



COURSE INFORMATION

2022 Semester 1

Most courses will be held at the Port Fairy Community House.

We will follow COVID safety protocols including participants wearing masks when required. Members must be fully vaccinated to attend U3A activities and will need to show evidence of double vaccination at the time of enrolment.

Enrolment in courses will be subject to availability.

Every effort will be made to accommodate members' choices but places in some courses may be limited due to COVID-safe social distancing.

American Civil War

Michael Crowe

The American Civil War was the most traumatic event in the history of the United States. This course will start with the preceding decades, examining the events and causes leading to the war.

It will describe the political and military aspects of the war itself from Fort Sumter to Appomattox (1861-65). Finally, the course will look at the way the Civil War reshaped the US and how its influence continues to the present day.

Venue	PFCH Cottage Room
Frequency	Twice a month
Day	1 st and 3 rd Monday
Time	10.00-11.00am
Commencing	7 th February

Australian Historical Fiction

Kate Donelan

In this course we will read and discuss selected Australian Literature set in the past (in this country and elsewhere). We will explore each writer's interpretation of the historical period and the implications for the contemporary world.

Authors will include Geraldine Brooks, Steven Conte, Kate Grenville, Thomas Keneally, Hannah Kent, David Malouf, Jock Serong, Christina Stead, Anna Funder, Tony Birch.

A reading list will be supplied and supplemented each month with other resources.

Venue	PFCH Cottage
Frequency	Monthly
Day	2 nd Friday of the month
Time	1.00-2.30pm
Commencing	11 th February

Beginners Bridge

Robin Southey

This is your opportunity to learn how to play Bridge.

This course is designed for beginners. It offers guidance and lots of practice in relation to bidding and card play. All playing materials are provided. As the teaching sessions are sequential you will do better if you can make a commitment to be there each week.

Robyn is an experienced Bridge tutor.

Venue	PFCH Station Room
Frequency	Weekly (8 sessions)
Day	Monday
Time	1.30-3.00pm
Commencing	2 nd May

Classic Literature

Mary Kerr

This course will meet once a month and will provide participants with an opportunity to study some of the classics in Literature, both traditional and contemporary. It will be discussion based and participants will be looking at the context in which the works were created as well as the special features, the language, and the literary aspects of each.

We will also be looking at reviews of each of these great works to enhance our understanding of them and the times in which they were written.

Venue	PFCH Station Room
Frequency	Monthly
Day	1 st Wednesday of the month
Time	9.30-10.30am
Commencing	2 nd March

Cryptic Crosswords

Tim Doeg

Unwrap the secrets of Cryptic Crosswords!
Learn the basics of rules and structure of clues, word plays, etc.
Then tackle the whole puzzle.

Venue	PFCH Station Room
Frequency	Weekly (8 sessions)
Day	Monday
Time	1.30-3.00pm
Commencing	14 th February

Current Affairs

Jan Addinsall

Current Affairs sessions cover different set topics each week, ranging from local to international issues. We generally discuss one or two key topics based on published or online articles provided by the group leader and/or the members.

We finish with discussion of a cartoon- "a picture tells a thousand words". We aim for respectful discussion on the topics, interspersed with our own life experiences.

Venue	PFCH Cottage
Frequency	Twice a month
Day	2 nd and 4 th Monday
Time	10.00-11.30
Commencing	14 th February

Ecology of South-West Victoria

John Miller, Mike Raetz, Philip Du Guesclin and some friends.

This is an entirely field-based course that follows on from the 2021 course (but there is no requirement for you to have been in the 2021 course).

This time we will be exploring estuaries and salt marshes, volcanic plains communities, coastal mallee scrub, Grampians heaths and more.

The course is based on a series of 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.

Each field trip will take around 2-4 hrs and will be suitable for most mobilities.

Limited to 25 participants. If numbers exceed this a second session will be held. Please indicate if you prefer the morning or afternoon session when you enrol.

Venue	Outdoors on site
Frequency	Monthly
Day	1 st Thursday
Time	Morning session 10-12pm : Afternoon session 1.00pm-3.00pm
Commencing	3 rd March

Embroidery: suitable for beginners and experienced stitchers

Robyn Southey

Embroidery is a satisfying hobby which allows you to extend your creativity while making both decorative and useful pieces for your home or gifts. In this class a variety of basic stitches will be taught, enabling many projects to be completed. You need to be able to thread a needle, and have reasonably steady hands.

Robyn is a Member of the Embroiderer's Guild and she has been stitching and creating for decades. You can see a variety of her completed works and she will assist you to purchase the fabric and thread required to complete your own pieces.

Sessions will be held with a tuition focus initially, then you will be able to work on your own project, and come together with the other course members for social interaction and continued assistance with your project.

Venue	Robyn's place
Frequency	Weekly
Day	Tuesday
Time	1.00-3.00pm
Commencing	8 th February

Essays and Ideas

Maggie Currie

This semester we will continue to discuss a variety of issues – from contemporary topics to classical essays. The essays will be sent by email and we read them beforehand.

Discussions will explore literary merit, subject, content, relevance to the present day and our own beliefs and experiences. Coffee afterwards.

Venue	PFCH Cottage
Frequency	Monthly
Day	2 nd Tuesday of the month.
Time	9.30 – 11.15am
Commencing	8 th February

Family History

Rhonda Allardice

Join this Group if you are a beginner or already working on your Family History/Tree. Share information, available resources, helpful hints for researching and writing a family history.

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

Share ideas over a cuppa.

Venue	PFCH Cottage
Frequency	Monthly
Day	2 nd Tuesday of the month
Time	11.30am -1.30 pm
Commencing	8 th February

Fascinating Women

Lorraine Mielnik

This course involves a series of presentations, by course members, about the life and times of various fascinating women.

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

At each session we will hear about the life and accomplishments of these women. The presentations will take about 45 minutes and include 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.

Venue	PFCH Cottage
Frequency	Monthly
Day	1 st Thursday of the month
Time	2.00-3.30pm
Commencing	3 rd March

First Australians

Ted Donelan and Carole Howlett

This course aims to increase participants' understanding of Aboriginal and Torres Strait Islander Australians. The last 60,000 years of their histories and cultures along with the contributions to Australian society will be explored with particular reference to the reconciliation process, the Uluru Statement from the Heart and the Makarrata.

The course is a mix of structured learning and group discussion. We hope to share some cross-U3A content, and may be able to include some basic anthropology along with visiting presenters and perhaps visit significant local sites.

In addition we will explore what it means to be an active and informed ally to Indigenous people and to support the reconciliation process.

Venue	PFCH Cottage
Frequency	Twice a month
Day	2 nd and 4 th Friday
Time	Morning session 10.00am-12.00: Afternoon session 1.00pm-3.00pm
Commencing	11 th February

First Tuesday Bookclub

Julie Fall

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.

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

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.

Venue	PFCH Station Room
Frequency	Monthly
Day	1 st Tuesday of the month
Time	2.00-3.30pm
Commencing	1 st March

Great Composers

Eda Ritchie and Ruth Walters

At each session we will study the life and music of one of the great composers; learn about their childhood and listen to their early music. Then journey through the great events of their lives which shaped the music they wrote.

These sessions will cover composers studied last year as many people missed some sessions with COVID interruptions and venue changes.

A list of composers and dates will be available at enrolment.

Venue	PFCH Cottage
Frequency	Twice a month
Day	1 st and 3 rd Monday
Time	11.30am-1.00pm
Commencing	7 th February

Helen Garner Discussion Group

Jill Burgoyne

This Semester we will be sourcing the stories we read from Helen Garner's short non-fiction stories. Each month the Group Leader selects 2 or 3 short stories for discussion. Each participant is required to read the stories and bring along their opinions, insights and critique of the stories.

The stories are written over the course of Helen Garner's career and date from the 1980s to the 2010s. Last year we found we covered a lot of ground each class and the stories evoked many memories and experiences from our own lives.

This is a small interest group and places will be limited.

Venue	PFCH Station Room
Frequency	Monthly
Day	3 rd Thursday
Time	1.00-2.30pm
Commencing	17 th February

History of Port Fairy

Judith Kershaw

The history of Port Fairy will be a combination of lectures, history walks and an occasional outside venue.

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.

[Dates: February 16th, March 2nd, March 16th, March 30th, April 13th, May 4th May 18th, June 1st, June 15th, June 29th].

Venue	PFCH Cottage
Frequency	Twice monthly
Day	Wednesday
Time	10.00-11.30am
Commencing	16 th February

Ikigai - The Japanese Secret to a Long and Happy Life

Maggie Curry and Sue Knudsen

For this short course, you will need to pick up a copy of this delightful little book - **IKIGAI** by Hector Garcia and Francesc Miralles.

The chapters include – The art of staying young while growing old; How to live longer and better by finding your purpose; What the world's longest living people eat and drink and How to face life's challenges without letting stress and worry age you. We will finish with a cup of tea

Bring meaning and joy to every day with Ikigai!

Venue	Blarney Books
Frequency	Monthly [three sessions]
Day	TBA
Time	TBA
Commencing	March

Mah Jong

Sue Goy

The game of Mah Jong was invented by the Chinese thousands of years ago. Mah Jong is a fascinating game and although it appears complicated, it is easy once the rules are mastered. For the many people who have wanted to play this game, this is your chance.

Venue	PFCH Cottage
Frequency	Twice a month
Day	1 st and 3 rd Wednesday
Time	1.30-3.30pm
Commencing	16 th February

Mental Health First Aid

Heather Davitt

This two-day course is accredited by MHFA Australia (Mental Health First Aid Australia), a certificate will be issued upon completion. Participants must feel mentally robust and not have suffered a recent mental health crisis themselves.

The Standard Mental Health First Aid Course teaches adults how to provide initial support to someone experiencing a mental health crisis.

Learn about the signs and symptoms of common mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

It is a set curriculum and comes with a fantastic manual that participants must purchase. (Approx. \$25.00)

Max in course 12.

Venue	St John's Hall
Frequency	2 days
Day	Thursday February 24 th and Friday February 25 th
Time	9.00am to 4.00pm
Commencing	February 24 th

Petanque

Julie and Richard Fraser

Petanque was first played in France in 1907 and is now becoming popular around the world. It can be played outdoors by everyone, regardless of age and ability.

The local Port Fairy Petanque group have offered to teach the basics of this classic game.

[No equipment required.]

Venue	Petanque Piste (next to Bowls Club)
Frequency	4 sessions
Day	TBA
Time	TBA
Commencing	TBA

Political Philosophy

Kevin O'Toole

This course helps us comprehend the various ideologies that have shaped the history of the world over the past few centuries. In this semester we cover the leading “isms” of liberalism, conservatism, socialism, nationalism, anarchism and fascism.

Venue	PFCH Cottage
Frequency	Twice a month
Day	2nd and 4th Wednesday
Time	1.30-2.45pm
Commencing	9 th February

Regional Gallery Tours

Maggie Currie

With fingers crossed, we hope that this semester we can be up and out visiting galleries. I hope to get to the Ballarat Regional Gallery early in this semester. You will need to organise your own transport – generally we car pool.

Meanwhile Maureen continues to source on-line galleries and artists.

Venue	Regional Galleries
Frequency	Twice x semester
Day	More information on enrolment
Time	
Commencing	

ScienceNaturally!

John Miller and guest presenters

This will be presented as a series of lectures by experts from near and far in a variety of natural history fields.

With topics ranging from a forensic expose of mammal hair; algae in the outback; climate measuring gizmos; megafauna mysteries; archaeological digs; undersea mapping; turtles; volcanoes....it will be a fascinating and stimulating romp through our natural world.

Venue	Lecture Hall, Sackville Street
Frequency	Monthly
Day	2nd Thursday of the month
Time	2.00-4.00pm
Commencing	10 th February

Thursday Talks

Sue Goy - coordinator

Guest speakers will present a range of topics

10th February: Novelist Jock Serong will speak about the history of the Furneaux Islands in Bass Strait, which formed the background to his novels "Preservation" and "The Burning Island"

10th March: Historian Richard Patterson will speak on "The Red Velvet Cake and the Concrete Car". This presentation explores folklore, urban myths and modern parables.

Later in the semester Dr Ted Donelan, Veterinarian, will talk about Dog Health Programs in the Northern Territory, and we have some other exciting locals in store for you.

No need to enrol for these - just come along.

Venue	Lecture Hall , Sackville Street
Frequency	Monthly
Day	2nd Thursday of the month
Time	10.00-11.00am
Commencing	10 th February

U3A Mixed Choir

David Wilson

Do you enjoy singing?
Would you like to be part of a U3A Choir?

We have members who have enjoyed singing in a choir before and they are interested in getting one going. When and where the group meets, and the type of music chosen will be determined by consensus. Please sign up on enrolment day so that we can gauge the interest for this.

If there is a U3A member who would like to lead the choir, please express your interest to David Wilson: email annedave2@bigpond.com or ph: 0458670009

Venue	PFCH Cottage
Frequency	Twice x month
Day	TBA
Time	TBA
Commencing	

Walk and Coffee

Mary Kerr

The Walk and Coffee group will meet at Railway Place at 9.30am on a Monday morning, walk for approximately 50 minutes and then relax and chat over coffee. A great way to start the week.

Venue	Meet at PFCH
Frequency	Weekly
Day	Monday
Time	9.30-10.30am
Commencing	14 th February

Watercolour Painting

Ione Levinson

Watercolour painting classes focussing on landscape and seascape techniques. For beginners and those who have painted before and want to improve their techniques. Ione will go through the basics of how to choose your paper and paints; colours, blending and layering, etc.

Learn techniques for painting the sky, buildings, landscapes, water and boats. Ione will give you individual attention appropriate to your experience and ability.

There will be a charge for paints, paper and other materials.

A list will be provided to class members on enrolment, costing approximately \$50.

Venue	PFCH Cottage
Frequency	Twice a month
Day	2nd and 4th Thursday
Time	1.00-3.00pm
Commencing	10 th February

Writing Group

Kate Donelan

A supportive group for people interested in sharing their writing and improving their skills as writers, readers and editors. There will be a focus on 'creative non-fiction' and the use of narrative techniques in writing from lived experience, historical material and social observation.

The group may write, edit and produce a publication at the end of the course.

Venue	PFCH Station Room
Frequency	Third Friday of the month
Day	Friday
Time	1.00-2.30pm
Commencing	18th February

Yoga

Greg Walker

The course will incorporate the philosophy of Sage Patanjali through the Yoga Sutras (verses).

Patanjali was an ancient Indian sage (probably lived about 400 B.C.) and the Yoga Sutras contain eternal wisdom to guide the practice of yoga.

The course will include Asana (postures), Pranayama (breathing practices), Relaxation and Meditation.

Hari Om Tat Sat,
Agnimurti

Venue	St John's Hall
Frequency	Weekly (8 sessions)
Day	Tuesday
Time	10.00-11.15am
Commencing	22 nd February

Yoga for Men

Greg Walker

The men's yoga class is suitable for all stages of fitness and will concentrate on developing and maintaining strength and flexibility. Core body strength will be enhanced and stretches will be guided by the breath to maintain joint and spinal flexibility.

Hari Om Tat Sat,
Agnimurti

Venue	St John's Hall
Frequency	Weekly
Day	Monday
Time	10.00am-11.15am
Commencing	21 st February