



THE UNIVERSITY OF THE THIRD AGE

U3A STONNINGTON INC

2024 Courses

27 Aug 2024

Version 6

U3A STONNINGTON INC Contact Details

1-3 Valetta Street

MALVERN

VIC 3144

Phone: 9500 1288

General Email contact: mail@u3astonnington.org.au

Courses Email contact: mail@u3astonnington.org.au

Volunteer Email contact: mail@u3astonnington.org.au

Web: <https://u3astonnington.org.au>

U3A Stonnington Inc.

U3A Stonnington is a Not-For-Profit organisation, and is run entirely by volunteers. No-one working at U3A Stonnington is paid.

Information presented in classes at U3A Stonnington is at the discretion of the presenter, and does not necessarily reflect the views of U3A Stonnington.

It is important that you consult your own professional experts for matters regarding your health, financial, legal or other concerns, rather than rely on information provided at U3A Stonnington.

Members are responsible for their participation in any exercise class or activity. If in doubt, please consult your health professional prior to joining the class.

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VOLUNTEERING

There are many opportunities for volunteering at U3A Stonnington. Information is provided here and on our website: <https://u3astonnington.org.au/tutoring-or-volunteering/> If you would like to volunteer please contact either the named Leader, or U3A Stonnington by phone: 9509 1288, or email: mail@u3astonnington.org.au and give your name, contact details, and interest in volunteering. You may also register your interest by listing 'course 244VOL01- Volunteering at U3A Stonnington'. We will contact you to discuss further. Training and guidance are provided as required for all of the following.

Volunteer for The Committee of Management
Dates: 03/07/2024-06/11/2024
Location: Room 2 and 3

Leader: The President, Elizabeth Brown
Frequency: 1st Wednesday of month 12-1.30pm

The U3A Stonnington Committee of Management oversees the various activities and duties that contribute to the smooth running of the organisation. The Committee usually meets monthly.

Volunteer to help with Program Planning

Leader: Elizabeth Brown

Program planning involves a variety of tasks: recording offers of courses, contact with presenters and leaders, researching ideas for presentations and visits, secretarial work, proof reading. Some computer skills would be an advantage. All Members are invited to lead courses or suggest presenters and leaders.

Volunteer to lead a Walk

Leader: Elizabeth Brown

Walks are highlights of U3A Stonnington activities. We have a library of notes for walks just waiting for a leader! Walks can include items of interest information, or can just be your favourite walk.

Volunteer to help with the Website

Leader: Peter Ward

Our Website requires monitoring and updating from time to time. Guidance regarding our Website will be provided as required – some computer skills are necessary.

Volunteer for Reception

Leader: Mary Heinemann

Dates: Personal preference, usually monthly

The Reception Volunteers are the link between U3A Stonnington and the general public, providing a welcome, and answering questions. Reception staff require extra Reception staff, especially on Tuesdays and Thursdays.

Volunteer for Catering

Leader: Fairlie Nassau

Location: 3 Valetta Street Malvern

Special occasions: Four small Meet and Greet occasions throughout Semester 2, hospitality for Open Day, and the end of year Luncheon for Members and Party for Volunteers

Day-to-day at Valetta Street: One or two people to check the supply of biscuits to accompany Members' coffee and tea, probably on a fortnightly basis. Purchase supplies as necessary.

Monday

241CAF01: Current Affairs **Type: Hybrid**
Dates: 22/07/2024 - 18/11/2024 **Frequency: Weekly, Mon 10:00 - 11:30**
Location: Room 1 Zoom 1 **Tutor/Leader: Christine Haydon**
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 interest 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 **Type: Face-to-face**
Dates: 22/07/2024 - 18/11/2024 **Frequency: Weekly, Mon 10:00 - 12:00**
Location: Room 4 **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 (Wait list only) **Type: Face-to-face**
Dates: 22/07/2024 - 18/11/2024 **Frequency: Weekly, Mon 10:00 - 11:30**
Location: Rooms 2 and 3 **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.

241SOC02: Meet and Greet with Something to Eat **Type: Face-to-face**
Dates: 09/09/2024 - 09/09/2024 **Frequency: 1 session, Mon 11:30 - 12:30**
Location: 3 Valetta St Malvern **Tutor/Leader: Elizabeth Brown**
Come along for a chat, a cuppa and something to eat. Get to know another member. Bring a friend! This will follow a busy morning of French, Bridge and Current Affairs. If you plan to attend, please enrol for catering purposes.

241HEA01: Medical Scans: How Do They Work **Type: Hybrid**
Dates: 26/08/2024 - 26/08/2024 **Frequency: 1 session, Mon 12:00 - 13:30**
Location: Room 1 Zoom 1 **Tutor/Leader: Edgar Loutit**
X-ray, CT scan, MRI scan, PET scan, ultrasound. What are they? How do they work?
Edgar is a retired engineer. He was also in the original Science discussion group at U3A Stonnington – the Lunarticks. This group was set up by Anthony Ash.

241HEA02: Navigating your Aged Care Journey

Dates: 02/09/2024 - 14/10/2024

Location: Room 1 Zoom 1

The aged care system in Australia is complex and disjointed, and accessing care – either at home or in residential care - can be time-consuming and overwhelming. However, with a basic understanding of the processes, care options, funding models and costs, you will be better positioned to navigate the system to reach an outcome that meets your needs and values. This session will cover: • An overview of the aged care system, what to consider, documents you will need and how to get started. • Registering with My Aged Care and the Aged Care Assessment process – how it works and what to expect. • The various options for both care at home (including home care packages) and residential care - finding providers that are right for you and understanding funding, fees and charges; and • Understanding common problems, pitfalls and challenges and how to navigate them. The first session is on 2 September with a second session scheduled for 14 October: the content will be in response to interests of members.

Kate is a Chartered Accountant specialising in aged care. She founded her business in response to her own journey caring for older family members and navigating her way through the aged care labyrinth. Her skills as a Chartered Accountant, gained in a career spanning 24 years give her confidence in understanding the financial aspects of finding care, as well dealing with large businesses and government organisations. At the same time, her lived experience as a carer helps her understand just how overwhelming and time consuming the process can be. Kate firmly believes that there are no right or wrong answers to the aged care riddle, as everyone's circumstances, needs, values and preferences are unique.

Type: Hybrid

Frequency: 2 sessions, Mon 12:00 - 13:30

Tutor/Leader: Kate Blaschka

241HIS03: Rethinking WWII:Recent Publications

Dates: 22/07/2024 - 19/08/2024

Location: Room 1 Zoom 1

Rethinking World War II: causes, learning curves, logistics This course is not a comprehensive survey of World War II. Instead, it will focus on a few specific issues raised in recently published histories of World War II, particularly those of the English historian Richard Overy. Some of these new insights are shifting the emphasis in the way we have understood different World War II campaigns and how we should answer the basic questions of why and how the Allies won the war. The course assumes that most participants will have no more than a rather foggy, general knowledge of World War II. Five sessions: Mondays July 22, 29; August 5, 12 and 19

Dr William Breen is an Emeritus Scholar of History at La Trobe University. Previous most informative – and popular-talks to us by Bill were World War II in the Pacific and World War II in Europe.

Type: Hybrid

Frequency: 5 sessions, Mon 12:00 - 13:30

Tutor/Leader: Dr Bill Breen

241SCI02: Famous Artists and Vision Disorders

Dates: 12/08/2024 - 12/08/2024

Location: Room 1 Zoom 1

Did vision disorders influence how some famous artists painted the world? Vision is an important tool through which visual artists obtain information about the world. Visual disease and disorders may disturb vision however, and multiple authors have argued that the effects of particular characteristic vision disturbances are evident in the works of several prominent artists. This lecture will review some of these arguments.

Andrew Anderson qualified as an optometrist from The University of Melbourne in 1993, after which he completed Masters (1997) and PhD (2000) training at the same university. He subsequently undertook post-doctoral positions at the Devers Eye Institute, Portland, Oregon (2000-2002) and the Department of Physiology, University of Cambridge (2002-2004). In 2005 he commenced a tenured lectureship within the Department of Optometry & Vision Sciences, The University of Melbourne, and in 2012 he received a 4-year Future Fellowship from Australian Research Council. His research work uses a range of psychophysical methods to determine how the human visual systems processes information, both in normal and diseased eyes, and how this information is subsequently used to make decisions. He is co-ordinator of the Department of Optometry & Vision Sciences' subject "Perception, Illusions and Art", which examines visual perception in relation to visual art and visual illusions.

Type: Hybrid

Frequency: 1 session, Mon 14:00 - 15:30

Tutor/Leader: Andrew Anderson

241ART01: Enhance and Grow the Artist in You (Wait list only) **Type: Face-to-face**
Dates: 22/07/2024 - 18/11/2024 **Frequency: Fortnightly, Mon 14:00 - 15:45**
Location: Rooms 2 and 3 **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 move beyond their 'comfort zone', to experiment with pencil, pastel, charcoal, soluble carbon, ink, watercolour and mixed media. The subjects considered 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 2 sessions: July 22; August 5, 19; September 2, 16, 30; October 14, 28; November 11. Nine sessions.

NOTE: A live model will be in Room 1 on September 30, 1-4pm This course runs throughout the year so there is no need to re-enrol in Semester 2.

241ART02: Discover and Express the Artist in You (Wait list only) **Type: Face-to-face**
Dates: 29/07/2024 - 11/11/2024 **Frequency: Fortnightly, Mon 14:00 - 15:45**
Location: Rooms 2 and 3 **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 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 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 2 sessions: July 29; August 12, 26; September 9, 23; October 7, 21; November 4, 18. Nine sessions

241FIL01: Film Discussion Group (Wait list only) **Type: Face-to-face**
Dates: 22/07/2024 - 18/11/2024 **Frequency: Monthly, Mon 14:00 - 15:30**
Location: Room 4 **Tutor/Leader: Andrew Porter**

The group chooses three contemporary films, on current or future release and viewed independently, to be discussed by the group on 4th Monday of each month. At the end of each 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 of each semester.

Session dates: 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.

241LIT01: Monday Book Discussion Group (Wait list only) **Type: Face-to-face**
Dates: 19/08/2024 - 18/11/2024 **Frequency: Monthly, Mon 14:00 - 15:45**
Location: Room 4 **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 – 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 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.

241TRA01: Sicily

Dates: 02/09/2024 - 09/09/2024

Location: Room 1 Zoom 1

Sicily is the largest island in the Mediterranean Sea and is dominated by Mount Etna – an active volcano. It has a long history of domination by foreign powers including Phoenicians, French, Muslims, Normans and Spanish until it was unified with Italy in 1860's. Sicily is a fascinating mix of the most beautiful and extensive mosaics, fantastic Greek and Roman ruins and artifacts, and the modern-day influence of the Mafia. Two sessions: Mondays September 2 and 9

Suzanne is well known to U3A Stonnington audiences for her marvellous photography and engaging talks about travel and gardens.

Type: Hybrid

Frequency: 2 sessions, Mon 14:00 - 15:30

Tutor/Leader: Suzanne Collings

Tuesday

242GAM01: Chess Partners

Dates: 23/07/2024 - 17/12/2024

Location: Rooms 2 and 3

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.

Type: Face-to-face

Frequency: Weekly, Tue 9:30 - 12:00

Tutor/Leader: Tom Nadebaum

242GAM03: Classic Board Games

Dates: 23/07/2024 - 19/11/2024

Location: Room 4

Become a real-estate tycoon, solve a murder or take over the world, all while sipping your coffee and enjoying a biscuit. Join our group for classic board games such as Monopoly, Clue, Risk, etc. in a congenial, supportive atmosphere. Beginners are most welcome.

David is originally from Canada. When he retired in 2022, he moved to Melbourne and discovered the world of opportunities presented by U3A.

Type: Face-to-face

Frequency: Weekly, Tue 10:00 - 12:00

Tutor/Leader: David Pontifex

242HEA09: Age and Macular Degeneration: What's New

Dates: 06/08/2024 - 06/08/2024

Location: Room 1 Zoom 1

"What's New in Age Related Macular Degeneration" One in seven people over the age of fifty develop signs of age-related macular degeneration and of these people, one in seven progress to vision loss. Over the last ten years there has been an explosion in our understanding of the mechanisms of the disease with many new therapies being developed. This presentation will summarise what age-related macular degeneration is, who is most at risk, and what can be done to reduce the risk of developing the disease. We will also discuss current and new therapies with a look also to the future.

Professor Erica Fletcher's esteemed career in ophthalmological research spans more than 15 years and has led to multiple national and international awards. A central focus of Erica's work has been the translation of her work to address clinically significant questions and to aid in the development of better treatments for retinal disease. Erica has received considerable research funding primarily from the NH&MRC and also a number of international funding agencies including the Health Research Council, New Zealand and American Health Assistance Foundation. She has been published widely in a range of high impact journals, whilst maintaining a teaching load and mentoring of research personnel.

Type: Hybrid

Frequency: 1 session, Tue 10:00 - 12:00

Tutor/Leader: Erica Fletcher

242MUS01: Stonnington City Brass Performs

Dates: 08/10/2024 - 08/10/2024

Location: Room 1

Stonnington City Brass will perform for 45 minutes twice during our Open Day activities: at 10.00-10.45, and 11.15-12.00. Some explanations about how the instruments work may be included. Stonnington City Brass members are invited to join in all that we have to offer as part of our celebration of Seniors' month, and also to promote their own organisation.

Type: Face-to-face

Frequency: 1 session, Tue 10:00 - 13:00

Tutor/Leader: Elaine Hillier

242SCI02: Sustainability - Think Simply

Dates: 13/08/2024 - 13/08/2024

Location: Room 1 Zoom 1

Sustainability – think simply: OMG is there any hope if we listen to all the “Doom Sayers”? Being positive in a negative world.

Ilse Hemenstall is a science graduate from ANU and a Laboratory Technologist in Pathology.

Type: Hybrid

Frequency: 1 session, Tue 10:00 - 11:30

Tutor/Leader: Ilse Hemenstall

242TRA04: Armchair Travel Japanese Miscellany

Dates: 03/09/2024 - 03/09/2024

Location: Room 1 Zoom 1

Armchair Travel: A Japanese Miscellany Japan re-opened its borders to overseas travellers on 7 May 2023 after 3 years of lockdown due to Covid. Wasting no time Ian and Elspeth arrived at Narita (Tokyo) on 8 May in an endeavour to partly make up for visits cancelled in 2020/21/22. Enjoy 3 great gardens- Kenroku - en, Koraku-en and Ritsuren Koen, the amazing Adachi Museum of Art, the quirky art island of Naoshima, the stunning Kobe Nunobiki Herb Garden, Himeji Castle, Mt Takao, walk from Kibune to Kurama, plus highlights of Tokyo, Kyoto, Kobe and Yokohama.

Ian Singleton is well known to the U3A Stonnington audience.

Type: Hybrid

Frequency: 1 session, Tue 10:00 - 11:30

Tutor/Leader: Ian Singleton

242TRA05: Oman: Undiscovered Gem

Dates: 30/07/2024 - 30/07/2024

Location: Room 1 Zoom 1

Stunning landscapes wherever you go. We started in isolated Musandam jutting into the Straits of Hormuz.

Mountains climb vertically from the water's edge. Join our Christmas Day aboard our private dhow as we threaded the fiords. Explore Muscat and Muttrah with their souks, museums, forts and mosques – enjoy walking the corniche between the two. No high rises here - so different from Dubai and Abu Dhabi. Join us for 6 days in our 4WD into the mountains, canyons, desert, wadis and beaches. Join the goat auction in the animal souk at Nizwa, watch turtles laying eggs near Sur and swim in a wadi after a lengthy hike. Then fly 1000km south to Salalah in the Dhofar region bordering Yemen. Explore the remains of a frankincense port used by the Romans and drive the breathtaking coastline with alternating mountains and sandy beaches. Above all – enjoy the wonderful people of Oman. So welcoming, smart and helpful with English widely spoken, a legacy of Oman's days as a British Protectorate. It was never colonised.

Frank Devlin is well known to U3A Stonnington audiences. He is a most adventurous traveller. His travelogues are illustrated with his excellent photography, and his commentary provides insight to the peoples and places visited.

Type: Hybrid

Frequency: 1 session, Tue 10:00 - 11:30

Tutor/Leader: Frank Devlin

242WAL01: Walk: Auburn Village and Beswicke Legacy (Wait list only)

Dates: 01/10/2024 - 01/10/2024

Location: Auburn Village

Auburn Village is an area of heritage significance, due to the scale and grandeur of a number of shops, and the intact late 19th century commercial streetscape. A highlight is the 3 story shop rows designed by the noted architect - John Beswicke. He designed 5 Town Halls, including Hawthorn and Malvern, numerous other public and private buildings, plus 15 houses in nearby Harcourt Street. After discovering the Village, we will walk 600 metres (up hill) to view the remarkable Harcourt Street. Several coffee opportunities in Auburn Village. Meet by 10.00 am at the corner of Auburn and Victoria Roads, opposite the Auburn Hotel, and by the north exit of Auburn Station. Limited parking of two hours can be found in side streets to the north of the station. Public transport is recommended. Take Lilydale/Belgrave/Alamein/Ringwood trains to Auburn - note, however, that not all trains stop at Auburn.

Ian Singleton is well known to the U3A Stonnington audience.

Type: Walk

Frequency: 1 session, Tue 10:00 - 12:00

Tutor/Leader: Ian Singleton

242WAL02: WALK:Central Park & Malvern East History (Wait list only)

Dates: 15/10/2024 - 15/10/2024

Location: Central Park and Malvern East

We will explore Central Park and its features. We will then look at the exterior of the Duldig Studio including the sculptures on display. Following this, we will walk through Hedgely Dene Gardens. We will then walk along Tollington Avenue, and observe two of the first houses built in this street, and finally return to our starting point. Please meet by 10am opposite the Duldig Studio at the corner of Central Park Rd and Burke Rd. By car: Parking is available in Central Park Road. By tram: Take Wattle tree tram number 5 to the terminus with Burke Rd, then walk south – alongside Central Park – to Central Park Rd.

Type: Walk

Frequency: 1 session, Tue 10:00 - 12:00

Tutor/Leader: Elizabeth Brown

242LAN01: French Conversation via Zoom

Dates: 23/07/2024 - 19/11/2024

Location: Online

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.

Type: ZOOM
Frequency: Weekly, Tue 11:30 - 12:30
Tutor/Leader: Joyce Marks

242SOC04: Open Day at U3A Stonnington

Dates: 08/10/2024 - 08/10/2024

Location: 3 Valetta St Malvern

Visitors may view sessions in action. Catering Provided. Bring along a friend or two to see what we offer at 1-3 Valetta Street Malvern.

Stonnington City Brass will perform for 45 minutes twice during our Open Day activities - at 10am & 11.15am. Some explanations about how the instruments work may be included.

These sessions are also advertised free to the public on the Victorian Seniors' Festival website as part of our Open Day activities, so U3A members are encouraged to RSVP early.

Additional Comments - Valetta St will be open by 9.30 to set up for Open Day. We would appreciate help from members- at your convenience - throughout the day, please.

Type: Face-to-face
Frequency: 1 session, Tue 10:00 - 14:30
Tutor/Leader: Elizabeth Brown

242ART01: What's the Big Deal about Picasso?

Dates: 03/09/2024 - 24/09/2024

Location: Room 1 Zoom 1

Picasso is the best-known painter of the 20th century. Why? In the 2500 years of Western Art history, there have been three times where the style of image-making changed dramatically – took a U-turn so to speak. One was in Rome in the 4th Century AD. One in Northern Italy in the early 1300s. The last was in Paris in the late 19th Century. What brought about the changes in late 19th century painting? Is Picasso more important than Monet, Cezanne, Van Gogh or Matisse? Did he do anything extraordinary that has made him so famous? If you like looking at paintings, and discussing them, you will enjoy this course. Four sessions weekly: September 3, 10, 17 and 24.

Geraldine has been involved in art, one way or another, all of her life. She has a Diploma of Art, Painting and Printmaking from Prahran Tech as it was then known, and a BA majoring in Fine Arts and English from Melbourne University. She taught Art and English for many years, most recently at Mandeville Hall, Toorak.

Type: Hybrid
Frequency: 4 sessions, Tue 12:00 - 13:30
Tutor/Leader: Geraldine Cornall

242HEA10: Narcissistic Personality Disorder

Dates: 23/07/2024 - 23/07/2024

Location: Room 1 Zoom 1

Narcissistic Personality Disorder (NPD) is a complex mental health condition characterised by a pervasive pattern of grandiosity, a constant need for admiration, and a lack of empathy for others. The term "narcissism" originates from Greek mythology where Narcissus was a young man who fell in love with his own reflection in a pond, ultimately leading to his own demise. This myth serves as an apt allegory for individuals with NPD as they are often consumed by an exaggerated sense of self-importance, and an obsession with their own image. We will explore the essential features, causes, diagnosis, and treatment of narcissistic personality disorder.

Please re-enrol due to cancellation in semester one.

Type: Hybrid
Frequency: 1 session, Tue 12:00 - 13:30
Tutor/Leader: Prof Louis Roller

242HEA11: Adverse Drug Reactions in Older People

Dates: 20/08/2024 - 20/08/2024

Location: Room 1 Zoom 1

Adverse drug reactions (ADRs) in older persons pose a significant concern within the healthcare landscape. With age, physiological changes occur, altering the pharmacokinetics and pharmacodynamics of drugs, thus making older individuals more susceptible to ADRs. These reactions can range from mild discomfort to severe complications and can have profound implications for the health and well-being of older adults. This lecture will discuss the various types of ADRs and how to deal with them.

Type: Hybrid
Frequency: 1 session, Tue 12:00 - 13:30
Tutor/Leader: Prof Louis Roller

242HEA12: Parkinson Disease

Dates: 08/10/2024 - 08/10/2024

Location: Room 1 Zoom 1

Parkinson disease is a progressive neurodegenerative disorder that causes a gradual loss of brain cells that produce dopamine, a chemical necessary for movement. As dopamine decreases over time, movement becomes more difficult for people with PD. Dopamine also affects mood and motivation. In addition to dopamine, Parkinson changes several other brain chemicals. • Parkinson is the second most common neurological disease in Australia after dementia. • The disease affects an estimated 10 million individuals worldwide: about 150 000 in Australia. • 50 Australians are diagnosed with the disease every day. • It is not considered to be genetic though 10 percent of cases have a familial incidence. • Men are 1.5 times more likely to have Parkinson Disease than women.

Type: Hybrid

Frequency: 1 session, Tue 12:00 - 13:30

Tutor/Leader: Prof Louis Roller AM

242HEA13: Pneumonia

Dates: 29/10/2024 - 29/10/2024

Location: Room 1 Zoom 1

Pneumonia is an infection of the lungs. The infection is usually caused by bacteria or a virus. The infection causes inflammation (swelling) in your lungs. The air sacs in the lungs can fill up with fluid making it harder to breathe. There are many types of pneumonia. One of the most common is pneumococcal pneumonia. This is caused by the bacterium streptococcus pneumoniae. Pneumonia can be a mild illness, or it can be much more serious. Pneumonia can be life-threatening, especially for: • babies 12 months and under • Aboriginal and/or Torres Strait Islander people • people older than 70 years

Type: Hybrid

Frequency: 1 session, Tue 12:00 - 13:30

Tutor/Leader: Prof Louis Roller AM

242HEA14: Diseases & Medicines Shakespeare's Plays

Dates: 12/11/2024 - 12/11/2024

Location: Room 1 Zoom 1

More interesting in the light of this talk are Shakespeare's references to medical and scientific matters. In his 37 plays, Shakespeare mentions practically all the diseases and medicines that were known in the Elizabethan and Jacobean times. In one single scene, Troilus and Cressida (Act V, Scene i), there is a long list of diseases that people were subject to in Elizabethan England. "Now the rotten diseases of the south, the guts-griping ruptures, catarrhs, loads o' gravel l' the back lethargies, cold palsies, raw eyes, , dirt-rotten livers, wheezing lungs, bladders full of imposthume, (abscess), sciaticas, limekilns l' th' palm (arthritis), incurable bone-ache, and the rivelled free-simple (permanent ownership) of the tetter (eruption)". Shakespeare's plays bear witness to a profound knowledge of contemporary physiology and psychology and he employed medical terms in a manner which would have been beyond the powers of any ordinary playwright or physician.

Type: Hybrid

Frequency: 1 session, Tue 12:00 - 13:30

Tutor/Leader: Prof Louis Roller AM

242SCI01: Molecules Can't Suck

Dates: 23/07/2024 - 20/08/2024

Location: Rooms 2 and 3

When Galileo died in 1642, Evangelista Torricelli (1608–1647) took up his mentor's role as court mathematician for the Duke of Tuscany. At the time, it was well known that a suction pump could not pull water up to a height greater than about 10m, no matter how good and powerful the pump. This had practical implications since it placed a limit on the depth from which water could be pumped from a well and, in Italy in summer, water is a scarce resource. Galileo held the belief, common at the time, that air itself was weightless, and that 'nature abhorred a vacuum'. So, he proposed that a pump created a vacuum, and the vacuum was responsible for pulling the water up. However, Galileo was unable to solve the problem with the Duke's water supply, and the challenge passed to Torricelli. In 1644, Torricelli wrote to a friend describing the experiments that led him to the idea of air pressure. We live immersed at the bottom of a sea of air, which by experiment undoubtedly has weight, and so much weight that the densest air in the neighbourhood of the surface of the earth weighs about one four-hundredth part of the weight of water... Apart from driving a pump, air pressure makes it possible for us to breathe, to drink through a straw, and fly in a hot air balloon. In this class, we will explore some of the situations where we see air pressure in action. Five sessions weekly: July 23, 30; August 6, 13 and 20.

Type: Face-to-face

Frequency: 5 sessions, Tue 12:00 - 13:30

Tutor/Leader: Dr Christina Hart

Christina has spent several years developing plans for courses so that other U3A leaders will be able to present them to their membership. She will provide us with comprehensive notes. We are privileged to have Christina come to lead us once again.

242SOC05: AI Machines That Think Like Us

Dates: 22/10/2024 - 22/10/2024

Location: Room 1 Zoom 1

Artificial Intelligence: Machines that think like us? For better – or worse? Artificial Intelligence is a branch of computer science where machines do tasks requiring human intelligence. This includes learning from experience, solving problems, learning language, and computer vision. But like humans, sometimes machine learning and reason can go horribly wrong – or be misused...!!

Dr Anthony Ash is well known to our U3A membership. He is a most enthusiastic scientist – an electronic engineer who moved into applied physics especially the early science of fibre optics. Optical fibres now connect the entire world – to quote Anthony, “if you could view them from outer space, just like a string bag!”

Type: Hybrid

Frequency: 1 session, Tue 12:00 - 13:30

Tutor/Leader: Anthony Ash

242GAM02: Mah Jong (Wait list only)

Dates: 23/07/2024 - 19/11/2024

Location: Room 4

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.

Type: Face-to-face

Frequency: Weekly, Tue 14:00 - 16:00

Tutor/Leader: Self help

242HIS07: African Religion/Spirituality

Dates: 20/08/2024 - 20/08/2024

Location: Room 1 Zoom 1

This session will be led by Sister Loretta Brennan in conjunction with Albert Isaac's Comparative Religion talks.

African Religion/Spirituality. The reason for this title will be explained. African religion is the most important aspect of African life. Recent studies drawing on contemporary scholarship prefer the term spirituality because the African belief system grounds their worldview. The discussion will focus on anecdotal accounts given by university students of the perseverance of beliefs and practices that have survived Christian and Moslem influences to the present day, such as rites for circumcision, marriage, and funerals. taboos and witchcraft. The pertinent question is: Do these practices continue in African diaspora communities where the dominant culture is Western?

Loretta is a Brigadine Sister

Type: Hybrid

Frequency: 1 session, Tue 14:00 - 15:30

Tutor/Leader: Loretta Brennan

Wednesday

243ART02: Collage for Beginners and Intermediates

Dates: 24/07/2024 - 28/08/2024

Location: Rooms 2 and 3

Collage is a technique of art creation. It is made by attaching various pieces of materials to a common background (often with glue) to create a new work of art. Sessions to include background information on collage as an art form.

The basic four types of collage will be discussed - paper, digital, mixed media and photomontage. Participants work on their own ideas and choose their materials. Types of materials can include - fabrics, papers, wood, plastic, metal, photos, paints, pressed flowers, leaves etc. Leader will be able to supply some materials. Six sessions weekly:

Wednesday July 24, 31; August 7, 14, 21, 28. Sessions to include the following: Session 1: Introduction to collage,

designs, colours, demonstrations and examples. Bring pen and paper to session one. Listing of materials needed for weekly sessions will be given out at session 1. Session 2: Collage formation starts. Participants use materials of their choice. Session 3: Range of collage project(s) discussed and reviewed. Introduction of framing techniques.

Session 4: Consideration given to embellishments on basic designs. Session 5: Framing, hanging, display of artwork determined. Session 6: Collage projects to be completed and photographed.

Members wishing to join the course after it has commenced may only do so based on previous experience and if there are spaces available.

Type: Face-to-face

Frequency: Weekly, Wed 10:00 - 12:00

Tutor/Leader: Gail Hart

243ART03: Wet Felting for Beginners/Intermediates

Dates: 02/10/2024 - 06/11/2024

Location: Rooms 2 and 3

Sessions to include background information on wet felting, the most ancient form of textile art. Wet felting transforms wool tops into stable wool fabric enabling you to make decorative cushions, scarfs, table runners, pictures etc.

Participants work on their own designs and colours. Leader will be able to supply wool tops to start beginners with their projects. Some additional wool textiles will be available to use with wet felting done by participants. Six sessions weekly: October 2, 9, 16, 23, 30; November 6. Sessions to include the following: Session 1: Introduction and demonstration of basic felting process. List of materials needed for weekly sessions will be given out at session 1. Session 2: Participants start felting construction. Session 3: Individual felting project(s) discussed and initiated. (Holiday decorations can be included as project items.) Session 4: Consideration given to embellishments on basic felts. Session 5: Framing, hanging, display of artwork determined. Session 6: Felting projects to be completed and photographed.

Members wishing to join the course after it has commenced may only do so based on previous experience and if there are spaces available.

Type: Face-to-face

Frequency: Weekly, Wed 10:00 - 12:00

Tutor/Leader: Gail Hart

243CAF01: Wednesday Current Affairs

Dates: 24/07/2024 - 20/11/2024

Location: Room 1

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.

Type: Face-to-face

Frequency: Weekly, Wed 10:00 - 11:30

Tutor/Leader: Ron James

243GAM01: Scrabble

Dates: 24/07/2024 - 20/11/2024

Location: Room 4

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.

Type: Face-to-face

Frequency: Weekly, Wed 10:00 - 12:00

Tutor/Leader: Marlene Polsa

243WAL02: Magnificence in Albert Pk/Sth Melbourne (Wait list only)

Dates: 06/11/2024 - 06/11/2024

Location: Albert Park

This walk is a repeat of the one held on Thursday 3 October. St Vincent's Place and the St Vincent's Place Gardens in Albert Park represent one of the most beautiful of all preserved heritage areas of Melbourne. The area was first developed in 1854 or 55 and was based on London town planning with rows of single and double story terraces overlooking the beautiful gardens. The original plan is still intact. Adjacent, but in South Melbourne is Howe Crescent, once part of the original development. Much smaller than St Vincent Place it contains an impressive array of period architecture. Of curving nature, in two parts it also faces parkland. The walk is flat, and very compact. Should time permit we could add on a visit to the South Melbourne Market. Abundant coffee/lunch opportunities in Albert Park Village. Meet by 10.00 am at the corner of Bridport and Ferrars Streets Albert Park (directly opposite Ampol service station), and adjacent to Albert Park tram (light rail stop). Plenty of free parking (2 and 4 hours) in Ferrars Street, west side and in St Vincent Place South and North. For public transport users take Bourke Street tram #96 - St Kilda via Casino to Albert Park stop #128. The meeting spot is just by the boom gates. less than 1 minute from the tram stop. An alternative is tram #1 South Melbourne Beach in Collins Street to stop #26, then short walk south along Ferrars Street.

Ian Singleton is well known to the U3A Stonnington audience.

Type: Walk

Frequency: 1 session, Wed 10:00 - 12:00

Tutor/Leader: Ian Singleton

243LAN01: Italian Conversation - OFFSITE

Dates: 24/07/2024 - 20/11/2024

Location: U3A Kooyong 454 Glenferrie Road Kooyong

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. Italian will follow the U3A Stonnington Semester 2 dates, namely every Wednesday up to November 20. Associate membership for U3A Kooyong is not required. Important: please wear your U3A Stonnington name badge with Emergency Contact details on the back. Venue: OFF SITE, in Room 2 at Vision Australia in partnership with U3A Kooyong. The Vision Australia building 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 number 16 Tram stop 66 in Glenferrie Road stops at Vision Australia. Kooyong Station is a short walk.

Type: Face-to-face

Frequency: Weekly, Wed 10:30 - 12:00

Tutor/Leader: Ugo Castagnetti

243SOC02: Meet and Greet with Something to Eat

Dates: 30/10/2024 - 30/10/2024

Location: 3 Valetta St Malvern

Come along for a chat, a cuppa and something to eat. Get to know another member. Bring a friend! This will follow a busy morning of Wet Felting, Scrabble and Current Affairs. If you plan to attend, please enrol for catering purposes.

Type: Face-to-face

Frequency: 1 session, Wed 11:30 - 12:30

Tutor/Leader: Elizabeth Brown

243LIT01: Poetry Pilgrims (Wait list only)

Dates: 24/07/2024 - 13/11/2024

Location: Room 2-3 Zoom 2

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 strengths and weaknesses and style of each poem. We 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. 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 2: July 24; August 14, 28; September 11, 25; October 9, 23; November 13.

Type: Hybrid

Frequency: Fortnightly, Wed 12:30 - 13:45

Tutor/Leader: Anne McQueen-Thomson

243GAM02: Have Fun with Mah Jong Cantonese Style (Wait list only)

Dates: 24/07/2024 - 13/11/2024

Location: Room 4

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. Semester 2 session dates: July 24; August 7, 21; September 4, 18; October 2, 16, 30; November 13.

Type: Face-to-face

Frequency: Fortnightly, Wed 14:00 - 16:00

Tutor/Leader: Yoong Croke

243HEA15: Dying with Dignity

Dates: 31/07/2024 - 31/07/2024

Location: Room 1 Zoom 1

Explanations about Advance Care Planning and Voluntary Assisted Dying (VAD) will be provided. Dying with Dignity Victoria (DWVD) can address topics such as Voluntary Assisted Dying and Aged Care facilities, and grief after VAD. Victoria was the first state in Australia to introduce the law regarding end of life choices. Dr Rodney Syme provided compassionate and courageous leadership in these matters. He was known to us as a member of U3A Stonnington, and we had the privilege to hear him speak about these and other matters on a number of occasions. He died in 2021. Current Victorian law is now the most restrictive in Australia. We can ask about changes that are being proposed by DWDV. There will be time for questions and discussion. There is no charge for this lecture, but DWDV would appreciate a donation to help cover travel expenses

Type: Hybrid

Frequency: 1 session, Wed 14:00 - 15:30

Tutor/Leader: DWDV Speaker

243HIS02: Jewish Trailblazers' Impact on Judaism

Dates: 07/08/2024 - 11/09/2024

Location: Room 1 Zoom 1

Six sessions weekly: August 7, 14, 21, & 28; September 4, 11. 1.The Jewish enlightenment and the beginnings of modernity (Mendelssohn in the West and Yitshak Ber Levinzon in the East) 2.The new learning: Jewish studies (Leopold Zunz, Abraham Geiger and Heinrich Graetz) 3.Jewish nationalism and Zionism (Theodor Herzl, Simon Dubnow, Louis Brandeis and Henrietta Szold) 4.Jewish philosophers and thinkers (Herman Cohen, Franz Rosenzweig and Martin Buber) 5.Jewish religious leaders – part A (Samson Raphael Hirsch, Isaac Mayer Wise, Solomon Schechter and Regina Jonas) 6.Jewish religious leaders – part B (Mordecai Kaplan, Abraham Joshua Heschel and Menachem Mendel Schneerson)

Type: Hybrid

Frequency: Weekly, Wed 14:00 - 15:30

Tutor/Leader: Assoc Prof Peter Schattner

243LIT03: Home Grown Crime Book Club (Wait list only)

Dates: 24/07/2024 - 23/10/2024

Location: Rooms 2-3 Zoom 2

Aim: 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. Have a bite to eat together prior to the discussion. Books for Semester 2: July 24: "A Disappearance in Fiji" by Nilima Rao Discussion notes have already been provided for this session. August 28: "Safe Haven" by Shankari Chandran. Chandran is the winner of the Miles Franklin Award for her book "Chai Time at the Cinnamon Gardens". Discussion notes will be provided prior to the August meeting. Books and discussion notes for final two sessions will be provided during the semester. 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.

Type: Hybrid

Frequency: Monthly, Wed 14:15 - 15:45

Tutor/Leader: Cheryl Fairclough

Thursday

244EXC04: Some Best Known Attractions of Geelong (Wait list only)

Dates: 31/10/2024 - 31/10/2024

Location: 3 Valetta St Malvern

Fee: \$15.00

We will visit Geelong's attractive and historically interesting Botanic Gardens, the colourful Bollard Sculpture Walk and one of Australia's oldest and leading regional Art Galleries. Lunch can be BYO, or perhaps some fish and chips. Cost: \$15 per person - not refundable. Please pay when you enrol or by 28 October at the latest, either by cash, PayPal, EFT - BSB 633 000, Account No. 154565071 U3A Stonnington Inc. If you cannot attend on the day, please arrange for a friend to take your place, or someone on the wait list. Please meet at Valetta Street at 9.15am for a prompt departure at 9.30. Return: approximately 3.30.

Type: Excursion

Frequency: 1 session, Thu 9:15 - 15:30

Tutor/Leader: Gregor Howie

244ART03: What is Surrealism?

Dates: 25/07/2024 - 25/07/2024

Location: Room 1 Zoom 1

What is Surrealism? Elizabeth will give a brief overview of the surrealist movement from its beginnings in the early part of the twentieth century until today, and use PowerPoint to show many examples of some surrealist work. She will talk about famous surrealists, and surrealists whose work and lives I find particularly interesting.

Elizabeth's interest in Surrealism started in 2018 when she saw a particular painting by Max Ernst. She started looking into the subject and became fascinated as she started learning about the movement. It began in the 1920s and continues to this day. Elizabeth is a French teacher, not an artist, and has no formal qualifications in art history. However, her interest has led her to research Surrealism and finding information in books, as well as that great resource, the internet.

Type: Hybrid

Frequency: 1 session, Thu 10:00 - 11:30

Tutor/Leader: Elizabeth Sprigg

244EXC03: VISIT:Vic's Oldest Library The Athenaeum

Dates: 01/08/2024 - 01/08/2024

Location: 188 Collins St Melbourne

The Athenaeum Library is Victoria's oldest library - and possibly Melbourne's best kept secret. Fiona Malcolm has offered to lead us on a tour of this treasure. She is currently Library Manager. Please meet in the building foyer at 10.15 for a 10.30am tour of the Library. The address is 188 Collins Street, Melbourne – next door to the Melbourne Town Hall, up the hill. Cost: No charge

Type: Excursion

Frequency: 1 session, Thu 10:00 - 11:30

Tutor/Leader: Fiona Malcolm

244HEA02: Does your Microbiome Matter

Dates: 10/10/2024 - 17/10/2024

Location: Room 1 Zoom 1

We carry microbes on all our body surfaces. Collectively, these microbes and their genes (microbiome) provide great benefits to our health including educating and regulating our immune systems, improving gut integrity, preventing the establishment of pathogens, our cardiac health, mental health and much more. Advances in molecular biology and bioinformatics are helping to understand the role of microbes for our health and disease. Disturbances in our microbiome have been linked to increased susceptibility to infections, increased risk of many diseases including cancer, diabetes, heart disease and stroke, mental health (ADHD, autism (ASD), Parkinson's, schizophrenia), obesity, intestinal diseases (IBD, Crohn's, ulcerative colitis) and lack of response to vaccination. Current research is indicating that restoration of a normal gut microbiome can have significant effects in improving health. Could targeted probiotics administration make a difference? Discussion will focus on the current understanding of intestinal microbiome and its influence on health and disease. Two sessions: Thursdays October 10 and 17.

Aspects of the human microbiome were the subject of Dr Peter Ward's PhD in pathology. Peter is well known to us at U3A Stonnington as an active member of the Committee of Management. His initiative and work with our audiovisual system and website are invaluable.

Type: Hybrid

Frequency: 2 sessions, Thu 10:00 - 11:30

Tutor/Leader: Peter Ward

244HIS02: The Exhibition Building Melbourne Icon

Dates: 15/08/2024 - 15/08/2024

Location: Room 1 Zoom 1

The exhibition building was the venue for the first meeting of federal parliament and many wartime events. These and many other interesting events will be described. The Royal Exhibition Building is a World Heritage-listed building in Melbourne, Victoria, Australia, built in 1879–1880 as part of the international exhibition movement which presented over 50 exhibitions between 1851 and 1915 around the globe.

Alan Harvey grew up in Yarrowonga and then moved to Melbourne after 2 years in London schools, qualified in Engineering at RMIT. He then worked at APM and BP Australia and BP UK. In 1977, he worked as a lecturer at PIT and then RMIT. He left full time in 2006 and worked part time for 8 years. He is an active IEEE member and has his own small medical laser company. He is an amateur history buff with an interest in 20th century history.

Type: Hybrid

Frequency: 1 session, Thu 10:00 - 11:30

Tutor/Leader: Alan Harvey

244HIS03: Emily Patton Extraordinary Music Teacher

Dates: 05/09/2024 - 05/09/2024

Location: Room 1 Zoom 1

A Truly Liberated Woman: Emily Patton – An Australian Music Teacher in Nineteenth Century Japan and China
Robin Stevens will relate the fascinating life history of the Australian music teacher, foreign correspondent and traveller in the Far East, Emily Sophia Patton (1831–1912). Patton began her professional career as an actress in Melbourne before turning to music teaching at her home in Richmond. She was one of Melba's first music teachers at Presbyterian Ladies College. After the death of her first husband, she re-married and had two children. A series of tragedies—the deaths of her son, her father and second husband—gave her "such a distaste for Australia" that she emigrated with her daughter to Japan where she set up a music teaching practice. Her daughter died within a few years and, being on her own, Patton travelled extensively in the Far East and later set up a music teaching in practice in Shanghai. She was a prolific social commentator and wrote articles for Melbourne and Sydney newspapers as well as annual circular letters sent to friends in Australia. Her professional enterprise, adventurous spirit, strength of character and resilience in the face of her life's tragedies epitomises a truly liberated woman.

Robin Stevens was formerly Associate Professor of Music Education at Deakin University and is currently a Principal Fellow in the Melbourne Conservatorium of Music, The University of Melbourne. He was a contributing co-editor, with Gordon Cox of a book titled *The Origins and Foundations of Music Education: International Perspectives* which is now in its second edition and has been published by the UK publisher Routledge and in a Chinese translation by Peking University Press. He has written extensively on music education history in Australia, South Africa and Asia and has had a particular focus on life histories of prominent music educators during the nineteenth and early twentieth centuries.

Type: Hybrid

Frequency: 1 session, Thu 10:00 - 11:30

Tutor/Leader: Robin Stevens

244LAN01: Intermediate German (Wait list only)

Dates: 19/09/2024 - 05/12/2024

Location: Rooms 2 and 3

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.

Semester 2 sessions: September 19, 26; October 3, 10, 17, 24, 31; November 7, 14, 21, 28; December 5. 12 Sessions.

Type: Face-to-face

Frequency: Weekly, Thu 10:00 - 11:30

Tutor/Leader: Dr Judy Hajdu

244SCI02: Melbourne Observatory Botanic Gardens

Dates: 22/08/2024 - 22/08/2024

Location: Room 1 Zoom 1

The Melbourne Observatory, Royal Botanic Gardens, commenced operations at its present site in 1863. It was central to Melbourne's daily life with the vital functions of timekeeping, of weather forecasting, of navigational assistance to cargo and passenger ships, and of providing newspapers with astronomical news for the general public. Importantly, being one of the few large observatories in the Southern Hemisphere, it placed Melbourne at the forefront of the world of professional astronomy in the late 19th and early 20th century. It was closed in 1946. In 2018 the complex was permanently placed on the National Heritage Register, with plans to restore the site, including the recovery of the cultural heritage losses, and to then open the area to the public. John who is involved in the restoration will review the history of the observatory and the progress that has been made towards completion of the restoration.

John Cavedon is member of the Astronomical Society of Victoria. He is also a member of U3As Kooyong and Stonnington, and involved with the partnership between our two U3As.

Type: Hybrid

Frequency: 1 session, Thu 10:00 - 11:30

Tutor/Leader: John Cavedon

244TRA02: The Kimberley by Land and Sea **Type: Hybrid**

Dates: 12/09/2024 - 12/09/2024

Location: Room 1 Zoom 1

The Kimberley by Land and Sea The land part of this trip is a tour of the Bungle Bungles, while the sea part is a trip from Broome to Darwin.

Frequency: 1 session, Thu 10:00 - 11:30

Tutor/Leader: Ken Pakes

244TRA03: Amazing China

Dates: 29/08/2024 - 29/08/2024

Location: Room 1 Zoom 1

A 3-week trip in 2011 but PowerPoint presentation created only this year. Enjoy China in all its diversity from a quiet walk on the Great Wall at Mutianyu to Zhongdian (China's Shangri-La) high in the mountains close to the remote northern border of Myanmar. Visit picturesque Zhujiajau – an ancient water town on canals and rivers and Lijiang, capital of the Naxi Kingdom and equally delightful with its waterways and the neighbouring Jade Dragon Snow Mountain. We'll boat down the Yangtze and the Daning rivers with their famous gorges and marvel at the Three Gorges Dam. Breath-taking engineering! We'll "do" the highlights of Beijing, Shanghai, Xian with its terracotta warriors, and Chongqing but we'll also venture into the ethnic minority areas in mountainous Yunnan and stroll beside Tiger Leaping Gorge, one of the world's deepest gorges 3790 metres from river surface to mountain peak. Frank Devlin is well known to U3A Stonnington audiences. He is a most adventurous traveller. Frank will share with us his experiences of visiting China.

Type: Hybrid

Frequency: 1 session, Thu 10:00 - 11:30

Tutor/Leader: Frank Devlin

244WAL02: Magnificence in Albert Pk/Sth Melbourne

Dates: 03/10/2024 - 03/10/2024

Location: Albert Park

Two Magnificent Streetscapes - Albert Park and South Melbourne St Vincent's Place and the St Vincent's Place Gardens in Albert Park represent one of the most beautiful of all preserved heritage areas of Melbourne. The area was first developed in 1854 or 55 and was based on London town planning with rows of single and double story terraces overlooking the beautiful gardens. The original plan is still intact. Adjacent, but in South Melbourne is Howe Crescent, once part of the original development. Much smaller than St Vincent Place, it contains an impressive array of period architecture. Of curving nature, in two parts, it also faces parkland. The walk is flat, and very compact. Abundant coffee/lunch opportunities in Albert Park Village. Meet by 10.00 am at the corner of Bridport and Ferrars Streets Albert Park (directly opposite Ampol service station), and adjacent to Albert Park tram (light rail stop). Plenty of free parking (2 and 4 hours) in Ferrars Street, west side and in St Vincent Place South and North. For public transport users, take Bourke Street tram #96 - St Kilda via Casino to Albert Park stop #128. The meeting spot is just by the boom gates, less than 1 minute from the tram stop. An alternative is tram #1 South Melbourne Beach in Collins Street to stop #26, then short walk south along Ferrars Street. This walk may be repeated should there be sufficient interest.

Ian Singleton is well known to the U3A Stonnington audience.

Type: Walk

Frequency: 1 session, Thu 10:00 - 12:00

Tutor/Leader: Ian Singleton

244WAL03: WALK: Hawthorn plus Burnley Gardens

Dates: 31/10/2024 - 31/10/2024

Location: Hawthorn

Millie's favourite walk! We will begin in the wine growing region of 1880's Hawthorn, then walk to Morang Reserve, a Wurundjerie garden at the mouth of Hawthorn Creek, and Burnley Gardens. Our return walk will be along most of the fashionable avenue of Lisson Grove. A diversion along a lane will take us back to our starting point. Distance: approximately 5 km with gentle hills. Meet by 10am at Tramstop 71, Route 16 - Urquhart St. This is a short tram ride, or a 10 minute walk south from Glenferrie railway station. On street parking is available in nearby residential streets, but read the signs carefully!

Type: Walk

Frequency: 1 session, Thu 10:00 - 12:00

Tutor/Leader: Elizabeth Brown

244SOC04: Meet and Greet with Something to Eat

Dates: 25/07/2024 - 25/07/2024

Location: 3 Valetta St Malvern

Come along for a chat, a cuppa and something to eat. Get to know another member. Bring a friend! This will follow the presentation "What is Surrealism" by Elizabeth Sprigg. If you plan to attend, please enrol, for catering purposes.

Type: Face-to-face

Frequency: 1 session, Thu 11:30 - 12:30

Tutor/Leader: Elizabeth Brown

244SOC05: Meet and Greet with Something to Eat

Dates: 29/08/2024 - 29/08/2024

Location: 3 Valetta St Malvern

Come along for a chat, a cuppa and something to eat. Get to know another member. Bring a friend! This will follow our tour of "Amazing China" with Frank Devlin. If you plan to attend, please enrol, for catering purposes.

Type: Face-to-face

Frequency: 1 session, Thu 11:30 - 12:30

Tutor/Leader: Elizabeth Brown

244ART01: Cooperative Painting Group

Dates: 25/07/2024 - 21/11/2024

Location: Rooms 2 and 3

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.

Type: Face-to-face

Frequency: Weekly, Thu 12:00 - 14:00

Tutor/Leader: Penny Jansen

244EXE01: Qigong Shibashi (Wait list only)

Dates: 25/07/2024 - 14/11/2024

Location: Room 1

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 perform. 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.

Type: Face-to-face
Frequency: Weekly, Thu 12:00 - 13:00
Tutor/Leader: Sandie Duggan

244VOL01: Volunteering at U3A Stonnington

Dates: 22/08/2024 - 22/08/2024

Location: Room 4

Volunteering at U3A Stonnington Tasks small and large contribute to the smooth running of U3A Stonnington. Come along to find out about the details of program planning, website maintenance, catering, managing sessions. Gardening, graphic design, contributions to the website, how to lead a walk: and see how you can contribute. We already have a volunteer to wash the tea towels! Many of these things are done by teamwork that contributes to camaraderie.

Type: Face-to-face
Frequency: 1 session, Thu 12:00 - 13:00
Tutor/Leader: Elizabeth Brown

244LIT01: Thursday Book Discussion Group (Wait list only)

Dates: 25/07/2024 - 14/11/2024

Location: Room 4

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 – On Monday and Thursday. The book to be discussed at the first Thursday meeting is “Restless Dolly Maunder” by Kate Granville. Members will lead the discussion each month.

Dates are: August 8, September 12, October 10, November 14. This is a year-long course so there is no need to re-enrol in Semester 2.

Type: Face-to-face
Frequency: Monthly, Thu 14:00 - 15:45
Tutor/Leader: Mary Heinemann

Friday

245EXE01: Tai Chi for Intermediates (Wait list only)

Dates: 16/02/2024 - 22/11/2024

Location: Room 1

Basic principles and foundation exercises of Yang style Beijing 24 form. This course is for intermediates who want to continue to learn Tai Chi 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.

Type: Face-to-face
Frequency: Weekly, Fri 10:00 - 11:00
Tutor/Leader: Sifu Susan Berryman

245LIT01: Creative Writing (Wait list only)

Dates: 26/07/2024 - 15/11/2024

Location: Room 2-3 Zoom 2

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 2 - July 26; August 9, 23; September 6, 20; October 4, 18; November 1, 15.

Type: Hybrid
Frequency: Fortnightly, Fri 10:00 - 12:00
Tutor/Leader: Janet Allen

245EXE02: Tai Chi for Beginners (Wait list only)

Dates: 26/07/2024 - 22/11/2024

Location: Room 1

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.

Type: Face-to-face

Frequency: Weekly, Fri 11:30 - 12:30

Tutor/Leader: Sifu Susan Berryman

245FIL01: Films on Fridays Beama Streamers

Dates: 26/07/2024 - 20/12/2024

Location: Malvern Library 1255 High Street Malvern

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.

August 23rd 1pm-3.30pm Fanny's Journey 2015 Drama/Biography Rating PG 1 hr 35 mins French with Closed Captions Based on a true story. During World War 2, 12-year-old Fanny takes care of her two younger sisters, after they are separated from their parents. She soon finds herself the leader of a group of eight children fleeing occupied France. **August 30th 1pm-3.30pm** Munch: Love, Ghosts and Lady Vampires 2022 Arts/Biography Rating PG 1 hr 30 mins French with English Captions From Ingmar Bergman to Andy Warhol, the influence of painter Edvard Munch can be seen everywhere, with many of his works becoming symbols for the tragedies of the twentieth century. Journey through Munch's Norway in search of the roots and identity of this singular master.

September 6th 1pm-3.30pm Double Screening- *Short followed by a Feature* | Smile 2019 Arts/Short film Rating G 9 mins English with Captions Documentary short about a community art project by photographer Tawfik Elgazzar, which sees him take free portraits for locals and passers-by in Sydney's inner west. From Scotland With Love 2014 History/Documentary Rating PG 1 hr 16 mins **September 13th 1pm-3.30pm** | Sister Smile 2009 Drama/Music Rating PG 1 hr 59 mins Norwegian with English Captions True Story of Belgian Nun Jeannine Deckers who became an international pop sensation in the early 1960's. September 20th 1pm-3.30pm Monsieur Chocolat 2016 Drama

September 20th 1pm-3.30pm Monsieur Chocolat 2016 Drama/Arts/Biography Rating M 1 hr 54 mins French with English Captions Fascinating true account of the first Afro-Cuban artist of the French stage who revolutionised a stagnant circus and conquered Paris. **October 4th 1pm-3.30pm** | Secret Impressionists 2020 Arts/History Rating G 1 hr 23 mins French, Italian, English. Tells the story of the art revolution at the core of the Impressionist movement, through an exploration of fifty paintings, previously sequestered, now on display in Rome for the first time.

245GAM01: Table Tennis (Wait list only)

Dates: 26/07/2024 - 22/11/2024

Location: Room 1

Table Tennis is fun for everyone. Join up for doubles, singles and the cheer team. We have two tables, and bats and balls are supplied. Bring your own favourite bat if you wish.

Type: Face-to-face

Frequency: Weekly, Fri 13:00 - 15:30

Tutor/Leader: Leif Polsa