



CITY NEWS

Your Melbourne City U3A

Issue no 233

April/May 2011

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Highlights this issue

Memorable monthly forums
New life member – Val Pincus
A selection of social events and a proposal
Learning a musical instrument – any takers?
Volunteering opportunities
Conferences and seminars
New short courses and yearlong vacancy list

GUESS WHO'S THE
U
IN VOLUNTEER

WE NEED VOLUNTEERS
JOIN US TODAY. PLEASE

FORUMS



FACTORS IN SUCCESSFUL AGEING Annabel Battersby

Thursday 28 April

1 p.m. to 2.30 (afternoon tea)

The Multicultural Hub, 506 Elizabeth St, Melbourne (opposite Vic Market)

Annabel is doing research at the University of Melbourne, measuring ageing from a psychological perspective. She will tell us about the positive aspects of ageing and the mechanisms for well-being in older adults.

Booking essential (three days in advance please): U3A office 9639 5209. \$2 coin at door.



BRAIN MATTER(S) – EMPOWERING SENIOR CITIZENS Professor Geoff Donnan

Thursday 19 May

1 p.m. to 2.30 (afternoon tea)

The Multicultural Hub, 506 Elizabeth St, Melbourne (opposite Vic Market)

As one of Australia's leading neuroscientists at the Florey Neuroscience Institutes, Geoff will tell us about the brain and mind disorders that can affect an ageing population. He will also tell us about new research aimed at keeping us alert and active much longer, and how we can become involved.

Booking essential (three days in advance please): U3A office 9639 5209. \$2 coin at door.



RESTORING MELBOURNE ICONS – CONSERVING THE MAGNIFICENT HERITAGE OF OUR BUILDINGS Peter Lovell

Thursday 16 June

1 p.m. to 2.30 (afternoon tea)

The Multicultural Hub, 506 Elizabeth St, Melbourne (opposite Vic Market)

Peter is the Director of Melbourne's leading architecture and heritage consultants. He will show us examples of major conservation and restoration work done on some of our iconic buildings including the Royal Exhibition Building, Queen's Hall, at the State Library and the Melbourne Town Hall.

Booking essential (three days in advance please): U3A office 9639 5209. \$2 coin at door.

PRESIDENT'S LETTER



It's already the April/May newsletter, and I wonder if anyone has a really good explanation of why time goes so much faster as we get older? I hope you have all got off to a good start in 2011, and that it will be a great year for you.

We now have a new strategic plan and the committee is seeking help from our talented and knowledgeable members in a number of areas – recruiting and supporting volunteers, funding, risk management, accommodation, promotion, needs analysis, tutors and events. Quite a list! All these groups and activities will be led by a member of the committee but new skills, new ideas, and new knowledge are always needed in our growing and evolving organisation.

So if you have an interest in any of these areas, please give your name and area of interest to the office, or email Jill Thompson and Helena Ling - thomjill@alphalink.com.au and hdling@optusnet.com.au If you label your email 'Working Groups' that will help us keep tabs on them and follow up.

Meantime, our list of courses is growing: many thanks to Julie Nankervis, the Course Coordinator, her team of helpers, and the army of tutors who give their time, knowledge and skills and make the U3A the great organisation that it is today. We all owe you a lot.

Best wishes,

Jill Thompson
President

MEMBERS

CONGRATULATIONS TO OUR NEW LIFE MEMBER



Val Pincus is U3A Melbourne City's newest life member. Val, who initially trained as a nurse, began to learn Italian as an adult and in 1997 she joined U3A as a student to continue her language education. At that time, U3A Melbourne City was still in the old CAE building and desk-top computers were not yet the standard aids to organisation, administration and record keeping that we find today in even the most humble offices.

Val joined the committee in 2000 and since 2001 she has run the university's social program. Although it was originally envisioned as a task for a sub-committee, Val has nonetheless run the program single-handedly. In that time she has organised about 110 social events. Her knowledge of Melbourne and its environs - the theatres, wineries, rivers and gardens - enabled her to initiate the program of walks, day trips and attendance at events (always including lunch) that has proved to be so popular with the membership. All such functions required time, complex organisation, attention to detail and considerable co-ordination and liaison with external organisations and personnel.

Not being a fee-for-service organisation, a University of the Third Age lives or dies by its volunteers. Val has given outstanding service in an important area of the work of our organisation and the granting of this life membership to Val is a mark of both the gratitude of the University and the esteem of her colleagues.

Lyndsey Burton

Membership Statistics at 1/3/2011

Total Members = 837
Female = 76%
Registered as Volunteer = 16%
Non-English Speaking Background = 15%
Age Range: 46-50 = 2%; 56-65 = 23%; 66-75 = 40%;
76-85 = 25%; 86-96 = 5%; Not stated = 5%.

Do you own a flatbed scanner?

The Archives Project (see p. 4) could use your help with scanning old newsletters. So if you'd like to volunteer a few hours of your time, leave your name and contact details at the office.

SOCIAL EVENTS



It's not 'all work and no play' at U3A Melbourne City and Social Events Coordinator, Shirley Mason, has been busy organising some tempting activities for us to join in. There will be plenty more as the year rolls on, but don't miss these. They all sound wonderful. Do remember to book early.

MILLIONAIRE HOT SEAT

Monday April 18
Channel 9 studios, Docklands
Cost: Free

Trams 70, 86 and City Circle terminate near entrance. Map and instructions available in office

We can only be audience not contestants.

Tea and coffee available, but you are urged to eat lunch before you come.

Recording from 1.00 p.m. to 5.30 p.m.

Meet at 12.30

Book at U3A office by Mon April 11

COACH TRIP TO MARYSVILLE

Sunday April 10

Coach departs opposite Arts Centre 9.30 a.m. Return approx 5.30 p.m.

Lunch: BYO or at Bakery (we'll need numbers to book so please advise office).

Also optional: Sculpture garden \$5. Need to advise numbers here too.

Other attractions include: Community market, new exhibition recording the fires, new shops and other rebuilding.

Coach departs 3.30 for return home

Cost: \$25, Book and pay by Mar 31

JONATHON WELCH CONCERT

'Here's a Howdy Do'

Gilbert & Sullivan excerpts

Tuesday May 17

Cost: \$15

11a.m. to 12.30 followed by free tea and coffee and time to chat with the cast.

Where: Saint Michael's Church,
120 Collins St.

Book and pay at office by April 30

A BUDGET LUNCH GROUP?

We have received enquiries about possibly forming a '**Budget Lunch Group**'. The idea would be to meet monthly for lunch and sample the cuisine of different nations each time. If you're interested in joining such a group, please leave your name and contact details at the U3A office.

Report on outing to Chinese Heritage Museum

Twenty two members enjoyed a tour of the Chinese Heritage Museum in February. We learnt, amongst other things, that the origin of silver service in fine dining dates back to the ancient emperors, who although they could afford gold chopsticks preferred to use silver as any poison in the food would turn the silver black. The life of the Chinese gold miners was harsh and unforgiving and many diversified, turning to cooking and food supplying. They were very successful at drying food, a fact which was brought home when we also visited a Chinese supermarket in Russell Street. The visit was rounded off by a very jolly lunch at a nearby Yum cha restaurant where the food was both delicious and ample.



Shirley Mason, Social Coordinator

COURSE PROPOSAL

Are you interested in learning a musical instrument?

One of our members is interested in offering a short course in Semester 2 for a small group of students wanting to learn either flute, clarinet or piano. However, before developing a proposal for one of these, we need an indication of which instrument members are most interested in, and at what level. If you are interested, please contact the U3A Office 9639 5209 or email citymelb@u3a.org.au stating:

- your name and contact details
- which instrument you want to learn, and
- your prior experience/level with that or other similar instrument. For example: absolute beginner; some tuition years ago; passed AMEB Grade 3; self-taught etc.

Please let us know by **April 13** so as to help us meet semester 2 planning deadlines.

Julie Nankervis, Course coordinator

OPPORTUNITIES



Get on board for our Archives and History Project

For all new members of U3A Melbourne, we celebrated our twenty-fifth birthday in 2010. Our efforts to write a history of our organisation lag a little behind our birthday ambitions. But we have made some progress. A small, dedicated band of volunteers has done some essential hack work to fill the gaps in our archives and digitise printed material and photographs.

Our goals for 2011 include:

- Photocopying missing newsletters held in the State Library files.
- Developing criteria and questions for oral history interviews. (Some of our most precious resources lie in the memories of our founding mothers and fathers.)
- Conducting the first interviews.
- Reviewing the published histories of other U3A groups.
- Preparing a draft table of contents for our history.

Would you like to join us? Enthusiasm is more important than expert research skills.

Contact John Shilliday (Convenor) johnshil@melbpc.org.au Ph: 9421 2052 Mob: 0418 569 929

Health Study

participate in a clinical study where people feel unwell and are required to be aged 60 to 80 years of age. You will need to be able to walk and will preferably be taking medication.

Your visit usually taking place over 24 hours and on the day the artery and nerve function test of vein will be taken.

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IT Industry

University's Faculty of Information Systems student group to work on a project. The new database has been developed and the email system will be implemented. U3A members who are interested in this project include Jackie Kelly, Peter Salmon and...

Disclaimer: Your Committee has agreed to advertise appeals for volunteering assistance, and also information about travel opportunities. But this should not be taken as an endorsement or recommendation to participate. Members are solely responsible for their own choices and any consequences that may result.

CONFERENCES AND SEMINARS

The Office of the Public Advocate

information sessions on

Enduring Powers of Attorney

Free to the general public

Note there are two different venues, dates and times

Thursday May 19

Level 5, 436 Lonsdale Street
(between William and Queen Streets)

10 a.m. – 12 noon

Refreshments provided
Handouts (kit and DVD) available

Thursday June 30

Level 27, 121 Exhibition Street
(close to Bourke Street)
The nearest loop station is Parliament

11 a.m. – 1 p.m.

Hand-outs (kit and DVD) available

**Bookings essential
Places limited**

Contact: Lorraine Lipson, (03) 96039566
or
Opa_communityeducation@justice.vic.gov.au

*The Asia Pacific Alliance of
U3As invites you to*

*The Singapore International Conference
August 8th and 9th 2011*

For further information see ...
<http://u3a-singaporeinternationalconference2011.org>

or email the U3A Online contact, Dianne Delchau - dianned47@gmail.com



Ageing With Interest
Vitality, Knowledge, Growth

U3A NETWORK VICTORIA STATE CONFERENCE

May 9 – 11, 2011, Melbourne Town Hall

Guest speaker: Glen Capelli, a leading expert in Dynamic Thinking and Creative Leadership will present a talk on The Circle of Learning

See www.u3anetvic.org.au for further details and registration form
or call 9670 3659





Short courses starting April-May 2011

Book by telephone, first come, first-served. No classes on 22, 25, 26 April.

RH = Ross House. MR = Meeting Room. GL = Group Leader

Note: Courses may incur a small charge for reimbursement of photocopying costs.

MONDAY	<p>Monday 10.00 – 11.30 RH, 1st Floor, MR 3 <i>May 2 – May 23</i> <i>4 sessions</i> NEW</p>	<p>The myth of Oliver Sacks – Awakenings 15 places Tutor: Maureen McDermott Students will learn more about the treatment of Parkinson's Disease, its research, the myth and reality behind Oliver Sacks' book <i>Awakenings</i>. We will discuss and compare his writing with contemporary newspaper articles and medical journals, and other sources.</p>
	<p>Monday 10.00 – 11.30 Welsh Church Hall <i>April 11 – June 27</i> <i>10 sessions</i> REPEAT</p>	<p>Understanding music 15 places Tutor: Eric Stokes The development of western music will be traced from early origins to the present day. Samples of music from different periods will be played. The influence of social conditions and politics on the lives of composers and their audiences. The influence of developments in science and technology on musical instruments and the communication of music. Participants will be encouraged to suggest music for discussion.</p>
TUESDAY	<p>Tuesday 1.00 – 3.00 RH, 1st Floor, MR 3 <i>April 12 – August 2</i> <i>16 sessions</i> NEW</p>	<p>Spanish for beginners: part 1 10 places Tutors: Juan Martinez and Flora Anderson This course aims to help beginners to learn, and enjoy, the Spanish language in a convivial atmosphere. We will teach, and reinforce, correct pronunciation of vowels and consonants. So with much practice, students will acquire a basic vocabulary of nouns, verbs and adjectives etc. By completion of the 2nd part of this course, students will be able to construct short sentences, ask questions, and name familiar objects- all in Spanish.</p>
WEDNESDAY	<p>Wednesday 10.00 - 11.00 RH, 2nd Floor, MR1 <i>Apr 20 – Jun 22</i> <i>10 sessions</i> NEW</p>	<p>Portugese language & Brazilian culture - introduction 8 places Tutor: Inha Maciel Learn the basics of conversation in Portugese, with some grammar. These informal classes will include discussion of Brazilian culture, such as food, history and current issues. Brazil is a major emerging country that you will be excited to know about. Course materials: Students to provide text book <i>Avenida Brasil 1</i></p>
	<p>Wednesday 10.00 – 12.00 RH, 1st Floor, MR 3 <i>April 13 – May 11</i> <i>5 sessions</i> NEW</p>	<p>Speaking with confidence 12 places Tutor: Max Warlond Would you like to be able to speak with confidence at a family or social event? Join others like yourself and learn that public speaking can be fun, whether giving a toast or an informal speech. The course will take a structured approach, introducing the skills you need in sequence, but also giving you opportunities to practise these skills in front of the group, in a friendly and encouraging environment. You'll learn how to structure a talk, what elements to include, how to make it entertaining, and how to overcome any nervousness so that you can enjoy speaking freely in a public setting.</p>
	<p>Wednesday 1.00 – 2.30 RH, 3rd Floor, MR1 <i>May 11 – June 15</i> <i>6 sessions</i> REPEAT</p>	<p>How much corruption can democracy bear? 15 places Tutor: Jack Foks Participants will consider and discuss the meaning of, and different perceptions and examples of corruption in democracies. They will consider at what point compromise leads to corruption, and whether we should just accept political and other corruption as inescapable parts of modern societies. (Formerly Democracy pt 2)</p>

THURSDAY	<p>Thursday 10.00 – 11.30 RH, 1st Floor, MR3 <i>April 28 – June 30</i> <i>10 sessions</i></p> <p style="text-align: right; color: red; font-weight: bold;">REPEAT</p>	<p>Psychology and biology of memory: How the brain works 20 places</p> <p>Tutor: Dr. Peter Salmon</p> <p>With the advent of new technologies for exploring how our brain works, Psychology has rapidly expanded its understanding of human behaviour, learning, memory and the effects of ageing. Psychology has developed many theories of human behaviour from Freud, through Behaviourism and Cognition. But it could not reach into the brain to fully understand how the brain operates to store the information that shapes our behaviour. We now have a much better understanding of the learning process, how memory works and how ageing impacts on the development of dementia. This course will take students through the development of Psychology, and then focus on the brain itself, its biological structure and functions.</p> <p>Prerequisites: No prior knowledge. Students who were enrolled in the postponed 2010 course will be given preference and those who have not attended previously.</p>
	<p>Thursday 10.00 – 12.00 RH, 4th Floor, MR1 & RH, 1st Floor, MR1 <i>April 28 – May 5</i> <i>2 sessions</i></p> <p style="text-align: right; color: red; font-weight: bold;">NEW</p>	<p>Learning a foreign language? How to make learning at home more effective 20 places</p> <p>Tutor: Ian Pearson</p> <p>Over two sessions we will explore strategies and activities you can use to master a new language. We will look at how you like to learn, and at the principles that underlie effective language learning. We will evaluate some common learning strategies and go through a set of activities you can use at home, with examples from some of the books and CDs available in the City Library.</p>
	<p>Thursday 12.00-2.00 RH, 3rd Floor, MR1 <i>April 28 – May 19</i> <i>4 sessions</i></p> <p style="text-align: right; color: red; font-weight: bold;">NEW</p>	<p>The global economy: its origins in continuing human innovation 20 places</p> <p>Tutor: Colin White</p> <p>This short course offers a concise economic history of the world. It stresses, the innovative role of humans over time, in shaping natural ecologies and responding creatively to emerging problems, thereby developing a global economy from regional initiatives. Key innovations of productive technology and organisations are analysed in the context of both a growing pool of collective knowledge and the widening networks of communication and commerce. This short course is taught conventionally with the aid of power-point presentation, but with an opportunity for significant student participation. Students who complete the course will be able to place modern economic development in a broad context.</p>

Course Content Disclaimer: All material presented in our classes is at the discretion of the tutor or 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.

CLASS VENUES

SHORT COURSE
ENROLMENTS
OPEN NOW -
FIRST COME-FIRST
SERVED.

Phone U3A office
9639 5209

And don't forget to
put the start date
in your diary!

- | | |
|---------------------------|---|
| Ross House (RH) | 247 Flinders Lane |
| City Library | 251 Flinders Lane, next to Ross House |
| CAE | 253 Flinders Lane, other side of City Library |
| Welsh Church Hall | 320 La Trobe Street (between Elizabeth and Queen) |
| The Hub, Docklands | 80 Harbour Esplanade. Melway 2E H7 |
| Multicultural Hub | 506 Elizabeth Street (opposite the QV Market) |

Check the RH board!

Note that Ross House room bookings may occasionally be changed at short notice during the year. Always check a Ross House whiteboard, at street level and ground floor entrances, both showing the day's bookings.



2011 YEARLONG COURSE SUMMARY at 15/3/11

Greyed courses are full. Flagged courses ☞ had some vacancies at time of printing.
Phone office on 9639 5209 to apply. No classes on Public Holidays.

COURSE TITLE AND TUTOR/GROUP LEADER	Day	Starts	Time	Room
BOOK DISCUSSION / Sandra Joicey (GL) Monthly	Thurs	31 Mar	1.30-3.30	RH 1st FI MR3
CHESS LEVELS 1 & 2 / Blair Cramer	Mon	14 Feb	10.00 - 12.00	RH Gr FI MR1
CHOIR / Margaret Shilton (GL)	Wed	16 Feb	10.00 - 11.30	Welsh Church
CRAFT GROUP / Betty Westerland (GL)	☞ Tues	15 Feb	10.00 - 1.00	RH Mezz. MR
CRYPTIC CROSSWORDS / Kelvin Edwards (GL) Fortnightly	Fri	18 Feb	11.30 - 1.00	RH 1st FI MR3
CURRENT AFFAIRS / George Boag (GL)	☞ Thurs	17 Feb	10.30 - 12.00	Multicultural Hub
ECONOMICS /John Besley	☞ Tues	1 Mar	10.00-11.30	RH 3rd FI MR1
ENGLISH CONVERSATION / Katharina Budde Fortnightly	Thurs	3 Mar	1.30 - 3.30	RH 1st FI MR1
FLORISTRY /Judy Eldred	Wed	2 Mar	11.30 - 1.00	RH Gr FI MR
FOREIGN EXCHANGE TRADING ONLINE / Tim Wilson	Tues	15 Feb	10.00 - 12.00	RH 3rd FI MR2
FRENCH ADVANCED / Robert Hooke	Mon	14 Feb	10.00 - 12.00	RH 1 st FI MR1
FRENCH BEGINNERS /Carol Wright	Wed	2 Mar	11.30 - 1.00	RH 1st FI MR3
FRENCH CONVERSATION-ADVANCED / Hilary Adair (GL)	Tues	8 Mar	10.00 - 12.00	RH 1st FI MR1
FRENCH- POST INTERMEDIATE / Robert Hooke	Wed	16 Feb	10.00 - 12.00	RH 1st FI MR1
FRENCH POST-BEGINNERS / Carol Wright	Wed	2 Mar	10.00 - 11.30	RH 3rd FI MR1
FRENCH RE-CONNECTION / Maud Heron-Williams	Mon	14 Feb	12.30 - 2.00	RH 1st FI MR1
GERMAN GROUP / Gisela Schade (GL)	Fri	18 Feb	10.00 - 11.30	Multicultural Hub
GERMAN LANGUAGE & CULTURE / Erika Martens	Thurs	3 Mar	2.00 - 4.00	RH 3rd FI, MR3
GREAT WORKS OF LITERATURE / Christina Hill	Wed	2 Mar	1.00 - 3.00	RH Gr FI MR
HISTORY OF THE WORLD / Chris Dargan	Fri	18 Feb	1.30 - 3.30	RH 4th FI, MR1
ITALIAN ADVANCED / Eva Meredith (GL)	Thurs	17 Feb	10.00 - 12.00	RH 3rd FI MR2
ITALIAN BEGINNERS / Diana Bianciardi	Tues	22 Feb	1.00 - 2.30	RH 1st FI MR1
ITALIAN- POST BEGINNERS /Joan Gravina	Tues	22 Feb	1.00 - 2.30	RH 3rd FI MR1
JAPANESE LANGUAGE & CULTURE / Shinei Sakai	Thurs	17 Feb	10.00 - 11.30	RH 1st FI MR1
JAPANESE LEVEL 1 (BASIC) /Sadako Martin	☞ Wed	16 Feb	10.30 - 12.30	RH 1st FI MR3
KRISHNAMURTI / Angela Hamilton-Smith (GL) Monthly	☞ Sun	6 Mar	2.00 - 5.00	CAE, Room B313
LATIN POETRY- AN INTRO/Michael Baker	☞ Tues	15 Feb	11.30-1.00	City Library
LATIN POETRY- CONTINUING / Michael Baker	Tues	15 Feb	10.00-11.30	City Library
MAHJONG FRIDAY/ Heather Kudeviita	Fri	11 Feb	12.30 - 3.30	RH Gr FI MR 1
MAHJONG TUESDAY / Dorothy Davis (GL)	Tues	15 Feb	10.00 - 1.00	RH Gr FI MR 1
MONDAY WRITERS / Mary Horsfall (GL)	Mon	14 Feb	12.00 - 1.30	RH 1 st FI MR3
MOVIE DISCUSSION GROUP / Rhoda Lysakowski (GL) Monthly-3rd Mon of month	Mon	21 Feb	10.00 - 12.00	RH 3 rd FI MR1
MOVIES OF MERIT /John Waldie	Wed	2 Mar	1.00 - 4.00	Docklands Hub
MUSIC ENSEMBLE / Juliette Zeelander (GL)	Mon	14 Feb	1.00 - 3.00	Welsh Church
PAINTING/ Ann Hewett (GL)	Wed	16 Feb	11.30 - 1.00	RH 2nd FI MR 1
PHILOSOPHICAL ISSUES / Margaret Ledley (GL)	Tues	15 Feb	2.00 - 3.30	RH Gr FI MR
PHILOSOPHY, THE BASICS / Chris Dargan	Fri	18 Feb	10.00 - 11.30	RH 1st FI MR3
SHAKESPEARE REVISITED / Sandra Joicey	Thurs	3 Mar	10.00 - 12.00	RH 3rd FI MR1
SPANISH ADVANCED / Juan Martinez	Mon	14 Feb	10.00 - 12.00	City Library
WATERCOLOUR & BOT. ART-INTERMEDIATE / Rhonda Favalaro	☞ Thurs	17 Feb	1.00 - 3.30	Docklands Hub
WATERCOLOUR & BOT. ART-INTRO./ Rhonda Favalaro	☞ Mon	14 Feb	1.00 - 3.30	Docklands Hub
WEDNESDAY WRITERS / Betty Caldwell	☞ Wed	2 Mar	11.00 - 1.00	RH 3rd FI MR2
WEISS REPORT / Edward Weiss Fortnightly	☞ Fri	25 Feb	11.00 - 12.00	RH Gr FI MR
WESTERN INTELLECTUAL TRADITION /Rom Jagielski	☞ Mon	21 Feb	1.30 - 3.00	RH 1st FI MR3
WINE APPRECIATION / Rod Hawken (GLS) Monthly	☞ Wed	16 Mar	7.30 - 10.00	RH Gr FI MR 1
WISDOM OF THE AGES /Chris Dargan	Mon	14 Feb	2.00 - 3.30	RH 1st FI MR1
YOGA - A / Alma Kristensen	Mon	14 Feb	10.00 - 11.15	RH 4 th FI MR1
YOGA - B / Alma Kristensen	☞ Mon	14 Feb	11.30 - 1.00	RH 4 th FI MR1