



THE UNIVERSITY OF THE THIRD AGE

# Indigo U3A



## Semester 1, 2021 Course Booklet

(at 6 January 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.

*How to contact us...* Phone: 0492 830 612  
Email: [indigo.u3a@gmail.com](mailto:indigo.u3a@gmail.com)

*Website...* [www.indigou3a.net](http://www.indigou3a.net)

*Mailing address:* Indigo U3A Inc  
PO Box 305  
Beechworth Vic 3747

## Arts and Cultural Studies

### Art & Architecture 1: Tallest Buildings - a timeline

**23 February (Tuesday) - 1pm-3pm**

**Tutors: Ellen Evans & David Geryga**

**Location: Beechworth Railway Station**

### Art & Architecture 2: 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.

### Memoir/Writing from Life

**Weekly on Wednesdays beginning on 3 March for 8 weeks - 1.30pm-3.30pm**

**Tutor: Joy Phillips**

**Location: Beechworth Railway Station**

- In this course, Joy will help you develop your thoughts and ideas about memoir/life-writing: why write a memoir, how to start, how to express the intricacies of memory and feeling, how to tell stories and to shape them for your chosen audience.

### Poets

**Bi-monthly on Fridays beginning on 5 March - 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 2 February - 10am-12pm**

**Tutor: Olga Evans**

**Location: Beechworth Railway Station**

- Meet 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.

## Computers and technology

### Be Connected

Fortnightly on Thursdays beginning on 11 February, for 4 sessions - 1.30pm-3.30pm

Tutor: Gerri Boland

Location: Beechworth Railway Station

- Indigo U3A is once again partnering with Quercus Neighbourhood Centre to run a 'Be Connected' program, an Australia- wide initiative empowering older Australians to thrive in a digital world. Topics for this short course include
  - Photos, editing and cloud storage
  - Streaming options, eg ABC iView, SBS on Demand, Netflix and other streaming platforms
  - Social media

## Health and Well-being

### Bike Riders

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

Leader: Harvey Anderssen

- The bike group caters for those who wanting 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 OBRS on the first and third Thursdays, in summer at 9am. 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.

### Discovering Chiltern-Mt Pilot National Park

Monthly on Thursdays - 4 walks, beginning on 11 March

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

- Mick will take us to the hidden gems of the Chiltern-Mt Pilot National Park - the lesser known and less visited sites and features. A minimum of 4 participants is required for a walk to take place. Each of the walks is a separate activity and requires a separate enrolment. Transport to the walk sites will be by private car and all roads are suitable for 2wd vehicles.

*Requirements:* a reasonable level of fitness (i.e. able to walk 15-20 minutes on tracks and trails). Wear appropriate clothing and sturdy footwear, sunscreen and hat. Bring a packed lunch (will be near to cars), your own drinks and chair. Camera and binoculars optional. Sense of humour essential!

### Walk 1: Mt Pilot

11 March (Thursday) - 9am-1pm

- Meet at 9:30am at the Old Coach Rd junction with the Beechworth-Chiltern Rd. Drive to the car park and walk up Mt Pilot for a general survey and introduction to the Park. Continue on by car to an interesting industrial ruin in the Park with several worker's huts. Return by car to Yeddonba aboriginal art-site for lunch.

### Walk 2: Eldorado

**8 April (Thursday) - 9am-1pm**

- Meet at 9:30am at the McEvoy Tavern, Eldorado. Take two walks to some rarely-visited waterfalls in the Park, also visiting the historic dredge and investigate a biological control site for the invasive Wheel Cactus.

### Walk 3: 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.

### Walk 4: 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.

### 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.

### Indigo U3A Gets Active!

**4 March (Thursday) - 2pm-4pm**

**Presenter: Gabriella Tange, Beechworth Health Services**

**Location: Beechworth Railway Station**

- This will be the first of a series of 2 "Indigo U3A Gets Active!" programs for 2021. The program is designed to help participants to get fit and stay active. Our Fitbits will be available to enable participants to track their fitness progress and measure results with a group of fellow members to support and motivate each other.

## Walks with Gerri

**Monthly beginning on 25 March – 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.

## History and Current Affairs

### Explorers of Australia

**Bi-monthly on Fridays beginning on 5 February – 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.

### Modern Monetary Theory

**Tuesday 8 June - 1pm-3pm**

**Presenter: Stephen Masters**

**Location: Beechworth Railway Station**

- In this session Stephen traces the historic foundations of this stimulatory economic theory from ancient times, as well as explaining in Plain English the application to modern economies and the profound benefits, as well as risks. This is the future post-austerity. Exciting for some; terrifying for others. This is our future.

### Our World - Background Briefings

**Fortnightly on Tuesdays beginning on 2 February – 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, beginning on 26 February – 10.30am-12pm**

- The coffee morning will be on the 4th Friday of the month except for March. 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.

### Games

**Fortnightly on Fridays beginning on 12 February – 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. Last year it was mainly Backgammon and Mahjong. Bring your own game and take up the challenge!

### Gardeners

**Monthly on Fridays beginning on 19 February : 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 beginning on 19 February – 2pm-4pm**

**Leader: Michael O'Flaherty**

**Location: to be advised**

- 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 beginning on 18 February – 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.

## 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. The program in 2021 includes...
  - February: a talk and demonstration with Barb Lowry food writer, radio presenter and cook.
  - March: Guided tour of Beechworth Natural Farm.
  - May: Sharing lunch with a Greek theme.
  - July: 'Christmas in July' lunch.
  - August: Australian Indigenous Ingredients demonstration and talk.
  - October: Spring Lunch at the Pickled Sisters Café.
  - November: Picnic

Members of the group are may need to actively assist with the organisation of outings or events.

## Philosophy and Ethics

### Everyday Philosophy

**Weekly on Wednesdays – 10.30am-12.30pm Dates:**

**Tutor: Michael Evans**

**Location: Beechworth Railway Station**

- 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

### Women of Words

**Monthly on Mondays beginning on 8 February – 10.30am-12.30pm**

**Leader: Maureen O'Flaherty**

- 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.

Meetings will usually be the second Monday of the month but there are some exceptions due to Public Holidays and other clashes.

## Science

### Hyperloop

**Tuesday 9 March – 1pm-3pm**

**Presenter: Stephen Masters**

**Location: Beechworth Railway Station**

- Currently attracting massive international investment and accelerated R&D collaboration this is a new generation of high-speed transport utilising convergent technologies of magnetic levitation and vacuum.

Imagine Melbourne to Sydney in under 3 hours or Albury to Melbourne in 1 hour!