



**NUNAWADING**  
UNIVERSITY OF THE THIRD AGE

# **2021 SUMMER SCHOOL COURSE GUIDE**

***Tuesday - Thursday 12, 13, 14 January***  
***Monday - Wednesday 18, 19, 20 January***

**University of the Third Age Nunawading Inc**  
**Nunawading Community Hub**  
**102 Springvale Road**  
**Nunawading VIC 3131**

**Phone: 9878 3898**

**General Email: [admin@u3anunawading.org.au](mailto:admin@u3anunawading.org.au)**

**Courses Email: [courseadmin@u3anunawading.org.au](mailto:courseadmin@u3anunawading.org.au)**

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

## **Important 2021 Summer School Information**

All Summer School classes will be held at the Nunawading Community Hub, 102 Springvale Road, Nunawading, under the COVID-19 restrictions outlined below. If there are any changes to these restrictions prior to, or during Summer School, members will be advised.

### **Spacing**

The maximum number of members per room will be based on:

- Spacing of 1.5 meters between people and
- No more than 1 person per 4 square meters.

### **Contact details of those attending the Nunawading Community Hub**

A daily attendance roll will be marked for each class on entry to the building and retained in the Office for inspection on request. The name and membership ID of all volunteers on duty will be logged in an Attendance Register.

Please note: under COVID restrictions, you may only attend classes for which you have received enrolment acceptance.

Any visitor attending for more than 15 minutes will be required to provide full contact details that will be added to the daily Attendance Register together with time of arrival and departure.

### **Sanitisation and Masks**

Hand sanitisers will be provided at the entry point to each room and in the foyer.

Depending on Government restrictions in place at the time, members may be required to wear a face mask.

### **Time spent in the Hub**

Classes are timetabled in accordance with room size maximums and will operate with a minimum of 15 minutes changeover time.

Members will be asked not to arrive early and may be asked to remain outside prior to a class commencing.

### **Members recovering from COVID-19**

Any member having tested positive to COVID19 will be required to notify U3A Nunawading prior to attending the Nunawading Community Hub and provide documentary evidence that the member has recovered to the point of no longer being contagious.

### **Facilities**

All kitchens will be closed. No food or drink preparation (including tea or coffee) will be permitted until restrictions are further eased.

Toilets will be open but restrictions may be made on how many people may be allowed in a toilet block at the same time.

Members should bring their own water bottle.

***U3A Nunawading Committee of Management***

9 November 2020

## Summer School January 12

### **21SS001: Broomstick Lace for Knitters**

**Type: One Day**

**Date: 12/01/2021 Tue 10:00 - 12:00**

**Studio 4**

**Tutor: Alison Phillips**

A traditional method for introducing lace to plain work. Skills required: pattern reading, cast on, knit, purl, yarn over, cast off. Materials: smooth, soft 8 ply yarn, 4mm needles, 20mm needles, basic tool kit (writing materials, scissors, tape measure, yarn needle).

### **21SS003: Investing in Shares Beginners - Two Parts**

**Type: One Day**

**Date: 12/01/2021**

**Tue 10:00 - 15:00**

**Meeting Room 2**

**Tutor: Eric Kratzer**

This is a 2-part class. Part 1 10.00 to 12.00 Part 2 1.00 to 3.00 The classes are for people who wish to learn about investing in shares but find it difficult to start. If you wish to take a more active part in managing your portfolio, this may help you. Please note: we do not make recommendations. Investing in shares Part 2 will cover Charting.

### **21SS005: Mat Pilates**

**Type: One Day**

**Date: 12/01/2021**

**Tue 10:00 - 10:45**

**Studio 2**

**Tutor: Dianne Michael**

Strengthen core, develop long strong muscles while increasing flexibility and improving overall posture and balance. Pilates mat required.

### **21SS007: What is Tarot about?**

**Type: One Day**

**Date: 12/01/2021,**

**Tue 10:00 - 12:00**

**Studio 3**

**Tutor: Naomi Towers**

This is an introduction to what Tarot is about and how it fits with other esoteric modalities like Astrology, Numerology and Kabbalah. You will look at the break up of the Tarot deck into major and minor arcana and briefly look at how the cards are used and what they mean.

### **21SS009: Writing a non-boring Memoir**

**Type: One Day**

**Date: 12/01/2021**

**Tue 10:00 - 12:00**

**Studio 1**

**Tutor: Guest Leader**

Leader: Hazel Edwards. Relevant for those contemplating writing about themselves or their families in a way that others will want to read. Bring writing materials.

### **21SS011: Raffia Hat Making, Sessions, 1, 2 & 3**

**Type: Short Course**

**Dates: 12/01/2021 - 18/01/2021**

**Tue 10:00 - 12:00**

**Studio 8**

**Tutor: Guest Leader**

When you enroll in this class you are enrolling for the 3 sessions. You need to attend all sessions. If you do not attend the 3 sessions you will not be able to complete your hat. The Date are Tuesday 12 Thursday 14 and Monday 18 January 10.00 - 12.00 Raffia hats are simple and fun to make. Over 3 short sessions (plus some plaiting at home), you will learn to create your own personalised and unique Raffia hat. You can bring your own raffia, or plain or coloured raffia is available for purchase on the day. (Plain is \$20; Coloured is \$25). No prior craft experience is required.

**21SS013: Astronomy: Cosmology, Session 1**

**Date: 12/01/2021**

**Meeting Room 4**

**Type: One Day**

**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 more of the Cosmology classes as they cover different topics

**21SS017: Zoom basics**

**Date: 12/01/2021**

**Via Zoom**

**Type: Zoom One Day**

**Tue 13:00 - 15:00**

**Tutor: Helen Smith**

This class will get you comfortable with Zoom once you can connect. We'll look at how to check your audio and video before you connect, the difference between 'speaker view' and 'gallery' view and how to switch between them, how to get involved in a class through gestures and the chat facility and how to leave the session correctly. If you've never connected before, please contact [admin@u3anunawading.org.au](mailto:admin@u3anunawading.org.au) for a phone session to get you set up.

Suitable for both members who want to get the best out of online classes and tutors who are thinking of starting an online class.

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## Summer School January 13

**21SS019: The Art of Jan van Eyck, Part 1**

**Date: 13/01/2021**

**Studio 2**

**Type: One Day**

**Wed 10:00 - 12:00**

**Tutor: Martin Roulston**

In this course we will explore the extraordinary art of the 15th century Flemish painter Jan van Eyck. Different paintings will be examined each week.

**21SS021: Billy Hughes & Daniel Mannix**

**Date: 13/01/2021**

**Studio 6**

**Type: One Day**

**Wed 10:00 - 12:00**

**Tutor: Matthew ETTY-Leal**

Two outstanding and fascinating leaders, who had a long lasting political and religious impact in Australia, especially during World War 1. Daniel Mannix and Billy Hughes are primarily known for taking opposing sides during World War 1 on the issue of conscription. They were towering figures in Australian politics and religion for many years, both being outstanding orators and leaders with very strong convictions. During the session, Matthew welcomes comments and queries from attendees.

**21SS023: A Guide to Good Writing**

**Date: 13/01/2021**

**Studio 8**

**Type: One Day**

**Wed 10:00 - 12:00**

**Tutor: Ivan Glynn**

Would you like to understand more about how writers become so good at their craft? If the answer is yes, you may find this session helpful. In it we will explore a range of excellent pieces of writing penned for different purposes and different audiences. Discussion is encouraged.

**21SS025: The Irish Famine and Australia**

**Date: 13/01/2021**

**Studio 4,102 Springvale Road Nunawading**

The COVID pandemic has heightened awareness of the catastrophic impact of a widespread health crisis. Several European countries, including Ireland, experienced famine as a result of the repeated failure of the potato crops in the mid to late 1840s. This course will focus on the famine or “Great Hunger” in Ireland – causes, responses, short and long term impacts – and will make links to events in Australia, particularly Victoria, in the 1850s.

**Type: One Day**

**Wed 10:00 - 12:00**

**Tutor: Maria Ryan**

**21SS027: Tomb Robbery in Ancient Egypt**

**Date: 13/01/2021**

**Studio 1**

Most Egyptian tombs were robbed in antiquity, In this course we will explore who these tomb robbers were and the punishment they received when caught.

**Type: One Day**

**Wed 10:00 - 12:00**

**Tutor: Joan Kelleher**

**21SS031: Astronomy: Cosmology, Session 2**

**Date: 13/01/2021**

**Meeting Room 4**

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

**Type: One Day**

**Wed 13:00 - 15:00**

**Tutor: John Shattock**

**21SS033: How to do Cryptic Crosswords**

**Date: 13/01/2021**

**Meeting Room 5**

Have you ever wondered how to do Cryptic Crosswords? Here’s your opportunity. Assisted by Liz Hooper and Alan Brownrigg, this session will give you the tools to get started. And we will let you know how to cheat and why it’s a good idea to do so.

**Type: One Day**

**Wed 13:00 - 15:00**

**Tutor: Ivan Glynn**

**21SS035: The Kulin Nation**

**Date: 13/01/2021**

**Studio 2**

At the time of European settlement, a large part of central Victoria, from Bass Strait to the Murray River, was occupied by Aboriginal clans who collectively made up the Kulin nation. Who were these people? And what were the connections between the 47 groups that made up this cultural bloc? How was the Kulin nation distinguished from other nations within Victoria? This course will answer these questions and many more. Leader: Dr Gary Presland

**Type: One Day**

**Wed 13:00 - 15:00**

**Tutor: Guest Leader**

## Summer School January 14

### **21SS037: Climate change**

**Date: 14/01/2021**

**Meeting Room 2**

**Type: One Day**

**Thu 10:00 - 12:00**

**Tutor: Tony Kerr**

Our world is being damaged already because of excessive generation of CO2 and other greenhouse gases. Countries from the Arctic to the Equator to the Antarctic are experiencing Climate Change caused impacts on local populations. This class will discuss what is climate change, what is causing it, what are the impacts, how do we reduce the impacts of Climate Change, BUT there are many impacts we can't recover from.

### **21SS039: Nutritional Masterclass & Healthy Life**

**Date: 14/01/2021**

**Studio 1**

**Type: Short Course**

**Thu 10:00 - 12:00**

**Tutor: Guest Leader**

Leader: Alian Young. Equip4Life are hosting a session that encompasses 2 segments. Segment 1 is a Nutritional Masterclass component, which consists of a live demonstration of making a free healthy snack with nutritious ingredients and members are allowed to make their own snack and eat/take it home on the day. (Only if COVID conditions allow). Segment 2 is a Healthy Lifestyle Seminar, which is an education component 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, iron, fats and sugars, and much more. There is a free follow-up course available for any interested member.

### **21SS041: Spiritual Emotional Freedom Tech, 1 & 2**

**Dates: 14/01/2021 - 20/01/2021**

**Meeting Room 4**

**Type: Short Course**

**Thu 10:00 - 12:00**

**Tutor: Colin Carter**

There are 2 sessions for this class. Thursday 14 and Wednesday 20 January 10.00 - 12.00. You are expected to attend both sessions. EFT (Emotional Freedom Technique) is a way for dissolving emotions by tapping on specific acupuncture points and is growing in popularity. But the founder has also in recent years added a spiritual aspect to make it more successful. By knowing more deeply our true nature/higher self, we can better help our ego self to let go of beliefs, memories and assumptions that cause negative emotions.

### **21SS043: Tabata Exercise**

**Date: 14/01/2021**

**Studio 2**

**Type: One Day**

**Thu 10:00 - 11:00**

**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 2 cans from your kitchen cupboard.

### **21SS045: World War One - through artists eyes**

**Date: 14/01/2021**

**Studio 6**

**Type: One Day**

**Thu 10:00 - 12:00**

**Tutor: Ivan Glynn**

World War One, through the Eyes of Writer, Poets, Artists and Film directors. This session will look at the events which took place on the Western Front between 1914 and 1918 using extracts from novels, poems, works of art and YouTube clips from films about that period.

**21SS047: Astronomy: Cosmology, Session 3**

**Date: 14/01/2021**

**Meeting Room 4**

**Type: One Day**

**Thu 13:00 - 15:00**

**Tutor: John Shattock**

What is dark matter and dark energy? How do they effect the fate of the Universe? You may attend one or more of the Cosmology Courses as they cover different topics.

**21SS049: Get started with Facebook**

**Date: 14/01/2021**

**Studio 6,102 Springvale Road Nunawading**

**Type: One Day**

**Thu 13:00 - 15:00**

**Tutor: Helen Smith**

Nunawading U3A is on Facebook! During isolation, many members found Facebook a good way to connect. If you'd like to try, but don't know how, this session will get you started. We'll also make sure you know how to keep safe in the Facebook 'environment' . You'll learn how to create your account, how to connect with your friends, how to create a post that your friends can see and how to manage who can see your posts. Once you're in, you can decide how active to be - from 'just looking' to joining interest groups and 'following' companies or organisations you are interested in.

**21SS051: Greek Dancing**

**Date: 14/01/2021**

**Studio 1**

**Type: One Day**

**Thu 13:00 - 15:00**

**Tutor: Maria Makrides**

Learn some easy Greek dances for fun and exercise to Greek music.

**21SS053: Trivia Quiz 1**

**Date: 14/01/2021**

**Studio 2**

**Type: One Day**

**Thu 13:00 - 15:00**

**Tutor: Guest Leader**

Leader: Valerie Donlon A light-hearted quiz to test your general knowledge. No prizes awarded, just bragging rights of being a U3A Mastermind. Teams of four will be formed on the day. You may attend only one session, as the questions will be the same on both days.

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## Summer School January 18

**21SS057: Tabata Exercise**

**Date: 18/01/2021**

**Studio 2**

**Type: One Day**

**Mon 10:00 - 10:45**

**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 2 cans from your kitchen cupboard.

**21SS059: Zoom Level 2**

**Date: 18/01/2021**

**Via Zoom**

**Type: Zoom One Day**

**Mon 9:00 - 11:00**

**Tutor: Wayne Henry**

This class will show you how to share your screen in Zoom. Both tutors and members may find this useful as we continue to use Zoom for the time being. We will look at using the Zoom whiteboard, as well as sharing photos, videos, documents and PowerPoint slides. Participants will be invited to share their own screens during the classes.

Suitable for both members who want to get the best out of online classes and tutors who are thinking of starting an online class. Mostly for people on computers rather than smartphones or tablets/iPads.

**21SS061: Greek Dancing**

**Date: 18/01/2021**

**Stadium**

**Type: One Day**

**Mon 13:00 - 15:00**

**Tutor: Maria Makrides**

Learn some easy Greek dances for fun and exercise to Greek music.

**21SS063: Trivia Quiz 2**

**Date: 18/01/2021**

**Studio 1**

**Type: One Day**

**Mon 13:00 - 15:00**

**Tutor: Guest Leader**

Leader: Valerie Donlon A light-hearted quiz to test your general knowledge. No prizes awarded, just bragging rights of being a U3A Egghead. Teams of four will be formed on the day.

**21SS065: The Ultimate Writing Tool, Part 1**

**Date: 18/01/2021**

**Studio 4**

**Type: Short Course**

**Mon 13:00 - 14:00**

**Tutor: Ria Smit**

'Scrivener, your ultimate writing tool' This is Part 2 of a 3 Part class. If you are unable to attend all classes, the leader will explain how to find more information at the 1st class This class is not about writing as such, it is about using Scrivener as a tool to help you with your writing.

All participants need a notebook to take notes.

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## Summer School January 19

**21SS067: Broomstick Lace for Crocheters**

**Date: 19/01/2021**

**Studio 4**

**Type: One Day**

**Tue 10:00 - 12:00**

**Tutor: Alison Phillips**

Skills Required: Pattern reading, foundation chain, double crochet, finish off. Materials: smooth, soft 8 ply yarn, 4mm hook, 20mm knitting needles, basic tool kit (writing materials, scissors, tape measure, yarn needle).

**21SS069: Matt Pilates**

**Date: 19/01/2021**

**Studio 2**

**Type: One Day**

**Tue 10:00 - 10:45**

**Tutor: Dianne Michael**

Strengthen core, develop long strong muscles while increasing flexibility and improving overall posture and balance. Pilates mat required.

**21SS071: Astronomy: Cosmology, Session 4**

**Date: 19/01/2021**

**Meeting Room 4**

**Type: One Day**

**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 more of the Cosmology classes as they cover different topics

**21SS074: The Ultimate Writing Tool Part 2**

**Date: 19/01/2021**

**Studio 4**

**Type: Short Course**

**Weekly Course, Tue 13:00 - 14:00**

**Tutor: Ria Smit**

"Scrivener, your ultimate writing tool" This is Part 2 of a 3 Part class. If you are unable to attend all classes, the leader will explain how to find more information at the 1st class. This class is not about writing as such, it is about using Scrivener as a tool to help you with your writing.

All participants need a notebook to take notes.

**21SS075: Nutritional Masterclass, Healthy Life**

**Date: 19/01/2021**

**Studio 1**

**Type: Short Course**

**Tue 13:00 - 15:00**

**Tutor: Guest Leader**

Leader: Alian Young. Equip4Life are hosting a session that encompasses 2 segments. Segment 1 is a Nutritional Masterclass component, which consists of a live demonstration of making a free healthy snack with nutritious ingredients and members are allowed to make their own snack and eat/take it home on the day. (Only if COVID conditions allow). Segment 2 is a Healthy Lifestyle Seminar, which is an education component 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, iron, fats and sugars, and much more. There is a free follow-up course available for any interested member.

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## Summer School January 20

**21SS077: The Art of Jan van Eyck, Part 2**

**Date: 20/01/2021**

**Studio 6**

**Type: One Day**

**Wed 10:00 - 12:00**

**Tutor: Martin Roulston**

In this course we will explore the extraordinary art of the 15th century Flemish painter Jan van Eyck. Different paintings will be examined each week.

**21SS079: Regicide in Ancient Egypt**

**Date: 20/01/2021**

**Studio 1 102 Springvale Road NUNAWADING**

**Type: One Day**

**Wed 10:00 - 12:00**

**Tutor: Joan Kelleher**

Regicide is the killing of a reigning monarch. We will examine several examples of this unusual crime. We will meet the assassins and find out what happened to them.

**21SS081: Understanding Weather - Web & Apps**

**Date: 20/01/2021**

**Studio 2**

Understanding Weather through web & Smartphone Apps 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 Smartphone apps you can use to understand the weather and make best use of the weather forecasts.

**Type: One Day**

**Wed 10:00 - 12:00**

**Tutor: Terry Hart**

**21SS083: Get started with Facebook**

**Date: 20/01/2021**

**Via Zoom**

Nunawading U3A is on Facebook! During isolation, many members found Facebook a good way to connect. If you'd like to try, but don't know how, this session will get you started. We'll also make sure you know how to keep safe in the Facebook 'environment'. You'll learn how to create your account, how to connect with your friends, how to create a post that your friends can see and how to manage who can see your posts. Once you're in, you can decide how active to be - from 'just looking' to joining interest groups and 'following' companies or organisations you are interested in.

**Type: Zoom One Day**

**Wed 13:00 - 15:00**

**Tutor: Helen Smith**

**21SS085: Police & Aborigines in Victoria**

**Date: 20/01/2021**

**Meeting Room 2**

Leader: Gary Presland: From the beginning of European settlement in Victoria, police and Aborigines have had a range of interactions. This course will consider some of the episodes of Aboriginal Policing, including the Native Police Corps 1836-1853, and the use of Queensland Aborigines as trackers in the period 1880 – 1968

**Type: One Day**

**Wed 13:00 - 15:00**

**Tutor: Guest Leader**

**21SS087: The Ultimate Writing Tool, Part 3**

**Date: 20/01/2021**

**Studio 4**

'Scrivener, your ultimate writing tool' This is Part 3 of a 3 Part class. If you are unable to attend all classes, the leader will explain how to find more information at the 1st class. This class is not about writing as such, it is about using Scrivener as a tool to help you with your writing.

All participants need a notebook to take notes.

**Type: Short Course**

**Wed 13:00 - 14:00**

**Tutor: Ria Smit**