



U3A HAWTHORN NEWS

Number XXVII

September 1992

LIKE TO GO ?

U N I T E D N A T I O N S

International Day For The Elderly



1 October 1992 is United Nations International Day for the Elderly and older people are invited to join in the celebrations to mark the occasion.

Bill Collins, well known Melbourne entertainer and racing identity, will be back on familiar turf at the Celebrity Room, Moonee Valley Racing Club, McPherson Street, Moonee Ponds, to host a concert and lunch with an international flavour.

The festivities begin at 11.30 am and include a light lunch served to you at your table. A variety of performers, including musical acts and dancers, will provide the day's entertainment which will finish at 2.30pm.

The Moonee Valley function rooms provide easy access for people using wheelchairs and the complex has ample car parking space.

Tickets for the event are \$10.00 for people over 60 years of age and \$12.50 for those under 60.

A table place will be allocated to each ticket holder and special parking provision will be made for those requiring wheelchair access.

This promises to be a most interesting and enjoyable event, and the Committee would very much like Hawthorn U3A to be represented.

Transport? We will do our best to organize it for you, if necessary.

It is proposed that the tickets be purchased in a block so to be on the safe side, please register with the office at Wakefield Street by 9th September at the very latest.

U3A Hawthorn, 24 Wakefield Street. Telephone 818 7371.

SOCIAL ACTIVITIES

VISIT TO WERRIBEE PARK & ADJACENT ZOO

DATE: Saturday, 19th September, 1992
DEPARTURE TIME: Approx. 10.30 a.m. (Return approx. 4.00 p.m.)
COST: MANSION \$5.00 (\$2.50 Conc.); ZOO \$6.00 (3.50 Seniors Card
PLUS TRANSPORT. if pre-booked)
BYO lunch or buy it at Mansion.
TRANSPORT: Could be by train, minibus or private car, depending on
numbers.
R.S.V.P.: If interested, please register by 11th September at U3A
Office, indicating preferred form of transport.
You will be advised of final details.
Payment at Werribee Park, not U3A office.

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FILM: "THE GREAT DAY ON THE BEACH"
(Danish film set in Copenhagen in 1936,
said to be reminiscent of "My Life as a Dog")
CINEMA: KINO, 45 Collins Place, Melbourne
DATE: Sunday, 1st November, 1992
TIME: Daytime screening - time will be advised.
COST: \$4.00 Seniors Card; \$7.00 others.
R.S.V.P.: Register with payment at U3A office by
Thursday, 29th October, 1992.

FRIENDS ARE WELCOME AT BOTH ACTIVITIES.

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'BE WISE WITH MEDICINES'

Month

Hawthorn Council is participating in 'Be Wise with Medicines' month by:

- encouraging older Hawthorn residents to "spring clean" their medicine cabinets and throw out unwanted and out of date medicines during September - drop off unwanted medicines to your local pharmacist who has a specially, designed bright yellow, disposal bin;
- encouraging the community to ask more questions about the medicines they purchase or have prescribed to them.

Watch for more information in Progress Press or contact Hawthorn Council's Health Office on telephone 810 2460.

M E D I C A T I O N

The Federal Government has declared September to be a "Be wise with Medicines Month" and has circulated some suggestions as to how to show such wisdom. Some of these suggestions are summarised in this article.

Many people too readily accept (and some insist on) medication whenever they feel unwell. Sometimes, for minor illnesses, medication can be inappropriate and all that is required is to give the body the best chance of using its considerable recuperative powers by resting and reducing stress. Since any medication has the potential to produce undesirable side effects, treatment by drugs etc. should not be undertaken unless prescribed by a health professional.

Decisions on medication should only be made after discussion with fully qualified persons such as a doctor or a pharmacist. It is potentially dangerous to follow advice from unqualified persons such as friends, relatives, health food shops or magazine articles.

If medication is advised, ensure that there are good and sound reasons for the decision. Enquire about any possible side effects. Should several drugs be prescribed, ensure that there is no possibility of adverse interactions between them; also ensure that there will be no such interactions with any over the counter drugs or with any constituent of the Act (e.g. alcohol).

Ensure that instructions on how and when to take the medication are fully understood and meticulously followed. The timing of drug taking; the exact dosage; the relationship with meal times; have all been carefully worked out in order for the drug to be fully effective and to guard against overdose. Do not fall into the common fallacy that if a little is good, more will be better.

If possible, use the same pharmacist for obtaining prescription drugs. The pharmacist will provide a computer printout of all drugs supplied and this list can be used to check on possible over-medication or possible adverse drug interactions.

Always fully inform any doctor or pharmacist consulted of all drugs, vitamins, health food products etc. which you may be taking.

Remember that drugs are potentially dangerous to people for whom they have not been prescribed. Never hand drugs on to other people and keep all drugs out of the way of children.

Finally, drugs should never be kept after their use by date. The Federal Government has arranged with pharmacists that during September they will accept all old and out of date drugs brought to them. These will be disposed of in an environmentally acceptable way. Please ensure that during September all drug cupboards are checked and any out of date drugs are taken to a pharmacy.



U3A NETWORK NEWS

June 1992

NEW PRESIDENT TAKES OVER

Our new Network President, elected at the May AGM, is Betty Marginson, of Hawthorn U3A. Betty has been involved with U3As since their inception and has constantly supported them enthusiastically. Important recognition of this involvement has come with her recent appointment to the new State Board of Adult, Community and Further Education, specifically representing the interests of Universities of the Third Age.

Judy Gould, also of Hawthorn U3A, completed her two-year term as President of the Network in May. Judy has worked tirelessly for the U3A movement, not only fulfilling all the normal tasks of a president but also being our main publicist.

She has been in constant demand as a speaker at all kinds of functions, fulfilling about 20 speaking engagements during 1991. We repeatedly received feedback about how effective and lively a speaker she is. Many thanks, Judy.

PLANNING AND DEVELOPMENT GROUP

The 'P & D Group' is, as its name implies, the Network's 'think-tank'. It pursues ideas about lines of development for the U3A movement, designs conferences and seminars and thus allows the Executive to concentrate on the operational functions of the Network.

Its next two scheduled meetings are on August 10th and October 16th; there may be *ad hoc* meetings at other times. Meetings are held in the CAE Centre.

The P & D Group is open to any member of any U3A. If you'd like to become involved in its discussions, contact its convener, Alison Carlson, at the address below.

CREATIVE WRITING WORKSHOP

Our friends in the UK have recently started up some national networks of U3A people with common interests. There's one on languages studies and another on creative writing.

The Network is going to see if there's any interest in setting up such linkages in Victoria and as a first move is going to offer a Creative Writing Workshop, in conjunction with the next Council meeting on August 19th.

Rita Richardson, who is a CAE tutor in creative writing, has agreed to lead this workshop. Anyone interested is welcome to attend but in order to find out the details and let us know how many people to expect, you'll have to send a note addressed to 'Creative Writing Workshop' at the address below, preferably by the end of July.

U3A IN THE COMMUNITY

This was the title of a Forum, run by the Network with the aid of an encouragement grant

from the Senior Citizens Week Committee, aiming to let representatives of other organisations – particularly local governments – know what the U3A movement can do (and what it can't be expected to do) for older people outside the membership of U3As.

Comments from the participants, after the event, were most complimentary. A report of the Forum has been produced and is available from the address below.

Many individual U3As were also involved in Senior Citizens Week activities in their localities. One noteworthy effort was that of Hawthorn U3A which organised a significant public lecture by Sir Zelman Cowan.

NATIONAL U3A NEWSLETTER

The first issue of this 8-page publication, produced by the Australian College for Seniors at Wollongong, has appeared. Presumably those U3As which responded to an earlier circular will have received the copies they asked for.

It's a free publication aimed at simultaneously providing some exchange of ideas and news among U3As and some publicity for the ACS's program of educational tours, both in Australia and overseas.

If you haven't seen it, you can probably get copies from the Australian College for Seniors, University of Wollongong, PO Box 1144, Wollongong 2500.

COURSE GUIDES FROM DEAKIN

Negotiations with Deakin University have born fruit. The extensive documents they produce as course guides may become obsolete if there have been course changes. However these are likely to remain useful for some U3A classes.

Instead of pulping old guides, Deakin is starting to pass them on to the Network. The first received are three volumes of a history course, *History of World Wars I and II*. There are ample copies for one for each U3A; possibly enough for a few class sets. For details, enquire from Alison Carlson, at the address below.

EDITOR WANTED

The Network is urgently in need of someone to take over the preparation of Network News. This involves keeping track of developments reported to the Network's Council and its Executive, receiving the newsletters and bulletins which arrive in the mail and, from all of this, extracting items likely to be of general interest to U3A members around the State. Network News appears every three months, after each Council meeting.

It would be handy, but not at all essential for the Editor to have his or her own word processor. *If you can help, please contact the Assistant Secretary, Alison Carlson, at the address below.*

CURRENT COURSES

Although a class may be full, people do have to withdraw for various reasons, so a waiting list is kept for each course.

PLEASE NOTE: ANY MEMBER WHO IS ABSENT FROM A CLASS FOR THREE CONSECUTIVE WEEKS WITHOUT NOTIFYING THE OFFICE, OR YOUR TUTOR, WILL BE DEEMED TO HAVE WITHDRAWN.

ART APPRECIATION Convener: Sue Van Dorssen

HISTORY OF EUROPEAN ART

Group II 17th August - 30th November, 1992 **WAITING LIST ONLY**

A continuing course in the study of the major arts throughout the centuries of Western civilization, starting with Gothic architecture and art of the Middle Ages through to the Renaissance and beyond.

Mondays, 1.30 p.m., 24 Wakefield Street.

ART HISTORY Convener: Martin Merchant

The reason and need for art expression in the changing generations of mankind will be developed, together with an appreciation of the styles, methods and materials used.

Tuesdays, 11.15 a.m., fortnightly, 24 Wakefield Street

ART - PRACTICAL Tutor: Lorrie Conder **WAITING LIST ONLY**

The group will cover the mediums of oils, watercolour, pastels, etc. You may do your own thing, or follow topics suggested. Help will be given on request with regard to techniques, colour combinations, and imaginative approaches you may wish to use.

Thursdays, 1.00 p.m., Hawthorn Artists' Society, Cnr. Glenferrie & Manningtree Roads, Hawthorn.

BOOK DISCUSSION GROUP - CONTEMPORARY WRITERS AND SOCIETY

Convener: Pamela Rogers

WAITING LIST ONLY

This course includes thought provoking discussion on subjects such as the relationship between the writer and society, and concerns of modern men and women as they are explored in contemporary writing.

Short stories, poetry and some classical literature will be introduced.

Tuesdays, 9.30 a.m., 24 Wakefield Street

BIOLOGY, PSYCHOLOGY & THE PURPOSE OF LIFE Convener: Felix Carrady

The class will read through a set book and discuss its relevance to human relationships. The overall objective is to take an holistic overview of life, considering aspects of Biologic, Psychologic and "Spiritual" development.
Mondays, 12.30 p.m., Recreation Centre.

A BOUQUET OF HERBS Convener: Ernestine Lobb

An exploration of the uses of culinary, fragrant and medicinal herbs.
6 to 8 week course, Commencing 4th September, 1992
Fridays, 10 a.m., 4A Dalny Street, Malvern

CHESS FOR PLEASURE Convener: Egon Donath

This course is for those members who have attained intermediate or advanced standard, preferably not absolute beginners.
"You don't need to be a Bobby Fisher" says Egon.
Fridays, 11 a.m., 24 Wakefield Street

COMPARATIVE RELIGION: Convener: Charles Russell

These are discussion sessions with input from everybody. A book list will be supplied so some reading at home is useful, if you want to take part. We cover the birth of Mythos: Egyptian, Mezopotamian, Greek, Roman, German mythology; Judaeo-Christian mythology - and the "puzzle" of the mythology as well as its "definitive" solution (for the time being).
Wednesdays, 2 p.m., Kew Library.

COMPUTERS - AN INTRODUCTION Convener: Vic Kennedy COURSE FULL

Simple beginners 'hands-on' course of 6 sessions - no maths necessary - ample notes will be provided.

Next course 1993.

Tuesdays, 10.30 a.m., 89 Power St., Hawthorn.

FROM CONSTANTINOPLE TO ISTANBUL: Convener: Andrew Ehrenkreutz

A Dramatic Transformation in the Medieval History of a Megapolis.

A colloquium style investigation of the historical causes which transformed the capital of the Byzantine Empire (A.D. 324/25) into the Islamic Capital of the Ottoman Sultanate (A.D. 1453).

Tuesdays, 1 p.m., Recreation Centre.

CONTRACT BRIDGE Convener: Bill Zimmerman

An introduction to this fascinating game. Bill advises that he has duplicate boards, and a duplicate game could be organised for those with some experience, if at least 12 people are interested.

Mondays, 2.00 p.m., Recreation Centre.

CREATIVE WRITING Convener: Rae Alexander

Members will be asked to write on various topics which will be discussed weekly. We will then consider some Australian writers of prose and poetry including Judith Wright, Rosemary Dobson, Patrick White, Christina Stead and Hal Porter. Some preliminary reading is suggested. Fridays, 1 p.m., Kew Library.

CURRENT AFFAIRS - AUSTRALIA & THE WORLD Convener: Wolfe Flack

Ours is a discussion group which deals with Current Affairs, whether Australian or international; items are taken from the Media or raised by members. Sessions commence by the convener reading selected items from press cuttings. Members are then free to raise other items which are of especial interest. On occasions, visiting lecturers are invited to give their views on subjects which may have been particularly controversial. Members of the group are encouraged to take the chair, so gaining experience in another aspect of discussion.

Thursdays, 10 a.m., Uniting Church, 8 Power St, West Hawthorn

CURRENT AFFAIRS - SOUTH-EAST ASIA & PACIFIC COUNTRIES

Convener: Jean Aikenhead

A discussion group in which all are expected to participate. Topics are focussed on background and events in the Asia - Pacific area, but are extended to include other events/areas of particular current interest e.g. Russia and its efforts to become a democratic society.

Tuesdays, 10.30 a.m., Balwyn Library.

DRAMA FOR FUN Convener: Rion Jennings WAITING LIST ONLY

A light-hearted approach to drama with play readings, poetry & performances of short plays at the centre. Thursdays, 9.30 am, 24 Wakefield St.

DRESSMAKING Convener: Patricia Morris WAITING LIST ONLY

This is an opportunity for ladies with sewing skills to enjoy a pleasant few hours with others who have the same interests under the guidance of an experienced teacher/supervisor.

Wednesdays, 1.30 - 3 p.m., Tresise Centre, Cnr. Bowler & Munro Sts.

EVOLUTION Convener: Frances McCallum

The course will comprise a discussion of the various theories which have been advanced to explain the amazing diversity of living things, culminating in Darwin's Theory of the Origin of Species by Natural Selection. It will summarise the evidence on which this theory is based and will discuss the forces which Darwin believed influenced the evolutionary process. Also to be discussed will be some modifications to Darwin's theory which have been developed in recent years.

Four classes 10/9- 8/10/92. Thursdays, 11 a.m., 24 Wakefield Street.

GEOLOGY Convener: Michael Plier-Malone

This will be an 8 week course introducing beginners to the science of Geology and will, if necessary, cover more advanced aspects, such as groundwater, structural geology, mapping and petrology. It is expected that the course will be informal, with maybe some excursions later on. Thursdays, p.m., time & venue to be advised when size of class is finalised. Course commencing 22nd October, 1992

A HISTORY OF EASTERN EUROPE IN THE XXC Convener: Dr. Z. Derwinski

This course will cover 6 main topics over a period of 12 - 15 sessions.

1. The period of revolution and the approaching European War (1904-1914)
2. The First World War and the establishing of the new states in Eastern Europe (1914-1918)
3. Democracy and dictatorship in Eastern Europe in the 20s and 30s.
4. Nazi Germany and Eastern Europe.
5. Between Hitler's Germany and Stalin's Soviets. Eastern Europe during the Second World War.
6. From Stalin to Gorbachev.

The Soviet influence in Eastern Europe after 1945.

Fridays, 3.00 p.m., Kew Library, commencing 12th June.

HISTORY - MIDDLE & NEAR EAST Convener: Alf Floyd

This course covers the following:

1. Introduction to Ancient Civilisations;
2. Roman - Hapsburg and Ottoman Empires; Age of the Pharaohs;
3. Middle East in the 20th Century.

Fridays, 12 noon. Recreation Centre

LANGUAGES

FRENCH (Beginners) Convener: Walter Butler WAITING LIST ONLY

For those with little or no knowledge of French

Tuesdays, 1.30 p.m., 24 Wakefield Street.

FRENCH (2nd Year) Convener: Adele Chambers WAITING LIST ONLY

This course is for students who have already done 2 years with U3A, or equivalent. It includes some grammar, writing exercises & conversation

Fridays, 1.30 p.m., 24 Wakefield Street.

FRENCH WITHOUT FRONTIERS Convener: Anna Ghiurekian

This course is for advanced students and covers reading and discussion of Modern French texts, explanation of grammar.

Mondays, 10.30 a.m., 24 Wakefield Street.

FRENCH AT LEISURE FOR PLEASURE Convener: Nazli Wilhelm WAITING LIST

A course for advanced students, to improve their knowledge of idiomatic French. You will read selected texts to ensure comprehension and correct pronunciation. Individual attention given.

Wednesdays. 11 a.m. 3 Albany Road. North Balwyn.

LANGUAGES (Continued)

GERMAN (Continuing) Convener: Ken Bandman WAITING LIST ONLY
Up to date conversation, discussions, grammar. Members should be willing to prepare written homework for correction & class discussion.
Thursdays, 11.00 a.m., 24 Wakefield Street.

ITALIAN (Beginners) Convener: Maurice Berah
Thursdays, 1 p.m., Recreation Centre

ITALIAN (Continuing) Convener: Maurice Berah
Thursdays, 2.15 p.m., Recreation Centre.

JAPANESE (Beginners) Convener: Joyce Berdy
Learning to read, write and speak simple Japanese to survive in Japan. Students will learn Hiragana, Katakana & simple Kanji and to relate Japanese to everyday situations.
Mondays, 10.00 a.m., 24 Wakefield Street.

JAPANESE (Intermediate I & II) Convener: Geoff Matenson
Text Book: Alfonso Nihongo Vols. II, III & IV
Course will be based on Alfonso Nihongo Vols. II, III & IV. Intending students should know (or be prepared to learn) Hiragana and Katakana. Sino-Japanese characters (Kanji) will be introduced at least as prescribed in the texts. Class members should be willing to prepare written and conversation homework for class discussion.
Mondays, 1.30 - 3 p.m., 24 Wakefield Street.

LATIN (Continuing) Convener: Helen Gordon
Reading Aeneid Book 2.
Wednesdays, 11.00 a.m., 24 Wakefield St.

SPANISH I Convener: Janine Clauss
A course based on "El Espanol Practico" by J.P. Fitzgibbon & J. Poldan and cassettes of the same. Students should come equipped with this book, paper and pen. No previous knowledge required.
Fridays, 12 noon, 24 Wakefield Street.

ONE METHOD TEACHES ALL LANGUAGES! Tutor: Charles Russell
This is a course for people who want to learn languages - not any languages in particular. That is what tutor Charles Russell does - so that is what you should expect. It's his own method, and once you have mastered it, learning any language at all will be so much easier. He'll tackle the Old Testament in Greek, and you'll discover that English is very much a "Greek" language! The Old Testament in Latin, too, and if you know English, you know Latin. Ever tried wading through the Old Testament in the original Hebrew language? Once you do, you'll see just how clumsy - and often incorrect - the original translations can be. Learning languages has never been easier or more fun.
Thursdays, 3.15 p.m., Kew Library.

MAH-JONG FOR BEGINNERS: Convener: Lois Thomas

A fascinating Chinese game popular in many countries. The basic method played by most Chinese is the game followed by this group.

Bring your own mah-jong set if possible.

Fridays, 1.45 p.m., 24 Wakefield Street.

MUSIC - AS ONE LIKES IT Convener: Ven Houston WAITING LIST ONLY

This course is a general (non progressive) study.

New students welcome at any time providing the quota is not full.

Tuesdays, 12 noon, 1.30 p.m. & 3.00 p.m., Hawthorn Community House

NEW SCIENCE & PHILOSOPHY Conveners: Barbara Hadkinson, Geoffrey
Guilfoyle & Fred Rosedale

This course will explore the many faces of chaos - discovering an emerging science of wholeness.

Tuesdays, 2.30 p.m., Recreation Centre.

NUTRITION & HEALTH Convener: Greta Burman

This is a good opportunity to learn how to distinguish between the fads about a healthy diet and the fiction of the "miracle" diets of advertisements and newspaper and magazine articles.

- . How correct nutrition allows the body to make correct use of food materials, produce energy and maintain body tissues.
- . The importance of minerals and vitamins.
- . The effects of deficiency and excess.
- . Cooking and food processing.
- . Reducing diets.
- . Popular misconceptions.

Tuesdays, 11 a.m., 24 Wakefield Street, commencing 15th September.

OIL PAINTING Convener: Charles Russell

Practice on "still life" and later on a "portrait", using few colours, one or two brushes and wooden panels.

A model is required for portraiture, please apply to 24 Wakefield Street, telephone 818 3466, Tuesday or Thursday mornings.

Tuesdays, 2 p.m., Hawthorn Artists Studio, Cnr. Glenferrie &
Manningtree Rds, Hawthorn

PATTERN DRAFTING OF WOMEN'S CLOTHING Convener: Sam Goldberg

This is a golden opportunity for home dressmakers to widen their knowledge and be able to draft patterns to their own design - 12 sessions.

Current course full - we hope to repeat the course in 1993.

Mondays, 2 o.m., Hawthorn Library

EXPLORING POETRY Convener: Vicki Walker

This course explores poets and poetry. It is a relaxed class in which enjoyment of poetry is enhanced by sharing with others. For the first meeting, please bring a poem that, for whatever reason, appeals to you. Thursdays, 1.30 p.m., Kew Library.

PSYCHOLOGY & SOCIOLOGY Convener: Alex Gale **WAITING LIST ONLY**

A book is chosen with a philosophical/psychological component for us to question the meaning of our existence, and how our upbringing and culture determines attitudes and behaviour.

Wednesdays, 12.30 p.m., Recreation Centre.

PUBLIC SPEAKING Convener: Felix Carrady

Improve your confidence & public speaking skills by joining this 10-week course. It will cover basic public speaking skills including impromptu speaking, prepared talks, voice projection and eye contact. Each student will be expected to prepare and deliver short talks of up to five minutes.

Mondays, 3 p.m., 24 Wakefield St., commencing 17th August, 1992

SCIENCE DISCUSSION GROUP Conveners: Joan Drake & Frances McCallum

It is proposed to form a group appealing to people, with and without a scientific background, who are interested in the urgent scientific issues of our time. This could include genetic engineering; the IVF programme; environmental issues, including survival of the planet. Discussion will be on the scientific viewpoint of contemporary issues rather than on technological matters.

Fortnightly, Tuesdays, 2 p.m., Wakefield Street

SHAKESPEARE - KING LEAR AND THE GREAT TRAGEDIES

Convener: Reg Grouse

The course includes readings and group discussions of the four great tragedies; Hamlet, Othello, King Lear and Macbeth; with particular reference to the characterisations. King Lear will be dealt with in greater detail than the other three plays. The group might also like to discuss the structure, poetry, form, psychology and politics expressed in the plays and perhaps compare Shakespeare's work with the work of other great artists in the fields of painting, sculpture and music.

10 sessions commencing 23rd September, 1992

Wednesdays, 10 a.m., 24 Wakefield Street.

THOUGHTS AND IDEAS Convener: Beryl French **WAITING LIST ONLY**

An informal group, led by Beryl French, discussing thoughts and ideas relevant to today's society.

Fridays, 10.00 a.m., 24 Wakefield Street.

