



THE UNIVERSITY OF THE THIRD AGE

Indigo U3A

2020 Courses

(As at 16 January 2020)

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Arts and Cultural Studies

Film Goers

Frequency: From time to time as advised

Coordinator: Gail Warren-Smith

This course does not have fixed dates, times or venues although generally (but not exclusively) film outings will run on Fridays or the weekend so as not to interfere with other U3A activities during the week. Films will be selected from offerings in Albury, Wangaratta, Bright or perhaps even Swanpool matinees.

To express your interest, please enrol in this course 'Film Goers'. Your enrolment will record your interest in being notified of outings to films.

Friday Poets

Frequency: First Friday of the month, every two months beginning on 7 February

Location: Address advised post enrolment

Coordinator: Maureen O'Flaherty

A bi-monthly 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. As the group is convening in private homes, venue will vary depending on numbers.

The group will meet on the 1st Friday of every second month. However, the meeting times may vary by arrangement within the group. Dates for Term 1 2020 are 7 February, 1 May and 3 July.

Australian Male Artists 1

Date & time: 24 March, 1pm-3pm

Location: Beechworth Railway Station, Harper Ave

Tutors: Ellen Evans and David Geryga

In 2019 we looked at Australian female painters from the early colonial days to the present day. Our first session in 2020 will centre on Australian male painters across the same time span. There are so many it is impossible to look at them all, so from a wide range we have chosen some that are well known, and some that may be new to you. These will include foundational painters such as von Guerard, painters from the Heidelberg School, some of the Moderns and a few contemporary artists.

This is the first of the 2020 Art and Architecture Series from Ellen and David with the initial two presentations being about Australian male artists. Following on session dates will be advised.

Computers and Technology

Tech Savvy Seniors

Frequency: Weekly on Thursdays from 2pm-4pm
Location: Beechworth Railway Station, Harper Ave
Tutor: Garth Blackman

Tech Savvy Seniors with Garth Blackman continues on Thursday afternoons from 2 to 4pm, unless advised otherwise. If you have any issues with your devices bring them along and Garth will help you to resolve them. Important!! Appointments are necessary otherwise the Tutor may not be in attendance.

The Internet - Be Connected

Dates: Weekly on Wednesdays from 26 February to 1 April, 1.30pm-3.30pm
Location: Beechworth Railway Station, Harper Ave
Tutor: Gerri Boland

Indigo U3A is 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. Volunteer mentors assist digital learners to learn how to use their digital devices. Call Quercus for further details Tel: (03) 5728 2386

Health and Well-being

Bike Riding Group

Frequency: Thursdays in weeks 1 and 3 of each month, from 9.30am-11.30am
Meet at the Beechworth Railway Station, Harper Avenue
Coordinator: Harvey Anderssen

A chance for members to cycle at their own level with the support of a group. Do not let your ability or that you haven't ridden for a while stop you. Rides will start from the Beechworth Railway Station but there may be scope to include rides away from Beechworth if bike transportation is available. If the weather is very hot, cold or wet a proposed ride may be cancelled. Rides normally occur on the 1st and 3rd Thursday of the month but in January the group plans to ride on Thursday Jan 9, 16 and 23 setting out at 9am.

Group members will be required to sign a Disclaimer relating to potential injury and also must take personal responsibility for confirming with their Medical Practitioner that the Bike Group is not a contra-indication to their health and well-being.

Plant-based Health Film

Date: 10 February, 10am-12pm
Location: Beechworth Railway Station Harper Ave
Presenters: Anni Turnbull and Dr Remo Parente

Plant-based Health Advocate Anni Turnbull with Lifestyle Medicine Practitioner Dr Remo Parente present the highly acclaimed documentary film "The Game Changers", followed by a discussion about the health benefits of a Wholefood Plant-based Diet for all ages and levels of fitness.

The film focuses on improvements in athletic performance and recovery, as well as improvements in cardiovascular health by those who eat a plant-based diet.

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Indigo U3A Gets Active!

Dates & times: 13 February, 26 March and 7 May, 2pm-4pm

Location: Beechworth Railway Station Harper Avenue

Presenter: Gabriella Tange, Health Promotions Officer, Beechworth Health Services

This will be the first of a series of "Indigo U3A Gets Active!" programs, designed to help participants get fit and stay active.

The introductory session will be on 13 February, with a 'check your progress' session on 26 March and a wrap up session on 7 May for the first group. Courtesy of a grant from Indigo Shire Council we will have 12 Fitbits available for participants to use during the program. They will need to be returned at the end of the program ready for the next group to use.

All are welcome. You can use your own Fitbit or other device if you have one, or just come along to the session to listen and pick up some tips. This program is for all fitness levels, and it will be a lot of fun!

4th Thursday Walk

Dates: Held monthly, beginning on 26 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 and 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.

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 who must gauge their own ability to enjoy each individual walk on its merits and challenges.

History and Current Affairs

International Relations

Dates & time: beginning on 4 February, 1pm-3pm

Frequency: Fortnightly on Tuesdays

Location: Beechworth Railway Station, Harper Ave

Tutor: Gerry Engwerda

These sessions are background briefings to current issues internationally but may also include other issues that could impinge on relations between nation states such as history, geopolitics and social movements. This course will examine issues of International concern on a fortnightly basis. Topics to be covered can be tailored to suit the wishes and interests of the group where possible. 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.

As a guide, the course may include some or all of the following topics: 'The rise of the Autocrats', 'Trump and US Foreign Policy', 'Australian Foreign Policy', 'The rise and fall of Empires', 'Population and World History', and 'Putin's Russia'.

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Explorers of Australia

Dates: Beginning on 6 March, 1pm-3pm

Frequency: the first Friday of every alternate month

Location: Beechworth Railway Station, Harper Ave

Coordinator: Philip Bunn

For many of us, our school days emphasised British history over that of Australia. The new Explorers group would like to round out that historical perspective through a series of brief introductions to the explorers of Australia, with some of the lesser-known explorers or some modern-day explorers given precedence. It is anticipated that 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 a Keynote (PowerPoint equivalent) presentation.

The group will meet on the first Friday of every second month. Dates for 2020 will be: 6 March, 1 May, 3 July, 4 September, 6 November.

Learning and Leisure

Games Group

Dates: Beginning 3 February, 2pm-4pm

Frequency: Fortnightly

Location: Beechworth Railway Station, Harper Avenue

Coordinator: Michael Bydder

Fortnightly sessions for the members to come along to play a variety of games in a friendly social environment. The games played at each session is decided by those present each fortnight and the equipment needed will be provided by those involved. In 2019 games included Backgammon and Mahjong.

Garden Group

Dates and times: beginning on 11 February, 10.30am-12.30pm

Coordinator: Jann Stewart

The new Indigo U3A gardener group will aim to provide monthly visits and speakers. The emphasis of the group will be on providing information on 'climate change' gardens and their upkeep. This activity will interest gardeners who want to share their gardens, gardening tips and learn and exchange ideas.

The first session for 2020 will be on Tuesday 11 February from 10.30am-12.30pm at Jann Stewart's property in Osbornes Flat. Details of speakers and locations will be advised to all members who are enrolled with this group. Carpooling will be arranged.

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Tastes

Dates and times: beginning on 12 February, time to be advised

Coordinator: Karin Blaurock

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. In 2020 outings will vary between morning tea or lunch with events around a theme. Members of the group are encouraged to assist with the organisation of outings or events.

Outline for 2020 (subject to change, with notice):

- 12th February, 10am-1pm - Learning how to make Sushi and Rice paper rolls.
- 11th March, 10 am-12.00pm - Preserving Fruit.
- 29th April, 11am-2.30pm - Sharing Picnic at Rotary Park, Lake Sambell.
- 8th July, 12pm-3pm - Christmas in July. Location to be advised.
- 9th September - Visit to a local Food Factory.
- 28th October, 11.30ma - 2pm - 19th Century Cooking.

Men's Book Group

Dates and times: beginning 20 February, 2pm-4pm

Frequency: Monthly

Location: Address advised post enrolment

Coordinator: 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 third year in 2020. This has proved a popular course and enrolments are essential. Contact Michael O'Flaherty via courses.indigo.u3a@gmail.com to leave a message for more details.

Member Coffee Mornings

Dates and times: beginning 28 February, 10.30am-12pm

Frequency: Monthly on a Friday

Coordinator: Gail Warren-Smith

An informal get together for all members at a local cafe. This year we are intending both to venture out of town Beechworth to Yackandandah, Chiltern or Stanley in 2020, and to invite some local guest speakers to chat to us briefly (20 minutes) as we enjoy our refreshments.

Carpooling will be coordinated as required by members so please contact courses.indigo.u3a@gmail.com if there is a planned morning coffee out of town that you wish to participate in and you need a lift.

The weekly "What's On" will remind members of the date, in the week prior to each Coffee Morning.

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The Body Shop Story

Date and time: 10 March, 1pm-3pm

Location: Beechworth Railway Station, Harper Avenue

Tutor: Stephen Masters

Founded by Anita Roddick this business rocketed from producing cosmetics in her own kitchen to a global operation within a decade. Starting with zero capital it was eventually sold for the equivalent of AU\$1 billion. How was this achieved? What were the strategies and tactics used to succeed?

This story will be sandwiched between one historic and one current business case study. Anita was a rock star of modern business with phenomenal drive who could bend bankers to her will with delight. (There was miniscule core debt to this business but needed import/export facilities and bank guarantees for leased premises). A sensation!

Philosophy and Ethics

Conversations

Dates and times: beginning 5 February, 10.30am-12.30pm

Frequency: From time to time as advised; often weekly

Location: Beechworth Railway Station, Harper Avenue

Tutor: Michael Evans

An 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. Topics selected by last year's group for Term 1 in 2020 are

- Ignorance (including wilful ignorance)
- Knowledge (What counts as knowledge? Is some knowledge too "inconvenient" to be accepted?)
- History (What is it and who writes it?)
- Justice (Including jury versus inquiry, equity and access).
- Obligation (its relationship to rights).

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.

Science

Psychology: The Quest for Understanding

Dates and times: beginning 6 February, 10am-12pm

Frequency: From time to time on Thursdays as advised

Location: Beechworth Railway Station, Harper Avenue

Tutor: Judi Moncur

Have you ever wondered why people behave the way they do? Why different people respond so differently to the same situation? This course looks at these questions and more: how wider society affects individuals; the influence of genetics, experience, family and upbringing; how our memory, senses, perceptions and expectations inform us and sometimes deceive us; how research has informed (and sometimes misinformed) Psychology.

We also touch on a range of topics like cognitive development (ie mental abilities), emotional development, personality and mental illness.

The course is designed for those enjoy learning new things and discussing ideas, and who want to develop a better understanding of this broad and intriguing subject. This is a general study and investigation of various Psychology topics – it is not designed to be a self-help or self-analysis course. (Counsellors are better at this.)