# U3A PORT FAIRY
## UNIVERSITY OF THE THIRD AGE

# OPEN DAY & ENROLMENT
# Semester 2

## Thursday 13th June 10.30 —12.30
### Port Fairy Community House, Railway Place

## COME AND JOIN US FOR SEMESTER 2

### SEMESTER 2 COURSES INCLUDE

Current Affairs; Essays & Ideas; History of Port Fairy; Mahjong; Movie Club; Passion for Poetry; Western Philosophy; Science--Naturally; 1st Tuesday Book Club; Stories of Us: Great Australian Literature; **PLUS 3 NEW COURSES**: Great Trials of the Western World; Wandering the World: Travels from near and far; and Regional Gallery Visits for art lovers

*U3A Membership Open to retired And semi-retired people*

A Partnership with Port Fairy Community House

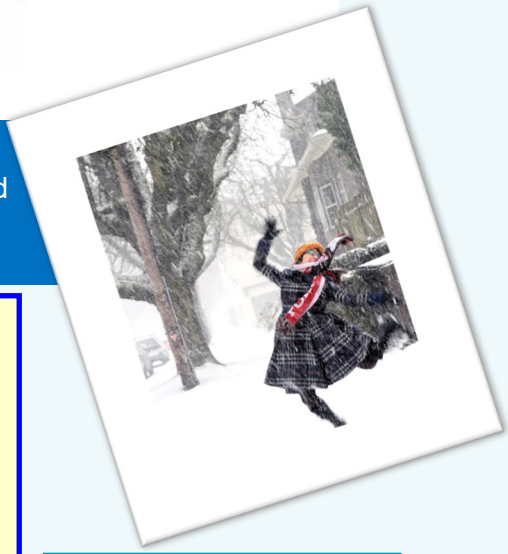
www.u3aportfairy.com
u3aportfairy@gmail.com

# WELCOME TO WINTER IN PORT FAIRY

**Semester break for most classes:** 17 June to 12 July

**Semester 2 classes start week of 15 July,** unless otherwise advised

(View the schedule on the last page of this Newsletter)



## FROM OUR PRESIDENT

We have reached the final weeks of U3A Port Fairy's first semester and we all should feel proud of what we've achieved to date!

Our membership continues to grow and diversify. U3A Port Fairy has an excellent committee of management who, as volunteers, draw on a range of skills and experiences. As President it is a pleasure to work with such a hard-working, constructive and collaborative management team!

Committee members plan the timetable and ensure course leaders are supported; they publicise U3A activities, book venues and communicate with members through our bi-monthly Newsletters and Facebook; they process memberships and manage the finances; they plan and provide catering for events; they manage our relationships with the peak body - U3A Victoria, with Moyne Council and other community organisations and they apply for funding to ensure we continue to provide appropriate and inclusive activities for members. Our 1st semester courses have been engaging, stimulating and well-supported.

Port Fairy U3A President Dr. Kate Donelan presented Prof Phil Beart with two local brain foods at Foods for Brain Health Lecture

***Kate Donelan***
***President U3A Port Fairy***

## U3A PORT FAIRY COMMITTEE

Kate Donelan,
President:
0404 180 687

Maggie Currie,
Vice President, Publicity & Media :
0419 290 232

Maureen Joyce,
Secretary , Web & Communications:
0418 210 011

Carole Howlett,
Treasurer:
0417 714 391

Sue Goy, Course Programs:
0438 217 260

Jill Burgoyne,
Membership:
0438 737 882

Morgan McAlinden,
Committee Member

Mary Kerr,
Committee Member

## Membership Report

The membership numbers are currently steady at 140 comprising 98 women and 42 men.

If you have any friends who would like to learn more about U3A or are considering becoming a member please encourage them to come along to our Open Day on the 13th June.

There will be opportunity to speak to the committee and some of the course leaders as well as the opportunity to become a member and enrol in some of the Semester 2 courses or fill the gaps in current courses on offer.

***Jill Burgoyne, Membership Officer***

**JUST A REMINDER . . .**

## U3A — HOW IT ALL BEGAN

As we celebrate the end of our successful first semester it is worth remembering that U3A Port Fairy is part of a strong and vibrant State network, a peak body that represents 38,000 U3A members. U3A was established in Victoria 35 years ago and its evolution has some parallels with the short history of our own U3A in Port Fairy.

In 1984 in Melbourne four friends attending a gerontology conference shared their enthusiasm for the U3A movement they had each experienced in Europe. They decided to explore the feasibility of establishing U3A in Victoria, seeing it as an opportunity to address the neglect of the educational needs and aspirations of older Australians at that time. A public meeting was held in Melbourne to assess the interest of retired members of the community. The venue was full to capacity and the concept of a self-managed education program operated for and by older people was embraced with enthusiasm. An interim committee of volunteers was formed, a plan of action developed and four U3As were established.

From these beginnings in 1984, the movement has grown to 109 U3As across metropolitan and rural Victoria. U3A Port Fairy is the most recent to become a member o f the U3A Network. Each U3A is independent operating under an elected committee of management with an annual subscription fee that entitles members to join as many classes as they wish.

U3A Port Fairy, like all U3As, is dependent on the goodwill of its members to volunteer for the roles and tasks that are required to manage and administer the organisation and deliver its educational and social programs and events. We ask each of you to think about what you can contribute as a volunteer next semester or next year. The committee of management would appreciate any contributions you can make. I am happy to discuss your interests, experience and availability and how you might participate in U3A Port Fairy in the future — as a committee member, a course coordinator or leader, or a member of a team organising an event.

***Kate Donelan***

# U3A PORT FAIRY LECTURE SERIES

## *What a way to start our lecture series!*

## *Insights into Australian Politics and Power*

**Graham Evans AO, highly respected former senior federal public servant, policy maker and diplomat addressed the U3A Group in April.**

Graham's vast knowledge of government functions and public policy comes from over 40 of years of service in both the public and private sectors. His talk concerned power, politics and the declining trust in public institutions.

Graham's talk was captivating.

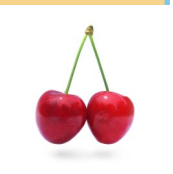
He spoke about the changing nature of Parliament and the challenges facing our democracy. He also spoke about the concerns people have with the decline in policy making in Australia – the 24-hour news cycle, poll-driven policy opinion, the strong growth of the lobby groups and the rise of the professional politician.

Graham Evans was also Chief of Staff to PM Bob Hawke, and thus had direct insight into the workings of parliament and the process of developing and evaluating effective public policy.

He said that Bob Hawke's government is viewed as one of the most talented and effective in recent decades with a well qualified and diverse group of ministers providing a clear view and vision of where our nation was going.

We took questions from the floor after the talk and had a great afternoon tea with plenty of discussion!

# The 2nd Lecture was about new research for Ageing Brains



## Foods for Brain Health: The neuroscience of diet and brain wellness

Speaking to a packed crowd at the Port Fairy Yacht Club last Friday afternoon, Professor Philip Beart explained new research concerning eating right and having a heathy brain. He outlined the science of how particular foods can impact on one's cognitive abilities.

Professor Philip Beart is Professorial Fellow at the Florey Institute of Neuroscience and Mental Health and Adjunct Professor in Pharmacology, University of Melbourne. He is also a resident of Port Fairy.

He said that with ageing populations world-wide, we face major challenges in terms of the impact on health care budgets and the associated burdens for society.

In his talk, he outlined various foods that are good for brain health and maintain good brain health as we age.

These include: pomegranate juice, red grapes, red wine (in moderation), figs, cranberries, strawberries, apples, dates, dark chocolate, soymilk, green tea, coffee (3-4 cups per day of 'real coffee'), fish, curries, garlic and more.

Professor Beart said he was delighted to be able to present his lecture to U3A Port Fairy as the research shows that a healthy brain not only needs a good brain diet, but also needs a balanced lifestyle with exercise and brain stimulation. He recommended U3A as a great organisation for social engagement and learning opportunities.

If you would like to know more about the research done at the Florey Institute with Professor Philip Beart, you can find his very engaging lecture on the internet link here:

**https://www.youtube.com/watch?v=_wxUnwIH5iY**

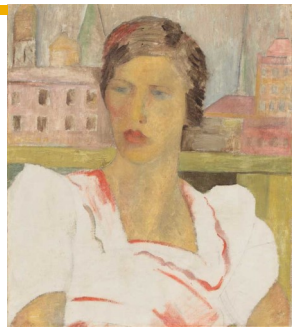
# NEW COURSES STARTING IN SECOND SEMESTER

*GREAT TRIALS OF WORLD HISTORY AND THE LESSONS THEY TEACH US*

Course Leader— Jo Bagust - Meets 10 am 1st and 3rd Thursday

Jo will discuss some high profile legal trials that have shaped and transformed our social, political and legal traditions. Trials range from -Trial of Socrates, Salem Witchcraft Trials, Lincoln Assassination Conspiracy Trial, Three Trials of Oscar Wilde, Nuremberg Trials, the O.J. Simpson Trial as well as some important Australian historical trials and leading cases.

*Jo Bagust is a retired Australian Lawyer. Her doctorate and publications are in the field of Legal Practice, Legal Ethics and Human Rights Law*



*REGIONAL GALLERY VISITS*

Led by Maggie Currie and Maureen Joyce

Group to meet 17th July to discuss the programs and procedures.

We plan to visit 2 galleries this semester and travel by public transport.

First visit will be Tuesday 30 July to Ballarat Art Gallery

**BECOMING MODERN: AUSTRALIAN WOMEN ARTISTS 1920-1950**

2nd Visit 29th October - venue to be advised.

Contact Maggie 0419290232

*WANDERING THE WORLD: TRAVELS FROM NEAR AND FAR*

Meets 2pm 4th Friday of the month—with course leader John Miller & guest speakers

A great line up of interesting speakers and exciting destinations and experiences.

Tanzanian Tales: Serengeti, Swahili and Spice

Skeletons & Snorkelling: Travels in Sulawesi & West Papua

An Ashram in India

Cold Feet & Kind Sherpas: Trekking on the Roof of the World

A Magic Carpet Ride: A view of old Istanbul

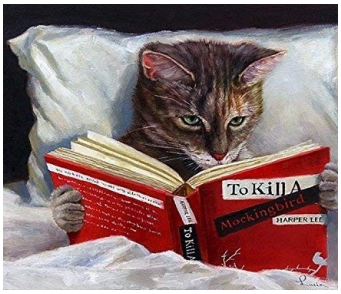
Contact John 0427871714

## NEWS FROM OUR COURSE LEADERS

***WESTERN PHILOSOPHY: ANCIENT ROOTS AND MODERN THOUGHTS—***
After a break in July and the first part of August, we continue from 19th August on the 1st and 3rd Mondays of the month at 10am.

**Please check out my schedule linked to the Courses page of the U3A PORT FAIRY website: www.u3aportfairy.com**. You will see that we will be discussing the evolution of the Classical Era into the Christian Era. All U3A members are welcome to attend any of these sessions to gain a "taster" of the philosophy course.

***Steven Mackey***




***ESSAYS AND IDEAS -*** We have tackled some big ideas in the essays on an amazing range of topics. We are reading through the Best Australian Essays, a 10 year collection with some of our best loved Australian writers. Also reading a number of classical and contemporary essays. Discussing 2 essays each session. It's fun!

We have room for a few more if you would like to join us.

***Maggie Currie***

***CURRENT AFFAIRS***

Since our last newsletter the Current Affairs group has met and discussed some of the following topics

- Issues arising out of the election campaign in the lead up to the campaign
- Integration of Syrian refugees into the Melbourne community of Eltham and related issues
- Foreign correspondent Sean Dorney and his relationship with Papua New Guinea
- Topics arising out of cartoons sourced from the members

At the enrolment day to be held on the 13th June there will be the opportunity to add to our membership. So, if you are interested in Current Affairs and/or would like to lead the group on a particular Current Affairs topic please enrol for next semester.

***Jill Burgoyne***

***1ST TUESDAY BOOK CLUB—*** We have had a variety of books so far this year both fiction and non-fiction from "***The Helpline"*** to "***The Arsonist***" (among others:) All different and hopefully doing what a book club is supposed to do: increasing the variety and genres of books read as our members take turns choosing the next book. It would be wonderful to have some new members join us next semester. We meet in the afternoon at 2pm at the PFCH**.**

***Julie Fall***

## Continuing News from Course Leaders….

***PASSION FOR POETRY —***

Our Passion for Poetry course began on the 1st February and an enthusiast group of participants brought wonderful examples of the poetry they loved. We looked at the deeper meanings and the amazing language within the poems themselves. Who, for example, could not be moved by the expressive language and deep meanings in David Campbell's 'Night Sowing' one of our last poems shared….

***Oh gentle land, I sow***
***The hearts living grain.***
***Stars draw their harrows over,***
***Dews send their melting rain.***

We learned together and experienced much from our group's choices and insights, many who are returning and have contributed their own superb poetic writing. It was, and will continue to be, a combined experience led mainly by participants and gently guided by myself as course leader. I welcome new participants to the second semester. Bring the poetry that you love — and be amazed.

***John Walker***

***STORIES OF US: GREAT AUSTRALIAN LITERATURE***

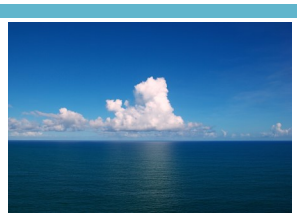
We will continue to explore the historical, social and cultural changes in Australia over the past century through reading novels, short stories and poetry by prize winning Australian writers. Through discussion of the context of the writing and its themes, stories and ideas, we will consider the ways in which Australian life in its diversity has been represented and how our sense of identity and place in the world has evolved.

In first semester we encountered the works of much loved and highly regarded authors including Miles Franklin, Henry Lawson, Barbara Baynton, Kate Grenville, Kim Scott, Thomas Keneally, Peter Carey, Ruth Park, George Johnston, Tim Winton, Helen Garner and Sophie Laguna. And there are more to come in second semester!

A reading list will be distributed to all those enrolling in 2nd semester.

**Classes will be held on the 2nd Friday of each month commencing 12 July at 1pm**

***Kate Donelan***



***SCIENCE…NATURALLY!***

Semester 2 - promises to be just as exciting and engrossing as semester 1 as we continue our scintillating program presenting sessions on Reading the Clouds, Birds, Water Bugs, Native Orchids and Platypus ecology. All topics include field excursions to exotic places. Places available if one of these topics is of special interest to you.

***John Miller 0427871714***—give me a ring if interested

# Upcoming Lectures

**8 August: Heather Sheard, Historian:**
The forgotten Australian Women Doctors of the Great War.

**6 September: Monica Curro, Co-Director of Port Fairy Spring Music Festival** :
Her passion for classical music and community engagement through music.

# Proposed Courses Semester 2

| *Course name* | *Course Leader* | *Time* | *Day* | *Starts* |
|---|---|---|---|---|
| **Current Affairs** | *Jill Burgoyne* | 10.00 am | 2nd and 4th Monday | Monday 22 July |
| **Essays and Ideas** | *Maggie Currie* | 10.00 am | 2nd and 4th Tuesday | Tuesday 23 July |
| **Great Trials of the Western World** | *Jo Bagust* | 10.00 am | 1st and 3rd Thursday | Thursday 18 July |
| **History of Port Fairy** | *Judith Kershaw* | 10.00 am | 1st and 3rd Wednesday | Wednesday 17 July |
| **Mahjong** | *Sue Goy* | | fortnightly | Currently full |
| **Movie Club** | *Dave Digby* | | 3rd Friday evening, after film | July |
| **Passion for Poetry** | *John Walker* | 10.00 am | 1st and 3rd Tuesdays | Tuesday 16 July |
| **Western Philosophy: Ancient Roots and Modern Thought** | *Steve Mackey* | 10.00 am | 1st and 3rd Monday | Monday 19 August |
| **Science—Naturally** | *John Miller* | 2.00 pm | 2nd and 4th Thursday | Thursday 11 July |
| **1st Tuesday Book Club** | *Julie Fall* | | 1st Tuesday of the Month | Tuesday 6 August |
| **Stories of Us: Great Australian Literature** | *Kate Donelan* | 1.00 pm | 2nd Friday of the Month | Friday 12 July |
| **Wandering the World: Travels from near and far** | *John Miller* | 2.00 pm | 4th Friday of the Month | Friday 26 July |
| **Regional Gallery Visits** | *Maggie Currie & Maureen Joyce* | | Tuesday 30 July<br>Tuesday 29 October | Meet 17 July<br>to discuss and plan |
| ***Tell us what activity YOU can facilitate or co-facilitate?*** ***Crosswords? Scrabble? Seated Tai Chi? It's up to you ….*** | | | ***From weekly to monthly*** | |
| *All courses will be held at the Port Fairy Community House unless otherwise advised* | | | | |

## HOW TO ENROL FOR COURSES

**Have your membership number, then**

**Email u3aportfairy@gmail.com with your request**

**OR Come to Semester 2 Open Day**

## OPEN DAY FOR ENROLMENT & INFORMATION

**10.30 – 12.30 Thursday 13th June**
**at Port Fairy Community House**

**WE LOOK FORWARD TO SEEING YOU!**