



PORT FAIRY
UNIVERSITY OF THE THIRD AGE

COURSE INFORMATION

2023 Semester 1

Monday 6th February to 30th June, 2023

Enrolment Day: Monday 30th January
10.00am - 12.30 at Port Fairy Community House

Additional enrolment session: 31 January 10.00am -12.30

If enrolling online; send course preferences after January 30th

u3aportfairy@gmail.com

Enrolment in courses will be subject to availability.

Every effort will be made to accommodate members' choices but places in some courses are limited due to type of course and COVID-safety policy.

Some classes and activities may attract an additional charge to cover extra costs or outlays.

- Always treat fellow U3A members with respect and courtesy.
- Only sign up for classes which you intend to go to.
- Let your Course Leader know if you are unable to attend a session.
- Turn off your mobile phone when in classes.
- Don't attend U3A Port Fairy courses and events if unwell with respiratory symptoms.

U3A Port Fairy is a volunteer organisation for retired and semi-retired members of our community. U3A members organise and coordinate courses and activities by drawing on their skills and interests.

If you would like to volunteer to lead a course or assist in any way please speak to a committee member or send us an email: u3aportfairy@gmail.com

A Short History of Gardening and Landscape Design

Alyson Glare

These sessions will focus on the evolution of the garden from the late 16th Century to the present day, highlighting some of the people, plants and ideas that have shaped gardening and landscape design over time.

Venue	PFCH Cottage
Frequency	8 sessions
Day	2nd and 4th Thursday
Time	2.00 -3.30pm
Begins	February 23 th

Auslan for Beginners

Romie Jarman

Have you been intrigued watching the Auslan interpreters on television? Would you like to learn the basics of Auslan?

In this course you will learn and practice the basics of making introductions, talking about food, the weather, colours, animals, hobbies, technology and fingerspelling.

Venue	PFCH Station Room
Frequency	8 sessions
Day	1st and 3rd Wednesday
Time	12.00 -1.00pm
Begins	February 15 th

Beginners Bridge

Robin Southey

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.

Venue	PFCH Station Room
Frequency	Weekly (8 sessions)
Day	Monday
Time	10.30am - 12.00
Begins	April 17 th

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 Cottage
Frequency	Weekly (8 sessions)
Day	Monday
Time	1.00 - 2.30pm
Begins	May 8 th

Current Affairs

Peter Reeves

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	Charlie's On East
Frequency	Twice a month
Day	2 nd and 4 th Monday
Time	10.00 -11.30
Begins	February 13 th

Embroidery for all

Robin Southey

Suitable for beginners and experienced stitchers.

Robin, our Course Leader, is a member of The Embroiderer's Guild and she has been stitching and creating for decades. In this class a variety of stitches will be taught, enabling the completion of decorative pieces for your home and gifts. You can choose and work on your own project then come together with the other course members for social interaction.

You need to be able to thread a needle and have reasonably steady hands.

Venue	Robin's place
Frequency	Weekly
Day	Tuesday
Time	1.00 - 3.00pm
Begins	February 14 th

Environmental Activities

Port Fairy Bird-walk; Tim Mintern

Date: TBA. Weather dependent

This walk will focus on three main sites where a variety of species can usually be found. The distance covered will be approximately 5 kilometres, though the walking can be cut back by the use of a car between sites. It will take about 3 hours. Bring binoculars if you have them.

*Start at Griffith Island Carpark: walk anti-clockwise to first beach and return to car park. Approx 50 minutes, 1.3 kms.

*Walk along Moyne River to main bridge: walk along the river bank to the footbridge, cross over and continue to the road traffic bridge. Approx 50 minutes, 2.1 kms.

*Walk to Rail Trail Carpark, and along the trail to the first bridge. Return to the carpark, where the walk finishes. Approx 40 minutes, 1.3 kms.

We are likely to identify some 26 different species.

Wetland Wonders: Mike Raetz, Philip du Guesclin

Two field-based trips to explore the interactions of geomorphology and climate on fauna and flora.

1. Thursday 30th March

This will involve a trip to a RAMSAR site near Camperdown to learn about the geomorphology and bird life.

2. Thursday 13th April

We will learn about Kellie's Swamp. How it was formed, and what birdlife it supports.

Nature Glenelg Trust Day: Kerrie Robertson

Date: TBA

Nature Glenelg Trust has a focus to reclaim and revegetate properties and they have several in the Dunkeld area. In the 10 years of their work they have seen native and endangered species of flora and fauna reestablish on the sites. They are on private properties and we have been able to organise an educational visit with the guidance of the managing ecologist. (Greg Kerr)

This is a whole day activity and will involve people driving to the Dunkeld area and bringing a picnic lunch. Some walking is involved in accessing these properties.

Visit a Carbon-Zero House: Drew Toscan

Date: March 3rd

Tour of a newly constructed, all electrical home in Koroit. This is a family home that has achieved the goal of being affordable and sustainable now and into the future.

The house has achieved an 8.1 Star NATHERs rating and Net Zero operational carbon footprint.

Essays, Ideas and Social Topics

Maggie Currie

At each session we will discuss essays, opinions, ideas and ethics involving subjects such as political, environmental, historical, travel and more.

We source material from magazines such as The Guardian, New Yorker, the Conversation, various books of essays and a variety of publications.

In 2022 some of the topics included; Blackbirding in Colonial Australia, Should we bring back the thylacine? A World without Borders, What to do with the Statues, Calibre Prize winning essays...and more!

Before each session we will email your discussion papers, which are usually on two topics. Followed by coffee.

Venue	PFCH Cottage
Frequency	Monthly
Day	2nd Tuesday each month
Time	1.00 - 2.30pm
Begins	February 14 th

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
Begins	March 2 nd

First Australians: Challenges and Change

Ted Donelan and Carole Howlett

The course will move from the largely historic material to the more contentious current matters such as the Uluru Statement from the Heart, the Voice to Parliament, Constitutional changes via a Referendum, and the Victorian processes of Truth Telling and Treaty.

The course format is a mixture of out-of-class structured learning by viewing selected materials on-line, followed by group discussion.

Past attendance in this course would be helpful but is not mandatory.

We will explore what it means to be an active and informed ally to Indigenous Australians and to support the reconciliation process.

Venue	PFCH Cottage
Frequency	Monthly
Day	2nd Friday
Time	11.00am - 12.00, with a duplicate session 1.00 - 2.00pm if required.
Begins	February 10 th

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
Begins	February 7 th

Forensic Science

Julie Fall

Forensic Science for the TV Detective.

1. Fingerprinting: A brief history, different collection methods, the unique patterns and how it all works in a court of law. Collect and examine your own prints.
2. DNA: How DNA is structured, how it codes, is collected, and its use in courts of law.
3. Understanding how the brain works by the study of addiction: the basic structure of nerve cells in the brain, how messages are transferred and how this is altered by nicotine, alcohol and cocaine.

Venue	PFCH Cottage
Frequency	3 sessions: April 18, May 16, June 20.
Day	Tuesday
Time	10.30 - 12.00
Begins	April 18 th

Games and Puzzles

Sandra Herbert & Hera

The World Health Organisation defines active ageing as 'the process of optimising opportunities for health, participation and security in order to enhance quality of life as people age...continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active'.

Games have the potential to contribute to active ageing through building social connections, be mentally stimulating and enhance mental and social well-being. Many people have little opportunity to play games with others.

Bring your own favourite game or try out one of ours.

Venue	PFCH Cottage
Frequency	First and third week each month
Day	Friday
Time	1.00 - 2.30pm
Begins	February 17 th

General Discussion Group

Jan Addinsall

This course will enable participants to appreciate spontaneous discussion on a variety of topics and issues which arise during the course of each session.

Who knows what might be discussed!

A thought - provoking dialogue on anything that comes to mind.

Venue	Charlie's On East
Frequency	Twice a month
Day	1st and 3rd Monday
Time	10.00 -11.30
Begins	February 6 th

Great Composers

Eda Ritchie and Ruth Walter

We will journey into the Romantic Period of western music, with particular reference to Chopin, Mendelssohn, Liszt, Berlioz, Wagner and Tchaikovsky.

We welcome all who wish to join us. It does not matter if you have not attended the earlier sessions as each presentation is complete in itself. As they say on the ABC "Life is better with music" and beautiful music is good for the soul.

Venue	PFCH Cottage
Frequency	Twice a month
Day	1 st and 3 rd Monday
Time	1.00 - 2.30pm
Begins	February 20 th

Great Literature

Mary Kerr

The focus of this discussion based group is on both contemporary and traditional literature. Each month participants read the book chosen and come together to discuss the concepts raised, the relevance to our lives today, the context in which it was written and the merits of the literary aspects used such as language and character development.

The group also has an opportunity to read some reviews on the book and so compare other opinions to their own.

Venue	PFCH Cottage
Frequency	Monthly
Day	First Thursday
Time	9.30 -10.30am
Begins	March 2 nd

Helen Garner Discussion Group

Jill Burgoyne

The discussion group will be focusing on the 1995 Garner nonfiction titled "The First Stone" relating to events that occurred in 1992 at Ormond College, Melbourne. The subtitle of the book is "Some questions about sex and power".

We will be discussing this from the distance of thirty years and will also look at some extracts from "Bodyjamming", an anthology of essays edited by Jenna Mead in 1997 and "A Writing Life - Helen Garner and Her Work" by B. Brennan 2017. The First Stone was a controversial publication and there will be much to discuss.

Venue	PFCH Station Room
Frequency	Monthly
Day	Third Thursday
Time	1.00 - 2.30pm
Begins	February 16 th

Historical Fiction: Shakespeare's England to Australian Refugees.

Kate Donelan

In this course we will read and discuss a range of historical fiction set in Australia, England, Europe, Africa and elsewhere.

Each month we will focus on one historical novel exploring the writer's interpretation of the period, the people and events. We will discuss its characters, plot and social and political themes, and how these relate to our lives and the contemporary world.

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

Venue	Blarney Books and Art, James St. PF
Frequency	Monthly
Day	2nd Friday each month
Time	1.00 - 2.30pm
Begins	February 10 th

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 15; March 1, 15, 29, April 12, 26, May 10, 24, June 7, 21

Venue	PFCH Cottage
Frequency	Fortnightly
Day	Wednesday
Time	10.00 -11.30am
Begins	February 15 th

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	2nd & 4th Wednesday
Time	1.30 - 3.30pm
Begins	February 8 th

Monday Morning Walking Group

Mary Kerr

A great way to start the week.

The group meets every Monday morning at 9.30am at the memorial in Railway Place. Our walk takes us past the wetlands in Southcombe Park, up to The Passage, then past Sandy Cove to check out the swans. We then walk along the wharf into town for coffee.

Venue	Meet at the Memorial
Frequency	Weekly
Day	Monday
Time	9.30am start
Begins	February 6 th

Navigation Before GPS: Joining the dots.

Andrew Meldrum

This course will provide a broad understanding of maritime navigation through the centuries.

It will explore the relationship between arc and time, latitude and longitude, through to methods of position fixing using terrestrial and celestial options.

There will be an opportunity to view and discuss some of the tools used by mariners to fix their position on the surface of the earth prior to the luxury of Global Positioning Systems.

(* Subject to interest, there may be an option to achieve a comprehensive understanding of marine navigation).

Venue	PFCH Cottage
Frequency	Weekly, 4 sessions
Day	Tuesday
Time	10.00am - 12.00
Begins	March 21 nd

Our Stories: Story Telling Group

Rhonda Allardice & Wendy Smyrk

If you enjoy, want to tell stories, and also listen to the stories of others, then this group might be for you.

Stories must be true and connected to person/family/friends - past or present - of the one telling the story. Memorabilia and props can be included.

Stories may be read out, spoken orally (told) or pre-recorded. There will be a time limit to enable the opportunity for a number of members stories to be told each session. Group size will be a maximum of 10.

Venue	PFCH Station Room
Frequency	Monthly
Day	First Thursday each month
Time	3.00 - 4.30pm
Begins	March 2 nd

Political Philosophy

Kevin O'Toole

Political Philosophy helps us to understand the beliefs that drive people's political behaviour. These include Liberalism, Conservatism, Fascism, Populism, Feminism, Environmentalism, Multiculturalism, and Fundamentalism.

Venue	PFCH Cottage
Frequency	Weekly, 10 sessions
Day	Thursday
Time	11.30am - 1.00pm
Begins	April 20 th

Regional Gallery Tours: Pop Up

Maggie Currie

Maggie will contact you with the date and details for each gallery visit.

Generally this group car pools or uses public transport.

These are a wonderful day- long outing, usually including a small group tour of the gallery visited, and a stop off for lunch at a local cafe.

Venue	You will be contacted with details prior to each visit.
Frequency	Usually two per semester
Day	TBA
Time	TBA
Begins	TBA

Stitched Textiles

Marion Matthews

Log Cabin - Traditional to Contemporary

The first workshop will talk about utilising colour for effective design and to really showcase fabrics. It will give you the skills to design your own quilt and step away from needing to follow an exact pattern.

Start with learning about traditional log cabin, choosing colour, managing the patchwork tools, cutting, speed piecing and construction of the quilt top.

Then, utilising the process of traditional log cabin, explore how a process can be used to build interesting and dynamic quilts that step away from the traditional.

Each person will need to bring a sewing machine in good working order, extension cord and power board, fabrics and threads.

On enrolling you will receive a detailed list and contact details for more information.

Venue	PFCH Cottage
Frequency	2 sessions
Dates	Monday, February 13 and February 27
Time	1.00pm - 4.00pm
Begins	February 13 th

Third Age Singers (Choir)

Jillian Gundermann

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

The choir sessions enable lots of good fellowship and fun, with leader Jillian providing an abundance of enthusiasm and expertise. Each session includes some gentle breathing and movement exercises followed by singing new songs and on-going practice of our known songs.

While our regular sessions are the focus of our enjoyment, there will be opportunities for an occasional performance.

Venue	PFCH Cottage
Frequency	Twice a month. There will be \$5 charge per session attended.
Day	1st and 3rd Wednesday, and 5th if there is one.
Time	1.30 - 3.30pm
Begins	February 1 st

Writing Group

Robyn Wylie and Julie Fall

A supportive group for people interested in sharing and developing their skills as writers and readers. The monthly sessions will provide opportunities for group members to discuss their ideas for writing projects, to share their writing and offer constructive feedback to each other.

Participants will explore a range of topics in a variety of writing styles and draw on lived experience, imagination, family history and observation.

Each monthly session will be led collaboratively.

Venue	PFCH Station Room
Frequency	Third Friday of the month
Day	Friday
Time	1.00 - 2.30pm
Begins	February 17 th

Yoga for All

Agnimurti (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	RSL Hall
Frequency	Weekly (10 sessions)
Day	Tuesday
Time	10.00 -11.15am
Begins	March 28 th