



THE UNIVERSITY OF THE THIRD AGE

U3A PORT FAIRY INC

2025 Courses

Semester 1

To enrol in one or more of these courses or activities, you must be a member of U3A Port Fairy. Memberships will be available online through UMAS from 30 January 2025 (online instructions will be available before then), or in person at the Course Expo/Enrolment Day function on 30 January 2025 between 9.30 and 12.00 at the Senior Citizens Centre, Barclay Street.

You can enrol in classes for Semester 1 2025 online through UMAS at any time after 9:30 am on 30 January 2025. You can enrol in person at the Course Expo/Enrolment Day function on 30 January 2025 between 9.30 and 12.00 at the Senior Citizens Centre, Barclay Street.

Most courses are free, however a small charge is required to cover materials or tutor's expenses for the Third Age Singers.

U3A PORT FAIRY INC Contact Details

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Social Membership

251AAA12

Dates: 10/02/2025 - 01/12/2025

Type: All Year

Course Leader: Kate DONELAN

This is for U3A social members who do not wish to enrol in courses but would like to be a U3A member. They may intend to participate in U3A social and special events and/or the U3A speaker series. They are able to enrol in other courses throughout the year if they wish to extend their participation in U3A.

Art

Leaves, Paper, Heat and Water

251ART01

Dates: 19/02/2025 - 19/03/2025

Type: 3 sessions

Frequency: Wednesday, 14:30 - 16:30

Location: PF Community House Cottage, 5 Railway Place, PF

Course Leader: Sue KNUDSEN

We will explore natural plant dyes and some eco-printing techniques that can be used to extract the dyes onto a variety of different paper. Then, how can we use what we produce. Let's create!

Dance

Bush Dancing

251DAN01:

Dates: 22/03/2025 - 28/06/2025

Type: 3 sessions

Frequency: 4th Saturday, 13:30 - 15:00

Location: Senior Citizens Hall, 19 Barclay Street, Port Fairy

Course Leader: Mike HERBERT

Our aim is for folks to learn a few dances and have fun doing it. These three beginner sessions will each focus on a different dance. Mike is an experienced dance caller who will guide and support you through the parts of each dance. Bush dancing is great exercise and at times vigorous.

Afro-dance-ercise

252DAN12:

Dates: 13/02/2025 - 01/12/2025

Type: Weekly

Frequency: Thursday, 15:00 - 16:00

Location: Senior Citizens Hall, 19 Barclay Street, Port Fairy

Course Leader: Pamela RYCROFT

This is a weekly exercise class, loosely based on African dance moves. It involves a warm-up, a groove down the room (with the opportunity for some improvisation), some free dance and set choreographies. A moderate level of fitness is required, and a love of dancing and fun.

Discovery

The Road to Bali

251DIS01:

Type: 6 Sessions

Dates: 14/04/2025 - 23/06/2025

Frequency: 3rd Monday, 13:00 - 15:30

Location: Senior Citizens Hall, 19 Barclay Street, Port Fairy

Course Leader: Maggie CURRIE

We welcome you to this course which includes guest presenters: John Miller on the Wallace Line, Ted Donelan on Bali and Balinese animals, Camilla Kelly on Sanur in the early 70s, Ted, Kate Donelan and Maggie on Balinese rituals and ceremonies. If you have never been to Bali, you will enjoy this informal course, and if you have been to Bali - once, twice or many times bring along your Bali memories and stories.

Our Crowded Skies

252DIS01:

Type: 4 sessions

Dates: 06/03/2025 - 27/03/2025

Frequency: Thursday, 10:00 - 12:00

Location: Football Club Rooms, 111 Griffiths Street, Port Fairy Course Leader: Andrew MELDRUM

This course explores the world of Air Traffic Control, when it came into existence, and its development over the past century. There will be opportunities to understand how it works through following an aircraft flight and understanding the connection between pilots and Air Traffic Controllers. We will gain an understanding of the rules applied in this highly safety-oriented environment, the human factors aspects, and what it takes to be one of the few people who meet the required selection criteria for this career.

Understanding the Stock Exchange

253DIS01:

Type: 2 sessions

Dates: 12/02/2025 - 12/03/2025

Frequency: Wednesday, 10:30 - 12:00

Location: Community House Station Rm, 5 Railway Place, PF Course Leader: Andrew BEATON

Topics covered in this course are: About us and our investment goals. What is the Stock Exchange? Basic explanation. What are shares in the Stock Exchange? Basic explanation. Basic information of income and capital gains from shares. How to start investing in listed shares on the Stock Exchange.

Travelling Light

254DIS01:

Type: 1 session

Dates: 15/05/2025 - 15/05/2025

Frequency: Thursday, 10:00 - 11:30

Location: Community House Station Rm, 5 Railway Place, PF Course Leader: Maggie LEUTTON

This course provides ideas and tips on how to travel for extended periods with just 10kg or less.

First Australians

255DIS12:

Dates: 14/03/2025 - 01/12/2025

Location: Blarney Books, 37 James Street, Port Fairy

Type: Monthly

Frequency: Friday, 11:00 - 12:15

Course Leader: Ted DONELAN

Current issues relating to Aboriginal and Torres Strait Islander people will be discussed in this monthly course. The course leader will email participants suggesting relevant material to read and/or watch before each session.

Current Affairs

256DIS12:

Dates: 10/02/2025 - 01/12/2025

Location: Charlies On East, 4 Hughes Avenue, Port Fairy

Type: Twice monthly

Frequency: 2nd and 4th Monday, 10:00 - 11:30

Course Leader: Peter REEVES

This course involves discussion on the basis of several local and international news stories. The course leader initiates some discussions followed up with some random topics identified by the participating attendees.

How much can a Camembert?

257DIS01:

Dates: To be advised

Location: Senior Citizens Hall 19 Barclay Street, Port Fairy

Type: 4 sessions

Frequency: Tuesday, Times To Be Advised

Course Leader: John MILLER

This course explores the journey of grass to cheese. It includes: A visit to a dairy farm to discuss pasture and herd management and the process of milking; and a visit to a dairy factory to see how the milk is processed; A visit to 2 cheeseries to talk about the cheese making process; A 2-day cheese making workshop at the Port Fairy Senior Citizens kitchen. The course is planned for May/June with dates to be advised.

Environment

Port Fairy Birdwalks

251ENV12:

Dates: To be advised

Location: Various locations

Type: 2 Sessions

Frequency: Wednesday, Times To Be Advised

Course Leader: Tim MINTERN

This course is located around Port Fairy and engages participants in walks to learn about local birds. There will be two sessions per semester with dates and times to be advised.

Exercise

Pickleball for Beginners

251EXE01:

Type: 4 sessions

Dates: 12/02/2025 - 05/03/2025

Frequency: Wednesday, 10:00 - 11:30

Location: Port Fairy Tennis Courts, Campbell St, Port Fairy

Course Leader: Heather DAVITT

Learn to play Pickleball in a fun, relaxed environment. Equipment is provided for participants. You will get some exercise while having a laugh.

Monday's Walk

252EXE12:

Type: Monthly

Dates: 10/02/2025 - 01/12/2025

Frequency: 3rd Monday, 9:30 - 10:30

Location: Port Fairy Memorial, Bank Street near PFCH

Course Leader: Mary KERR

An exceptionally friendly bunch! Why not start the week off with a walk and then coffee with a group of fellow U3A members? Each week we walk for about 45 minutes and then chat over coffee. We always walk the same way so that those who wish to walk a shorter distance or live along the route can join us as we pass by.

Games and Puzzles

Four or Six-Handed Euchre

251GAM01:

Type: Monthly

Dates: 17/02/2025 - 16/06/2025

Frequency: 3rd Monday, 13:30 - 15:00

Location: Community House Station Rm, 5 Railway Place, PF

Course Leader: Wendy SMYRK

Euchre is a card game needing at least 4 players.

Mah Jong

252GAM12:

Type: Twice monthly

Dates: 12/02/2025 - 01/12/2025

Frequency: 2nd and 4th Wednesday, 13:30 - 15:30

Location: Community House Cottage, 5 Railway Place, PF

Course Leader: Susan GOY

The game of Mah Jong is played with a set of 144 engraved tiles. It involves a mixture of probability and luck as you gradually improve your hand, one tile at a time, to form a Mah Jong. The group will play traditional and special hands as decided by each player. These sessions are for people who can already play Mah Jong.

Beginners' Bridge

253GAM01: **Type: 8 sessions**
Dates: 10/02/2025 - 31/03/2025 **Frequency: 3rd Monday, 10:30 - 12:00**
Location: Community House Station Rm, 5 Railway Place, PF **Course Leader: Robin SOUTHEY**

An eight week sequential course introducing non-Bridge players to this challenging brain game.

Health

Mind, Body and Soul

251HTH01: **Type: 10 Sessions**
Dates: 20/02/2025 - 26/06/2025 **Frequency: 2nd and 4th Thursday, 13:30 - 14:30**
Location: Senior Citizens Hall, 19 Barclay Street, Port Fairy **Course Leader: David OON**

This course explores various ways to enrich our mind, body and soul through exercises and activities that are both Active and Passive. We will start off with our Bodies through stretches and warm ups (Passive). Then we will do active movements through music exercises for our Body from head to toe (Active), and finish with a warm down (Passive). We then move onto getting in touch with our soul using exercises that will make us laugh, help us to de-stress and making us feel like a kid again (Active). We follow this by getting in touch with our feelings through a chat and chew (Passive/Tea Break). We finish up our session by enriching our Minds with a focus on Visualisation (Active) and Meditation (Passive).

Healing Ourselves and the Planet

252HTH12: **Type: Weekly**
Dates: 11/02/2025 - 01/12/2025 **Frequency: Tuesday, 9:30 - 11:30**
Location: ONLINE **Course Leader: John BEANEY**

We should be living in a time of unprecedented good health. Instead, we have switched from the infections of the 19th century to our current, mostly non-infectious, chronic, disabling diseases. In addition, we are overshooting the boundaries that protect our precious planet. Let's investigate what constitutes personal and planetary good health, re-engage with nature, and regenerate what we have lost. Expect me to challenge current dogma and expose myths. No prior knowledge is required, but do bring an open, enquiring mind and a sense of humour. The weekly Tuesday session will be repeated on a Friday.

First Aid CPR training

253HTH01: **Type: 2 sessions**
Dates: 16/04/2025 - 23/04/2025 **Frequency: Wednesday, 10:00 - 12:00**
Location: Surf Club, 4 Hughes Ave, Port Fairy **Course Leader: Paul BUCHANAN**

This course involves two x 2 hour sessions on basic First Aid and CPR, utilising the training equipment at the Port Fairy Surf Livesaving Club.

History

The Battle of the Somme 1916

251HIS01: **Type: 2 sessions**
Dates: 08/05/2025 - 15/05/2025 **Frequency: Thursday, 10:00 - 0:00**
Location: Football Club Rooms 111 Griffiths Street, Port Fairy **Course Leader: Andrew MELDRUM**

At 0730 on 1st July 1916, 11 British Divisions climbed out of their trenches and advanced towards the German lines. At the end of that fateful day approximately 20,000 of the attacking soldiers were dead, and 40,000 had been wounded. It was an unmitigated disaster. We will explore the planning and execution of this battle which resulted in the worst day in terms of casualties ever suffered by the British Army.

Port Fairy Historical Architecture

252HIS01: **Type: 10 Sessions**
Dates: 11/02/2025 - 17/06/2025 **Frequency: Tuesday, 10:00 - 11:30**
Location: Charlies On East, 4 Hughes Avenue, Port Fairy **Course Leader: Brendan O'TOOLE**

An investigative study into the Port Fairy buildings that still exist and were built pre-1851 (Colony of New South Wales). Where are these buildings, and how much building fabric exists from this period? There will be 10 lectures covering the beginning of European settlement in Port Fairy in 1835, and the structures they were building. We think there are about 20 or so remaining buildings or part-buildings, built before 1851, still in town. In each lesson we look at a building; tell stories about the occupier(s) who lived there before 1851. Then we review the building details, to see if we can identify what features belong to this pre-1851 period.

Female Inventors

253HIS01: **Type: Monthly**
Dates: 26/02/2025 - 25/06/2025 **Frequency: Wednesday, 13:30 - 15:00**
Location: Senior Citizens Hall Koroit 65 High Street, KOROIT **Course Leader: Lorraine MIELNIK**

Throughout history women have been inventors and seekers of new knowledge but often their efforts have not been appropriately acknowledged. In these sessions we will discover these women and explore their inventions and discovery of new knowledge that has had an impact on our lives.

Hobbies

Embroidery

252HOB12: **Type: Weekly**
Dates: 11/02/2025 - 01/12/2025 **Frequency: Tuesday, 13:00 - 15:00**
Location: Robin's place (address supplied to participants) **Course Leader: Robin SOUTHEY**

This course involves hand embroidery covering many techniques and styles. It is suitable for beginners or experienced embroiderers. Preference will be given to participants continuing this weekly course from 2024.

To Bee or Not to Bee

253HOB01:

Type: 2 sessions

Dates: 27/02/2025 - 24/04/2025

Frequency: Thursday, 10:00 - 11:30

Location: Football Club Rooms 111 Griffiths Street, Port Fairy

Course Leader: Barry STARLING

An introduction to bee-keeping, including the life-cycle of bees, how they are housed, how the honey is extracted, and all that is involved in keeping bees. Ideal for anyone interested in hosting a hive, as well as for anyone just curious about these amazing, intelligent creatures.

Language

Auslan for Beginners

251LAN12:

Type: Twice monthly

Dates: 12/02/2025 - 01/12/2025

Frequency: 2nd and 4th Wednesday, 11:00 - 12:00

Location: Blarney Books, 37 James Street, Port Fairy

Course Leader: Romaine JARMAN

The term Auslan stands for Australian Sign Language. It uses manual communication and gestures instead of sound to express the thoughts and meaning of the speaker. In this course we will introduce, revise and practice Auslan fingerspelling and signs for greetings, technology, food and drink, sport, hobbies, travel, colours and family.

Literature

First Tuesday Book Group

251LIT12:

Type: Monthly

Dates: 04/03/2025 - 01/12/2025

Frequency: 1st Tuesday, 13:00 - 14:30

Location: Charlies On East, 4 Hughes Avenue, Port Fairy

Course Leader: Julie FALL

Participants in the book group help to choose the books for each semester. Reviews and articles about each book are usually sent around about a week before the monthly meeting when we come together for discussion.

Historical Fiction

252LIT12:

Type: Monthly

Dates: 14/03/2025 - 01/12/2025

Frequency: 2nd Friday, 13:00 - 14:30

Location: Blarney Books, 37 James Street, Port Fairy

Course Leader: Kate DONELAN

Each month we will read and discuss a novel that brings the past vividly to life. We will explore its historical background and setting and share responses to the characters, events and themes and how these relate to our lives and the contemporary world. A reading list will be provided before the course and supplemented with additional resources.

Music

Beginners' Bodhran

251MUS01: **Type: 4 sessions**
Dates: 06/05/2025 - 27/05/2025 **Frequency: Tuesday, 13:00 - 14:30**
Location: Football Club Rooms, 111 Griffiths Street, Port Fairy **Course Leader: Keith DAWSON**

This course will introduce participants to the Bodhran (Irish drum), its origin as well as its care and maintenance. Basic rhythms will be taught, with the aim of having group members ultimately playing along to Irish traditional music. Participants will need to have their own bodhran.

Third Age Singers

252MUS12: **Type: Weekly**
Dates: 12/02/2025 - 01/12/2025 **Frequency: Wednesday, 14:00 - 15:15**
Location: Uniting Church, 44 James St, Port Fairy **Course Leader: David WILSON**
Fee: \$5.00 per session

Ongoing weekly U3A Choir sessions for female and male members led by Jillian Gundermann with members paying \$5.00 per session attended.

Music for Easter and Christmas

253MUS01: **Type: 2 sessions**
Dates: 07/04/2025 - 23/06/2025 **Frequency: 3rd Monday, 13:00 - 14:30**
Location: Community House Station Rm, 5 Railway Place, PF **Course Leader: Ruth WALTER**

In these two sessions we will listen to a selection of glorious music written to celebrate these two great Christian Festivals.

Social

Social Meet-ups

251SOC01: **Type: Occasional**
Dates: 10/02/2025 - 27/06/2025 **Frequency: To Be Advised**
Location: Various locations **Course Leader: Mindi STEEL**

It has been suggested that U3A members may like to engage in the occasional social gathering. Coffee, meals, drinks etc. A chance to make new friends and enjoy great company. Whether it's to catch up with old friends or meet new faces. This is an opportunity to create memorable experiences and build a stronger, more connected community. We look forward to seeing you at upcoming events, also hearing your ideas and feedback. Keep an eye on the 2025 calendar as dates for 1st Semester gatherings will be posted as soon as possible.

Writing

Creative Writing

251WRI12:

Type: Monthly

Dates: 21/02/2025 - 01/12/2025

Frequency: 3rd Friday, 13:00 - 14:30

Location: Community House Cottage, 5 Railway Place, PF **Course Leader: Gianna SPONCHIADO**

In this course we explore, experiment with and challenge ourselves with different styles of writing genres and formats. In each session participants share their work and constructive supportive feedback is given. Homework for the month is given collaboratively. It is fun to keep extending ourselves; wonderful literary surprises are always around the next corner or session.

Story telling: Our Stories

252WR01:

Type: Monthly

Dates: 17/02/2025 - 16/06/2025

Frequency: 3rd Monday, 13:30 - 15:00

Location: Senior Citizens Hall, 19 Barclay Street, Port Fairy **Course Leader: Kath HARPER**

If you enjoy telling stories, or listening to stories told by others, this is the group for you. You might come just to listen, but you'll soon feel inspired to join in the storytelling. Stories must be true and connected to the person telling the story. Memorabilia and props can be used to illustrate your story. Stories may be read, spoken orally (told) or pre-recorded. A time limit allows a number of stories to be told each session. Group size: a maximum of 18.