



NUNAWADING
UNIVERSITY OF THE THIRD AGE

Summer School

11 January – 21 January 2022

COVID-19 Restrictions: *This guide is based on there being no class size restrictions in place at the Hub during Summer School. Any changes required by Whitehorse Council will be notified before your class. Members are required to adhere to any vaccination and mask wearing restrictions covering access to the Nunawading Hub and other venues at the time.*

U3A Nunawading Inc.

Location

Nunawading Community Hub
96-106 Springvale Rd, Nunawading
VIC 3131

Contact Details

Phone: 03 9878 3898

General email: admin@u3anunawading.org.au

Courses email: courseadmin@u3anunawading.org.au

Web: <https://u3anunawading.com.au>

IMPORTANT INFORMATION

Enrolment: Enrol online at <https://u3anunawading.com.au/members/> . If you are unable to enrol online, you may collect an enrolment form from the U3A Office and return it for processing.

Fees: Attendance at 2022 Summer School classes is covered by your 2022 Membership Fee. The only costs are for class materials or exhibition tickets as outlined in the individual class description.

Acceptance into Classes: If you are on a waitlist for a Summer School class and a vacancy occurs, you will be contacted by email (or phone if you do not have email). **Please do not attend a class unless you are advised that you have been accepted into that class.**

Apology or Withdrawal from Class: If you are going to be absent from a Summer School class or wish to withdraw your enrolment from that class, please let us know by emailing courseadmin@u3anunawading.org.au or telephoning the office on **9878 3898**.

Heat Policy: Classes may be cancelled or modified in accordance with our policy.

U3A Nunawading Inc. is governed by its Constitution and Policies, which are applicable to all members and available on our website. The material presented in Summer School is at the discretion of the Tutor and does not necessarily reflect the views of U3A Nunawading Inc.

Committee of Management

U3A Nunawading Inc., November 2021

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TUESDAY 11 JANUARY

22SS1101: Channeling Henry Moore

Dates: 11/01/2022 & 13/01/2022

Location: Studio 9 NCH

Presented by Keith MacDonald, the course will be 4 hours (2 x two hour sessions) Moore believed that "tactile experience is very important as an aesthetic dimension in sculpture". Participants will be asked to carve a piece of Hebel block (a strong, easy to carve, versatile, product made from Autoclaved Aerated Concrete), to discover how we are returned to what knowledge our own hands hold. Participants must bring a couple of old towels or sheets, on which to lay the block while working. This will act as a cushion to protect the carving. Equipment needed includes any old wood chisels, files, rasps and hammers, so please bring along any of these you can lay your hands on. Cost is \$5.00 for the Hebel block, which should be paid on the day.

Short Course

Tue & Thu 10:00 - 12:00

Tutor: Guest Leader

22SS1103: Making baskets out of used plastic

Dates: 11/01/2022 & 18/01/2022

Location: Studio 6 NCH

The course will teach you how to make baskets using recycled and used plastic wrappers instead of them going to landfill. Participants will be required to bring a pair of scissors, staplers and wrappers (e.g. chips bags, instant noodle wrappers, coffee sachets etc). Presented by Cindy Lam, this class runs over two sessions to complete your project.

Short Course

Tue 10:30 - 12:00

Tutor: Guest Leader

22SS1105: Non-Boring Writing

Dates: 11/01/2022

Location: Meeting Room 4 NCH

During Lockdown, many de-cluttered, and wished to capture family memories by writing around memorabilia and paying tribute to quiet ancestors as heroes. Crafting those stories in ways others want to read is a skill, author Hazel Edwards OAM covers in her 'Complete Your Book in a Year' and 'Writing A Non-Boring Family History' books and workshops. Her 'Non-Boring Writing' session covers overcoming procrastination, collaborating, structuring, and possible formats for sharing plus writing for grandkids, www.hazeledwards.com has resources for aspiring writers.

One Day

Tue 10:00 - 12:00

Tutor: Guest Leader

22SS1107: Raffia Hat Making

Dates: 11/01/2022, 13/01/22 & 18/01/2022

Location: Meeting Room 2 NCH

Raffia hats are simple and fun to make. Over three short sessions (plus some plaiting at home), you will learn to create your own personalised and unique raffia hat. You need to attend all sessions to be able to complete your hat. When you enrol in this class run by Maria Sagripanti, you are enrolling for the three sessions. No prior craft experience is required. You can bring your own raffia or purchase plain or coloured raffia at the first class (plain \$20, coloured \$25).

Short Course

Tue 10:00 - 12:00

Tutor: Guest Leader

22SS1109: Suduko

Dates: 11/01/2022

Location: Studio 3 NCH

Suitable for anyone who wants to learn or participate in Suduko. Any level of experience is welcome. The session in week two is a repeat of week one.

One Day

Tue 11:00 - 12:00

Tutor: Yvonne Woon

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TUESDAY 11 JANUARY

22SS1111: Walking/Qigong

Dates: 11/01/2022

Location: Studio 1 NCH

One Day

Tue 10:00 - 11:00

Tutor: Jasmine Teen

Walking is a fantastic cardio workout that is low-impact, while at the same time, can be a heart-racing, high-intensity exercise. You carry your own body weight when you walk. This is known as weight-bearing exercise. After 20 minutes of walking exercise, we will cool down with Qigong, which can harmonise, strengthen, and have a healing effect on the functioning of all the internal organs and bodily systems. It increases the supply and flow of energy throughout the body, can have a variety of rejuvenating effects and it induces calm mental and emotional states.

22SS1113: A Look at Japan & its Culture

Dates: 11/01/2022

Location: Studio 6 NCH

One Day

Tue 13:00 - 14:30

Tutor: Yvonne De Sousa

In this session we will look at short videos covering: a brief history of the tea ceremony followed by a short video of a tea ceremony; a Japanese village surrounded by water and how the people co-exist with the carp that live in the waters; Wasabi, its uses and its development; History of woodblock prints; History of Japanese Kimonos and how to dress up in one. Week 2 will be a repeat of week 1.

22SS1115: Astronomy: Cosmology

Dates: 11/01/2022 & 12/01/2022

Location: Studio 3 NCH

Two Days

Tue 13:00 - 15:00

Tutor: John Shattock

What is dark matter and dark energy? How do they affect the fate of the universe? You may attend one or both of the Cosmology classes as they cover different topics.

22SS1117: Chinese Opera

Dates: 11/01/2022 & 18/01/2022

Location: Meeting Room 4 NCH

Two Days

Tue 13:00 - 15:00

Tutor: Yin Wong

Discussion on the history, culture, types and elements of Chinese Opera with more focus on Cantonese Opera. The skills and breathing techniques in singing will be demonstrated, which participants would be encouraged to put into practice. Course will run over two weeks and be conducted in Cantonese.

22SS1119: How to do Cryptic Crosswords

Dates: 11/01/2022

Location: Studio 4 NCH

One Day

Tue 13:00 - 15:00

Tutor: Ivan Glynn

Have you ever wondered how to do Cryptic Crosswords? Here's your opportunity. This session will give you the tools to get started. And Ivan will let you know how to cheat and why it's a good idea to do so.

22SS1121: Luggage Label, Mosaic Knitting

Dates: 11/01/2022

Location: Meeting Room 2 NCH

One Day

Tue 13:00 - 15:00

Tutor: Alison Phillips

Make your personal luggage label using coloured yarns – one colour per row. Skills required - basic stitches, comfortable with charts. Materials: 8ply cotton or cotton blend in 2 contrasting (preferably bright) colours, 4mm needles, small plastic name tag holder (like the U3A name tag holder), basic kit.

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WEDNESDAY 12 JANUARY

22SS1201: The Antikythera Mechanism

One Day

Dates: 12/01/2022

Wed 10:00 - 12:00

Location: Studio 8 NCH

Tutor: Martin Roulston

The Antikythera mechanism is an ancient Greek hand-powered mechanical model of the Solar System. It was used to predict astronomical positions and eclipses decades in advance. It has been described as the oldest example of an analogue computer. It was discovered in a shipwreck off the coast of Greece in 1901.

22SS1203: The Importance of Units

One Day

Dates: 12/01/2022

Wed 10:00 - 11:00

Location: Studio 6 NCH

Tutor: Guest Leader

Presented by Peter Dean. This is a light-hearted but comprehensive presentation that attempts to explain how the units we use to measure time, weight, dimensions and many others, originated and evolved. We will also look at what may happen if you choose an inappropriate unit, including some multi million dollar catastrophes.

22SS1205: Kokoda - The First Battle for Australia?

One Day

Dates: 12/01/2022

Wed 10:00 - 12:00

Location: Meeting Room 5 NCH

Tutor: Maria Ryan

On 25 April 1992, Australian Prime Minister, Paul Keating, visited the sites of the Battle of Kokoda to mark the 50th anniversary. He said of those who fought and died there – “They died not in defence of the old world but in the defence of Australia and the civilisation and values which had grown up there ... for Australians, the battles in PNG were the most important ever fought.” This session will explore the context of the Battle of the Kokoda Track in World War Two, the conditions encountered and the nature of the men who fought. It will conclude with an evaluation of the significance of these events in Australian History.

22SS1207: Meditation

Two Day

Dates: 12/01/2022 & 19/01/2022

Wed 10:00 - 11:30

Location: Studio 2 NCH

Tutor: Guest Leader

Presented by Helen Price and Sandie Beswarick, this is a two-session course with the same participants attending both weeks. Calming the mind for everyday living. Participants will leave the two workshops with practical strategies to meditate at home or in a group setting. Practical exercises and discussion.

22SS1209: Tabata

One Day

Dates: 12/01/2022

Wed 10:00 - 11:00

Location: Studio 1 NCH

Tutor: Dianne Michael

This is a cardio and strength training session where you can work to your own level of fitness. Bring your own weights, mat and water bottle. If you do not have weights at home bring two cans from your kitchen cupboard.

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WEDNESDAY 12 JANUARY

22SS1211: Travel in Australia

Dates: 12/01/2022 & 19/01/2022

Location: Studio 3 NCH

Two Days

Wed 10:00 - 11:00

Tutor: Valerie Vernon

With overseas holidays almost non-existent due to Covid, many of us are discovering the joy, fun and educational experience of travelling throughout Australia. This two-part course will look at travelling alone or in groups, hiking, walking, kayaking and camping, 'glamping' and staying in cabins. Discussion will also cover travel insurance, especially during Covid time.

22SS1213: Villages of the Pyramid Builders

Dates: 12/01/2022

Location: Meeting Room 4 NCH

One Day

Wed 10:00 - 12:00

Tutor: Joan Kelleher

Explore the lives of the builders of Egypt's great monuments. We will visit the pyramid builders' villages at Giza and Kahun and see how the villagers lived and where they worked.

22SS1215: Fairfield to Brunswick Walk

Dates: 12/01/2022

Location: Venue Advised

One Day

Wed 10:00 - 12:00

Tutor: Adrienne Jardine

The walk starts at Fairfield Park at 10am and we will be walking to Brunswick, where we will stop for coffee and snacks. We do a short tour around the Brunswick area and will then return walking to Fairfield Park. Walking one way takes about 50 minutes. Lily Van Ryswyk will be co-hosting the walk.

22SS1217: An Easy Family Meal

Dates: 12/01/2022

Location: Kitchen

One Day

Wed 13:00 - 15:00

Tutor: Guest Leader

This class is a demonstration by Marlene Fernandes of a simple, but satisfying meal with a few staples from one's pantry. It provides step-by-step demonstration of making an easy, healthy meal the whole family will enjoy. You don't need any experience, just a love of food will do. This meal involves basic techniques that can be used in many other recipes.

22SS1219: The Life of Gabrielle (Coco) Chanel

Dates: 12/01/2022

Location: Meeting Room 5 NCH

One Day

Wed 13:00 - 14:00

Tutor: Guest Leader

Presented by Athalie Edis. Ropes of pearls, the little black dress, the Chanel suit, Chanel No 5 perfume, the boater hat - part of, but not all, of the Chanel story. Come along to this session and discover the background story of 'Chanel' that is still, today, a thriving worldwide fashion brand. Learn about the amazing and intriguing tale of its founder, Gabrielle (Coco) Chanel who came from very poor and humble beginnings and, as a woman in the early 20th century, created the very successful 'House of Chanel'.

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22SS1221: Pastels Workshop

One Day

Dates: 12/01/2022

Wed 13:00 - 15:00

Location: Studio 9 NCH

Tutor: Guest Leader

Lorraine Wigraft is a highly regarded Pastel Artist who is a member of the Whitehorse Arts Association. She is a very experienced and competent tutor and we are delighted that Lorraine has agreed to run a workshop at our Summer School. Materials required: • Lorraine will supply photographs from which students may make their choice for their reference photo when drawing, or students may like to bring their own photograph. • A box of soft pastels • Mein paper or Art Spectrum colour fix paper (obtainable at ArtShop.Com online, Unit 4, 21 Power Road, Bayswater, phone 9758 3266) • A soft brush & a soft cloth • A kneadable eraser • A stick of thin Vine charcoal • Paper to be mounted on a firm backing board attached with bull-dog clips or tape at the top.

22SS1223: Scrabble

Two Days

Dates: 12/01/2022 & 19/01/2022

Wed 13:00 - 15:00

Location: Meeting Room 4 NCH

Tutor: Joan Kelleher

Scrabble is a crossword-style game designed for two to four players. Recent Canadian research has shown that playing Scrabble may: lower the risk of mental illness; make you happy; reduce blood pressure; improve the immune system; and improve memory. So come along and join in this stimulating and exciting game. Scrabble will be the same each week. This is a two-week course and class members will play against different opponents each week.

22SS1225: Spam Email - How to beat it?

One Day

Dates: 12/01/2022

Wed 13:00 - 15:00

Location: Studio 8 NCH

Tutor: Helen Smith

We all get spam emails – and it's getting worse! In this short course we will identify which emails are spam and which ones might look like spam but actually aren't. We'll find out how the spammers get our email addresses and explore the various ways they might be using spam to their advantage. We'll also discuss what we can do about spam – and what we definitely shouldn't do, too! The class in week 2 is a repeat of this class.

PREREQUISITES: Suitable for everyone who connects online by computer, smartphone and/or tablet.

22SS1227: Trivia Quiz

One Day

Dates: 12/01/2022

Wed 13:00 - 15:00

Location: Studio 2 NCH

Tutor: Guest Leader

Valerie Donlon and Sandra Courtney will conduct a light-hearted quiz to test your general knowledge. No prizes awarded, just the bragging rights of being a U3A Mastermind. Teams of four will be formed on the day so come along, test your brain and have some fun.

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THURSDAY 13 JANUARY

22SS1301: Beyond Yoga

Dates: 13/01/2022 & 20/01/2022

Location: Studio 2 NCH

Two Days

Thu 9:30 - 11:00

Tutor: Carola Lehmer

During most Yoga classes, including relaxation classes, leaders frequently use terms and instructions, which are not self-evident. In this 2x90min summer course, we explore and clarify reasons for these instructions. Course participants are encouraged to bring along questions they would like to explore. Time permitting, we will discuss yogic concept eg. energetic body, karma, prana, chakras et.al. Please bring a mat in case we need to explore a subject physically, however, this not a physical yoga class.

22SS1303: Hoop Embroidery

Dates: 13/01/2022 & 20/01/2022

Location: Studio 5 NCH

Two Days

Thu 10:00 - 12:00

Tutor: Leonie Clyne

Come along and enjoy the simple pleasures of Surface Embroidery. When you have completed your design, the hoop becomes the frame. This is a two-week course.

22SS1305: Melbourne Circle: Stories from the Suburbs

Dates: 13/01/2022

Location: Meeting Room 4 NCH

One Day

Thu 10:00 - 11:30

Tutor: Guest Leader

Nick Gadd and his late wife Lynne spent two years walking around the suburbs of Melbourne in a big circle, looking for old buildings, mysterious painted signs ("ghost signs"), forgotten stories and curious characters from the past. After Lynne passed away from cancer, Nick wrote his memoir Melbourne Circle: Walking, Memory and Loss. This is the story of their deep dive into Melbourne's lost histories, accompanied by many photographs. This session will appeal to anyone with an interest in local history, storytelling, and remembering the Melbourne suburbs. Nick is a Melbourne writer and is the author of the novels Ghostlines (winner of a Victorian Premier's Literary Award) and Death of a Typographer (shortlisted for a Ned Kelly Award). His writings about Melbourne, history, literature, music and suburban life have appeared in The Guardian, Griffith Review, Eureka Street, Meanjin and many others.

22SS1307: Vietnamese Rice Paper Rolls

Dates: 13/01/2022

Location: Kitchen

One Day

Thu 10:00 - 11:30

Tutor: Lan Tiet

This demonstration will show how to make fresh fish sauce as it is the soul of Vietnamese food and introduce various fresh herbs, ingredients and techniques to complete a professional roll.

22SS1309: Screenwriting for Beginners

Dates: 13/01/2022 & 18/01/2022

Location: Studio 8 NCH

Two Days

Thu & Tue 9:30 - 12:00

Tutor: Guest Leader

Presented by Winston Furlong. Screenwriting is both art and craft, but it's not literature and certainly not prose. A screenplay looks deceptively simple on the page but unless you know how, getting screenplays to work is hard work. A screenplay is the only truly original work in film making, because everything you see on screen emerges out of the screenplay. In this course you will learn many of the secrets of screenwriting: how to structure a story, how to write scenes and memorable dialog, create authentic characters and much more. Coursework will include students having a go at adapting two short stories into short films - over the in-between weekend.

22SS1311: Discover the Ancient Art of Ikebana

One Day

Dates: 13/01/2022

Thu 14:00 - 15:00

Location: Meeting Room 4 NCH

Tutor: Guest Leader

Presented by Ikebana teacher Lara Telford - Riji Degree, Member of Sogetsu Teachers Association (STA) Japan, Member of Ikebana International Japan. Ikebana started in Buddhist temples in the sixth century and is practiced today in over 160 countries. In this one hour presentation you will discover what Ikebana is, the short history, concepts and philosophy of this refined art form. Lara will demonstrate different styles of Sogetsu School - the largest contemporary school in Japan. You can ask questions and discuss how to become an Ikebana artist.

22SS1313: Healthy Ageing & Wellness Educational Seminar

One Day

Dates: 13/01/2022

Thu 13:00 - 14:30

Location: Zoom

Tutor: Guest Leader

This is a FREE Equip4Life Healthy Ageing and Wellness Educational Seminar, covering various hints, tips and techniques around living a healthy lifestyle. This includes information on the most effective exercises for maximum health benefits, effective weight loss, how to reduce blood glucose, blood pressure and cholesterol, how to accurately analyse food nutrition such as fibre, fats and sugars, and much more. There is a FREE follow up online course available for any interested member. This course will be delivered via Zoom.

22SS1315: How the Five Elements relate to the Body

One Day

Dates: 13/01/2022

Thu 13:00 - 14:30

Location: Studio 6 NCH

Tutor: Lan Tiet

An introduction to Traditional Chinese Medicine - TCM, such as yin yang, five elements - wood, fire, earth, metal and water. Understand how these elements correspond to our body and the relationship between organs. Understand how the climate, taste buds, emotions... affect our body.

22SS1317: Intro to Emotional Freedom Technique

One Day

Dates: 13/01/2022

Thu 13:00 - 15:00

Location: Studio 3 NCH

Tutor: Colin Carter

EFT dissolves negative emotions as you tap on specific acupuncture points and you acknowledge what is causing your emotion. EFT is very popular and psychology evidence based as to its effectiveness. 170 million web pages mention it. Depending on the number of enrollments a repeat class may be held in the second week of Summer School.

22SS1319: Introduction to Lawn Bowls

One Day

Dates: 13/01/2022

Thu 13:00 - 15:00

Location: Blackburn North Bowling Club 93 Springfield Rd Blackburn North **Tutor: John Blasetti**

Students will gain exposure to the skills and fellowship of the "Royal and Ancient" game from accredited coaches who will explain the basics of the game including terminology, rules, etiquette, tactics and match play. NOTE: The second class will be a repeat of first one, but students may attend either or both of the sessions. VENUE: Blackburn North Bowling Club (opposite Blackburn High School - car parking and entry via Heppner Street).

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THURSDAY 13 JANUARY

22SS1321: Life in Britain in World War 11

One Day

Dates: 13/01/2022

Thu 13:00 - 15:00

Location: Meeting Room 5 NCH

Tutor: Ivan Glynn

Life for the British people between 1939 and 1945 was hard going. There were air-raids, the evacuation of loved ones, rationing and the V1 and V2 flying bombs to endure. In spite of all that, people pulled together. Some joined the Home Guard. City dwellers sheltered together in Anderson Huts. Britons living on the Home Front and serving overseas sang along with 'Our Gracie' Vera Lynn and George Formby. If you'd like to learn more, come along and be entertained by videos from and about the time of "The Dunkirk Spirit".

FRIDAY 14 JANUARY

22SS1401: The Johnson Collection

One Day

Dates: 14/01/2022

Fri 10:00 - 0:00

Location: Venue Advised

Tutor: Guest Leader

Accompanied by Athalie Edis. The Johnson Collection is a museum with a superb collection of English Georgian, Regency, and Louis XV fine and decorative arts, which was a gift from William Robert Johnson (1911-1986) to the people of Victoria. Johnston was a prominent Melbourne-born antique dealer, real estate investor and collector. The Collection is displayed in a constantly changing domestic setting in his former residence, Fairhall, an historic East Melbourne townhouse. The exhibition we will see is called 'Objects of My Affection: Stories of Love' and will be a memorable opportunity to see objects gathered over a lifetime by Johnston and celebrates the 30th anniversary of Fairhall opening to the public. Participants will need to make their own travel arrangements. Cost of entry is \$21 and payment should be made at the U3A Nunawading Reception Desk. Details of our meeting place will be provided once enrollment has been confirmed.

MONDAY 17 JANUARY

22SS1701: Golf

One Day

Dates: 17/01/2022

Mon 7:30 - 0:00

Location: Morack Golf Course cnr Morack & East Rds Vermont South

Tutor: George Thomson

Come along to Morack Public Golf Course, Vermont South and enjoy an early morning social game with other U3A members. This class is for experienced golfers and you can elect to play nine or 18 holes once your enrolment is confirmed. Tee off is from 7.30am and the meeting point is the Pro Shop. Green fees are payable on the day. Discount vouchers can be purchased for 18 holes.

TUESDAY 18 JANUARY

22SS1801: Introduction to Table Tennis

One Day

Dates: 18/01/2022

Tue 9:30 - 12:00

Location: Kilsyth Sports Centre 115 Liverpool Rd Kilsyth

Tutor: Colin Smith

Come along and have some fun and see if this is the game for you. Cost: \$5.00. Bats and balls provided. Wear soft-soled shoes and bring a cup for morning tea. Venue: Kilsyth Sports Stadium, 115 Liverpool Road, Kilsyth

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TUESDAY 18 JANUARY

22SS1802: Understanding Weather

One Day

Dates: 18/01/2022

Tue 10:00 - 11:30

Location: Meeting Room 4 NCH

Tutor: Terry Hart

Melbourne's weather and its forecasts are a frequent topic of conversation - and jokes. This session will demonstrate the range of valuable web sites and Smart Phone apps you can use to understand the weather and make best use of the weather forecasts.

22SS1803: Walking/Qigong

One Day

Dates: 18/01/2022

Tue 10:00 - 11:00

Location: Studio 1 NCH

Tutor: Jasmine Teen

Walking is a fantastic cardio workout that is low-impact, while at the same time, can be a heart-racing, high-intensity exercise. You carry your own body weight when you walk. This is known as weight-bearing exercise. After 20 minutes of walking exercise, we will cool down with Qigong, which can harmonise, strengthen, and have a healing effect on the functioning of all the internal organs and bodily systems. It increases the supply and flow of energy throughout the body, can have a variety of rejuvenating effects and it induces calm mental and emotional states.

22SS1804: Suduko

One Day

Dates: 18/01/2022

Tue 11:00 - 12:00

Location: Studio 3 NCH

Tutor: Yvonne Woon

Suitable for anyone who wants to learn or participate in Suduko. Any level of experience is welcome. The session in week two is a repeat of week one.

22SS1805: A Literary Delight

One Day

Dates: 18/01/2022

Tue 13:00 - 15:00

Location: Meeting Room 5 NCH

Tutor: Guest Leader

Presented by Liz Hooper. Situated between 434 and 446 light years from Earth, The Seven Sisters or Pleiades is our nearest star cluster. Many cultures including Greek, Indian, Egyptian, Australian Aboriginal, Native American, Japanese, Chinese, Polynesian and Persian have built myths and legends around these stars. Irish author, Lucinda Riley, has woven a charming and intriguing series of novels around the myth of the Seven Sisters. This session will provide a brief overview of each sister's ancestry, and will touch on fascinating historical figures, and the art, literature, geography, music, and science, associated with the culture of her heritage.

22SS1807: Luggage Label, Tapestry Crochet

One Day

Dates: 18/01/2022

Tue 13:00 - 15:00

Location: Meeting Room 2 NCH

Tutor: Alison Phillips

Make your personal luggage label using coloured yarns without loose stands – one colour per row. Skills required - basic stitches, comfortable with charts. Materials: 8ply cotton or cotton blend in 2 contrasting (preferably bright) colours, 4mm crochet hook, small plastic name tag holder (like the U3A name tag holder), basic kit.

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TUESDAY 18 JANUARY

22SS1809: Phalaenopsis & Cymbidium Orchids

One Day

Dates: 18/01/2022

Tue 13:00 - 15:00

Location: Studio 6 NCH

Tutor: Herminia Harrison

Sharing experience and tips how to care for PHALAENOPSIS and CYMBIDIUMS. Course will cover pots and potting media needed and some problems we might encounter in propagating these orchids.

WEDNESDAY 19 JANUARY

22SS1901: Healthy Ageing & Wellness Seminar

One Day

Dates: 19/01/2022

Wed 10:00 - 11:30

Location: Zoom

Tutor: Guest Leader

This is a FREE Equip4Life Healthy Ageing and Wellness Educational Seminar, covering various hints, tips and techniques around living a healthy lifestyle. This includes information on the most effective exercises for maximum health benefits, effective weight loss, how to reduce blood glucose, blood pressure and cholesterol, how to accurately analyse food nutrition such as fibre, fats and sugars, and much more. There is a FREE follow up online course available for any interested members. This course will be delivered via Zoom.

22SS1902: Sewing Kit in a Glasses Case

One Day

Dates: 19/01/2022

Wed 10:00 - 12:00

Location: Meeting Room 2 NCH

Tutor: Meryl McEwen

Travelling sewing kit – in glasses case. Make a small sewing kit suitable to take to class, pop in your handbag for travelling or make as a gift. Most supplies will be provided including the case but a complete list will be sent to participants prior to the course. Cost: \$5 payable on the day. This course is suitable for various skill levels.

22SS1903: The Importance of Units

One Day

Dates: 19/01/2022

Wed 10:00 - 11:00

Location: Studio 6 NCH

Tutor: Guest Leader

Presented by Peter Dean. A light-hearted but comprehensive presentation that attempts to explain how the units we use to measure time, weight, dimensions and many others, originated and evolved. We will also look at what may happen if you choose an inappropriate unit, including some multi million dollar catastrophes. This class is a repeat of week one.

22SS1905: Life, Discoveries of Leonardo de Vinci

One Day

Dates: 19/01/2022

Wed 10:00 - 12:00

Location: Meeting Room 5 NCH

Tutor: Martin Roulston

He didn't just paint the Mona Lisa! Leonardo was an Italian polymath of the High Renaissance who was also active as a draughtsman, engineer, scientist, theorist, sculptor and architect. We will explore some of his exciting and ground-breaking discoveries and inventions.

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22SS1907: Villages of the Egyptian Tomb Builders

One Day

Dates: 19/01/2022

Wed 10:00 - 12:00

Location: Meeting Room 4 NCH

Tutor: Joan Kelleher

Explore the lives of the builders of Egypt's great monuments. We will visit the tomb workers' villages at Thebes and see how the villagers lived and where they worked.

22SS1909: Walk - Fairfield to Abbotsford Convent

One Day

Dates: 19/01/2022

Wed 10:00 - 12:00

Location: Venue Advised

Tutor: Adrienne Jardine

The walk starts at Fairfield Park at 10am and we will be walking to Abbotsford Convent, where we will stop for coffee and snacks. We will do a short walk around the Convent area and will then return walking to Fairfield Park. Lily Van Ryswyk will be co hosting the walk. It is a 40 minute walk each way.

22SS1910: Sewing Kit in a Glasses Case

One Day

Dates: 19/01/2022

Wed 13:00 - 15:00

Location: Meeting Room 2 NCH

Tutor: Meryl McEwen

Travelling sewing kit – in glasses case. Make a small sewing kit suitable to take to class, pop in your handbag for travelling or make as a gift. Most supplies will be provided including the case but a complete list will be sent to participants prior to the course. Cost: \$5 payable on the day. This course is suitable for various skill levels.

22SS1911: Havana Banana, Get into the Latin Groove

One Day

Dates: 19/01/2022

Wed 13:00 - 14:30

Location: Studio 1 NCH

Tutor: Guest Leader

Presented by Debbie Tait. We will use song, body percussion, various instruments and some simple movement to explore Latin Rhythms. Some percussion instruments will be provided but bring along your own if you have them - guitars/ukuleles welcome. All abilities will be catered for and the only minimum requirement is the willingness to have fun and give it a go! The session on 20 January is a repeat of this session.

22SS1912: How to make a Digital Photo Album

One Day

Dates: 19/01/2022

Wed 13:00 - 15:00

Location: Meeting Room 5 NCH

Tutor: Meg Lowery

This is a demonstration of how to use the 'Albumworks' program to make a photo album using your digital photos. There will be information on how to get started and how to organise your photos and text. There are also many ways to personalise your album and we'll explore these. Finally sending your album off to the printers followed by a question and answer session. Participants should bring a notebook and pen.

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WEDNESDAY 19 JANUARY

22SS1913: Watercolour Workshop

One Day

Dates: 19/01/2022

Wed 13:00 - 15:00

Location: Studio 9 NCH

Tutor: Guest Leader

Alan Close is a Watercolour Artist and a member of the Whitehorse Arts Association. Alan is a highly experienced and competent tutor with many years experience. We are delighted that he has agreed to present a Watercolour Workshop at our Summer School. Alan will be teaching the wet on wet technique of watercolour painting. Reference materials will be supplied. Materials required: • A variety of wide and fine watercolour brushes • Water-colour paper – Arches Rough (300gsm) A3 size, (a sheet can be purchased at the workshop from Alan for \$4) • A set of watercolour paints • A mixing palette - white dinner plate would be suitable • A water container • Soft cloth or paper towelling ** the watercolour paper should be mounted on a firm backing board (MDF board) attached with bull-dog clips or tape at the top.

22SS1915: Spam Email - How to beat it?

One Day

Dates: 19/01/2022

Wed 13:00 - 15:00

Location: Studio 8 NCH

Tutor: Helen Smith

We all get spam emails – and it's getting worse! In this short course we will identify which emails are spam and which ones might look like spam but actually aren't. We'll find out how the spammers get our email addresses and explore the various ways they might be using spam to their advantage. We'll also discuss what we can do about spam – and what we definitely shouldn't do, too! This class is a repeat of the class in week 1.

PREREQUISITES: Suitable for everyone who connects online by computer, smartphone and/or tablet.

THURSDAY 20 JANUARY

22SS2001: A Look at Japan & its Culture

One Day

Dates: 20/01/2022

Thu 10:00 - 11:30

Location: Studio 6 NCH

Tutor: Yvonne De Sousa

In this session we will look at short videos covering: a brief history of the tea ceremony followed by a short video of a tea ceremony; a Japanese village surrounded by water and how the people co-exist with the carp that live in the waters; Wasabi, its uses and its development; History of woodblock prints; History of Japanese Kimonos and how to dress up in one. This session is a repeat of the Week 1 session.

22SS2003: Boot Camp/Cardio & Strength

One Day

Dates: 20/01/2022

Thu 10:00 - 11:00

Location: Stadium NCH

Tutor: Guest Leader

Presented by qualified/registered personal trainer Leanne Taylor. Looking to get your fitness regime back on track? Come along to a fun boot camp style class including cardio fitness and strength training catering to all fitness levels and abilities. BYO set of weights (dumbbells), mat, water bottle, towel. As some exercise and stretches will be performed on the floor, you will need the ability to get up and down from the floor safely.

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THURSDAY 20 JANUARY

22SS2005: Havana Banana, Get into the Latin Groove

One Day

Dates: 20/01/2022

Thu 10:00 - 11:30

Location: Studio 1 NCH

Tutor: Guest Leader

Presented by Debbie Tait. We will use song, body percussion, various instruments and some simple movement to explore Latin Rhythms. Some percussion instruments will be provided but bring along your own if you have them - guitars/ukuleles welcome. All abilities will be catered for and the only minimum requirement is the willingness to have fun and give it a go! The workshop is a repeat of the previous day's session.

22SS2007: Discover the Ancient Art of Ikebana **One Day**

Dates: 20/01/2022

Thu 14:00 - 15:00

Location: Studio 6 NCH

Tutor: Guest Leader

Presented by Ikebana teacher, Lara Telford - Riji Degree, Member of Sogetsu Teachers Association (STA) Japan, Member of Ikebana International Japan. Ikebana started in Buddhist temples in the sixth century and is practiced today in over 160 countries. In this one hour presentation you will discover what Ikebana is, the short history, concepts and philosophy of this refined art form. Lara will demonstrate different styles of Sogetsu School- the largest contemporary school in Japan. You can ask questions and discuss how to become an Ikebana artist.

22SS2009: The Early Development of Cinema

One Day

Dates: 20/01/2022

Thu 13:00 - 15:00

Location: Studio 3 NCH

Tutor: Guest Leader

Presented by John Duffield. An informative and entertaining session on the early development of cinema finishing with the effects of "Birth of a Nation" in 1915, the most influential film ever produced and the beginning of cinema as we know it. During this period the grammar of the art form was developed as well as the technology. The era was filled with great characters, tragedy, violence and scandals, and the beginnings of the studios system (not just in the USA) and the rise of 'Stars'. It was the beginnings of a completely new art form that went on to dominate the 20th century.

22SS2011: The Great Stink of 1858 in London

One Day

Dates: 20/01/2022

Thu 13:00 - 14:30

Location: Meeting Room 4 NCH

Tutor: Guest Leader

Presented by Brian Ruck. In the summer of 1858, the River Thames was so polluted that the stench became unbearable. Those who could fled the city. This talk will examine the circumstances leading to the crisis, and the measures taken to rectify the problems. We will also compare and contrast London with the Parisian strategies to deal with their situation, which was almost as bad.

22SS2013: Introduction to Lawn Bowls

One Day

Dates: 20/01/2022

Thu 13:00 - 15:00

Location: Blackburn North Bowling Club 93 Springfield Rd Blackburn North **Tutor: John Blasetti**

Students will gain exposure to the skills and fellowship of the "Royal and Ancient" game from accredited coaches who will explain the basics of the game including terminology, rules, etiquette, tactics and match play. NOTE: The second class will be a repeat of first one, but students may attend either or both of the sessions. VENUE: Blackburn North Bowling Club (opposite Blackburn High School - car parking and entry via Heppner Street)

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22SS2015: Stolen Generations in Whitehorse

One Day

Dates: 20/01/2022

Thu 13:00 - 15:00

Location: Meeting Room 5 NCH

Tutor: Guest Leader

NOBODY'S CHILD, a DVD, tells the story of five survivors of the Stolen Generations who grew up in institutions in the Whitehorse area. Jack, Helen, John, Karen and Sharon talk about their experiences as removed children, and the challenges they faced as adults. A compelling and moving firsthand account, NOBODY'S CHILD reveals the hidden history of Melbourne's eastern suburbs. Guest speaker Karen, who is one of the storytellers, will engage in a Q&A after the screening. NOBODY'S CHILD is sensitively presented in a positive manner with heartfelt stories recounted with courage and strength by five people from Indigenous backgrounds. It has been screened at various venues in the region over the past 7 years to mainly English-speaking people, who enjoyed recognising a familiar face and familiar locations, and confessed that they knew very little about the Indigenous people who lived so close. It is a piece of local history, but at the same time it links us to the wider and little-known story of the Stolen Generations.

FRIDAY 21 JANUARY

22SS2101: NGV Chanel exhibition

One Day

Dates: 21/01/2022

Fri 10:15 - 0:00

Location: Venue Advised

Tutor: Guest Leader

Accompanied by Athalie Edis. An excursion to the NGV to view the exhibition celebrating the life and designs of renowned French couturier Gabrielle "Coco" Chanel. The exhibition will showcase more than 100 garments that highlight the evolution and breadth of her design language and signature style. Gabrielle Chanel: Fashion Manifesto is a rare opportunity to appreciate the detail and finish of Chanel's original designs in person.

Participants will need to make their own travel arrangements and to be at the NGV – International – on St Kilda Road - by 10:15am. A guide will not be available for this exhibition.

Cost for this excursion is \$28 and tickets will be issued once payment has been made at the U3A Nunawading Reception Desk at the Hub. Further details will be provided once enrolment has been confirmed.
