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U3A MELBOURNE CITY OFFICE RELOCATION

Our office in Ross House has relocated to ...

Suite 1, Level 5, Greek Cultural Centre, 168 Lonsdale Street, Melbourne (corner of Russell and Lonsdale Streets)

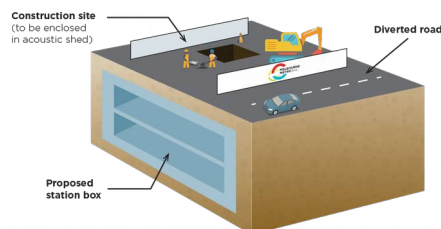
Note: There are no venue changes currently to classes located in Ross House.

Why Relocate?

Construction of the Metro Rail Tunnel will have a major impact on the environment of Flinders Lane from 2018 ...

Changes to access; Increased movement of heavy vehicles; Noise; Dust; Traffic and pedestrian congestion.

There is potential for disruption to the operations of Ross House.



Benefits of our New Home:

- Security of accommodation over a minimum 3 to 6 years.
- A new office in a new building, providing excellent facilities for administration and member services.
- An appropriately equipped meeting room, and a hub for members to visit.
- Use of the superbly equipped education suite, auditorium, and future gallery.
- A location close to transport, with easy access to stations, bus network and trams.
- Melina's roof-top restaurant is in the building, and the area has many coffee shops and restaurants to enjoy.

The Management of the Greek Cultural Centre welcomes U3A Melbourne City and shares the U3A ethos of learning.

AGM

ANNUAL GENERAL MEETING

Wednesday 15th NOVEMBER 2017

10.30am sharp! Multicultural Hub, Elizabeth Street (opposite Victoria Markets)

The Annual General Meeting is your chance to have a say about future directions for your U3A; to hear plans for the forthcoming year; and to elect office bearers for 2018.

Details of the Agenda, nomination forms for Committee members and proposed motions will be sent out in October.

Members are encouraged to ask questions at the AGM and those wishing to do so are requested to forward these to the Secretary at secretary@u3amelbcity.org.au by 1 November 2017 (two weeks prior to the meeting).

YOUR MANAGEMENT COMMITTEE NEEDS EVERYONE'S SUPPORT!

PLEASE PUT THE DATE – Wednesday 15th NOVEMBER 2017 – IN YOUR DIARY NOW. **REFRESHMENTS WILL BE PROVIDED!**

Only Members and Life Members are eligible to vote.

Associate Members and Non-fee paying members (honorary members) are not eligible to vote.

DATES FOR YOUR DIARY

Date	Event	Date	Event
20 Sept	Choir Concert	12 October	Forum - "Pain Killers - A Silent Epidemic"
23 Sept-8 Oct	State school holidays	18 October	The Florey - "Frontiers of Psychology"
26 Sept	LDMusic - "Quartet on Collins #3"	14 November	The Florey - "Genetics and our Future Health"
30 Sept	LDTheatre - "Alice's Adventures in Wonderland"	1 November	The Florey - "Nutraceuticals and Goji Berries"
4 October	Wine & Cheese Sundowner	15 November	AGM
4 October	LDTheatre - "The Bodyguard Musical"	21 November	LDMusic - "Monteverdi: The Grand Madrigals"

PRESIDENT'S NOTES



This month, U3A Melbourne City celebrates a new home, a secure future and the achievement of a major planning goal. It is a time of excitement and anticipation as we begin work in our new Centre. The relocation to a new environment provides many benefits for our organisation, most notably the chance to sharpen focus and consolidate our

operations. The new Centre accommodates all our meetings and interviews, delivers member services and tutor support, and introduces us to a new community environment which shares our values.

Thanks are extended to the Management of Greek Centre for their warm welcome and practical help during the transition period.

The Committee also extends grateful thanks to the management and staff of Ross House for all their kind

There is so much for us to value in membership of U3A. The support of all our members ensures that we all have the opportunity to participate, contribute, learn and enjoy.

support and assistance.

Planning for 2018 is now well underway. Course programming is well advanced, and financial and business planning affirmed. Membership fees will rise by \$5 dollars to \$70, as approved by members at the 2017 Annual General Meeting. The cost of accommodation in city venues is rising steadily and accounts for the greatest part of our expenditure.

At this opportunity Committee pays special tribute to the late Robert Hooke. Robert was for many years an honorary member of our U3A, a charismatic and passionate tutor of French Language who was held in very high regard by his students and friends. Robert exemplified the values of lifetime learning and of the volunteer ethos. As a colleague working in the Languages Program, he is remembered for his great knowledge, unflinching commitment, resilience and dedication. Robert's work and great spirit of contribution and participation is acknowledged with gratitude and respect.

WHY IS OUR U3A USING SO MANY VENUES?

U3A Melbourne City does not own any property in the CBD. To run our classes we source many venues (currently 10). The Course Coordination team spend many hours matching venues to classes and deserve a big thank you from all of us for their hard work.

How do we select a venue?



CHOOSING THE PERFECT VENUE



When we find a possible new venue we visit with a site checklist. The challenge is to find spaces that we can afford and that meet criteria such as adequate space, good access and suitability for courses including cooking, choir, yoga and languages.

How do we work with selected venues?

Initial negotiations include agreed pricing parameters ranging

from an inclusive price to a price for hourly room hire and additional charge for the use of audio-visual (AV) equipment... Most of our venues increase their hourly hire rate on an annual basis and it is not unusual for this to be a \$5 an hour increase. Room hire costs are a major expenditure for U3A Melbourne City.

How can you help?

The Accommodation Working Group is always keen to hear about spaces around the CBD that may be useful for classrooms. Criteria include spaces that can take between 15 and 40 people, are accessible from 9.30 to 4.30 Monday to Friday and provide AV equipment and have Wi-Fi access. Spaces need to be close to public transport and preferably allow access for people with disabilities.

Issues going forward

As the number of members and the range of courses increase every year we are constantly juggling the requirements of tutors with the spaces we have available. Finding alternative spaces is always on our agenda.

In the future, we may need to move to venues that are further removed from Flinders St station. We will always choose venues that are accessible and that allow us to offer members a good learning environment.

Carolayne Cohn

Accommodation Working Group

Elizabeth Way

Course Coordinator

NEWSLETTER PRODUCTION SCHEDULE 2017

Issue No.	Month	Issue period	Copy deadline	Draft finalised	Photocopied	Mailout team	Sent out
Issue 270,	Nov	Nov - 2017	Wed 18 Oct	Wed 1 Nov	Mon 6 Nov	Tues 7 Nov	Wed 8 Nov

VALE ROBERT HOOKE



Since 2005 **Robert Hooke was a volunteer tutor in French** at U3A Melbourne City, running two, and sometimes three, yearlong classes per week of 2 hours' duration each, from February to December. Current members and former members of Robert's French classes were saddened by his sudden passing on 9 June.

A devoted teacher, Robert had found some difficulty in getting to recent classes, due to his quite serious afflictions, but only weeks ago he delivered a full 2 hour class.

In the nature of U3A classes, it is sometimes difficult to get to know the character of one's teacher. Not so with Robert, whose quirky, and sometimes cranky nature, both delighted and inspired us to do better.

As far as his life story is concerned we can do **no better than to quote his own bio which he used in U3A promotions**

I was brought up and educated firstly in France and then in England, subsequently finding my way to Australia. I began my professional career as a primary teacher, then specialised in the teaching of French at secondary and at university levels. A graduate of the University of Melbourne, my postgraduate studies were in applied linguistics at the University of Essex in England. With the exception of the period spent in the service of the RAAF, I have been a teacher of French during my entire career.

On retirement, I spent eight years sailing my boat around Victorian waters, then up the east coast to the warmer waters of the Queensland islands, subsequently coming ashore in Mooloolaba, on the Sunshine Coast. It is there that I joined U3A, again teaching French, until I decided to return to Melbourne - once again to take up the cudgels with U3A.

I currently tutor two classes and, on the whole quite enjoy it; except that I confess to becoming a bit cranky with students who don't study, and come merely for the social outing. My greatest loves are presenting music programs for the classical community station 3MBS-FM, as well as reading the newspapers on air for Vision Australia's 3RPH.

And with respect to his other major volunteer activity at 3MBS he wrote recently "After 22 years I still enjoy working with and meeting up with my friends. I am 93, live in an aged-care hostel and am slightly disabled but volunteering makes me feel I am still of some use in this world."

It seems that volunteering was of vital importance to his well-being, but we should record here that his activities were vital for the well-being of a great number of his students also.

Robert Johnson

CHOIR CONCERT ... The Sacred and The Secular



Members and friends are invited to a concert presented by the U3A Melbourne City Choir.

There will be a selection of songs by
Bach, Schubert, Handel, Bruckner, Brahms, Kodaly, Tchaikovsky, Bacharach and Hayes.

When: Wednesday, 20th September, 10.00am

Where: Welsh Church Hall, 320 LaTrobe Street



HOW TO REGISTER FOR A "LET'S DO" GROUP

EITHER online through MyU3A.

OR contact the office ☎(03)9639 5209 ✉ citymelb@u3a.org.au

MOVIES: Convener Mimi Millar. Let's Do Movies is a social group for people who enjoy quality movies and great conversation. You attend only when it suits, but PLEASE wait until you receive the WEEKLY BULLETIN before coming along for the first time, as the arrangements vary each week. LDMS is on every Tuesday at the Como Cinema, South Yarra.

Once you have registered for LDMS, Mimi will contact you by email or phone.

WALKS: Convener Margaret Wyatt. Meets Tuesdays outside "Taxi/Transport" restaurant, Fed. Square @ 10:00am.

We walk for approximately 1 hour to inner urban destinations. Then we enjoy wonderful coffee and spirited exchange of

ideas and thoughts. After this fun we then walk back to the city. Our walks cover the most varied and interesting paths and every week is an adventure. We have from 12 to 15 participants each week. A medium level of fitness is required and good walking shoes are most important along with hats for sun protection.

CYCLING: Conveners Jan Norman & Steve Milton. This group gets together on Thursday mornings.

The Group is run by two experienced and fit cyclists. A medium level of fitness is required. *Rides last about 2 hours; are a 25 km (approx.) round trip; and are mainly flat with one or two hill climbs to get the heart pumping.*

GALLERIES: Conveners Sharon Carter & Margaret Wyatt. Register for Let's do Galleries to enjoy Melbourne's heritage museums and contemporary art galleries. By registering you will receive monthly email updates of our forthcoming program.

LUNCH: Convener Rosemary Ryall.

Each month Rosemary finds an interesting, affordable & easily accessible cafe / restaurant for a group of about 20.

The first LDL for 2017 was at the Lomond Hotel in Brunswick.

The comment from the 10 members attending was 'enjoyed by all', and the food was rated 'very good' and 'lovely'.

In June 8 LDL members met at the Father's Office restaurant 249 Little Lonsdale Street, with stunning views.

Members all commented they had enjoyed the delicious food, good service, views and great company.

The most recent LDL was in July at the Code Black cafe on Weston Street in Brunswick.

The comments were 'great service, great coffee & a pretty decent menu'. The LDL members gave this venue a 4-5 star rating.

MUSIC: Convener Peter Caldwell.

This group of music-lovers meets regularly for coffee or a drink before attending a concert at the Melbourne Recital Centre and other venues.



**Tuesday 21 November,
6:00pm**

Ludovico's Band

**Monteverdi:
The Grand Madrigals**

The Salon, MRC

Meet: 5:00pm @ Blondie Bar

This year Ludovico's Band dedicates their Recital Centre series to composer Claudio Monteverdi, marking the 450th anniversary of his birth. The Band celebrates a wealth of astonishing works by a composer at the cutting edge of the New Music of his time, who composed masterpieces in both the Renaissance and Baroque styles.

Book&Pay by Friday 10 November (through the office).

Cost: \$39/\$29 concession

THEATRE: Convenor Anne Cobham.

A group of theatre lovers who meet from time to time to attend shows. By registering you will receive monthly email updates of our forthcoming program.

**THE THURSDAY FORUMS
PUBLIC WELCOME**

Melbourne Multicultural Hub
506 Elizabeth St. (opposite Queen Victoria Market) 
Trams 19, 57 & 59. Stop No.7

HOW TO BOOK (bookings are essential)

EITHER online through MyU3A.

OR contact the office ☎(03)9639 5209

✉ citymelb@u3a.org.au

All Forums start at 1:30 pm sharp. \$3 charge includes afternoon tea. Friends, family and the public are welcome.



Thursday October 12th

Paul Morgan - Penington Institute

"PAIN KILLERS - A SILENT EPIDEMIC"

You're in pain. The doctor writes a script. The chemist makes it up. The pain goes away. What's not to like, as it says in the classic cliché?

But what if the welcome treatment brought with it a different kind of problem?

According to data from the US Centers for Disease Control and Prevention, 44 people in the United States overdose on prescription painkillers everyday. Every year, over 16,000 Americans are overdosing.

THE FINAL FRONTIER ... Neuroscience Research at The Florey

These lectures provide an introduction to the world of neuroscience research at The Florey

Genetics and our Future Health - Tuesday, 14th November

Associate Prof Justin Rubio

Time: 11:00am – 12:15pm

Genetics - what impact do genes have on our future brain health and how do we measure their effects?

<https://www.eventbrite.com.au/e/florey-2017-daytime-lectures-genetics-and-our-future-health-tickets-31310122419?aff=erellivmlt>

Evenings at The Florey

You may also be interested in the evening lecture series, 6.30pm, which includes:

October 18 - Frontiers of Psychology

November 1 - Nutraceuticals and Goji Berries

<https://www.eventbrite.com.au/d/australia--parkville/evenings-at-the-florey/?crt=regular&sort=date>

Where

Ian Potter Auditorium, Melbourne Brain Centre, 30 Royal Parade, Parkville.

Public Transport

Tram 19, stop 11 (opposite Royal Melbourne Hospital) right outside the Melbourne Brain Centre. Look for the Dr Dax cafe sign, enter foyer on the left and you are there.

Car

Parking, including many disabled spaces, is available under the building with lift access to the foyer/auditorium.

Cost

Free

BOOKINGS ESSENTIAL

Note that the **U3A office is NOT taking bookings** for these lectures and you must book your place online via the Florey's Eventbrite booking website: <https://tinyurl.com/jqw2bvu>

We recommend that you book promptly because seats are limited.

WINE AND CHEESE SOCIAL SUNDOWNER

For Members and their Invited Guests

Wednesday 4th October 4.00pm to 6.00pm

You are invited to join us for a Wine & Cheese Sundowner at

BLUE ROOM

Multicultural Hub

506 Elizabeth St, Melbourne

(Opposite Queen Vic. Markets)

Wine and cheese provided.

Cost \$10 per person

Book and pay by Friday 13th September (no booking without payment)



RSVP – Bookings and payment:

By the MyU3A website or ..

By Phone 9639 5209 or ..

In Person at the office

U3A Melbourne City Seniors Festival Activities 2017

Tuesday, 3rd October – Friday, 6th October

Tuesday: 4.00pm – 8.00pm;
Wednesday-Friday: 9.00am – 5.00pm



Pencils, Paints and Plants

Presented by the U3A Botanical Art Group

The Carmelite Library, 214 Richardson Street, Middle Park

Careful observations of nature are brought to life in graphite, coloured pencil and watercolour paints in this exhibition of the best of the year's work of U3A Melbourne City's botanical art group. Join us for a glass of wine at the opening on Tuesday 3 October, from 4.00 – 8.00pm.

Sunday, 8th October

2.50pm – 3.20pm



The Sacred and The Secular

Presented by the U3A Melbourne City Choir

Deakin Edge, Federation Square

A selection of songs by Bach, Schubert, Handel, Bruckner, Brahms, Kodaly, Tchaikovsky, Bacharach and Hayes.

2.30pm – 4.00pm

Wednesday, 11th October



Storytelling

Presented by the U3A Monday Writers group

Yarra Room, Melbourne Town Hall

The Senior Scribes in the city pen short stories as diverse as the people writing them. They range from autobiography, drama and murder to humour and romance. Some are told by poetry and others by prose. Three readers will regale our audience with these stories.

Thursday, 12th October

2.30pm – 4.00pm



Play Reading

Presented by the U3A Scriptwriting group

Yarra Room, Melbourne Town Hall

Rehearsed reading of five 10-minute light-hearted and entertaining plays written and acted by the group.



4TH ANNUAL U3A MELBOURNE CITY EXHIBITION OF PHOTOGRAPHY

Tues 17 October - Sun 5 November. 10:00am - 6:00pm

COLLINS PLACE GALLERY

45 COLLINS STREET, MELBOURNE

GENEROUSLY SUPPORTED BY THE CITY OF MELBOURNE AND AMP CAPITAL



CITY OF MELBOURNE

U3A Melbourne City
www.u3amelbcity.org.au

Phone 03 9639 5209.
citymelb@u3a.org.au

CAN YOU HELP IN 2018?

Do you want to know more about this great organisation? Do you have some time available on a regular basis? Several of our current volunteers are no longer able to offer their services in 2018 and we are seeking volunteers for the following important roles in our organisation.

Secretary

The **duties** of this position include:

- Attending monthly meetings of the Committee of Management
- Creating agendas prior to meetings and producing minutes following each meeting
- Maintaining relevant legal and association documents
- Submitting grant applications as appropriate
- Organising the Annual General Meeting and subsequent minutes
- Being the first point of contact in case of a dispute or complaint
- Undertaking additional duties as required.

Further information on this role is available from Shirley Arbuthnott at shirleya.u3a@gmail.com

Volunteer Coordinator

The **duties** of this position include:

- Liaising with current volunteer teams to identify roles that require additional people. Via the myu3a database identify possible matches of people and roles.
- Maintaining the myu3a volunteer management database
- Coordinating the annual Volunteers Christmas Party

Further information on this role is available from Carolyn Cohn at cohncarolyne@gmail.com

Accommodation Working Group Convenor

The **duties** of this position include:

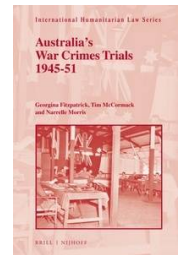
- Working with a small team on issues relating to our current and future classroom accommodation needs. Includes liaison with venues currently used and search for new potential venues.

Further information on this role is available from Carolyn Cohn at cohncarolyne@gmail.com

PREMIER OF NSW'S HISTORY AWARDS 2017

U3A Melbourne City Member Georgina Fitzpatrick, is the historian and lead author of *Australia's War Crimes Trials, 1945-51* (Brill Nijhoff, 2016), one of three books shortlisted for the Premier of NSW's History Awards 2017 in the Australian History category.

The book deals with 300 war crimes trials that Australia conducted after the Second World War, in which most of the accused were Japanese. It describes and analyses the trials' context, legal issues, trial locations and post-trial reflections. In the words for the award '*Australia's War Crimes Trials* is a scholarly achievement that is also consistently readable. It will interest lawyers and non-lawyers alike, and is unlikely to be replaced as the definitive work on its subject.'



MEMBERSHIP RENEWAL 2018 Falls Due 1st October

Our membership year runs from 1st October to 30th September, although you can still enrol in Term 4 classes held in October/November with your 2017 membership.

MEMBERSHIP SUBSCRIPTIONS FOR 2018

NOTE: As approved by members at the 2017 AGM, membership fees have increased by \$5 dollars in 2018.

Full Member	\$70.00 (ie U3A Melbourne City is your primary U3A)
Associate Member	\$60.00 (ie your primary U3A is elsewhere)*

*Note that Associates are scheduled to enrol after full members when 2018 enrolments open in November.

MEMBERSHIP RENEWAL - USING MyU3A

1. Login to MyU3A from <http://www.u3amelbocity.org.au/myu3a> using your Member ID and Password.
2. If you have forgotten your password you can click on "Forgot Password", enter your ID and email address and click "Send Password". You will be sent a system-generated email from auto@myu3a.net with a new password to log in with. (*If it doesn't arrive, check your Junk email folder.*)
3. Click on "**Renew Membership 2018**" to renew your membership.
4. Select the relevant membership type for 2018.
5. Tick any patronage (*see information below re the Patrons Program*) or enter a one-off donation amount.
6. Tick the "Agreement" box and then click on "**Proceed**".
7. Your Membership details will then appear. Make any necessary changes (*eg email address, phone numbers, volunteering*) and click "**Commit**".
8. Click on "**Next**" to get to the payment options screen.
9. Payment Options – pay your fees using your preferred payment method (*credit card or Paypal account*). Note that the "**PayOnline**" button on the screen allows you to pay by either your credit card OR your PayPal account (if you have one). Hence you should click on the "Pay Online" button to make your payment.
10. Then on the next screen click on the large "**PayPal**" button to proceed to pay by either credit card or PayPal account.
11. On the next screen if you wish to pay by credit card then click on the "**Pay with a Card**" button at the bottom of the screen. Otherwise log in to your PayPal account.
12. Important: After completing payment details, you must click on "**Return to U3A Melbourne City**".
13. Collect your 2018 membership card from the office.

MEMBERSHIP RENEWAL - THROUGH THE OFFICE

You can renew your membership through the office (slower so be prepared to queue!) and pay by

- **Credit card** (*Visa or Mastercard only*) or **debit card**.
- **Cash** (*correct money please as we may not have change!*).
- **Cheque**.

U3A MELBOURNE CITY PATRONS PROGRAM

U3A Melbourne City aims to keep its membership fees to a minimum to enable members to join and participate in the many activities we offer. To keep fees low we continually look at additional ways of increasing income to support our activities and infrastructure and to provide us with the funding for continued improvement and expansion of what we offer our members.

The Patrons Program is designed to appeal to members who are in a position to commit to a regular voluntary donation.

We can offer nothing in return but a good feeling and the knowledge that you have gone the second mile to support the services we offer. Contributors are acknowledged as a

SUPPORTER	with an annual pledge of \$50
PATRON	with an annual pledge of \$100
BENEFACTOR	with an annual pledge of \$500

The story of the U3A movement is one of generosity and service. The time given by our volunteer tutors, support staff and committee members is conservatively valued at \$850,000 p.a. If only a small percentage of those members who are unable to volunteer were to support the Patrons Program with regular voluntary gifts, we could increase our annual income by many thousands of dollars.

Such an important injection into the budget will enable us not only to meet our increasing costs but also to improve the services we offer to members. The rental of office and teaching space in the city accounts for 80% of our expenses. With additional income we could have access to more convenient and better learning areas for the benefit of everyone.

When renewing your membership, please look at your budget and see if you are in a position to join the Patrons Program.

Newsletter team: Graham Oliver (editing and layout); Ian Mackay (backup editor); Bill Devine, (proofreading); Helena Ling (course lists, distribution, website posting); Hugh Oates, Mike Shackleton (photocopying); Fran Sciarretta (mailing); Margaret Rees and others (mail-out).



Copy deadline for the November issue is Wednesday 18th October 2017.

Please email items to editor@u3amelbcity.org.au

SHORT COURSES STARTING IN TERM 4 2017

Course Content Disclaimer: All material presented in classes is at the discretion of the tutor/group leader and does not necessarily reflect the views of U3A Melbourne City. Members are solely responsible for the choices they make. Course summaries indicate the content to be covered; members should seek clarification from the tutor if required.

ENROLMENTS OPEN AT 10.00am ON TUESDAY, 19th SEPTEMBER

NO CLASSES on Friday, 29th September (AFL grand final); (Ross House closed) Monday, 6th November and Tuesday, November 7th (Cup Day)











<p>MONDAY 10.00-11.30 23rd Oct - 20th Nov KATHLEEN SYME. Multipurpose Rm 1 5 sessions, 20 places</p>	<p>Making better Food Choices/ Tutor: Prof Alfred Poulos Repeat</p> <p>Alfred has been keenly interested in food and nutrition for 15 years. He has published a number of books and will include the following topics in the course: Hidden chemicals in our food – and how to avoid them; Olive Oil – everything you want to know; The ultimate vegetarian – maximising your health on a meat-free diet; The health benefits of eating seafood; Milk and Dairy – friend or foe; Organic Food – the pros and cons; Fish oils – panacea or the Emperor’s new pills?; Dietary fats: the good, bad and ugly. Each session will commence with relevant information and questions and discussion encouraged. Participants will be informed and able to make better food choices by the end of the course.</p> <p>Enrolment Cutoff: No enrolments after Week 2.</p>
<p>MONDAY 10.00 - 3.30 13th November MULTICULTURAL HUB Gallery Room 1 session, 20 places</p>	<p>Finnegans Wake Intensive 2/ Group Leader: Dr Frances Devlin-Glass Revised</p> <p>This group will convene again, having enjoyed an unexpectedly fruitful excursion into short passages of <i>Finnegans Wake</i> in 2016. All sorts of knowledge are useful: of foreign languages, literature, world history, geography of rivers, life experience etc., so the more heterogeneous the readers, the better. The method is to explore in detail, with the help of readily available annotations of high quality, and quite short passages of text, which will be circulated in advance. The plan is to spend a day, with breaks, on approximately 4 such passages.</p> <p>Prerequisites: None, but reading of earlier novels would be an advantage.</p> <p>Course Materials: Any copy of <i>Finnegans Wake</i> (most editions share same pagination).</p>
<p>MONDAY 10.30-12.30 9th Oct – 4th Dec Welsh Church Hall 8 sessions, 20 places</p> <p>Except Cup Eve 6th Nov</p>	<p>Scottish Country Dancing/ Tutor: Heather Ross & Helen Pettet Repeat</p> <p>This is not highland dancing but social dancing - reels, jigs and strathspeys - in sets of eight. No partner is needed. Scottish Country Dancing is an elegant and social form of dance. It is easy to get started even if you haven't danced before, although a sense of rhythm is an advantage. Steps and basic formations will be taught. You will be introduced to a series of lively, beginner-friendly dances.</p> <p>Prerequisites: No prior knowledge. An average level of fitness and ability to walk at a fast pace for short periods, and to follow verbal instruction.</p> <p>Course Materials: Soft-soled flexible shoes. Comfortable clothing to allowing free movement.</p>
<p>TUESDAY 10.00 - 12.00 17th Oct - 31st Oct GAA Lecture Room 3 Downstairs 3 sessions, 25 places</p>	<p>Complementary Medicine: Exploring the Issues/ Tutor: Dr Ken Harvey Continuation</p> <p>Dr Ken Harvey is a public health physician and consumer advocate with a particular interest in medicines policy. He has served on the Federal government’s Natural Therapy Review Advisory Committee (representing the Consumer Health Forum). He currently represents Choice (the Australian Consumer’s Association) on the Therapeutic Goods Administration (TGA) Stakeholder group reviewing the regulation of complementary medicines and their promotion. He has advised and participated in a number of ABC TV Checkout programs on complementary medicines and also a recent 4-Corners program, “Swallowing It: How Australians are spending billions on unproven vitamins and supplements”. Dr. Harvey has been awarded life membership of Choice for services to the consumer movement, life membership of the Australian Skeptics for recognition of his relentless campaigning against shonky medical products and, in June this year, Member (AM) in the General Division of the Order of Australia, for significant service to community health.</p> <p>Prerequisites: You need to have consulted a complementary medicine practitioner &/or purchased complementary medicines yourself. Access to the internet desirable.</p> <p>Course Materials: Background material, questionnaire and lecture notes will be available via the internet.</p> <p>Enrolment Cutoff: No enrolments after Week 2.</p>
<p>TUESDAY & THURSDAY 10.00 – 12.30</p>	<p>Architectural Heritage Walks/ Tutor: Max Nankervis Revised</p>

<p>10th Oct – 24th Oct 5 Walks, 12 places</p> <p>Twice weekly</p>	<p>These walks, led by Max Nankervis, involve a variety of perspectives; Melbourne's history, heritage, architecture and social and economic development as seen in the built environment. In general, we walk around a selected area and stop at particular sites for an explanation and then invite questions. These five walks each take about 2-2.5 hrs around inner Melbourne: South Fitzroy, East Melbourne, St Kilda, Albert Park and Richmond. You will be sent a set of notes with a route map in the week before the walk, as well as a note on where to meet (and how to get to the meeting spot). At the conclusion of each walk we usually go for lunch or coffee to recover - for those who have time. The walking group is limited to 12 members to make logistics and movement easier. It is very useful (but not absolutely necessary) to have email for sending notes and a mobile phone to contact you if the weather causes cancellation, you get lost getting there, etc.</p> <p>Prerequisites: Note that while the walks are not necessarily a long distance, it does mean you will be on your feet for over two hrs, so you do need a reasonable degree of stamina (and "sensible shoes"!).</p> <p>Course Materials: \$5.00 for printed notes. For those with email, no cost if they print them at home.</p> <p>Enrolment Cutoff: No enrolments after Week 1.</p>
<p>TUESDAY, 10.30 – 12.30 10th Oct - 21st Nov WELSH CHURCH HALL 6 sessions, 22 places</p> <p>Except Cup Day</p>	<p>Circle Dancing/ Group Leader: Judi Appleby Repeat</p> <p>Circle dancing is available to all regardless of prior dance knowledge. A gentle workout for the body and soul, holding hands and dancing together, can build grey matter and help coordination. Drawing from traditional and more contemporary choreographies, circle dance has the feeling of 'community' at its heart. Joyful melodies accompany the dances and all the steps are thoroughly taught and reprised. This dance form is not about 'getting it right' but more about pleasure and enjoyment. A circle dance saying: 'there are no mistakes in circle dance, only variations!'</p> <p>Enrolment Cut-off: No enrolments after 17th October.</p>
<p>TUESDAY 1.00 - 2.30 17th Oct – 28th Nov WELSH CHURCH HALL 6 sessions, 10 places</p> <p>Except Cup Day</p>	<p>Guitar for Beginners / Tutor: Ron Bennett Continuation</p> <p>This class will provide instruction for beginners. We will look at how to tune a guitar, the basic chords, and explore learning some well-known songs, such as <i>The Times They Are A'Changin</i>, <i>I still call Australia Home</i>, <i>Puff the Magic Dragon</i> and <i>When I'm Sixty-Four</i>. And many more are provided in the songbook. We will attempt to learn one new song each week across the six lessons. You will need to practice between lessons. A songbook, CD and chord chart will be provided.</p> <p>Course Materials: \$20 for materials. Class members should have their own guitar, a capo and if possible, a smart phone app for tuning the guitar. (For example <i>GuitarTuna</i> is free for both Apple and Android.) BYO Water.</p> <p>Enrolment Cutoff: No enrolments after Week 2.</p>
<p>TUESDAY 1.30 – 3.30 3rd, 17th & 31st October Ross House, 1st Fl, MR1 3 sessions, 10 places</p> <p>Fortnightly</p>	<p>Motivation to Refocus your Life / Tutor: Ian Marchment Repeat</p> <p>This course will provide an interactive look at where you are now in terms of 10 key areas of your life and at setting a number of personal goals in each. The key areas include: Self Esteem, Health and Physical Exercise, Family, Education, Downsizing, Financial, Social, Holidays and Community Service. Ian has found, running this course over the last four years, that it highlights that life is a journey with many ups and downs for us all. You may have lost a partner, moved interstate and need to make new friends, need to downsize your family home. We look at the baggage you may be carrying from your childhood or married life and the impact it has on you now. We visit self-esteem and what you can do to improve your confidence. We will set individual realistic goals and work out an action plan to achieve your full potential, giving you meaning and purpose in life.</p> <p>Course Materials: Pen and paper.</p> <p>Enrolment Cutoff: No enrolments after 3rd October.</p>
<p>TUESDAY, 1.30 – 3.00 10th Oct – 28th Nov MULTICULTURAL HUB, Green Room 7 sessions, 25 places</p> <p>Except Cup Day</p>	<p>Myths & Legends / Tutor: Chris Dargan New</p> <p>What exactly is a myth? Join us for an examination of myths and legends from around the world, their meaning and their context.</p>

<p>TUESDAY 2.00 - 4.00 14th November BOYD COMMUNITY HUB Activities Room 1 session 10 places</p>	<p>Thinking about an iPad/iPhone / Tutor: Ian Mackay Repeat</p> <p>This is a single session for those thinking about buying an iPad (or iPhone). It will cover the issues involved in this decision with the aim of enabling participants to then proceed with confidence. It includes – what an iPad is (and what it isn't); how to decide which one to buy; how to set it up and use it; what it can be used for. Note: This is NOT a detailed “how to use” course. Those who already have an iPad/iPhone should refer to the course “USING AN IPAD/IPHONE”</p> <p>Course Materials: notebook and pen.</p>
<p>WEDNESDAY 10.00-12.00 11th Oct - 29 Nov MULTICULTURAL HUB Gallery Room 8 sessions, 12 places</p>	<p>French Level 2: Conversation / Tutor: Dieu Duong New</p> <p>This class offers participants opportunities to maintain and practice conversational French in an informed and friendly environment. The course will include discussions on a great variety of general topics ranging from travelling experiences, current world affairs...to exchanging culinary experiences or recipes and why not some good jokes. We will occasionally be focusing on grammar coupled with exercises as groundwork for an effective communication. We will also be practicing colloquial expressions as well as listening comprehension activities and written works. At the end of the course, participants should be able to handle practical everyday situations or use it as a good basis if they wish to travel to French speaking countries.</p> <p>Prerequisites: U3A French Level 2+</p> <p>Course Materials: To be advised.</p>
<p>WEDNESDAY 10.00-12.00 25th Oct - 29th Nov BOYD COMMUNITY HUB Activities Room 6 sessions, 10 places</p>	<p>Using an iPad/iPhone / Tutor: Ian Mackay Repeat</p> <p>This course is designed for relatively new users of iPad (or iPhone) who want to increase their confidence, who are having problems, or who want to explore a wider variety of uses for their device. It includes – a review of how the iPad/iPhone works; understanding how it is managed; using the standard supplied apps; using other commonly used apps; and exploring what additional things might be done with the iPad/iPhone Time will be allowed to try and deal with the particular interests of each student.</p> <p>Prerequisites:</p> <p>Course Materials: Bring your own iPad or iPhone</p> <p>Enrolment Cutoff: No enrolments after Week 1.</p>
<p>WEDNESDAY 1.00 - 3.00 11th Oct - 15th Nov MULTICULTURAL HUB Rainbow Room 6 sessions, 20 places</p>	<p>American Classical Music in the past 150 Years / Tutor: Donald Kingsmill Repeat</p> <p>This will be a six-weeks course on American music - American classical music, not spirituals or jazz, not hip-hop or soul or rock-and-roll, or any of the many other forms that American music has taken in the past couple of centuries. Donald will say something about the history of music in America since the middle of the 19th Century; will play CD recordings of works of 23 composers and provide some biographical information about each of them, and about a couple of other figures whose main contribution to American music lay elsewhere than in composition. He will also have something to say about the more difficult pieces in an attempt to guide the class through them - because there are some difficult pieces. Donald hopes you will find it an interesting and enjoyable journey. Along the way, some may say of one piece or another, "I don't want to hear that again." But if you do, I hope you'll also be able to add, "but I'm glad I heard it this once.</p> <p>Course Materials: Notepad and pen.</p>
<p>WEDNESDAY 1.00-3.00 11th Oct – 29th Nov MULTICULTURAL HUB Timber Room 8 sessions, 12 places</p>	<p>The 2014 Conquest of Constantinople as told by a Knight-Combattant/Tutor: William Devine New</p> <p>Study of selections from the chronicle by Robert de Clari, a fighting knight, of the 1204 conquest of Constantinople by the army of the Fourth Crusade. This will provide a different insight from the earlier study of Villehardouin, a leading knight-commander. We will also read some of the poetry of Conon de Béthune, who participated in the crusade. Texts in the original Old French will be distributed, with English translations provided. Explanation and discussion will be in English. While previous study of mediaeval French is desirable, class members can participate actively whether or not they are proficient in early or modern French. Lessons will consist of readings and discussion of the texts with as much contribution from participants as possible. Participants can expect to experience a closer understanding of what really happened during mediaeval wars and what the fighting knights really felt than</p>

	<p>modern written accounts can offer. They will also find that mediaeval writing is accessible and of great interest to the modern reader.</p> <p>Prerequisites: None, but reading competence in French is desirable.</p> <p>Course Materials: \$5.00 for notes.</p>
<p>WEDNESDAY 1.30-3.00 11th Oct - 29th Nov Welsh Church Hall 8 sessions, 22 places</p>	<p>Middle Eastern Belly Dancing/ Tutor: Elfie Schmidt Repeat</p> <p>Belly dancing develops your ability to move gracefully and thereby increase your tone and flow, physically as well as mentally, emotionally and spiritually. It is a very feminine form of dance, non-competitive and lots of fun to share with others. New and continuing students welcome.</p> <p>Prerequisites: Sense of rhythm, love of music and reasonable flexibility and fitness required.</p> <p>Course Materials: Wear comfortable casual clothing.</p> <p>Enrolment Cutoff: No enrolments after Week 2.</p>
<p>WEDNESDAY 2.00 – 3.30 1st Nov – 22nd Nov ROSS HOUSE, 1st Fl, MR1 4 sessions, 15 places</p>	<p>Positive Psychology / Tutor: John Besley Repeat</p> <p>Positive Psychology is a new branch of Psychology which is a scientific study of human flourishing, highlighting the strengths and virtues that enable individuals and communities to flourish. It uses the scientific method to determine how things go right. The course will examine key strategies to promote and nurture a flourishing life. The class will be interactive, with emphasis being placed on the application of techniques to achieve a greater level of wellbeing and happiness.</p> <p>Course Materials: Seligman, M., <i>Flourish</i>, Pocket Books,(\$29)</p>
<p>THURSDAY 10.00-12.00 12th Oct - 16th Nov MULTICULTURAL HUB Rehearsal Room 6 sessions, 20 places</p>	<p>Criminal Law / Tutor: Don Just New</p> <p>An Introduction to Criminal Law in Victoria suitable for both those who have attended previously and for newcomers. It will consist of tutor presentation and audio-visuals with discussion and participation encouraged. The topics can be subject of class suggestion but are likely to include the following. A fictional case from a TV police drama that raises complex points about the laws of homicide. Helen Garner's book <i>Joe Cinque's Consolation</i> and the case it is based upon which also has been subject of stage-drama and movies. The case of the allegedly fake Brett Whiteley paintings. Family Violence. Sentencing law.</p>
<p>THURSDAY 10.00-12.00 12th Oct - 16th Nov CITY OF MELBOURNE BOWLS CLUB Flagstaff Gardens, Dudley Street, West Melbourne. 6 sessions, 12 places</p> <p>Except Last Class on 16th November will be an Excursion</p> <p>Trams 58, 30 & 35</p>	<p>Asian Style Street Food using Shortcuts/ Tutor: Jenny Tan New</p> <p>When Jenny grew up in Singapore she was sent by her mother who was a seamstress and did not have time to cook, to the street hawker stalls to buy takeaways. As she went from stall to stall, she watched how each meal was cooked - the street hawkers were her teachers. She would like to share this knowledge with you and will show how a tasty Asian style meal such as Laksa, Prawn Noodle Soup, and Dumplings can be made using short cuts such as prepared pastes, sauces, marinades etc. (Additional course content information can be found on Jenny's tutor profile page). The classes will comprise a demonstration, provision of recipes and the opportunity to try a small sample of what has been cooked that day. An excursion will be taken on the last class to an Asian Food Speciality Store. Any refreshments purchased will be at your own cost.</p> <p>Prerequisites: For inexperienced cooks; no food allergies.</p> <p>Course Materials: There will be a charge of \$15, payable at the first class, to cover the cost of ingredients, tasting and recipes.</p>
<p>THURSDAY 11.00 - 12.30 19th Oct - 9th Nov GAA Lecture Room 3 Downstairs 4 sessions, 20 places</p>	<p>World War 1: Mud of Flanders, Chalk of the Somme/ Tutor: Dale Williamson Repeat</p> <p>It is a hundred years since Australian soldiers fought in the harsh arena that was World War 1. The diary of an ordinary soldier, kept as he lived through a year on the Somme, is a powerful starting point to consider the experiences of the men who fought in France. As war hardened survivors of Gallipoli, the Australian troops were used to enduring the unendurable, but the Western Front was something else. Beginning with the personal account of my great uncle, the series of classes will consider other voices also, including other writers and diarists, some of the World War 1 poets such as Wilfred Owen and Sigrid Sassoon, as well as other forms of writing about the war, The historian Charles Bean, the Photographer Hubert Wilkins will be referred to, as well as letters of General Monash. The focus will always be on the lived experience rather than the military strategies that were the basis of the battles. The talks will seek to remember the lives of those who were part of the</p>

	waste of World War 1, and finally to consider what it meant to an emerging country, Australia.
THURSDAY 1.00- 3.00 12th Oct - 16th Nov MULTICULTURAL HUB Rehearsal Room 6 sessions, 15 places	Health & Wellbeing: The Holy Grail / Tutor: Dr Sue Burney Revised This 6-week course is concerned with some important elements of physical and mental health from a psychological perspective. The topics are: getting better sleep, coping with fatigue, managing chronic illness, dealing with stress and negative emotions, overcoming procrastination, and getting better organised. The sessions will be interactive with audience participation expected. The overall aim of the course is to enhance quality of life through education and self- examination.
FRIDAY 10.30 - 12.00 20th Oct - 1st Dec Welsh Church Hall 7 sessions, 20 places	French through Song: Golden Oldies/ Tutor: Jonathan Melland Revised Répétition without tears. Their greatest hits: Piaf, Hardy, Trenet etc., plus some Christmas music. Sing along together to CD or guitar accompaniment, painlessly increasing your French vocabulary and practising pronunciation and sentence structures. Prerequisites: Some prior French study essential, but not a lot, say 50-100 hrs' tuition. Singing ability optional. Course Materials: Bilingual lyric sheets and/or music scores provided - contribution to photocopying appreciated.
FRIDAY 12.30 - 2.00 13th Oct - 17th Nov MULTICULTURAL HUB Rainbow Room 6 sessions, 18 places	Working with Lines / Tutor: Amalia Grimaldi Repeat Working with Lines is a form of free-flowing line drawing that requires no previous art experience. It is actually a form of mindfulness in which the free associations of the line movements can capture your inner thoughts. You are encouraged to visualise a scene, then allow your subconscious to guide your drawing. In this sense, 'working with lines' is a form of relaxation. However, like any graphic expression, it is also a form of communication. With this in mind, participants will work towards the goal of a display or an exhibition. Course Materials: A3 textured paper and charcoal sticks that can be bought at any art shop. There will also be a small copying charge for handouts explaining the process/techniques. Enrolment Cutoff: No enrolments after Week 2.

VENUE		ADDRESS AND DIRECTIONS
Boyd Community Hub		207 City Road, Southbank. 58 Tram (Stop 116) or 234 or 236 Metro Bus.
City Library		251 Flinders Lane. Ask at desk for directions to Group Study Room on 1st floor.
GAA House	 Ground only	380 Spencer Street, West Melbourne. La Trobe St tram (# 24, 30 or City Circle) to Spencer Street; walk up Spencer St over Jeffcott Street; Bourke St tram (# 86) to La Trobe St then as above .
Greek Centre		168 Lonsdale Street, corner of Russell Street. 2nd floor, accessible by lift.
Legacy House		293 Swanston Street, just over Lonsdale Street. Entrance just after Starbucks. Take lift to 2nd floor.
Kathleen Syme Library & Community Centre		251 Faraday Street, Carlton. Any tram in Swanston Street to Melbourne University and then a very short walk up Faraday Street.
Multicultural Hub		506 Elizabeth Street, opposite the Queen Victoria Market. Check board for room. Lift to 1st floor rooms.
Ross House		247 Flinders Lane (between Swanston and Elizabeth) – use street level entrance next to City Library with direct access to lift. Check board for room.
The Library at the Dock		107 Victoria Harbour Promenade, Docklands. Tram 48 & 11 in Collins Street to Docklands terminus. Short walk past construction sites, entry from 2 sides.
Welsh Church Hall		320 La Trobe Street (between Elizabeth and Queen). Hall on left with green door.