

COURSE INFORMATION Semester 1, 2021

**Courses, small interest groups and activities will be held in three modes:
Face to Face (F2F), Field trips/Outdoors and Zoom.**

**Most F2F courses will be held at the Port Fairy Community House.
We will follow COVID-safety protocols including participants wearing masks.**

**Enrolment in courses will be subject to availability.
Every effort will be made to accommodate members' choices but places in F2F courses
will be limited due to COVID-safe social distancing.**

Best of the Best - Aus Lit

Australia through the eyes of its great writers!

Each month we will read one or more 'classic' novels or memoirs and discuss how the writer interprets Australia's social and cultural life - past and present. Themes will include the changing attitudes to the land, the role of women, pioneers and explorers, relationships between First Australians and settlers, the impact of war and migration, and the diverse worldviews of the citizens of this country.

A reading list will be distributed.

Kate Donelan 0404180687

Venue: Home computer, tablet or mobile device

Day of the week	Cycle	Time	Begins	Mode
Friday	Monthly 2 nd Friday	1-2.30 pm	12 th Feb	Zoom

Bridge for Beginners

This is your opportunity to learn how to play Bridge.

This course is designed for beginners who wish to learn the game. It offers guidance and lots of practice in relation to bidding and card play. All playing materials are provided.

The facilitator is an experienced bridge player.

Robin Southey

Venue: PFCH, Station room

Day of the week	Cycle	Time	Begins	Mode
Monday	Weekly 8 sessions	1-2.30 pm	15 th Feb	F2F

Classic Literature

Reading the classics - these discussion-based sessions will explore traditional and contemporary literature.

We will examine how the writers have constructed their texts, consider the ideas being explored by each author and analyse the literary elements and the style of language that each has used. We might also examine some examples of literary criticism.

We will spend at least three sessions on each of the chosen works which will include novels, short stories, memoirs, and poetry.

Members of the group are encouraged to suggest titles which they would like to read.

Mary Kerr		Venue: PFCH, Station room		
Day of the week	Cycle	Time	Begins	Mode
Wednesday	Twice monthly 1 st and 3 rd Wednesday	9-10.30 am	17 th Feb	F2F

Cryptic Crosswords Demystified

Unwrap the secret of cryptic crosswords!

Learn the basics of rules and structures of clues, word plays etc

Then tackle the whole puzzle!

Tim Doeg		Venue: PFCH, Station room		
Day of the week	Cycle	Time	Begins	Mode
Monday	Weekly for 8 sessions	1-2.30 pm	26 th April	F2F

Current Affairs

Are you interested in local, national and global affairs? If so, this is the course for you.

Topics under discussion will include the economy, energy, climate, politics etc.

The emphasis will be on topics decided by and relevant to the interests of the participants.

Jan Addinsall		Venue: PFCH, Station Room		
Day of the week	Cycle	Time	Begins	Mode
Monday	Twice monthly 2 nd and 4 th Monday	10-11.30am	22 nd Feb	F2F

Ecology of South-west Victoria

Presenters: John Miller, Mike Raetz and Philip Du Guesclin

This field-based course will discuss the ecology of our local environment ranging from sand dunes to grasslands to woodlands to forests and more.

What determines the way the land looks; what can grow there; what animals live there - and how ecology shapes the world around us.

The course will be based on a series of five monthly hands-on field trips that explore the interactions of geology, geomorphology, climate, soils, plants, and animals of the major ecosystems of south-west Victoria. The field trips will take around 2-4 hrs and will be suitable for most mobilities.

Limited to 25 participants.

(Depending on demand, the same course will be presented in second semester 2021).

John Miller 0427871714		Venue: Meet at PFCH		
Day of the week	Cycle	Time	Begins	Mode
Thursday	Monthly 2 nd Thursday	1-4 pm	11 th Feb	Field Trips

Enquiring into Astrology

People have always looked to the stars to explain their lives.

Astrology may be pooh-poohed as superstition, but it was used by Carl Jung to model the psychology of the soul, Elizabeth I to succeed in her reign and the Ancient Greeks and the Romans for prospects in battle, how to treat the sick and even how to pick a spouse. Australian First Nations peoples have a sky culture which vastly predates that of Europe.

This course invites the curious and the sceptical to consider current and historical notions about the sky before reflecting on why hitherto conventional philosopher Richard Tarnas now says astrological consideration is important to understanding events on Earth.

Full details of this course are on <https://sites.google.com/view/philosophy-u3a-port-fairy/home> or via '**Courses**' on the U3A Port Fairy web site.

Steve Mackey		Venue: Home computer, tablet or mobile device		
Day of the week	Cycle	Time	Begins	Mode
Monday	Twice monthly 1 st and 3 rd Monday	10-11.30 am	15 th Feb.	Zoom

Essays and Ideas

Between meetings we read 2 selected essays.

At the class we discuss each of the essays looking the subject, literary merit, content, interest and how it fits with our various experiences and beliefs.

The essays are wide ranging and include personal, political, and classical essays sourced from literary magazines, books of essays and a variety of publications.

For this semester, the essayists include Helen Garner, Samir Kassir, George Orwell, Jane Cadzow, Kate Middleton, Barry Jones, Virginia Woolf and more.

The essays will be emailed a week before the course.

Maggie Currie 0419290232

Venue: PFCH, Cottage/outdoor room

Day of the week	Cycle	Time	Begins	Mode
Tuesday`	Twice monthly 2 nd and 4 th Tuesday	10-11.30am	23 rd Feb.	F2F

Family History Group

SIG

Join this Group if you are a beginner or if you are already working on your Family History/Tree.

Share information, resources available, helpful hints for researching and writing a family history.

Share ideas over a cuppa.

Meeting monthly to give members of the group the weeks in between to either begin or to continue work on their Family History.

Rhonda Allardice

Venue: PFCH

Day of the week	Cycle	Time	Begins	Mode
Tuesday	Monthly 2 nd Tuesday	11-12.30	9 th Feb	F2F

Fascinating 20th Century Women

This course involves a series of presentations about the life and times of various Fascinating Women who lived and/or died in the 20th Century.

At each session we will hear about the life and accomplishments of these women.

The presentations are expected to go about 45 minutes with plenty of time for questions and discussion.

We have a few presenters ready to start but if you have an interest in a fascinating 20th century woman and would like to make a presentation, please let us know.

So many fascinating women with so many topics to choose from – explorers, adventurers, artists, activists, scientists and more.

Lorraine Mielnik		Venue: PFCH, Station room		
Day of the Week	Cycle	Time	Begins	Mode
Thursday	Monthly 1 st Thursday	2-3.30 pm	4 th March	F2F

First Tuesday Book Club: Exploring The World through Fiction

Each month the group will meet to discuss a book: literary fiction from around the world. We will compare responses to the book, its characters, plot, and structure as well as the insights it provides to the social and cultural world of its setting and its author. If the book chosen is a 'quick read' then more than one book is chosen, if all agree!

The class member who chooses the book(s) for the month generally leads the discussion which may include presenting background information on the author, reviews of the book and group discussion questions.

Group members are encouraged to have input into the selection of books for the year.

Julie Fall		Venue: PFCH, Cottage/outdoor room		
Day of the week	Cycle	Time	Begins	Mode
Tuesday	Monthly 1 st Tuesday	2-3.30 pm	2 nd March	F2F

Gallery Visits

This course, as the title suggests, involves U3A participants visiting Art Galleries.

This semester we hope to venture out to visit 2 Galleries in Portland area.

Each person is responsible for getting their own transport and car-pooling.

Later this year all being well, we hope to go further afield.

The popular Virtual Galleries will continue with monthly emails.

Maggie Currie and Maureen Joyce

Venue: Email & Regional galleries Portland

Day of the week	Cycle	Time:	Begins	Mode
To be advised				Excursion & transport

Helen Garner

SIG

In this course we will discuss one of Helen Garner's stories from the text "Stories: The Collected Short Fiction" each month.

We may also move into Helen Garner's "Everywhere I Look" collection depending on how the course develops. I will have both texts with me on Enrolment day!

Jill Burgoyne

Venue: PFCH, Station Room

Day of the week	Cycle	Time	Begins	Mode
Thursday	Monthly 3 rd Thursday	2-3.30 pm	18 th Feb.	F2F

History of Port Fairy

This course involves history of Port Fairy with lectures, history walks and perhaps the occasional outside venue.

We are planning to go back on what has been covered, so ideally this will appeal to new participants. We will examine the development of the unique community of the 'village' of Port Fairy, which was the background to important historical events. It was populated by extraordinary characters and resulted from significant international, social, and political influences.

The class is aimed at giving everyone the opportunity to discuss, research and work together to find out more about these aspects of the community in which we live.

The class is open to all with an enthusiastic interest in the early history of Port Fairy and the surrounding district.

Judith Kershaw

Venue: PFCH & History Centre as notified.

Day of the week	Cycle	Time	Begins	Mode
Wednesday	Twice monthly 2 nd and 4 th Wednesday	10-11.30am	24 th Feb.	F2F

Introduction to Tai Chi

This six-week course will be an introduction to Tai Chi.

Tai Chi combines gentle physical exercise with stretching and mindfulness. It aims to improve balance and joint mobility.

Netta Hill

Venue: St. Johns Hall

Day of the week	Cycle	Time	Begins	Mode
Wednesday	Weekly for 6 sessions	2.00-3.00 pm	17 th Feb.	F2F

Mahjong

The game of Mahjong was invented by the Chinese thousands of years ago.

Mahjong is a fascinating game and although it appears complicated, it is very easy once rules have been mastered. For the many people who have wanted to play this game, this is your chance.

For 2021, we are not enrolling new players. Players previously enrolled please come along and refresh your skills.

Susan Goy

Venue: PFCH, Station room

Day of the week	Cycle	Time	Begins	Mode
Wednesday	Weekly	1-2.30 pm	17 th Feb	F2F

Mindfulness and Meditation

SIG

Using Mark Williams and Danny Penman's book "*Mindfulness: a practical guide to Finding Peace in a Frantic World*" we will cover the 8 weeks mindfulness programme outlined in the book. Participants are asked to undertake the daily mindfulness and meditation tasks as outlined in the program -- at home in their own time. We will then discuss and review each week.

I have 9 copies of the book available for other participants. I am happy to lead this SIG if no-one else is available. I have had experience participating in mindfulness and meditation sessions throughout my life, but do not practice on an ongoing basis.

Maureen Joyce 0418 210011

Venue: PFCH, Station room

Day of the week	Cycle	Time	Begins	Mode
Wednesday	Weekly for 10 sessions	3-4.30 pm	24 th Feb.	F2F

Plein Air Art Group

Meeting outdoors to sketch, paint or write.

A monthly session for up to 10 people to meet outside in Port Fairy and environs, to draw, paint, write poetry or other artistic activity on location. Weather dependent. No tuition provided, but collaboration and encouragement welcome from all participants.

Maureen Joyce 0418210011

Venue: Outdoors – various locations

Day of the week	Cycle	Time	Begins	Mode
Monday	Monthly	3-4.30 pm	1 st March	Outdoors

Pop-Up U3A Port Fairy

Look out for Port Fairy U3A Pop-ups during the year where anything could happen.

As the title suggests - a "pop-up" - it is just an opportunistic one off, event. Various topics will be presented by various people on an *ad hoc* basis depending on what and who is available from time to time.

Keep your eye out for emails for events that will happen sporadically at any time during the year.

It might be a talk from a visiting expert on some subject; it might be to search the heavens for strange happenings; it might be to check out the seaweed on the beach after a storm....it could be anything.

And it could be at any time of the day, so be prepared!!!!

Pop ups are not only for science – contact a committee member if you want to have a pop up.

John Miller 0427871714

Venue: TBA

Day of the week	Cycle	Time	Begins	Mode
Any day		Any time		F2F

Puzzles and Games

SIG

If you enjoy cards and board games this is the group to join.

Please put your name down for puzzles and games at Open Day and let us know if you are interested in a particular game.

Are you a Wizz with Whist, can you play Canasta, want to be a chess champion, or a scrabble solver? This is a great opportunity to meet and socialise with a group of people with similar interests.

Sue, our co-ordinator will contact you after Open Day.

Sue Barnes

Venue: PFCH, Station Room

Day of the week	Cycle	Time	Begins	Mode
Tuesday	Monthly 16 th Feb then 1 st Tuesday	2.00-3.30	16 th Feb	F2F

Reading Shakespeare				SIG
<p>In 'Reading Shakespeare' you will be invited to share your interest in the Bard as you like it. A particular welcome is extended to merry wives and to two gentlemen, especially if they are named Henry or Richard. There is one work which we are forbidden to name but there is much other merchandise however tempestuous.</p> <p>The coordinator of this group is no Shakespeare expert, and this may lead to a comedy of errors. So, if you have previously loved to labour in this field please take measures to join. But it would be much ado about nothing if you simply had a night's dream and put in some shrewd preparation of readings and commentaries to make sure that after your tale all's well that ends well.</p>				
Steve Mackey		Venue: PFCH, Station room		
Day of the week	Cycle	Time	Begins	Mode
Tuesday	Twice monthly 1 st and 3 rd Tuesday	10-11.30am	16 th Feb	F2F

Storytelling – We are the stories				
<p>This course will encourage participants to structure and share a story with an interested small group. You will learn how to structure your story in an engaging way within the time constraints and encourage audience interest and involvement to ask engaging questions.</p> <p>Max 8 participants</p>				
John Walker 0408 162 811		Venue: PFCH, Station room		
Day of the week	Cycle	Time	Begins	Mode
Wednesday	Twice monthly 1 st and 3 rd Wednesday—6 sessions	11-12.30	17 th February	F2F

Textiles				
<p>In this course you will learn specific skills relating to textiles and dyes.</p> <p>In blocks of 4 weeks, a course leader will take you through the steps involved for each project.</p> <p>Felting — Sue Knudsen Using natural dyes—Noelene Fraser Embroidery—Robin Southey Beginners' patchwork—Jill Burgoyne</p>				
Sue Knudsen		Venue: PFCH, Cottage/Outdoor room		
Day of the week	Cycle	Time	Begins	Mode
Monday	Weekly	1.30-3.00	15 th Feb	F2F

The First Australians

Using videos and text from Indigenous filmmakers and authors including Rachel Perkins as a starting point, this discussion-based course takes us from 70,000 years ago to today.

It aims primarily to increase participants' understanding of Aboriginal Australians, their histories, cultures, and contributions to Australian society, and to provide us with an understanding of the reconciliation process, the Uluru Statement from the Heart, and the Makarrata.

Ted Donelan and Carole Howlett

Venue: PFCH

Day of the week	Cycle	Time	Begins	Mode
Friday	Twice monthly 1 st and 3 rd Friday	1-2.30 pm	19 February	F2F

The Hidden Life of Trees

SIG

This group will discuss the book *The Hidden Life of Trees – What They Feel, how they Communicate* by Peter Wohlleben.

We will read selected chapters of the book before coming to the class.

Each group member will need to access the book to discuss it over 5 sessions.

Maggie Currie 0419290232

Venue: PFCH, Station room

Day of the week	Cycle	Time	Begins	Mode
Thursday	Monthly 4 th Thursday	2-3.30 pm	25 th Feb	F2F

Walk, Talk & Gawk – Birdwatching

The object is to introduce people with little or no knowledge of our local bird life by observing the birds in their natural habitat.

All sessions will be conducted in the field. Dress for the weather and bring binoculars (and a field guide if you have one).

Limited to 5 places only but may be repeated later in year.

Philip Du Guesclin

Venue: Meet at PFCH carpark

Day of the week	Cycle	Time	Begins	Mode
Monday	8 th & 22 nd February 8 th & 22 nd March, and 12 th April	2-3.30 pm	8 th Feb	Outdoors

Walking and Coffee Group

This group will meet at the Community House and walk for approximately 1 hour.

Coffee and conversation after the walk.

Mary Kerr

Venue: Meet at PFCH

Day of the week	Cycle	Time	Begins	Mode
Monday	Weekly	TBA	15 th Feb	Excursion

Wandering the World – Travellers’ Tales from Near and Far

This course presents a broad range of travel adventures undertaken by U3A members.

A different presenter for each session covers a range of travel experiences both within Australia and the far-flung corners of the world. All talks are illustrated and celebrate the joys of travel from the mundane to the spectacular, from the terrifying to the positively relaxing.

Jo Levey

Venue: Home computer, tablet or mobile device

Day of the week	Cycle	Time	Begins	Mode
Friday	Monthly : 19 th Feb, poss 19 th or 26 th March, 16 th April, 14 th May 25 th June	1-2.30 pm	19 th Feb	Zoom

Wars of the Roses

The 15th century was a time of great chaos in England.

A series of wars raged across the country as the country’s great houses fought for the Crown. Ambitious men, weak kings and strong women struggled for the right to rule and to protect their families. ***White Rose versus Red Rose.***

This course will examine the great events of this most tumultuous period of English history against a background of political discourse and civil society very different to what we now consider to be the norm. Why was England, which had enjoyed relative stability for eight generations of royal dynasty, plunged into ongoing turmoil?

Treason! Murder! Civil War!

Michael Crowe

Venue: TBA

Day of the week	Cycle	Time	Begins	Mode
Friday	6 sessions fortnightly: 5 th and 19 th March, 9 th and 23 rd April, 7 th and 21 st May	10-11.30am	5 th March	F2F

Writing Group				SIG
<p>Are you writing a journal, poetry, or a story in response to living through the pandemic year?</p> <p>Do you have an idea for a novel? Is there a manuscript in your bottom drawer?</p> <p>Are you writing a memoir? Are you interested in writing a play or narrative non-fiction?</p> <p>Have you always wanted to write but haven't got around to beginning your project?</p> <p>Meet like-minded people for support and ideas. Share writing experiences and advice including getting started, writing tips, editing your writing, and managing writer's block.</p> <p>The group may decide to undertake a writing task between sessions and to share writing in progress.</p>				
Kate Donelan		Venue: PFCH		
Day of the week	Cycle	Time	Begins	Mode
Friday	Monthly 3 rd Friday	10.30-12.00	19 February	F2F

Later in this semester we will commence our Lecture series with coffee and conversation.

Coming up in Second Semester

- Stargazing with Ross Knudsen
- Great Composers with Ruth Walter and Eda Ritchie

*****Any activities that members participate in off-site or away from PFCH are at members' own risk.***

Additional Small Interest Groups

The following SIGs need a COORDINATOR in order to run

If you are interested in participating in one or more of these SIGs put your name down at Open Day.

It will go ahead if someone volunteers to be the course organiser/coordinator.

We will then schedule a time for the group to meet.

Bush Walking				SIG
Great places to walk around South East Victoria.				
The group will agree on some accessible bush walks to do together.				
Coordinator wanted			Venue: Various locations outdoors	
Day of the week	Cycle	Time	Begins	Mode
TBA				Outdoors

Creative Craft				SIG
Love making stuff?				
Get together to make your own projects while meeting and socialising with new people.				
Be inspired by others and share ideas over a cuppa.				
This group will work on their own self motivated, creative projects.				
Coordinator wanted			Venue: TBA	
Day of the week	Cycle	Time	Begins	Mode
TBA				

French Cricket or outdoor activities				SIG
Sign up to this group if you are interested in any group-based outdoor activity. Put your name down at Open Day and let us know what activity you would be interested in.				
Once there is a co-ordinator, we will work out times and places and away you go.				
Coordinator wanted			Venue: TBA	
Day of the week	Cycle	Time	Begins	Mode
TBA				Outdoors

Ikigai and Meaning in Everyday Life				SIG
<p><i>“Ikigai: The Japanese Secret to a Long and Happy Life”</i> is a delightful little book that you will look at again and again.</p> <p>There are 9 chapters in the book each describing some issues – e.g.</p> <ul style="list-style-type: none"> • <i>The art of staying young while growing old</i> • <i>How to live longer and better by finding your purpose</i> • <i>Gentle movements, Longer Life</i> 				
Coordinator wanted		Venue: TBA		
Day of the week	Cycle	Time	Begins	Mode
TBA				F2F

What is Life?				SIG
<p><i>“What is Life? Understanding Biology in Five Steps”</i> is a new book by Nobel prize winner Paul Nurse.</p> <p>Brian Cox recommends this book as a beautifully written exploration of perhaps the most important questions in science. The book has five chapters and is concise and clear.</p> <p>Each group member will need to purchase the book and discuss it over about 6 sessions or whatever the group decides.</p>				
Coordinator wanted		Venue: TBA		
Day of the week	Cycle	Time	Begins	Mode
TBA				