



U3A STONNINGTON INC

2025 Courses

10 February 2025

Version 3

U3A STONNINGTON INC Contact Details

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MALVERN

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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 on 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. 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: 18/02/2025-15/07/2025

Location: Room 2 and 3

Leader: The President, Elizabeth Brown

Frequency: 3rd Tuesday of the 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

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.

Leader: Elizabeth Brown

Volunteer to lead a Walk

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.

Leader: Elizabeth Brown

Volunteer to help with the Website

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

Leader: Peter Ward

Volunteer for Reception

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.

Leader: Mary Heinemann

Volunteer for Catering

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.

Leader: Fairlie Nassau

Monday

251CAF01: Current Affairs

Type: Hybrid

Dates: 10/02/2025 - 17/11/2025

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

Location: Room 1/Zoom V1

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.

251GAM01: Social Bridge

Type: Face-to-face

Dates: 10/02/2025 - 17/11/2025

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.

251LAN01: French Literature and Conversation

Type: Face-to-face

Dates: 10/02/2025 - 17/11/2025

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

Location: Room 2-3

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. Judith Spivak will lead this course while Elizabeth Sprigg is away.

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.

251WAL01: WALK: Three Suburbs Walk 6km

Type: Walk

Dates: 07/04/2025 - 07/04/2025

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

Location: None

Tutor/Leader: Ian Singleton

Walk - "Three Suburbs Walk" Location: Camberwell, Kew and Hawthorn. The City of Boroondara is comprised of the former municipalities of Camberwell, Kew and Hawthorn. They met at the corner of Burke and Barkers Roads. This generally flat walk of 6km will take in some of the pleasant parts of these municipalities, including the lovely Reid Estate, the elegant Mangarra Avenue and Canterbury Road, and Edwardian homes of Ryeburne Avenue. This is a generally flat walk, of approximately 6km.

Meet by 10.00am at the corner of Burke and Barkers Roads, opposite the Shell Service station. There is parking available in nearby streets but read the signs carefully! For public transport users take the #72 tram in Swanston Street, - Camberwell via Commercial Road to Stop # 67. This is a long slow trip. You are better advised to catch a Lilydale/Belgrave/ Alamein train to Camberwell and catch the tram from there, outside the Palace Hotel.

LIMIT: 15

251ART03: What's the big deal about Picasso?

Type: Hybrid

Dates: 10/02/2025 - 10/02/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Geraldine Cornall

Picasso is the best-known painter of the 20th century. Why? This is the final lecture for a series of four given in 2024. Recordings of the first three lectures are available on the U3A Stonnington Website. 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.

Geraldine has been involved in art, one way or another, all 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 Fine Arts and Classics for many years, most recently at Mandeville Hall Toorak.

251HIS01: Hungarians and the Grandeur of Budapest

Type: Hybrid

Dates: 17/02/2025 - 17/02/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Dr Joe Hajdu

The Hungarians and the Grandeur of Budapest. The talk will briefly discuss the special history of Hungary, especially the uniqueness of the Hungarian language. The city of Budapest will then serve as an example of the country's turbulent history, with an emphasis on its 'Golden Age' in the years before 1914. Pictures will be used to show how this period still determines the appearance of the city today. Also, mention will be made of the struggles of Budapest in the years of Fascist rule, and how the forty years of Communist rule have affected the city. Finally, the on-going journey of Budapest to find its place in the 21st century. Joe's lecture will reveal Budapest as a beacon of culture and tourism today. Dr Joe Hajdu is an academic, Honorary Fellow of Deakin University, author of numerous book and texts, urban cultural geographer, avid traveller.

251HIS02: Middle East in the 20th Century

Type: Hybrid

Dates: 28/04/2025 - 16/06/2025

Frequency: Weekly, Mon 12:00 - 13:30

Location: Room 1/Zoom V1

Tutor/Leader: Nathan Feld

This Course commences in Semester 1 and concludes in Semester 2 - a total of 12 sessions, 7 in Sem 1, 5 in Sem 2. Nathan Feld will lead discussion arising from recorded lectures from one of "The Great Courses". Two 30-minute lectures will be shown in each class. Prior to the first session, Nathan will email a book that accompanies the course, and some details as to how he will run the classes. Please let us know if you do NOT want him to use your email address. The Middle East in the 20th Century - Presented by Eamonn Gearon. It is impossible to understand our world today without understanding the last 100 years of Middle Eastern history. Yet the history of the region in the 20th century is so varied and complex that it defies easy explanations. Shifting borders, governmental overthrows, ethnic and nationalist tensions, and political and economic forces on the world stage all had a hand in shaping the course of Middle Eastern history. Ultimately, the story of this region—and its impact on the world—is one of people searching for self-determination, from the stumbling alliances after the fall of the Ottoman Empire to the Arab Spring uprisings.

Semester 1: Apr 28, May 5, 12, 19, 26, Jun 2, 16. Semester 2: Jul 21, 28 Aug 4, 11, 18.

251SOC01: The Annual General Meeting

Type: Hybrid

Dates: 24/03/2025 - 24/03/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Elizabeth Brown

An Annual General Meeting is a legal requirement for Incorporated Organizations such as U3A Stonnington Incorporated. Reports are required to provide information about our organization: our aims, governance, finances, activities and general matters. The AGM is a time when the Committee of Management is dissolved, and a new Committee elected. Members are at liberty to ask questions, contribute opinions and suggestions. Come along - take an active part in U3A Stonnington Inc. Light refreshments will be provided after the close of the meeting.

251ART01: Enhance and Grow the Artist in You

Type: Face-to-face

Dates: 17/02/2025 - 10/11/2025

Frequency: Fortnightly, Mon 14:00 - 15:45

Location: Room 2-3

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 1 sessions: Feb 17; Mar 3, 17,31; Apr 14, 28; May 12, 26. Eight sessions. Semester 2 sessions: July 21; August 4, 18; September 1, 15,29; October 13,27; November 10. Nine sessions. This course runs throughout the year so there is no need to re-enrol in Semester 2.

251ART02: Discover and Express the Artist in You

Type: Face-to-face

Dates: 10/02/2025 - 17/11/2025

Frequency: Fortnightly, Mon 14:00 - 15:45

Location: Room 2-3

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 1 sessions: Feb 10, 24; Mar 24; Apr 7; May 5, 19; June 2, 16. Eight sessions Semester 2 sessions: July 28; August 11, 25; September 8, 22; October 6, 20; November 3, 17. Nine sessions

251FIL01: Film Discussion Group

Type: Face-to-face

Dates: 24/02/2025 - 27/10/2025

Frequency: Monthly, Mon 14:00 - 15:30

Location: Room 1

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: Semester 1: Feb 24; Mar 24; Apr 28; May 26. Four sessions. Semester 2: Jul 28; Aug 25; Sep 22; Oct 27. Four sessions This course is year-long so there is no need to re-enroll in Semester 2.

251LIT01: Monday Book Discussion Group

Type: Face-to-face

Dates: 17/02/2025 - 17/11/2025

Frequency: Monthly, Mon 14:00 - 15:45

Location: Room 4

Tutor/Leader: Fairlie Nassau

The types of books chosen for discussion by the group for 2025 include historical fiction, prize winning novels, autobiography, biography, Australian/First People fiction and any other suggestions members make. Members will lead the discussion each month. The title of the first book to be discussed is "Dropping the mask" an autobiography by Noni Hazelhurst.

This is a year-long course. There is no need to re-enrol in Semester 2. The group meets on the third Monday of the month. Semester 1: Feb 17, Mar 17, May 19, Jun16. Four sessions Semester 2: Jul 21, Aug 18, Sep 15, Oct 20, Nov 17. Five sessions

Tuesday

252GAM01: Chess Partners

Type: Face-to-face

Dates: 07/01/2025 - 16/12/2025

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

Location: Room 2-3

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.

252GAM03: Classic Board Games

Type: Face-to-face

Dates: 11/02/2025 - 18/11/2025

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

Location: Room 4

Tutor/Leader: David Pontifex

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. Semester 1: Feb 11,18,25; Mar 4,11,18,25; Apr 1,8,15,22,29; May 6,13,20,27; Jun 3,10,17. Nineteen sessions. Semester 2: Jul 22,29; Aug 5,12,19,26; Sep 2,9,16,23,30; Oct 7,14,21,28; Nov 11,18. Seventeen sessions

252HEA06: Home Care Packages for the over 65

Type: Hybrid

Dates: 18/02/2025 - 18/02/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Elsa Bramwell

Chris Barnard Health has over 10 years of expertise in Health Care. The Home Care sector was introduced in 2023. We provide Home Care packages, which is government-funded support that covers the assistance that older adults may need for things they're struggling with, for example, daily tasks. People aged 65+ can be eligible for a package: funding will be based on an assessment of their needs. We aim to spread awareness regarding Home Care as most older adults aren't aware that they are eligible to receive it! The presentation is approximately 30 minutes, allowing time for questions and discussion. We will also provide member handbooks, which explains the home care package as well as some information about us at Chris Barnard Health!

252HEA07: Immune-based prostate cancer treatment

Type: Hybrid

Dates: 04/03/2025 - 04/03/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Gail Risbridger

Using the immune system to treat prostate cancer T-cells are an important part of our immune system that can track and kill abnormal cells, including cancer cells. Engineered T-cell therapy is a type of immunotherapy that allows T-cells to target and attack cancer cells. Although this seems a simple enough concept, and cures some blood cancers, using engineered T-cell therapies do not work well for prostate cancer. To harness the power of these therapies we need to understand the barriers and challenges to develop new trials. Prof. Gail Risbridger is a Distinguished Professor at Monash University with expertise in Men's Health and prostate cancer. Her research programs contribute to global efforts to improve preclinical outcomes that more accurately predict patient responses to new therapies and to better inform clinical trial design. Her team has produced one of the largest cohorts of advanced prostate cancer models by involving prostate cancer patients who donate tissue, treating surgeons, oncologists, pathologists, and laboratory researchers. Her program has advanced new therapies into clinical trial, and her discoveries have changed guidelines that have been adopted and implemented into Urology, Oncology and Pathology practice in Australia and worldwide.

252HIS01: Nineveh and Nimrud Sculptures

Type: Hybrid

Dates: 11/02/2025 - 11/02/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Frank Devlin

Nineveh and Nimrud Sculptures - life in Assyria, world's first empire 883 – 631 BCE My story is based on visits to the British Museum and the Metropolitan Museum of Art in New York in 2022. Many of the bas reliefs have a vitality and beauty that I find lacking in much contemporary Egyptian art. Join me in this re-discovery of life over two centuries at the height of the Assyrian empire – now largely forgotten – but the largest the world had known at its time. Assyria developed in the “cradle of civilisation” and at its largest it encompassed modern day Iraq, Syria, Lebanon, Israel and parts of Turkey, Iran, Saudi Arabia and Egypt.

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.

252SCI01: Renewable Energy-for and against

Type: Hybrid

Dates: 18/03/2025 - 18/03/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Chris Fletcher

The Federal Election this year will clearly be fought on the following issues of renewable Energy - 1. Who is for renewable Energy and who is against it internationally and locally? 2. Is it cheaper or more expensive and why? 3. What effect can Australia have on Global Emissions? 4. Which countries affect the world emissions the most? 5. What about the global emissions future? 6. How do we replace Petrol and Diesel fuel in Australia and why? 7. The future of EVs in Australia. 8. Safety issues. Chris Fletcher is well known to U3A Stonnington members. He gives very informative talks. His work was as a communications engineer. He is a brilliant scientist.

252SOC02: Let's talk about our growing population

Type: Hybrid

Dates: 01/04/2025 - 01/04/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Ian Penrose

Australia's population growth is an important issue, but it is rarely discussed in an open and polite manner. Why? Because it challenges the economic growth mindset of business and government. It also raises the controversial subject of our immigration program. But we cannot hope to protect, let alone restore Australia's precious wildlife and natural areas, or reduce our overall environmental footprint if we keep adding more feet.

With tertiary qualifications in mathematics, science and economics, Ian is a former senior executive in the coal mining and natural gas industries, based locally and overseas. But after 27 years supporting big business, he switched his focus to the natural environment. He headed the Victorian Government's program to restore the Snowy River with increased flows and bankside rehabilitation. Later, as a state water commissioner, he helped manage environmental water releases into our depleted rivers and wetlands. In 2006, he became the first Yarra Riverkeeper, leading the community's campaign to improve the well-being and appreciation of Melbourne's special waterway. This role earned him the City of Melbourne's 2010 “Melbourne Award for contribution to the environment” and (as co-winner) Boroondara's 2015 “Citizen of the Year” award. Recently he was on the council of the Australian Conservation Foundation and completed a Master of Environment degree. As someone passionate about the impact of humanity on the natural environment, Ian has kept a close interest in the population debate, while maintaining that our multicultural society has enriched Australia and that we must welcome more refugees.

252SOC04: Elder Rights and Advocacy Workshop

Type: Hybrid

Dates: 15/04/2025 - 15/04/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Elizabeth Brown

The aim of this session is for members to gain knowledge and insight on upcoming Government changes: how to access and navigate aged care, your rights in aged care, what advocacy is and how advocates can work for you. Facilitated by Elder Rights Advocacy, this session will provide valuable information about direct advocacy support to older people who are receiving, or who are eligible for, Commonwealth-funded aged care services. This Workshop will also include some information about Elder Abuse. Ageing well should be the right of the older people in our communities. Unfortunately, some older people suffer abuse. The abuse may be hidden, sometimes the individual concerned may not realize what is happening. Abuse can take many forms, such as deception in financial affairs, theft, exclusion and physical abuse. Perpetrators can be members of the general public, carers – even family members. This session will offer opportunities for questions and discussion. Light refreshments will be provided at the close of the session.

252SOC07: Australian Religious & Spiritual Lives

Type: Hybrid

Dates: 03/06/2025 - 03/06/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Andrew Singleton

The Religious and Spiritual Lives of Australians. This talk examines Australia's changing religious landscape, charting its transformation from a predominantly Christian nation in the late 1950s to today's largely secular, multifaith society. It delves into the reasons behind this significant shift, drawing on cutting-edge survey analysis to uncover key trends and insights. Andrew is Professor of Sociology and Social Research in the School of Humanities and Social Sciences at Deakin University. His research interests include spirituality, young people, new religious movements (including Spiritualism), global Christianity, secularization, non-religion, religious change, and contemporary survey methods. Andrew has presented and published extensively in these areas both nationally and internationally. He is author of four books: the most recent is *Let the Dead Speak: Spiritualism in Australia* (with Matt Tomlinson Manchester Unity Press, 2025), *Freedoms, Faiths and Futures: Teenage Australians on Religion, Sexuality and Diversity* (with A. Halafoff, M.L. Rasmussen & G.D. Bouma, Bloomsbury, 2021); *Religion, Culture and Society: A Global Approach* (Sage 2014) and *The Spirit of Generation Y: Young People's Spirituality in a Changing Australia* (with M. Mason & R. Webber, Garrett Publications, 2007). Sociology of religion: spirituality, youth religion, new religious movements, global Christianity, secularization, non-religion, religious change, religious movements in the Global South Gender: men, masculinity, gender and the media Research methods: quantitative, qualitative and mixed-methods.

252SOC08: Defamation

Type: Hybrid

Dates: 11/03/2025 - 11/03/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Bernard Teague

The Law of Defamation is complex but fascinating. It limits freedom of speech by restricting the publication of personal misinformation. Recent defamation case like Roberts-Smith against The Age and Deeming against Pesutto illustrate the complexities.

Retired Judge of the Supreme Court of Victoria. Specialist solicitor in Defamation for over 20 years, former President of Law Institute of Victoria. "Bernard Teague AO was a judge of the Supreme Court of Victoria for over 20 years from 1987. The first solicitor to be appointed to the Supreme Court, he directed juries in more than 90 murder trials. Renowned for his passion, drive and appetite for work, Justice Teague was created an Officer of the Order of Australia in 2009. He has since presided over the 2009 Victorian Bushfires Royal Commission and an inquiry into the 2014 Hazelwood coal mine fire. In 2015, he was appointed chair of the Victim of Crimes Consultative Committee."

252TRA01: The Byzantine World 333 to 1453 CE

Type: Hybrid

Dates: 25/03/2025 - 25/03/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Frank Devlin

Travelling the Byzantine World 333 – 1453 CE Frank has travelled extensively in the former Byzantine empire. He will review the unique Hagia Sophia in Constantinople built in 537 CE, centuries ahead of its time and the largest cathedral in the world for 1000 years. His survey of Byzantine architecture and its prowess in mosaics covers modern day Italy, Greece, Croatia, Armenia, Georgia and Spain. These are outstanding achievements despite a tumultuous environment including iconoclasm and the sack of Constantinople by the 4th Crusade. The city was finally overwhelmed by the Ottomans in 1453 CE.

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.

252TRA02: Broken Hill the Flinders Rangers and Chihuly **Type: Hybrid**

Dates: 17/06/2025 - 17/06/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Ian Singleton

Armchair Travel - Broken Hill, sitting in splendid isolation in far western NSW, is Australia's longest lived mining city, and the site of the world's largest silver-lead-zinc deposit. The "Line of Lode" is 7.5 km long, 250 metres wide and up to 1600 metres deep. Mining began in 1883 and continues today, on a reduced scale, although the city has experienced boom and bust. In 2015 the City of Broken Hill was added to the National Heritage Register. Explore this fascinating city, as well as the nearby historic Silverton and Menindee, its lakes, and historic Kinchega woolshed, and the Darling River at the site of a Burke and Wills camp. We will then visit the spectacular Flinders Ranges, with stunning gorges, colourful mountain backdrops, ruined pastoral stations, impressive Wilpena Pound and dry creek beds and river red gums. Finally, to the beautiful Adelaide Botanic Gardens and a stunning exhibition of the glass artwork of renowned American glass artist, Dale Chihuly, with amazing pieces blending in with the Gardens. Spectacular! Ian is well known to us for his excellent talks – armchair travel at its best!

252EXC01: VISIT: The Islamic Museum of Australia

Type: Visit

Dates: 27/05/2025 - 27/05/2025

Frequency: 1 session, Tue 10:15 - 12:00

Location: Islamic Museum 15a Anderson Rd Thornbury

Tutor/Leader: Nathan Feld

The Islamic Museum of Australia highlights the arts, culture and contributions of Muslims in Australia and abroad through the display of art and historical objects. We will have a private guided tour and discussion with Shereen Hassan, a director of the museum. This will be followed by lunch at the Museum café.

MEET: at the Museum at 10:15 for a 10:30 start and lunch at 12:00. THE ADDRESS: is 15A Anderson Rd. Thornbury. Please make your own way there. A small amount of parking is available on site. COST: \$30:00 per person, non-refundable, to be paid with your enrolment. This includes entry, the guided tour and lunch. COURSE CANCELLATION: Should the visit be cancelled, the \$30 fee will be refunded. **Minimum number: 20**

252LAN01: French Conversation via Zoom

Type: Online

Dates: 11/02/2025 - 18/11/2025

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

Location: Zoom V3

Tutor/Leader: Joyce Marks

If you would like to share and grow your French conversational skills, join us for a weekly 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. Semester 1: Feb 11,18,25; Mar 4,11,18,25; Apr 1,8,15,22,29; May 6,13,20,27; Jun 3,10,17. Nineteen sessions. Semester 2: Jul 22,29; Aug 5,12,19,26; Sep 2,9,16,23,30; Oct 7,14,21,28; Nov 11,18. Seventeen sessions.

252SOC03: Welcome to New Members

Type: Face-to-face

Dates: 15/04/2025 - 15/04/2025

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

Location: Foyer/Room1

Tutor/Leader: Elizabeth Brown

A warm invitation to new members. Please come along so that we can meet each other. Old members are invited to come along to talk about what U3A Stonnington offers, and why they enjoy belonging. This welcome will follow what promises to be a most interesting talk about Elder Rights and Advocacy, arranged by Stonnington City Council. Please enrol by Friday 11 April 2025 for catering purposes.

252SOC05: Meet and greet with a bite to eat

Type: Face-to-face

Dates: 17/06/2025 - 17/06/2025

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

Location: Foyer/Room1

Tutor/Leader: Elizabeth Brown

Meet and greet with a bite to eat. This opportunity for morning tea and a chat comes after some magnificent Armchair Travel with Ian Singleton. Enjoy some reminiscences with other members. Bring a friend! Enjoy some delicious bites to eat! Please enrol by Friday 13 June 2025 for catering purposes.

252HEA01: Adjustment Disorder

Type: Hybrid

Dates: 11/02/2025 - 11/02/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Prof Louis Roller

Adjustment disorder is a mental health condition characterised by an excessive emotional or behavioural response to a significant life stressor. Common triggers include major life changes such as job loss, divorce, relocation, or the death of a loved one. Symptoms typically begin within three months of the stressor and may include sadness, anxiety, irritability, difficulty concentrating, or social withdrawal. Unlike other disorders, symptoms are directly tied to the triggering event and generally subside once the stressor is removed, or the individual adapts. Treatment often involves psychotherapy, such as cognitive-behavioural therapy (CBT), and occasionally medication to manage symptoms like anxiety or depression.

Prof Louis Roller AM is a well-known and respected presenter at U3A Stonnington. He was made an honorary Life Member of U3A Stonnington in 2024.

252HEA02: Rheumatoid Arthritis (RA)

Type: Hybrid

Dates: 11/03/2025 - 11/03/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Prof Louis Roller

Rheumatoid arthritis (RA) is a chronic autoimmune disorder that primarily affects joints, causing inflammation, pain, swelling, and eventual joint damage. Unlike osteoarthritis, which is caused by wear and tear, RA occurs when the immune system mistakenly attacks the synovium, the lining of the joints. This leads to the destruction of cartilage and bone over time. Common symptoms include joint stiffness, especially in the morning, fatigue, and symmetrical joint involvement. RA can also affect other organs, including the lungs, heart, and eyes. Early diagnosis and treatment, often involving disease-modifying antirheumatic drugs (DMARDs) and biologics, are crucial to managing symptoms and preventing progression.

Prof Louis Roller is a well known and loved presenter and Honorary Life Member of U3A Stonnington

252HEA03: Crohn's Disease

Type: Hybrid

Dates: 08/04/2025 - 08/04/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Prof Louis Roller

Crohn's disease is a chronic inflammatory bowel disease (IBD) that affects the gastrointestinal tract, most commonly the small intestine and colon. It can cause symptoms such as abdominal pain, diarrhea, fatigue, weight loss, and malnutrition. The exact cause is unknown, but it involves an interplay of genetic, environmental, and immune system factors. Crohn's disease is characterised by periods of remission and flare-ups, with inflammation potentially leading to complications like strictures, fistulas, or abscesses. Diagnosis typically involves imaging, endoscopy, and biopsy. While there is no cure, treatment focuses on managing symptoms and inflammation through medications, lifestyle changes, and sometimes surgery.

Prof Louis Roller is a well known and loved presenter and Honorary Life Member of U3A Stonnington

252HEA04: Motor Neurone Disease

Type: Hybrid

Dates: 06/05/2025 - 06/05/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Prof Louis Roller

Motor neurone disease (MND) is a rare, progressive neurological condition that affects motor neurons in the brain and spinal cord. These neurons are responsible for controlling voluntary muscle movements like speaking, walking, and breathing. As the disease advances, muscle weakness and wasting occur, leading to loss of mobility, difficulties in speech, and impaired breathing. MND does not affect the senses or intellect in most cases, though some may experience cognitive or behavioural changes. The exact cause is unknown, but genetic and environmental factors may contribute. There is currently no cure, but treatments and therapies aim to manage symptoms and improve quality of life.

Prof Louis Roller is a well known and loved presenter and Honorary Life Member of U3A Stonnington

252HEA05: Dizziness And Vertigo

Type: Hybrid

Dates: 10/06/2025 - 10/06/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Prof Louis Roller

Dizziness and vertigo are common symptoms that can significantly affect quality of life. Dizziness refers to a range of sensations, such as feeling faint, unsteady, or lightheaded. Vertigo, a subtype of dizziness, is characterised by a spinning or whirling sensation, often caused by inner ear disturbances. Conditions like benign paroxysmal positional vertigo (BPPV), Meniere's disease, or vestibular neuritis are typical culprits. Dizziness may also result from dehydration, low blood pressure, or neurological issues. Treatment varies based on the cause and may include medication, physiotherapy, or lifestyle changes. If dizziness is severe or persistent, medical evaluation is essential.

Prof Louis Roller is a well known and loved presenter and Honorary Life Member of U3A Stonnington

252SOC01: AI Machines that may NOT think like us

Type: Hybrid

Dates: 29/04/2025 - 29/04/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Anthony Ash

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, they would look just like a string bag!”

252GAM05: Bridge with Instruction

Type: Face-to-face

Dates: 11/02/2025 - 18/11/2025

Frequency: Weekly, Tue 12:15 - 13:45

Location: Room 2-3

Tutor/Leader: Peter Lardy

Peter Lardy will offer guidance for Bridge players who are just learning about the game. Others who are new to Bridge are also welcome. It is recommended that players with knowledge of the game join the Monday morning Social Bridge group.

Semester 1: Feb 11,18,25; Mar 4,11,18,25; Apr 1,8,15,22,29; May 6, 13,20,27; Jun 3,10,17. Nineteen sessions.
Semester 2: Jul 22,29; Aug 5,12,19,26; Sep 2,9,16,23,30; Oct 7,14,21,28; Nov 11,18. Seventeen sessions.

252GAM02: Mah Jong

Type: Face-to-face

Dates: 07/01/2025 - 18/11/2025

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

Location: Room 4

Tutor/Leader: Vivienne Rosta

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 on Tuesday afternoons.

Wednesday

253ART01: The Significance of Colour In Our Lives

Type: Face-to-face

Dates: 12/02/2025 - 19/03/2025

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

Location: Room 2-3

Tutor/Leader: Gail Hart

Sessions to include background information on the history of colour. Also looking at the various meanings and beliefs associated with colour. Weekly themes to be discussed through group participation. Examples of content can be adjusted to members' general interests. A few materials to be brought to sessions will be explained at the first session. Weekly subjects include : Nature of Colour; Colour Palettes; How Colour is Used; Colour in Different Cultures; Colour Fashions; Colour in Architecture and Interior Design; Colour in Nature. Participation includes interactions and shared reflections on colour in your life. Examples: What is your favourite colour and why? How do you choose colour for decorating your living areas? Taking part in easy table exercises to explore the experience of colour. Examples: Building a card tower (in colour and pattern); Using Origami paper for small creative ideas; Working with coloured puzzles and blocks. Materials required will be provided on Week 1. Pen and paper is useful each week. Course materials can be stored at Valetta Street.

B Arts, Kingston Ontario Dip Art and Design, Melbourne, Victoria Post Grad Dip Arts Therapy, Melbourne, Victoria MSc, Brisbane, Queensland

253ART02: Collage for Beginners and Intermediates

Type: Face-to-face

Dates: 07/05/2025 - 11/06/2025

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

Location: Room 2-3

Tutor/Leader: Gail Hart

Collage is a technique of art creation. It is made by attaching various materials to a common background 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 supply some materials. Weekly Sessions to include the following: Session 1: Introduction to collage, designs, colours, demonstrations and examples. Bring pen and paper to session 1. Listing of materials needed for weekly sessions will be given out at session 1. Session 2: Collage formation starts. Participants to 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. Course materials can be stored at Valetta Street.

B Arts, Kingston Ontario Dip Art and Design, Melbourne, Victoria Post Grad Dip Arts Therapy, Melbourne, Victoria MSc Science, Brisbane, Queensland

253CAF01: Wednesday Current Affairs

Type: Face-to-face

Dates: 12/02/2025 - 19/11/2025

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

Location: Room 1

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. Strongly held opinions are likely to be expressed in discussion which is unmoderated. Video clips are mostly from Sky News, and Fox News.

253GAM01: Scrabble

Type: Face-to-face

Dates: 12/02/2025 - 19/11/2025

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

Location: Room 4

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.

253WAL01: WALK: Marvellous Melbourne

Type: Walk

Dates: 26/03/2025 - 26/03/2025

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

Location: None

Tutor/Leader: Julia King

This walk takes us to see some of Melbourne's greatest buildings and spaces, starting with three of the original banks all built in the second half of the 1800s. We will then walk through the Block Arcade, 1891 - 93 (where coffee is available) and then into the Royal Arcade 1869 - 70 in the Italianate style where Gog and Magog strike the hour. The Art Deco Capitol Theatre Building 1924 was designed by Walter and Marion Griffin 1924. There are stairs sometimes no handrail. Meet by 10am at the portico of the Melbourne Town Hall, that is the staircase facing Swanston Street. **LIMIT: 15**

253EXC01: VISIT: South Melbourne Market Repeat visit

Type: Visit

Dates: 16/04/2025 - 16/04/2025

Frequency: 1 session, Wed 10:30 - 12:00

Location: None

Tutor/Leader: Ian Singleton

Visit - South Melbourne Market. (Repeat) The South Melbourne Market is a Melbourne institution and community hub. Founded in 1867, it has been expanded, modernised, survived fires and bomb blasts to be the thriving vibrant market it is today. Discover a wide range of fresh food retailers, a market food hall, a restaurant precinct and an eclectic range of merchandise and services - clothing, homewares, hairdressing, second-hand books. The list is endless. Come prepared for a great day out. NOTE: this is a repeat of a previous visit to the South Melbourne Market earlier this year.

Meet, at 10.30 am outside "Chef's Hat", at the corner of Cecil and Coventry Streets, directly opposite the Market. There is limited on street parking in the vicinity, and generally only of one hour. The Market has a car park, entry off Coventry Street. Free for 2 hours then \$9 per hour. For public transport users the #96 tram (light rail) - St Kilda via Casino in Bourke Street is ideal. Alight at Stop #127, right at the market. **LIMIT: 10**

253LAN01: Italian Conversation - OFFSITE

Type: Face-to-face

Dates: 5/02/2025 - 26/11/2025

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

Location: U3A Kooyong 454 Glenferrie Road Kooyong

Tutor/Leader: John Cavedon

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. This program runs in partnership with U3A Kooyong. Associate membership for U3A Kooyong is not required. Important: please wear your U3A Stonnington name badge with Emergency Contact details on the back. Venue: The Vision Australia Building, Room 2, 454 Glenferrie Road Kooyong. This is 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 away.

Italian sessions will normally follow the U3A Stonnington Semester dates, weekly on Wednesdays, but school holidays may be observed. Semester 1 February 5 to June 25 (21 weeks) Semester 2 July 16 to November 26 (20 weeks)

253SOC01: Meet and greet with a bite to eat

Type: Face-to-face

Dates: 14/05/2025 - 14/05/2025

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

Location: Foyer/Room1

Tutor/Leader: Elizabeth Brown

Come along for a chat with other members. Bring a friend along. Relax after a discussion of Current Affairs! Please enrol by Monday 12 for catering purposes.

253HIS01: More Trailblazers of Jewish Thought

Type: Hybrid

Dates: 19/03/2025 - 23/04/2025

Frequency: Weekly, Wed 12:00 - 13:30

Location: Room 1/Zoom V1

Tutor/Leader: Assoc Prof Peter Schattner

More Jewish Trailblazers of Jewish Thought – their impact on Judaism The 2024 series titled ‘Jewish trailblazers in the modern era’ was obviously not exhaustive. There are at least fifteen others who have made major contributions to Judaism! In this series, we continue our exploration of those who have contributed to Jewish thought either as philosophical, religious or political intellectuals. Many have provided ongoing leadership in their fields, but others, while less influential in the 21st century, have not been forgotten. They might not all be household names, but their legacies are remarkable. Of course, these people did not exist in isolation. Context is important. For example, Arendt will be presented in the setting of totalitarianism, the shadow of the Holocaust with the Eichmann trial, and the roles of her colleagues such as Martin Heidegger, Walter Benjamin and Gershom Sholem. We will explore the lives and thoughts of an additional group of profound trailblazers in modern Jewish thought. As previously, a summary ‘dictionary’ of the principal people, movements and technical terms will accompany the series, as will the opportunity to discuss many of the unresolved arguments that these trailblazers provided. Five lectures weekly: Mar 19 & 26, Apr 2, 9 & 23. Note: no lecture Apr 16 (Passover)

Associate Professor Peter Schattner is well known here to U3A Stonnington audiences as presenter of numerous series of well researched, interesting and informative lectures on Jewish topics, including history, culture and notable individuals. He is currently President of B’Nai Brith. Prior to retirement, Peter worked in primary health care as a GP, and as academic at Monash University. His interests were in primary health care education and research. He supervised higher degree research students, ran workshops for GPs, and presented at international conferences on a broad range of primary care topics, including research methods, evidence-based practice, and information technology. He has a most impressive CV!

253MUS01: Prof Child Ballads: An Introduction

Type: Face-to-face

Dates: 30/04/2025 - 07/05/2025

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

Location: Room 1

Tutor/Leader: Raymond Crooke

From 1882 to 1898 Harvard Professor Francis James Child published, in ten large volumes, the most influential collection of British traditional songs, “The English and Scottish Popular Ballads”. These lectures will look at the distinguishing characteristics of these works and some of the main themes they deal with. The presentations will include the singing of several ballads from the collection.

253LIT01: Poetry Pilgrims

Type: Hybrid

Dates: 12/02/2025 - 12/11/2025

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

Location: Room 2-3/Zoom V2

Tutor/Leader: Anne McQueen-Thomson

Anne will lead this poetry discussion group on the 2nd and 4th Wednesdays of the month. 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 1: Feb 12, 26; Mar 12, 26; Apr 9, 23; May 14, 28; Jun 11. Nine sessions. Semester 2: July 23; August 13, 27; September 10, 24; October 8, 22; November 12. Eight sessions.

253LIT02: Conversations and Books A New Group

Type: Face-to-face

Dates: 05/03/2025 - 04/06/2025

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

Location: Room 2-3

Tutor/Leader: Elizabeth Brown

Australia in the 1960s – does this stir chords of memory for you? Essays written by Charmian Clift from the mid-1960s provide reminders of Australia of these times. I suggest exploration of some – your choice - of these many essays as a basis for starting point for conversation “Sneaky little revolutions”- selected essays by Charmian Clift is edited by Nadia Wheatly, 2022 New South Publishing, University of New South Wales. To perpetuate our group, let us work out how we will choose the conversations we will have, the topics we will discuss, the books we will read. Semester 1: Mar 5, Apr 2, May 7, June 4.

253GAM02: Have Fun with Mah Jong Cantonese Style

Type: Face-to-face

Dates: 12/02/2025 - 19/11/2025

Frequency: Weekly, Wed 13:00 - 15:00

Location: Room 4

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. Yoong Crooke will be away 17th Feb - 13th March. Bee Wong will be looking after the classes during Yoong's absence.

253HIS02: Politics, Religion and Early Christianity

Type: Hybrid

Dates: 26/02/2025 - 26/02/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Alex Safran

Politics and Religion - or how a change in the government of Jerusalem affected early Christianity. Alex Safran had been interested in history for as long as he could remember. But there was "real history" taught at school, and there was Bible stories taught at Sunday School - and it seemed that never the twain would meet. It was only while at university that Alex realised that parts of the Bible made more sense when seen in their historical setting. This talk will focus on the factors behind Saul's "Road to Damascus" experience. (Alex is a long-time member of Stonnington U3A, and this talk is similar to one previously given in Albert Isaac's Comparative Religion series.)

Alex Safran is a long-term member of U3A Stonnington. He was an accountant and teacher. He has had a long-time interest in scripture in its historical setting

Thursday

254EXC02: The Yarra Valley and Ranges

Type: Excursion

Dates: 15/05/2025 - 15/05/2025

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

Location: Foyer at Valetta St

Tutor/Leader: Gregor Howie

Fee \$20.00

The Yarra Valley and Ranges The itinerary will be to visit: • The Kuranga Native Plant Nursery and enjoy morning tea/coffee • The Upper Yarra Museum • Warburton for lunch • Cement Creek Redwood Forest Cost per person, with enrolment: \$20, non-refundable. The fee covers the cost of the bus and the entry fee to the museum. Members will pay on the day for their own morning tea and lunch. Bring your own lunch if you wish. Please meet at Valetta Street by 9.15am for a prompt departure at 9.30am. Return: approximately 3.30pm. **Limit: 16 Members**

254ART02: What is Surrealism?

Type: Hybrid

Dates: 29/05/2025 - 29/05/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Elizabeth Sprigg

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 will use PowerPoint to show many examples of some surrealist work. She will talk about famous surrealists, and surrealists whose work and lives she finds 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.

254EXC01: Entertainment at ACMI Your choices

Type: Visit

Dates: 06/03/2025 - 06/03/2025

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

Location: None

Tutor/Leader: Elizabeth Brown

Entertainment at ACMI Choose any or all of the following (or even something else!) The Future & Other Fictions is a World Premiere Exhibition which celebrates the people, artworks and ideas that shape tomorrow. It showcases the people, costumes and artworks imagining bright and bold futures through film, videogames, contemporary art, interactives and more. ENTRY FEE TO THIS EXHIBITION: Concession \$15, ACMI Member \$13 – to be paid ON THE DAY at the ACMI Ticket Office, NOT with U3A Stonnington. At ACMI, there are several options which are FREE. Here are two suggestions: The Story of the Moving Image Journey through the past, present and future of the moving image with interactive experiences and captivating stories. From the first projections and optical illusions to the birth of film and beyond, moving images have the power to spark imagination, share stories and shape history. Discover how inventors, innovators and artists at the turn of the 20th century wielded light, split time and captured motion, heralding a technological revolution that continues today. The Making of Memoir of a Snail See the creative and technical processes of stop-motion Claymation, presented through a selection of the thousands of items that were meticulously handmade by a skilled team of artists. Shot frame by frame, the film contains no CGI; every prop, set and character is a real, tangible object. ACMI is located within Federation Square. The main ACMI entrance is on Flinders Street. MEET at the ACMI Ticket Office after the doors open at 10am, even if you are planning to visit only the FREE displays. If you wish there are opportunities for morning tea, and/or lunch nearby. For further information, go to <https://www.acmi.net.au/whats-on/> **LIMIT: 20**

254HEA01: Managing Emotion

Type: Hybrid

Dates: 10/04/2025 - 01/05/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Loretta Brennan

The course will cover : Background on temperaments and emotions; Recent research on emotional intelligence; Myths about emotions; Plutchik’s model for making sense of emotions; The difference between emotions, feelings and moods; Skills for managing one’s own and other’s emotion.

Sr. Loretta Brennan is a member of a Catholic religious congregation and has degrees in theology and education. In her work as an educator, having taught primary, secondary and tertiary students, she has discovered that little attention has been given to providing the knowledge and the skills for managing intelligently one’s emotions. The complexities of life require a more wholistic approach to education where different disciplines and science come together in explaining emotions and their purpose in everyday living. Thursdays Apr 10, 17, 24; May 1. Sr. Loretta spent the past 24 years teaching at Tangaza University in Kenya where she established a Centre for Leadership and Management. She has also been involved in giving retreats, spiritual direction and courses in spirituality.

254LAN01: Intermediate German

Type: Face-to-face

Dates: 13/02/2025 - 20/11/2025

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

Location: Room 2-3

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 on 27 February, 10, 17, 24 April. Semester 1 sessions: Feb 13,20; Mar 6,13,20,27; Apr 3; May 1,8,15,22,29; Jun 5,12,19. Fifteen sessions Semester 2 sessions will be advertised later in the year.

254SOC01: Introduction to Victoria's Legal System

Type: Hybrid

Dates: 03/04/2025 - 03/04/2025

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

Location: Room 1/Zoom V1

Tutor/Leader: Bernard Teague

An introduction to Victoria's Legal System Our Victorian legal system starts with basics like the rule of law and the separation of powers. But we have such a variety of lawyers, and of courts and tribunals. When you have a legal problem, where do you go to get help to understand the Federal or State statute law or the common law that applies? Bernard Teague a retired Judge of the Supreme Court of Victoria. Specialist solicitor in Defamation for over 20 years, former President of Law Institute of Victoria. "Bernard Teague AO was a judge of the Supreme Court of Victoria for over 20 years from 1987. The first solicitor to be appointed to the Supreme Court, he directed juries in more than 90 murder trials. Renowned for his passion, drive and appetite for work, Justice Teague was created an Officer of the Order of Australia in 2009. He has since presided over the 2009 Victorian Bushfires Royal Commission and an inquiry into the 2014 Hazelwood coal mine fire. In 2015, he was appointed chair of the Victim of Crimes Consultative Committee."

254ART01: Cooperative Painting Group

Type: Face-to-face

Dates: 13/02/2025 - 20/11/2025

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

Location: Room 2-3

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.

Semester 1: Feb 13,20,27; Mar 6,13,20,27; Apr 10,17,24; May 1,8,15,22,29; Jun 5,12,19. Eighteen weeks
Semester 2: Jul 24,31; Aug 7, 14,21,28; Sep 4,11,18,25; Oct 2,9,16,23,30; Nov 6,13,20. Eighteen weeks. This is a yearly course so there is no need to re-enrol in Semester 2.

254EXE01: Qigong Shibashi

Type: Face-to-face

Dates: 13/02/2025 - 20/11/2025

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

Location: Room 1

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 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. Semester 1: Feb 13,20,27; Mar 6,13,20,27; Apr 10,17,24; May 1,8,15,22,29; Jun 5,12,19. Eighteen weeks Semester 2: Jul 24,31; Aug 7,14,21,28; Sep 4,11,18,25; Oct 2,9,16,23,30; Nov 6,13,20. Eighteen weeks. This is a yearly course so there is no need to re-enrol in Semester 2.

254LIT01: Thursday Book Discussion Group

Type: Face-to-face

Dates: 13/02/2025 - 13/11/2025

Frequency: Monthly, Thu 14:00 - 15:45

Location: Room 4

Tutor/Leader: Mary Heinemann

The types of books chosen for discussion by the group for 2025 include fiction, travel, history, autobiography and biography. The book to be discussed at the first Thursday meeting is "Restless Dolly Maunder" by Kate Granville. Members will lead the discussion each month.

The group meets on the second Thursday of the month. Semester 1: Feb 13, Mar 13, Apr 10, May 8, Jun 12. Five sessions Semester 2: Aug 14, Sep 11, Oct 9, Nov 13. Four sessions

254LIT02: Poetry Sparkle

Type: Face-to-face

Dates: 27/03/2025 - 27/03/2025

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

Location: Room 4

Tutor/Leader: Omega Pott

Poetry Sparkle. Recitation of favourite poems. If you have a love for the Spoken Word, write your own Poetry or just want to listen to an old Favorite, this one-off session may be for you. (Interactive session) Omega holds a BA. Hons from Melbourne and has taught in Australia and Germany. In 2000, when her son was born, she began a small Music Therapy business called Big Heart Music. She still works part-time tutoring in ESL and providing Music Therapy services in Aged Care and Disability.

Friday

255EXE01: Tai Chi for Intermediates

Type: Face-to-face

Dates: 14/02/2025 - 21/11/2025

Frequency: Weekly, Fri 10:00 - 11:00

Location: Room 1

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 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. Semester 1: Feb 14, 21, 28; Mar 7, 14, 21, 28; Apr 4, 11; 2, 9, 16, 23, 30; May 2, 9, 16, 23, 30; Jun 6, 13, 20. Twenty-two weeks. Semester 2: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12, 19; Oct 3, 10, 17, 24, 31; Nov 7, 14, 21. Seventeen weeks

255LIT01: Creative Writing

Type: Hybrid

Dates: 14/02/2025 - 14/11/2025

Frequency: Fortnightly, Fri 10:00 - 12:00

Location: Room 2-3/Zoom V2

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. Semester 1: Feb 14,28; Mar 9,11; Apr 11; May 9,23; Jun 6,20. Nine sessions. Semester 2: Jul 25; Aug 8,22; Sep 5,19; Oct 3,17,31; Nov 14. Nine sessions.

255WAL01: WALK: The East Walk 7km

Type: Walk

Dates: 02/05/2025 - 02/05/2025

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

Location: None

Tutor/Leader: Ian Singleton

"The East Walk" Location: East Camberwell, Deepdene, Kew and Canterbury On this pleasant (mostly) flat walk of approx.7 Km, we will stroll along part of the old Outer Circle Railway, meander through quiet, almost rural, parts of Kew, note the Spanish Mission architecture of Canterbury, and admire the extraordinary mansions of "Froggnall" and "Parlington"

Meet by 10.00 am at the exit from Platform 3 at East Camberwell Railway Station (Trains from City to Ringwood, Belgrave and Lilydale) The East Camberwell station is located in Sefton Place. Some parking is available close by, but read the Parking signs carefully! Public Transport is recommended. **LIMIT: 15**

255EXC01: VISIT: South Melbourne Market

Type: Visit

Dates: 07/03/2025 - 07/03/2025

Frequency: 1 session, Fri 10:30 - 12:00

Location: None

Tutor/Leader: Ian Singleton

Visit - South Melbourne Market. The South Melbourne Market is a Melbourne institution and community hub. Founded in 1867, it has been expanded, modernised, survived fires and bomb blasts to be the thriving vibrant market it is today. Discover a wide range of fresh food retailers, a market food hall, a restaurant precinct and an eclectic range of merchandise and services - clothing, homewares, hairdressing, second-hand books. The list is endless. Come prepared for a great day out. NOTE: this is the first visit to the South Melbourne Market: it will be repeated later in the Semester.

Meet at 10.30am outside "Chef's Hat", at the corner of Cecil and Coventry Streets, directly opposite the Market. There is limited on street parking in the vicinity, and generally only of one hour. The Market has a car park, entry off Coventry Street. Free for 2 hours then \$9 per hour. This visit will be repeated on Wednesday 16 April. For public transport users the #96 tram (light rail) - St Kilda via Casino in Bourke Street is ideal. Alight at Stop #127, right at the market. **LIMIT: 10**

255EXE02: Tai Chi for Beginners

Type: Face-to-face

Dates: 14/02/2025 - 21/11/2025

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

Location: Room 1

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. Semester 1: Feb 14,21,28; Mar 7,14,21,28; Apr 4,11; May 2,9,16,23,30; Jun 6,13,20. Seventeen weeks. Semester 2: Jul 25; Aug 1,8,15,22,29; Sep 5,12,19; Oct 3,10,17,24,31; Nov 7,14,21. Seventeen weeks.

255ART01: Talking Art

Type: Face-to-face

Dates: 21/02/2025 - 28/03/2025

Frequency: Weekly, Fri 12:15 - 13:45

Location: Room 2-3

Tutor/Leader: Geraldine Cornall

Talking Art We will discuss various works of art and look at them in the context of the times in which they were made. Works to be discussed will include Manet's The Bar at the Folies Bergere, Raphael's School of Athens, Matisse's Joy of Life and Goya's Portrait of Charles IV and His Family.

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 Fine Arts and Classics for many years, most recently at Mandeville Hall Toorak. Feb 21, 28; Mar 7, 14, 21, 28.

255FIL01: Films on Fridays Beama Streamers

Type: Face-to-face

Dates: 14/02/2025 - 21/11/2025

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

Location: Malvern Library 1255 High Street Malvern

Tutor/Leader: Library staff

Join us for Beama Streamers, a weekly free film screening featuring classic cinema, feature films and independent documentaries from Beamafilm. This program operates 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. Further information:

<https://www.stonnington.vic.gov.au/Library/Whats-On/Beama-Streamers-2025>

7 February: Westward: Punk, Icon, Activist, Rating: M The first film to chart the life and work of the 'grande dame' of punk and British fashion, Vivienne Westwood. English / Closed Captions Not Available 14 February: Like Water for Chocolate, Rating: M When tradition prevents her from marrying the man she loves, a young woman turns to her culinary skills to convey her feelings. Spanish with English Captions 21 February: Eternity, Rating: M Follows the lives and loves of women from the same family across a century. French with Closed Captions 28 February: Carol, Rating: M An aspiring photographer develops a relationship with an older woman in 1950's New York. Starring Cate Blanchett and based on the novel by Patricia Highsmith. 7 March: Suzi Q, Rating: M The story of trailblazing singer/song writer, poet, actress, radio presenter and so much more- Suzi Quatro. English With Closed Captions Available 14 March: Master Cheng, Rating: PG Following the death of his wife, a Chinese chef travels with his young son to a remote village in Finland to reconnect with an old friend. Finnish, English with Closed Captions 21 March: The Dancing Dogs of Dombrova, Rating: M An estranged brother and sister travel to Poland to fulfill a wish for their ailing grandmother- retrieve the remains of her childhood dog. English. Closed Captions Not Available

255GAM01: Table Tennis

Type: Face-to-face

Dates: 14/02/2025 - 21/11/2025

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

Location: Room 1

Tutor/Leader: David Pontifex

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.

This is a Year-long course: there is no need to re-enrol in semester 2. Semester 1: Feb 14,21,28; Mar 7,14,21,28; Apr 4,11; May 2,9,16,23,30; Jun 6,13,20. Seventeen weeks. Semester 2: Jul 25; Aug 1,8,15,22,29; Sep 5,12,19; Oct 3,10,17,24,31; Nov 7,14,21. Seventeen weeks.
