



THE UNIVERSITY OF THE THIRD AGE

# Indigo U3A



## Semester 1, 2021 Course Booklet

(at 10 April 2021)

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### Where we are...

Unless stated otherwise, all courses, presentations and activities are held at the Beechworth Railway Station, Harper Avenue, next to the Beechworth Food Coop.

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## Arts and Cultural Studies

### Art & Architecture: Female Impressionists; Female Expressionists

**11 May (Tuesday) - 1pm-3pm**

**Tutors: Ellen Evans & David Geryga**

**Location: Beechworth Railway Station**

### Film Goers

#### Various dates & locations

- This course does not have fixed dates, times or venues but will fit with the current films on offer and group availability. Films will be selected from offerings in Albury, Wangaratta, Bright or perhaps even Swanpool matinees. Please enrol in this course as your enrolment will record your interest in being notified of outings to films. It is hoped in 2021 that we will take more opportunities to discuss the films and catch up with what is recommended on Free-to-air TV and streaming services such as Netflix, Amazon, Stan.

### Poets

**Bi-monthly on Fridays – next meeting on 7 May - 1.30pm-3.30pm**

**Location: To be advised**

- A get together for Poetry lovers to gather and read, discuss, debate and enjoy the world of Poetry and the joy and enrichment it brings to people's lives. The group will meet on the 1st Friday of every second month. However, the meeting times may vary by arrangement within the group.

### Scribblers

**Weekly on Tuesdays beginning on 20 April - 10am-12pm**

**Tutors: Olga Evans & Deb Borleis**

**Location: Beechworth Railway Station**

- Meet with Olga Evans and Deb Borleis at the Beechworth Railway Station or plein air in parks and gardens and catchup in-between times on our WhatsApp group. "A drawing is simply a line going for a walk." (Paul Klee). If you are interested in mark making, creativity, learning drawing techniques, sharing your drawings, interacting with like-minded people, and learning from others, then Scribblers may be for you.

Deb will take the session for drawing every second week. On alternative weeks, Olga will take the session with a focus on drawing skills.

## Computers and Technology

### Be Connected

**Weekly on Wednesdays beginning on 2 June, for 4 sessions - 1.30-pm-3.30pm**

**Tutor: Gerri Boland**

**Location: Beechworth Railway Station**

- Indigo U3A is once again offering the 'Be Connected' program, an Australia-wide initiative empowering older Australians to thrive in a digital world.

## Geography and Environmental Science

### Insect Safari

**22 April (Thursday), 2pm-4pm**

**Presenter: Karen Retra**

**Location: Beechworth Railway Station**

- Yes, insect hunting ... but we aim to shoot to see, record and learn, not to kill! Despite what you may have heard, insects are not all bad. In this session we'll "hunt" insects, discuss their various roles, where to see them and why you'd bother.

We hope to find some pollinator insects, although we know they tend to prefer warm weather. We will explore how to report our sightings (of any plant/animal/fungi, not just insects) in ways that can be useful to science, as well as why they are a delight to behold. If the weather allows, we'll explore outdoors near to the station. If the weather's awful, we'll play on these themes indoors. Our presenter, Karen Retra, is co-founder of the Wild Pollinator Count project and an enthusiastic insect admirer; an amateur entomologist.

## Health and Well-being

### Bike Riders

**1<sup>st</sup> & 3<sup>rd</sup> week each month on Thursdays – 9.30am-11.30am (in Winter); 9am-11am (in Summer);**

**Leader: Harvey Anderssen**

- The bike group caters for those who want to rediscover the pleasures of the group cycling of their youth. Newcomers wanting to experience the benefits and pleasures of easy outdoor exercise on our expanding bikes trail and shady bush tracks are most welcome. The group provides advice and support to ease the transition to fun cycling and recommends trying e-bikes given our increasing years and our hilly terrain. Meet at the Railway Station on the first and third Thursdays. On alternate days, bikes are loaded for travel to ride in interesting nearby places (Stanley, Murrumbidgee, Chiltern). Or travel downhill, arranging for group return transport.

## Health and Well-being (cont'd)

### Framing your picture of later life

**Presenter: Dr Kathleen Brasher**

**21 April (Wednesday) - 2pm-4pm**

**Location: Beechworth Railway Station**

- As we get older, we may begin to wonder how best to live. What can you do to live the life you value? What gets in the way? What needs to change? What can you change? In this session we will work through four key questions that can help you assess your own individual needs and what considerations you need to consider when making choices about your health and home.

### Care in your Home

**Presenter: Craig Evans**

**28 April (Wednesday) - 2pm-4pm**

**Location: Beechworth Railway Station**

- If you are living independently at home but need a little extra support with day-to-day activities, the home care services offered by Indigo@Home may be able to help you live safely and independently. Craig Cross, Manager of Community Care Services at Alpine Health, will talk to us a local organisation, Indigo@Home which provides home and community care for residents of Indigo Shire. Craig will provide us with details about the home care services available locally and how to access them.

### HeartSafe Communities

**29 April (Thursday) – 2pm-4pm**

**Location: Beechworth Railway Station**

- Together with the Heart Foundation, Ambulance Victoria is working to empower Victorian communities to become Heart Safe Communities by building confidence, skills and knowledge to take lifesaving action in a cardiac arrest. Come to this "Call, Push, Shock" session aimed at educating us to recognise a cardiac arrest, achieve effective CPR compressions and utilize an AED (defibrillator) as needed.

Thousands of Victorians suffer an out-of-hospital cardiac arrest every year. Tragically, only one in ten people survive. When a bystander performs Cardiopulmonary Resuscitation (CPR), a person is twice as likely to survive. If an Automated External Defibrillator (AED) is also used, this survival rate dramatically increases from one in ten to over seven in ten people surviving. That's why it's vital that bystanders act quickly in the first critical minutes of a cardiac arrest.

## Health and Well-being (cont'd)

### Living at Home for Longer

**19 May (Wednesday) – 2pm-4pm**

**Presenter: Lloyd Howlett, La Trobe Health**

**Location: Beechworth Railway Station**

- Further exploration of the support available to people living at home who may need some assistance with day-to-day activities in their home to maintain their personal safety and independence. Explore Home Care package options for living at home for longer and navigating the My Aged Care website with Lloyd Howlett from La Trobe Health, a not-for-profit provider of Home Care in our area.

### Walks with Gerri

**Monthly on the 4<sup>th</sup> Thursday – 9.30am-11.30am**

**Leader: Gerri Boland**

- These popular and convivial walks cover different terrain, distance and degree of difficulty each month, but are always easy-to-moderate. Often dog friendly. Individual walks are notified directly to enrollees and through What's On, with meeting places and times determined closer to the actual time of the walk. (Usually 9.30am at Quercus.) Morning tea is taken along the route or shared at the end of the walk.

Walks may be cancelled or rescheduled if the weather is too hot, or too wet. A certain degree of personal fitness is required by participants must gauge their own ability to enjoy each individual walk on its merits and challenges.

### Discovering Chiltern-Mt Pilot National Park (fully booked; waitlist only available)

**Monthly on Thursdays – 2 walks, beginning on 11 March**

**Leader: Mick Webster (Member, Friends of the Park)**

#### Chiltern Gold Mining - 13 May (Thursday) - 9am-1pm

- Meet at 9:30am at Honeyeater Picnic Ground, Cyanide Rd in the Park. Investigate the various types of gold mining which took place in the Chiltern section of the Park. There will be three stops, finishing at the site of the huge Chiltern Valley No. 2 Mine. Depending on the flowering of plants this Chiltern goldmining trip and the rare plant revegetation walk may swap around.

#### Chiltern Flora - 10 June (Thursday) - 9am-1pm

- Meet at 9:30am at the Chiltern Information Centre, Main St, Chiltern. Visit several sites with rare plants (hopefully flowering!), a brewery and a pub (old sites anyway!) and finish up inspecting a large revegetation project managed by Friends of the Park. Depending on the flowering of plants the Chiltern goldmining trip and this one may swap around.

## History and Current Affairs

### Explorers of Australia

**Bi-monthly on Fridays from 4 June – 1.30pm-3.30pm**

**Location: Beechworth Railway Station**

- Delve into the explorers of our country that we might not have heard about. In the second year of our Explorers group we will gain some new historical perspectives through another series of brief introductions to the explorers of Australia, with some of the lesser-known explorers or some modern-day explorers given precedence.

Participants will get involved by volunteering to do a short presentation about an explorer of their choice, with (hopefully!) two presenters and explorers covered at each of our sessions. Assistance will be available to put together Keynote or PowerPoint presentations as required.

### Our World - Background Briefings

**Fortnightly on Tuesdays from 20 April – 1pm-3pm**

**Tutor: Gerry Engwerda**

**Location: Beechworth Railway Station and by Zoom**

- In these sessions Gerry will cover not only current international issues but also topics that could impinge on relations between nation states, such as history, geopolitics and social movements. The class format will be based on a background lecture accompanied by a PowerPoint presentation which will be made available to class members via direct email. The tone is informal and chatty with lots of audience input. Semester 1 topics include 'The US under a new President, and Updates'; 'The Future of Europe'; 'The World after the Pandemic'; 'Middle East including Lebanon 2021'; 'Azerbaijan and Armenia – conflict in the Caucasus'; 'India and China'; 'A History of Houses'; 'The Evolution of the English Language'; 'The Seeds of Change – Five Plants that Changed the World'.

## Learning and Leisure

### Coffee Mornings

**Monthly on Fridays, from 23 April – 10.30am-12pm**

- The coffee morning will be on the 4th Friday of the month. We will try out different cafes around the Shire and each month will feature a different speaker. Numbers for bookings are important. Keep your eye out in 'What's On' to see what is happening each month. Members MUST advise Gail Warren-Smith if they are going to attend.

## Learning and Leisure (cont'd)

### Games

**Fortnightly on Fridays from 9 April – 2pm-4pm**

**Location: Beechworth Railway Station**

- An opportunity for members to come along to play a variety of games in a friendly social environment. The games to be played at each session are decided by those present each fortnight, and the equipment needed will be provided by those involved. Games often played are Backgammon, Scrabble, and Mahjong. Bring your own game and take up the challenge!

### Gardeners

**Monthly on Fridays from 16 April : 10.30am-12.30pm**

**Leader: Frances Baker**

- In 2021 the Gardeners will enjoy a mixed bag of activities including
  - Visits to meet local organic growers who will talk to us about techniques for successfully growing flowers, vegetables and trees in our local region.
  - Autumn and Spring plant swaps with seasonally appropriate member discussions about the growing cycle from propagation through to summer survival.
  - Garden travel photo exhibition and presentations.
  - Some pruning skills development
  - Looking after our tools.

...maybe we can also fit in a visit or two to members gardens!

### Jazz on Fridays with Michael

**Monthly on Fridays from 15 April – 2pm-4pm**

**Leader: Michael O'Flaherty**

**Location: Beechworth RSL Club**

- Unpick the recent ABC Top 100 Jazz performers survey and select our U3A All Stars. Members will be encouraged to select their favourites, with Captain's pick biased to hard Bebop bands!

### Men's Book Group

**Monthly on Thursdays from 15 April – 2pm-4pm**

**Leader: Michael O'Flaherty**

- The Men's Book Group is held on the 3rd Thursday of each month at alternating venues (usually private homes) and is rolling over into its fourth year. Enrolments are essential. Contact Michael O'Flaherty via [courses.indigo.u3a@gmail.com](mailto:courses.indigo.u3a@gmail.com) to leave a message for more details.

## Learning and Leisure (cont'd)

### Tastes

- The Tastes gatherings vary in nature, including visits to private homes where members bring a dish or a bottle of wine to share; trips to cafes or restaurants; and talks, demonstrations and tastings at food-related businesses.

Outings will vary between morning tea or lunch. Members of the group may need to actively assist with the organisation of outings or events.

## Philosophy and Ethics

### Everyday Philosophy

**Fortnightly on Wednesdays from 23 April – 10am-12pm**

**Tutor: Michael Evans**

**Location: Beechworth Railway Station and by Zoom**

- The exploration of selected topics using insights drawn from philosophy and life experience. Michael leads the group through historical, ethical, and personal aspects of the chosen topic. Participants are left with Michael's written remarks and suggestions for further exploration. No special knowledge or expertise is required. Just life experience and a readiness to reflect on ideas new and old. The aim is inquiry and insight, not agreement or consensus. Michael will run his philosophy group in the Railway Station but will also enable members to link in via Zoom.

Topics for term 2 include: • Optimism (21/4) • Sloth (5/5) • Altruism (19/5) • Descartes (2/6) • Learning (perhaps with a nod to First Nations people) (16/6)

### Women of Words

**On Monday 12 April, 10 and 31 May – 10.30am-12.30pm**

**Leader: Peggy McKinlay**

- A monthly group discussing topics with particular reference to women, to be held in an informal setting to encourage open, wide and stimulating conversation. Topics may cover health, politics and current affairs, family, literature, music etc and the topic of the month will be chosen by the group.

## Skills Building

### Better Questions – Enabling Better Lives

**6 May (Thursday) – 2pm-4pm**

**Presenter: Lindsay Tighe**

**Location: Beechworth Railway Station**

- Human beings typically do too much ‘telling’ and not enough ‘asking’. This thought-provoking workshop challenges you to become more conscious of the way you are communicating and to get excited about asking questions. The presenter, Lindsay Tighe, is a successful and highly regarded speaker, businesswoman, coach and author of nine books. Lindsay is passionate about helping people to appreciate that questions are not simply sentences with question marks at the end, they have the potential to powerfully, positively and profoundly impact on people’s lives.

### Zen and the Art of Sock Knitting

**Thursdays for 3 weeks, beginning 3 June – 2pm-4pm**

**Tutor: Pauline Savy**

**Location: Beechworth Railway Station**

- Master the art of sock knitting in 3 hands-on sessions. Basic knitting skills required. Limited to 5 participants. Participants must enrol by 7 May.

## Science

### What do I do with this rubbish?

**5 May (Wednesday) – 2pm-4pm**

**Location: Beechworth Memorial Hall, Ford Street**

- Recycling - What do I do with this rubbish? We are often unsure what to do with garbage items. Which bin do they go in? Should they go in the bin at all? What happens after the truck leaves your street?

Halve Waste a local organisation, supports our communities to recycle effectively. This will be a fun and informative ‘show and tell’ afternoon where Halve Waste education team will answer all your recycling questions. Bring along actual examples of items you are unsure of. Halve Waste will also provide information on what happens to the materials in our bin after they are collected.

We have extended an invitation to the local community for this event so feel free to bring a guest.