faculty of Agriculture and Veterinary Science, Melbourne University, has extensive experience in the field of endocrinology and neuroendocrinology, and in medical research into reproductive biology.

242HIS02: Stonnington and Spiritualism's Path**One session face-to-face and Zoom****Tuesday 4 June 10:00 - 11:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Prof Andrew Singleton**

The Spirits of Stonnington: Tracing Spiritualism's Path in Melbourne 'The Spirits of Stonnington' offers an engaging exploration into the rise of Spiritualism in Melbourne, spotlighting Stonnington as one of its most unlikely hubs. This talk traces the journey of Spiritualism, a belief system centered on communicating with the spirit world, and how it found a place in areas like Malvern, persisting until the 1970s. We'll explore the social and cultural factors that led to its flourishing in Melbourne with a special focus on the personalities, mediums and controversies. Discover the intriguing history of a Spiritualist church on Valetta Street, a local emblem of this captivating era. This presentation is a journey into a lesser-known aspect of Melbourne's religious history revealing how Stonnington became an integral part of the city's spiritual tapestry.

Andrew is Professor of Sociology and Social Research in the School of Humanities and Social Sciences at Deakin. His research interests include spirituality, young people, new religious movements (including Spiritualism), global Christianity, secularisation, non-religion, religious change, and contemporary survey methods. Andrew has presented and published extensively in these areas both nationally and internationally.

242TRA03: A Cruise along the Kimberley Coast of WA**One session face-to-face and Zoom****Tuesday 11 June 10:00 - 11:30****Room 1/Zoom V1 limit 70****Tutor/Leader: Brian Lennon**

This presentation is an account of an "expedition-style" cruise from Darwin to Broome in August 2022 which involved island and shore visits along the essentially unpopulated Kimberley coast. Visits were made to areas of interesting landforms and other natural and cultural features, and wildlife – particularly birdlife and marine life – was in abundance.

Join us for morning tea after this session.

242SOC02: Meet and Greet with Something to Eat**One session face-to-face****Tuesday 11 June 11:30 - 12:30****U3A Stonnington 1-3 Valetta St limit 40****Tutor/Leader: Elizabeth Brown**

Come along for a chat, a cuppa and something to eat. Get to know another member. Bring a friend! Join us beforehand to go on a cruise from Darwin to Broome with Brian Lennon.

Wednesday

243GAM01: Scrabble**Weekly sessions face-to-face****Wednesdays 10 January- 20 Nov 10:00 - 12:00****Room 4 limit 16****Tutor/Leader: Marlene Polsa**

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.

243LAN01: Italian Conversation - OFFSITE**Weekly sessions face-to-face****Wednesdays 7 February-20 Nov 10:30 - 12:00****U3A Kooyong 454 Glenferrie Road Kooyong****Tutor/Leader: Ugo Castagnetti****Tutor/Leader2: Adalberto Alpi limit 10**

This is a group for those who would like to practise their Italian, whatever their level, on a regular basis with native Italian speakers. We discuss Italian culture, travelling in Italy, students' interests and everyday activities to improve our listening, speaking, reading and writing skills. Important: please wear your U3A Stonnington name badge with Emergency Contact details on the back. Associate membership for U3A Kooyong is not required. Dates follow a pattern of 4 school terms. Term 1 Italian starts on 7 February. Note that the February 7 precedes U3A Stonnington's Semester 1 commencement. You will be welcome to begin later, if you can't make this date. Venue: OFF SITE, in Room 2 at Vision Australia in partnership with U3A Kooyong. Vision Australia is at 454 Glenferrie Road Kooyong, opposite the Lawn Tennis Association. Free car parking is available in the adjacent car park that is part of Kooyong Common. Tram No. 16 Tram stop 66 in Glenferrie Road stops at Vision Australia. Kooyong Station is a short walk.

243CAF01: Wednesday Current Affairs**Weekly sessions face-to-face****Wednesdays 14 February- 20 Nov 10:00 - 11:30****Room 1 limit 70****Tutor/Leader: Ron James**

Members who attend this class are encouraged to engage in and share their opinions with other class members in the interactive discussion sessions tackling pressing global, social, political and local issues. Session topics feature short topical video clips, followed by questioning, probing, eliciting and sharing opinions and ideas with class members. Members can catch up on the

latest 'hot' topics making the news. They can have their say, hear what others are saying and even perhaps see the value of differing points of view. The classes are meant to be relaxed and fun and not serious, but at the same time members are always respectful and mindful of the right to listen to each other's opinions and ideas, regardless of religious and political beliefs. This is a year-long course so there is no need to re-enrol in Semester 2.

243ART01: The Significance of Colour in our Lives**4 weekly sessions face-to-face****Wednesdays 14 February – 6 March 10:00 - 12:00****Rooms 2&3****limit 10****Tutor/Leader: Gail Hart**

Sessions to include background information on the history of colour, including various cultural interpretations, looking at the various meanings and beliefs associated with colours. Weekly themes to be discussed through group participation. Below is an example of content and can be adjusted to members general interests. The few materials to be brought to sessions 2-4 will be explained at session 1.

Weeks 1-4 include themes on the following:

- Nature of colour - cultural and personal responses to colour
- Colour palettes - individual colours and how colours interact with each other - contrasting and complimentary colours
- How colours are used - at school, work and home
- Fashions in colour - clothing, interior designs, garden designs

Participation includes interactions and shared reflections on colour in your life. For example: What is your favourite colour and why? How do you choose colours for rooms in your house/apartment?

Taking part in table exercises to explore the experience of colour:

- Building a card tower (in colours and patterns)
- Using Origami paper for small collage developments
- Working with coloured puzzles and blocks

Scheduled session dates: Wednesdays February 14, 21, 28 and March 6.

243LIT01: Poetry Pilgrims**Fortnightly sessions face-to-face and Zoom****Wednesdays 14 February – 13 Nov 12:30 - 1:45****Rooms 2-3/Hybrid Zoom V2****limit 18****Tutor/Leader: Anne McQueen-Thomson**

Anne will lead this poetry discussion group. We will 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 the poem's strengths and weaknesses and style. We will advise in advance the poem for the 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. Poetry Pilgrims is not a creative writing group.

This is a yearly course so you don't need to re-enrol in Semester 2. Dates for the sessions are: Semester 1: February 14, 28; March 13, 27; April 10, 24; May 8, 22; June 12. Semester 2: July 24; August 14, 28; September 11, 25; October 9, 23; November 13.

243HIS01: Contentious Issues in Modern Israeli History 1948 - 2023**6 sessions face-to-face and Zoom****Wednesdays 14 February – 3 April 2:00 - 3:30****Room 1/Zoom V1****limit 70****Tutor/Leader: Assoc Prof Peter Schattner**

From the Declaration of Independence in 1948 through the major wars of 1956, 1967 & 1973, the Oslo Accords of 1993, the weekly demonstrations in 2023 and the Hamas atrocities of October 7, Israel's first 75 years have been turbulent. Debates have raged on the proportionate use of force, the status of the 'occupied territories', the peace process and several internal crises including whether Israel can be both democratic and Jewish, and the most recent one on the underlying issues triggered by the judicial reform. We will examine several of these contentious issues using a backdrop of a summarised history of modern Israel. Discussions will form a significant part of this series.

14/02/2024 War of Independence and the 1940s

21/02/2024 Battling Egypt and the 1950s

13/03/2024 The Six-Day War, the Occupied Territories and the 1960s

20/03/2024 The Yom Kippur War and the 1970s and the 1980s

27/03/2024 Oslo Accords, the Peace Process and the 1990s

03/04/2024 The 21st Century: Internal crisis and external terrorism

Note the two week break: Feb 28 and Mar 6.

243GAM02: Have Fun with Mah Jong Cantonese Style**Fortnightly sessions face-to-face****Wednesdays 14 February – 19 June 2:00 - 4:00****Room 4****limit 12****Tutor/Leader: Yoong Crooke**

Put on your thinking cap to give your mind a healthy work-out and come play Mah Jong at U3A Stonnington. A great opportunity to make friends, maintain good brain health and improve memory skills. Mah Jong is a timeless hobby, a game played all over the world. Each country has its own method of play. Yoong will be using the Cantonese way and can teach you how to count 1-9 in Cantonese, how to say the cardinal points and the 'dragons' in Cantonese. The Mah Jong sets are all equipped with numbers and English words so this should pose no problem. Session dates: February 14, 28; March 27; April 10, 24; May 8, 22; June 5, 19. NOT March 13.

243LIT03: Home Grown Crime Book Club**Monthly sessions face-to-face****Wednesdays 28 February – 23 October 2:15- 3:45****Rooms 2&3 limit 12****Tutor/Leader: Cheryl Fairclough**

Description: Good quality crime novels are a window into the era and the society in which they are rooted. In this monthly book group, we will discuss 8 quality Australian crime fiction and non-fiction books; in the context of what they reveal about Australian society. Bring some lunch to eat together prior to the discussion. Books for semester 1 : February 28 - 'The Arsonist' by Chloe Hooper. In this moving non-fiction book about ecological devastation and social disadvantage, Hooper sensitively takes us through the police investigation and trial related to the 2009 Black Saturday bush fires in Victoria's La Trobe Valley. Awarded the Sisters in Crime 2019 award for Best Non-fiction True Crime. March 27 - 'All That's Left Unsaid' by Tracey Lien. Presented with the award for best literary debut at the 2023 Adelaide Writers' Week, this novel is set in the Vietnamese community of western Sydney where a young woman finds her brother's murder is met with the silence that comes out of the generational trauma of the refugee experience. April 24 - 'The Seven' by Chris Hammer. Set in a fictional town in the irrigation belt of western NSW, this crime novel ranges across three eras and revolves around the politics of land and water, and the 'squattocracy' of Australia's rural founding families. May 22 - 'Too Much Lip' by indigenous author Melissa Lucashenko. A gritty and darkly humorous portrait of trauma, dysfunction, resilience and strength; this novel is set in Bundjalung country on the mid-north coast of NSW. It revolves around an aboriginal family seeking to keep their river untouched by development while struggling with the fallout from their own family's crime and violence. Winner of the Miles Franklin Literary Award 2019. Background notes and discussion questions will be provided. All books have multiple copies at both Stonnington and Boroondara libraries. Second semester dates: July 24, August 28, September 25, October 23.

Tutor, Cheryl Fairclough, is a member of Writers Victoria and Sisters in Crime Australia, and the winner of the Thriller category in the 2023 Sisters in Crime Scarlet Stiletto short story awards.

243WAL01: Historic Hawthorn Walk**One session face-to-face****Wednesday 6 March 10:00 - 12:00****Hawthorn limit 20****Tutor/Leader: Elizabeth Brown**

This walk will explore an area of Hawthorn that was first settled by some wealthy landowners. This interesting area was home to many musical, literary and visual artists – some well known and others less so. The walk is along the former Kew Branch Railway line. If you have time and interest, we may explore some of the grounds of Swinburne University. Please meet by 10am at the corner of Chrystobel Crescent and Glenferrie Road, opposite Lawrenca Cycles at Tram stop 75 on Route 16. This rendezvous is approximately 2 blocks north from Glenferrie Railway Station.

243SOC01: The Gift of Giving**One session face-to-face and Zoom****Wednesday 15 May 2:00 - 3:30****Location: Room 1/Zoom V1 limit 70****Tutor/Leader: Cheryl Fairclough**

As we get closer to the end of the financial year, we often receive appeals for donations from a variety of organisations. How do we decide who to support? Can the act of giving be accomplished with a clear head, a light heart, and an absence of pressure?

Cheryl Fairclough has four decades of experience in promotion and community education within the Not-for-Profit sector - in four states and across local community programs and international aid. She will explain how marketing campaigns work, how to avoid scams and pressure tactics, help you determine your giving priorities and stick to them with a light heart, how to say No without guilt, and how to keep giving when you are long gone. Her aim is that the act of giving will also be a gift to you as you make a valuable contribution to your community and the wider world.

243HEA01: Why and How to Have Good Posture**One session face-to-face and Zoom****Wednesday 29 May 2:00 - 3:30****Location: Room 1/Zoom V1 limit 70****Tutor/Leader: Christine Olsen**

This session will demonstrate simple tips for good posture and effective ways to improve health and comfort in the home office and kitchen. Good posture relieves back neck and shoulder pain and allows you to work for longer in comfort. These are practical things anyone can incorporate into their day. Christine has long experience in ergonomics and nutrition.

243HEA02: Why Real Food is Best**One session face-to-face and Zoom****Wednesday 19 June 2:00 - 3:30****Location: Room 1/Zoom V1 limit 70****Tutor/Leader: Christine Olsen**

What is real food? Why is it best? How and why the body responds better to real food and how all aspects of your health can improve with small changes to what you eat. Christine will make practical suggestions you can easily incorporate into your life.

Christine has long experience in ergonomics and nutrition.

Wait list only

Thursday

244LAN01: Intermediate German

Weekly sessions face-to-face

Thursday 15 February – 13 June 10:00 - 11:30

Rooms 2&3 limit 14

Tutor/Leader: Dr Judy Hajdu

This is a short course introducing Studio 21 A2.1 (from p.75) 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. We may also read some short texts to expand our knowledge of German culture depending on student interest. 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. The book is available at the bookshop, Languages International in Station Street, Kew.

No classes are held on 7 and 14 March and during school holidays. Semester 1 sessions: February 15, 22, 29; March 21, 28; April 18, 25; May 2, 9, 16, 23, 30; June 6, 13. Semester 2 will be advertised later in the year.

244GAM01: Social Card Games for Enjoyment

Weekly sessions face-to-face

Thursdays 15 February – 21 Nov 10:00 - 12:00

Room 4 limit 16

Tutor/Leader: Self-help

Social Cards provides the opportunity for you to play card games of choice - old favourites such as Solo, Five Hundred, Euchre, Cribbage - and to explore new games. This is a self-help group for people who want to play cards for entertainment including those who used to play and want to do so again. A copy of Hoyle's Book of Card Games is available for reference. Semester 1: February 15,22,29; March 07,14,21,28; April 04,11,18; May 02,09,16,23,30; June 06,13,20; July 25; August 01,08,15,22,29; September 05,12,19,26; October 03,10,17,24,31; November 07,14,21. This is a year long course and there is no need to re-enrol for Semester 2.

244SCI01: Mitigating Climate Change

One session face-to-face and Zoom

Thursday 15 February 10:00 - 11:30

Room 1/Zoom V1 limit 70

Tutor/Leader: Chris Fletcher

The Climate Change Emergency is with us! Even If we stopped all CO2 emissions tomorrow, the emergency will remain until we are able to reduce the CO2 content of the atmosphere by a substantial amount. This will probably not be possible for 40 or 50 years. We, therefore, must adapt to dealing with: . Wildfires . Floods . Droughts . Health Issues? The lecture will explore what is being done in these areas.

244ART01: Cooperative Painting Group

Weekly sessions face-to-face

Thursdays 15 February – 21 Nov 12:00 - 2:00

Rooms 2&3 limit 16

Tutor/Leader: Penny Jansen

Penny Jansen will facilitate this painting group which will include sketching, watercolour and other media. This is a non-teaching group, but peer critique and discussion is encouraged. All are welcome from beginners to experienced. This is a yearly course so there is no need to re-enrol in Semester 2.

244EXE01: Qigong Shibashi

Weekly sessions face-to-face

Thursdays 15 February – 14 Nov 12:00 - 1:00

Room 1 limit 15

Tutor/Leader: Sandie Duggan

We will be practicing several forms of Qigong short sets varied by the week, followed by Shibashi, a set of 18 exercises culled from the thousands of Qigong exercises available. Qigong is an ancient Chinese exercise system and the origin of Tai Chi, Yoga and all the martial arts. Shibashi is energising, relaxing and easy to learn and practice. Wear loose comfortable clothing and flat shoes.

Sandie first learned Qigong and Tai Chi some 30 years ago and since then has been fortunate to have had some wonderful teachers, among them several Grand Masters. She has been teaching Qigong and Tai Chi for the past 8 years at Geelong U3A and the previous 8 years in Byron Bay. She is not a Grand Master, just a teacher who loves the art and enjoys sharing.

244TRA01: New Guinea - Our Nearest Neighbour

One session face-to-face and Zoom

Thursday 7 March 10:00 - 11:30

Room 1/Zoom V1 limit 70

Tutor/Leader: George Golvan KC

Western (Indonesian) Papua and Papua New Guinea, our nearest neighbours.

George Golvan will give an illustrated talk of a recent trip visiting a nearby, but largely ignored destination, with a rich and tumultuous history, vibrant traditional cultures, dense tropical forests, beautiful atolls, pristine coral reefs, smoking volcanos and the world's largest fish, the Whale Shark.

Wait list only

244SOC02: Will Disasters of the Famous**One session face-to-face****Thursday 14 March****10:00 - 11:30****Room 1****limit 70****Tutor/Leader: Burke Lawyers**

Marilyn Monroe; William Shakespeare; Bob Hawke; Peter Brock; . . . had something in common . . . This session will explain what you need to know to ensure your Will is up to date and accurate, what goes wrong when it isn't. Preparing a Will doesn't have to be a difficult undertaking but not planning prior, or thinking about the consequences of your decisions, could lead to unnecessary challenges for your loved ones when you're gone. This is an educational session designed to answer your questions about your Will. Whether you're updating an existing Will or preparing a new draft, there are life lessons to be learnt from understanding the impact of what seem like very simple oversights made by famous and, in some cases, extremely knowledgeable people of the past 50+ years. Come and learn tips to ensure your wishes are accurately reflected in your Will. There's also a dedicated Q&A session so you'll have the chance to ask any questions you may have about this subject.

Join us afterwards as we welcome new members.

244SOC03: Welcome to New Members**One session face-to-face****Thursday 14 March****12:00 - 1:00****Room 4****limit 40****Tutor/Leader: Elizabeth Brown**

An occasion to welcome new members! 'Old' members are welcome too - come along to share your experiences of U3A Stonnington with people who have joined recently. Confirm/RSVP to reception by 7 March. This will follow the scheduled presentation "Will Disasters of the Famous".

244LIT01: Thursday Book Discussion Group**Monthly sessions face-to-face****Thursday 8 February - 14 November****2:00 - 3:45****Room 4****limit 11****Tutor/Leader: Mary Heinemann**

The types of books chosen for discussion by the group for 2024 include fiction, travel, history, autobiography and biography. In 2024 there will be two Book Discussion Groups - one on Monday and Thursday. The book to be discussed at the first Thursday meeting is "Restless Dolly Mander" by Kate Granville. Members will lead the discussion each month. This is a year-long course so there is no need to re-enrol in Semester 2.

Dates are: February 8, March 14, April 11, May 9, June 13, August 8, September 12, October 10, November 14.

244ART02: ARTitecture – Artists Visioning the World Built by Man**VISIT: face-to-face****Cost: \$28.00****Thursday 21 March****10:50 - 1:00****Location: JAHM, Williams Rd, Prahran limit 24****Tutor/Leader: Elizabeth Brown**

Artists through their creative practices, express their vision and commentary of the world around them, including that of the built environment. However, artists are unencumbered by the many constraints, particularly the role of function, imposed on architects. The Justin Art House Museum in 2024 offers much to reflect upon with two concurrent exhibitions. **ARTitecture** is showing in the **main gallery**. With over 35 works from the JAHM collection, this exhibition explores what differentiates the creative process in art and architecture and what qualifies the design of the utilitarian to be regarded as art. An exhibition of **recent JAHM acquisitions** offers much food for thought in the **upstairs apartment**. **Generous refreshments are served at the conclusion of the tour** in the private JAHM apartment, where recent acquisitions to the JAHM collection are displayed in all of the rooms. The address is 3 Lumley Ct Prahran on the corner of 38 Williams Road, between High St and Dandenong Rd. Lumley Court is a small cul de sac but plenty of parking is available on Williams Road. By tram and a walk: High St no.6 or Dandenong Rd no. 24 to Williams Rd, then a short walk. **The cost is \$28 per person, to be paid to U3A by 7 March, via U-MAS using PayPal, EFT, by cash or cheque at Reception.** Please meet at the JAHM entrance by 10.50am as the tour starts promptly at 11.00am.

Website: <https://www.jahm.com.au>

244WAL01: The Golden Mile, Leafy Canterbury**One session face-to-face****Thursday 4 April****10:00 - 12:00****Burke & Mont Albert Rds Camberwell limit 15****Tutor/Leader: Ian Singleton**

The Golden Mile is a street scape that extends along Mont Albert Road from Burke Road to Balwyn Road, and together with Victoria Avenue and Monomeath Avenue, it offers a wonderful vista of autumn colours, parkland, grand mansions and beautiful homes (offset by newer faux French and Tuscan villas). Leafy eastern suburbs are at their very best. The walk is 5km on footpaths and is generally flat.

Meet by 10.00 am at the corner of Burke and Mont Albert Roads, Camberwell. There is parking available in side streets. For public transport users, tram #72 in Swanston Street (Camberwell via Commercial Road) will drop you at the meeting spot (Stop #68). It is, however, a long slow trip. Recommended is train (Belgrave or Lilydale) to Camberwell, then #72 tram from outside the Palace Hotel (destination Camberwell) to tram stop #68 in Burke Road.

This walk is repeated on Friday 17 May.

244EXC01: Excursion/Bus Trip**One session face-to-face****Thursday 2 May****9:30 - 3:30****Depart from U3A Valetta Street****limit 17****Cost: \$****Tutor/Leader: Gregor Howie**

SAVE THE DATE - Details to come.

244SOC01: Rewilding Stonnington**3 sessions face-to-face and Zoom****Thursdays 16, 23 & 30 May****10:00 - 11:30****Room 1/Zoom V1****limit 70****Tutor/Leader: Alison Richards****16 May:** Introductory presentation

23 & 30 May: one presentation and one outdoor visit within Stonnington. The dates for each will be confirmed well in advance. Rewilding Stonnington is a local group of volunteers, incorporated in 2022. We are dedicated to reintroducing indigenous and endemic plants to Stonnington, and to raise public awareness and connect with the pre-colonial heritage of our local Council area. Our focus is on practical activities, to rewild nature strips, pocket parks and other public facing land in Stonnington with indigenous species. We also advocate, on our own behalf and with like-minded groups, for the inclusion of indigenous plantings in other public spaces to boost biodiversity, reduce the heat island effect and build community.

244EXC02: Old Treasury Building Guided Tour**One session face-to-face****Thursday 6 June****10:00 - 11:00****Old Treasury Building, 20 Spring St, Melbourne****Cost: \$10.00****Tutor/Leader: Elizabeth Brown****limit 20**

"The Old Treasury Building is one of Melbourne's finest 19th century buildings. Visit this exciting museum, showcasing the history of Melbourne and Victoria." This tour with one of the best guides will provide a greater understanding of the building and exhibitions, and visit areas inaccessible to the general public, including the Executive Council Chamber. This historic room is where the Governor of Victoria has met for over 160 years to sign legislation into law. Find out more about Melbourne's fascinating gold rush past!"

<https://www.oldtreasurybuilding.org.au/tours/private-tours/>

Fee: \$10 per person for a group guided tour. Please pay when you enrol or by 30 May at the latest, either by cash, cheque, PayPal, EFT - BSB 633 000, Account No. 154565071 U3A Stonnington Inc.

The Old Treasury Building faces Spring Street and is readily accessible by train from Parliament Station and the Collins Street tram.

PLEASE MEET by 9.50am at the group entrance at the middle door at the rear of the Old Treasury Building. Please don't be late as the tour won't wait!

244HIS01: Victoria's Oldest Library: The Athenaeum**One session face-to-face and Zoom****Thursday 20 June****10:00 - 11:30****Room 1/Zoom V1****limit 70****Tutor/Leader: Fiona Malcolm**

Fiona Malcolm is currently Senior Librarian at the Melbourne Athenaeum Library (Victoria's oldest library and possibly Melbourne's best kept secret...). Fiona doesn't remember a time when she didn't want to be a librarian. Her fate was sealed when she discovered Batgirl was a librarian. What could be better than being a crime solving librarian?

Friday**245EXE01: Tai Chi for Intermediates****Weekly sessions face-to-face****Friday 16 February–22 November****10:00 - 11:00****Room 1****limit 12****Tutor/Leader: Sifu Susan Berryman**

Basic principles and foundation exercises of Yang style Beijing 24 form. This course is for intermediates who want to continue to learn and is also good revision for those who have practised the Beijing 24 forms. 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.

245EXE02: Tai Chi for Beginners**Weekly sessions face-to-face****Friday 16 February–22 November****11:30 - 12:30****Room 1****limit 12****Tutor/Leader: Sifu 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 also good revision for those who have practised the Beijing 24 forms. Attire: Participants should wear loose comfortable top and pants. Footwear: flat shoes or sneakers (with or without orthotics) are recommended.

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

245LIT01: Creative Writing**Fortnightly sessions face-to-face and Zoom****Fridays 23 February– 5 November****10:00 - 12:00****Rooms 2-3/Hybrid Zoom V2****limit 12****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 group meets fortnightly during semesters. This is a yearly course so you will not need to re-enrol in Semester 2. Dates for 2024: Semester 1 - February 23; March 8, 22; April 5, 19; May 3, 17, 31; June 14. Semester 2 - July 26; August 9, 23; September 6, 20; October 4, 18; November 1, 15.

245GAM01: Table Tennis**Weekly sessions face-to-face****Fridays 5 April – 22 November 1:00 - 3:30****Room 1 limit 8****Tutor/Leader: Leif Polsa**

Table Tennis is fun for everyone.

Join up for doubles, singles and the cheer team.

We will purchase two table-tennis tables and other equipment early in 2024. Bats and balls will be supplied. Bring your own favourite bat if you wish.

The opening of the Table Tennis games is planned for Friday 5 April.

Please enrol to register your interest.

245WAL01: The Golden Mile, Leafy Canterbury**One session face-to-face****Friday 17 May 10:00 - 12:00****Burke & Mont Albert Rds Camberwell limit 15****Tutor/Leader: Ian Singleton**

This is a repeat of the walk on Thursday 4 April. The Golden Mile is a street scape that extends along Mont Albert Road from Burke Road to Balwyn Road, and together with Victoria Avenue and Monomeath Avenue, it offers a wonderful vista of autumn colours, parkland, grand mansions and beautiful homes (offset by newer faux French provincial and Tuscan villas). Leafy eastern suburbs at their very best. The walk is 5km on footpaths and generally flat. Meet by 10.00 am at the corner of Burke and Mont Albert Roads, Camberwell. There is parking available in side streets. For public transport users, tram #72 in Swanston Street (Camberwell via Commercial Road) will drop you at the meeting spot (Stop #68). It is, however, a long slow trip. Recommended is train (Belgrave or Lilydale) to Camberwell, then #72 tram from outside the Palace Hotel (destination Camberwell) to tram stop #68 in Burke Road.

245FIL01: Films on Fridays Beama Streamers**Weekly sessions face-to-face****Friday 16 February – 20 December 1:00 - 3:30****Malvern Library 1255 High Street Malvern****Tutor/Leader: Librarian limit 20**

Join us for Beama Streamers, a weekly free film screening featuring classic cinema, feature films and independent documentaries from Beamafilm. This program is now held in partnership with Stonnington Libraries. Films will be streamed at Malvern library, every Friday from 1pm. This program is open to the community, and films will be streamed throughout the year. Upcoming films are listed below. You are invited to discuss the film afterwards if you wish. You are welcome to bring along your own refreshments. No need to enrol at the Library – please just go along to the meeting room, level 1, Malvern Library, 1255 High Street MALVERN. This is accessible by lift or stairs. Dates: every Friday except for Public Holidays.

2 February: *The Ideal Palace*, PG

Based on the true story of Joseph Ferdinand Cheval, a humble postman who spent 33 years building a palace for his daughter from pebbles.
French with English Captions

9 February: *Lucky Grandma*, M

In New York City's Chinatown, a Chinese grandma goes all in at the casino, attracting the attention of some local gangsters.
Mandarin, Cantonese, English with English Captions

February 16, *Frantz*, PG

In the aftermath of WW1, a young woman meets a mysterious Frenchman who leaves flowers at her fiancé's grave.
French with English Captions

23 February: *Ingrid Bergman: In Her Own Words*

Documentary looking at the life of movie icon Ingrid Bergman, featuring never before seen footage and archival materials.
English Closed Captions Not Available

1 March: *The Jonsson Gang*, PG

Criminal mastermind Charles-Ingnvar 'Sickan' Jonsson is released from prison, only to find his former cronies now leading honest lives. He tries to get the old gang back together to pull off a lucrative heist.
Swedish/Finnish/English with English Captions

8 March: *Bombshell, The Hedy Lamarr Story*, M

Looks at the life and career of Hedy Lamarr, Hollywood glamour icon and groundbreaking inventor.
English

15 March: *The Nightingale*, G

To keep a promise made to his wife, an elderly man sets off on a journey to her native village, accompanied by his granddaughter and a bird in a cage.
Mandarin with English Captions

22 March: *Florianopolis Dream*, MA15+

An Argentinian couple on the verge of separation and their near-adult children go on vacation together to a Brazilian beach resort.
Spanish, Portuguese with English Captions

29 March: NO FILM (Good Friday)**5 April: *The Family*, M**

Story of a New Age cult established in Australia in the 1960's, led by a woman whose followers believed her to be the reincarnation of Jesus.
English with Closed Captions

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

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

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

PLEASE DO NOT ATTEND SESSIONS IF YOU ARE FEELING UNWELL

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 IN COURSES YOU CAN ATTEND. PLEASE LET US KNOW BY U-MAS, PHONE OR EMAIL IF YOU MUST CANCEL

COURSES - PERSON 1 <small>(insert first name)</small>		COURSES - PERSON 2 <small>(insert first name)</small>	
Course Number	Tutor or Course Title	Course Number	Tutor or Course Title

2024 Annual Membership Fee: \$60.00 per person Note: Subscriptions cover the whole year.	\$
Excursions/Visits	\$
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: \$	Excursions/Visits: \$	Donation \$			
TOTAL \$	Rec'd...../...../2024	Cheque <input type="checkbox"/>	Money Order <input type="checkbox"/>	EFT <input type="checkbox"/>	PayPal <input type="checkbox"/>	CASH <input type="checkbox"/>