



**ALBURY WODONGA**

# **Course Guide 2019**

**U3A Albury Wodonga office is open  
Monday - Friday**

**Address: Cracknell Building, Albury Wodonga Community College  
63 High Street, Wodonga Vic 3690  
Phone 02 6043 8200**

**Postal Address: P O Box 129, Wodonga Vic 3689  
Phone: 0499895117  
Email: [U3A@awcc.edu.au](mailto:U3A@awcc.edu.au)  
[www.alburywodongau3a.com](http://www.alburywodongau3a.com)**

## U3A - UNIVERSITY OF THE THIRD AGE

What is U3A? Well it technically isn't a university – no homework, no exams, no degrees or diplomas – just a lot of fun and interest with a good humoured group of mature women and men who seek to keep mentally active.

The University of the Third Age is a worldwide movement. Each U3A, nevertheless, is autonomous but able to enjoy the benefit of being part of a large, loose-knit association.

U3A Albury Wodonga is affiliated with the Albury Wodonga Community College (AWCC) at 63 High Street, Wodonga. Most classes are held at the College, with some at the Commercial Club, Albury Library Museum and Trinity Uniting Church.

Classes run during school terms, most weekly, some fortnightly or monthly. They range from gardening to games, philosophy to investment, book study, the environment, current affairs and so on.

The aim is for members with a common interest to get together in order to learn from one another. All contribute according to knowledge and experience, and a volunteer coordinator helps the process run smoothly.

NEW MEMBERS ARE MOST WELCOME. **One free trial session is offered.** Joining fee is **\$82.50 per person per annum**. Upon payment you can attend as many classes as desired. For more information please contact the U3A office, Monday to Friday on 0499895117 or the AWCC office on (02) 6043 8200 or contact us via the website [www.alburywodongau3a.com](http://www.alburywodongau3a.com) or Email [U3A@awcc.edu.au](mailto:U3A@awcc.edu.au)

**MEMBERSHIP SUBSCRIPTION: \$82.50 per person**  
(Membership covers the 2019 calendar year)

### GENERAL NOTES

- ◇ Classes available to members of the U3A, Albury-Wodonga are detailed in this guide. Some short courses may be offered throughout 2019. Information will be communicated via email, website and newsletter.
- ◇ Enrolment forms are available from the AWCC Office. Completed forms may be posted or delivered to:  
**U3A Albury-Wodonga C/o AWCC**  
P O Box 129 (63 High Street)  
WODONGA VIC 3689  
Phone: (02) 6043 8200 Fax: (02) 6056 1612
- ◇ Enrolment forms can now be accessed and downloaded from the website [www.alburywodongau3a.com](http://www.alburywodongau3a.com) but still need to be lodged at the AWCC.
- ◇ Completed enrolment forms together with the annual fee, should be submitted by the last day of term 4 2018 or by Wednesday 30 January 2019.  
N.B. Please refer to insurance notes on the back cover.
- ◇ Late enrolments will be accepted, but classes will be formed on the basis of enrolments received by Wednesday 30 January 2019
- ◇ A monthly newsletter is published in the first week of each month on the website. Members and website followers are notified by email. Members can be sent one by post if requested. If you wish to receive your newsletter via Email please ensure that your Email address is printed **clearly** on the enrolment form.
- ◇ Become a "follower" on our website to ensure that you receive U3A news bulletins and alerts automatically. Signing up as a follower is easy. Just visit the website, enter your email address where indicated then click "follow".
- ◇ IF YOU HAVE ANY SKILLS OR TALENTS THAT YOU FEEL MAY BE OF INTEREST TO OTHER MEMBERS OF U3A ALBURY-WODONGA AND YOU WOULD LIKE TO OFFER A COURSE IN THIS AREA, PLEASE CONTACT A MANAGEMENT COMMITTEE MEMBER TO DISCUSS YOUR SPECIFIC TOPIC SO THAT WE CAN WORK OUT AN APPROPRIATE COURSE TOGETHER.

**Acceptance into your nominated classes is automatic on timely submission of your enrolment form.**

## SEMESTER DATES FOR 2019

Semester 1: Monday 4th February  
Mid-semester break: Friday 5th April  
Re-commence: Monday 29th April  
End semester: Friday 28th June

Semester 2: Monday 29th July  
Mid-semester break: Friday 20th September  
Re-commence: Monday 7th October  
End semester: Friday 6th December

No classes are held on Victorian public holidays.

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## COURSE VENUE ADDRESSES

- ◇ Albury Wodonga Community College, 63 High Street, Wodonga  
(all except those listed below)
  - ◇ Trinity Uniting Church, Mate Street, Albury
  - ◇ Commercial Club, 618 Dean Street, Albury
- ◇ Albury Library/Museum, cnr Kiewa & Swift Streets, Albury
- ◇ Music Appreciation Group is held in various private homes.

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## Creative Learners

As a U3A member you are also free: -

1. To enrol in any Creative Learners course.
2. Additional fees will apply.
3. Classes are conducted at AWCC and may include but are not limited to:

**Mosaics**

**Strength Training**

**Watercolour Painting**

**Paper Craft**

**Art**

**Lead Lighting**

**Embroidery**

**Creative Craft**

**Patchwork**

# TIMETABLE

<b>MONDAY</b>			
Family History and the Internet	Every Monday	10.00am—12.00pm	AWCC Wodonga
Shares-Financial Matters	3rd Monday of the month	10.00am—12.00pm	Albury Library Museum
Conversations in Wodonga	Monday, Term 1 & 2, (5 weeks each term)	10.00am—12.00pm	AWCC Wodonga
Dying to Know	Every Monday	10.00am—12.00pm	AWCC Wodonga
Numerology	Every Monday	1.00pm—3.00pm	AWCC Wodonga
Scrabble	Every Monday	1.30pm—3.30pm	Commercial Club, Albury
Economics B (Year 2)	Every Monday	1.00PM—3.00PM	AWCC Wodonga
CAE Book Study	2nd Monday of the month	1.30pm—3.30pm	AWCC Wodonga
Arts Appreciation	3rd Monday of the month	3.15pm—4.15pm	AWCC Wodonga
Travel and Chat	2nd Monday of the month	2.00pm—4.00pm	AWCC Wodonga
The Movie Buffs	4th Monday of month	1.30pm—3.30pm	AWCC Wodonga
<b>TUESDAY</b>			
Sustainability	Every Tuesday	10.00am—12.00pm	AWCC Wodonga
Introduction to Mindfulness Meditation	Every Tuesday Term 1	10.00am—12.00pm	AWCC Wodonga
Random Thoughts and Ideas	Every Tuesday	1.30pm—3.30pm	AWCC Wodonga
Music Appreciation	2nd and 4th Tuesday of the month	2.00pm—4.00pm	Various Locations
Garden Group	Every Tuesday	1.00pm—3.00pm	AWCC Wodonga
In Stitches	Every Tuesday	1.00pm—3.00pm	AWCC Wodonga
Sentimental Journey	Every Tuesday Term 1	1.00pm—3.00pm	AWCC Wodonga
<b>WEDNESDAY</b>			
Getting Started in Shares	Wednesday (6th Feb.— 13th March)	10.00am—12.00 Noon	AWCC Wodonga
Garden Group	Every Wednesday	10.00am—12.00pm	AWCC Wodonga
Introduction to Mah-Jong	Every Wednesday	10.00am—12.00pm	AWCC Wodonga
Social Gardener	First and Third Wednesday	10.00am—12.00pm	A Nursery
The Play's the Thing	Every Wednesday	10.00am—12.00pm	AWCC Wodonga
Economics A (Beginners)	Every Wednesday	10.00pm—12.00pm	AWCC Wodonga
The Chrysanthemums, The Sword, the Cross and the Yen	Wednesday (Semester 1)	9.30am—12.30 pm	AWCC Wodonga
The Great War—Legacies and Consequences	Every Wednesday (Semester 2)	9.30am—12.30pm	AWCC Wodonga
Mah-Jong	Every Wednesday	1.00pm—4.00pm	AWCC Wodonga
Cryptic Crosswords	Every Wednesday	1.30pm—3.30pm	Trinity Uniting Church
The Great War — As it Happened	Every Wednesday (Semester 1)	1.00pm—3.00pm	AWCC Wodonga
International Relations 1	Every Wednesday	1.00pm—3.00pm	AWCC Wodonga

<b>THURSDAY</b>			
Philosophical Discussions	Every Thursday	10.00am—12.00pm	AWCC Wodonga
Inspired to Write	Every Thursday	1.00pm—3.00pm	AWCC Wodonga
International Relations 2	Every Thursday	1.00pm—3.00pm	AWCC Wodonga
Chess	Every Thursday	1.00pm—3.00pm	AWCC Wodonga
<b>FRIDAY</b>			
Play Reading Group	1st, 3rd & 4th Friday of the month	10.00am—12.00pm	AWCC Wodonga
Coffee Morning (open to the public—no need to enrol)	2nd Friday of the month	10.00am—12.00pm	AWCC Wodonga

## MONDAY

The Management Committee meets on the 1st Friday of the month

### U1901 FAMILY HISTORY

This group will learn how to use the internet as a tool in researching family history, whilst recognising the pitfalls the internet contains. The group will be shown how to get the most from websites related to genealogy. The class will be interactive and members will be using computers with access to the internet. Beginners to family history as well as experienced researchers are welcome, but class members will need to have basic computer skills. This course is limited to ten participants.

**Coordinator:** Gail Gillis  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **Every Monday. 10.00-12 noon**  
**Starting:** 4th February  
**Cost:** \$30 for year (this levy is for access to the internet)



### U1902 SHARES — FINANCIAL MATTERS

This group focuses on using the data projector and a laptop. Participants together share their favourite research sites on the internet. Unusual events which cause unusual disturbances on the stock market will be researched.

**Coordinator:** Linda Martin  
**Venue:** Albury Library/Museum  
**Day/Time:** **Mondays 10.00-12 noon**  
**Starting:** 18th February  
**Cost:** \$1 for tea/coffee



### U1903 CONVERSATIONS IN WODONGA

“Conversations”, an opportunity to discuss selected topics chosen by the group, using insights drawn from philosophy and the life experience of members. The discussion will touch on the relevance of the topic to us personally, its place in history and its ethical implications. We look at questions, rather than supply answers. We don’t have to agree and we don’t have to reach consensus. Michael will provide some written remarks with some suggested reading and links for those who wish to delve more deeply into the topic. Prerequisites: curiosity, thoughtfulness and life experience.

The group will select from the list of topics offered for discussion each week. Class size limited to 20.

**Coordinator:** Michael Evans  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **Mondays 10.00-12 noon**  
**Starting:** Term 1: Starting 4th February for five weeks  
Term 2: Starting 29th April for five weeks  
**Cost:** Nil

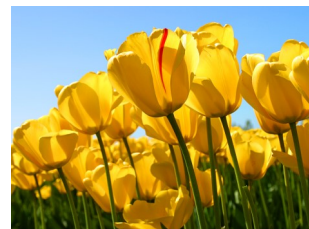


## MONDAY

### U1904 DYING TO KNOW

A discussion circle based on ground breaking work and books by Dr. Michael Newton PhD. He was a practicing Clinical Psychologist and Master Hypnotherapist and his research has taken place over 35 years on 7000 clients, which resulted in a profound study of the Spirit World. Internationally acclaimed as the spiritual pioneer of our time, this information has been recognised as having no comparison with any existing literature on the Spirit World, its laws and processes. In 2001 he was the winner of the annual Independent Publishers Book Award for "Destiny of Souls" and was honoured for his years of clinical soul memory research and discoveries into the cosmology of the afterlife. He founded the "Newton Institute" to teach others his knowledge and methods of regression. His second book "Destiny of Souls", case studies of Life between Lives, will be the theme for our discussion group and will take approximately the four terms to discuss the ten chapters.

**Coordinator:** Lynette McAuliffe  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **Mondays 10.00am—12.00pm**  
**Starting:** 4th February  
**Cost:** Nil



### U1905 NUMEROLOGY

Self-development comes from the increased awareness of where you are right now and learning what is needed for further growth. Self expression is how you perform and what you do about it. Numbers are a potent force and they possess the power to influence us, and when they do, our own energy field or aura changes accordingly. This course will give you a means of understanding and developing your full potential. You will gain imperative knowledge to assist you in discovering your own unique talents, and also specific area of your personality that may still require some growth. Predictive Numerology using the Major Cycles of you life will also be covered in this course. The immeasurable benefit of prior knowledge of you cycles and challenges will enable you to manage your life more effectively.

**Coordinator:** Lynette McAuliffe  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **Monday 1.00pm—3.00pm**  
**Starting:** 4th February  
**Cost:** Price of workbook.



### U1906 SCRABBLE

This word game is easily learned and very enjoyable. Increasing your knowledge and skills is the real challenge.

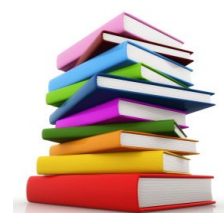
**Coordinator:**  
**Venue:** Commercial Club, Albury  
**Day/Time:** **Mondays 1.30pm—3.30pm**  
**Starting:** 4th February  
**Cost:** Nil



### U1907 ECONOMICS B (YEAR 2)

Available to students who have been members of the 2018 class or have a background in Economics. This course will continue to explore economic concepts and deal with Global and Australian Economic issues.

**Coordinator:** Edward Voogt  
**Venue:** AWCC 63 High Street, Wodonga  
**Day/Time:** **Mondays 1.00pm—3.00pm**  
**Starting:** 4th February  
**Cost:** Nil





## MONDAY

### U1908 CAE BOOK STUDY (Monthly)

Books for study are supplied by the Council of Adult Education, Melbourne and have been selected earlier. We study one book a month. Notes are provided for discussion.

**Coordinator:** Carol Antonello  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **2nd Monday of each month 1.30-3.30pm**  
**Starting:** 11th February  
**Cost:** \$149.00 Full Fee for the whole year  
\$135.00 Seniors Card - for the whole year  
\$98.00 Concession (Health Care Card only) - for the whole year.



### U1909 ARTS APPRECIATION

Members' interests range from all forms of music, art, film, literature, concert and live theatre. We encourage members to take part in the many local cultural activities by providing them with information about coming events. Where possible we will make group bookings. Occasionally, members of the group may also visit Melbourne, Swanpool-Benalla, Corowa or Canberra.

At meetings, members share opinions about events they have been to and discuss and plan for future events. We also encourage members to report on art, theatre and music they have experienced during their travels, both in Australia and overseas.

**Coordinator:** Ian Sutherland  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **3rd Monday of each month 3.15-4.15pm**  
**Starting:** 18th February  
**Cost:** Nil



### U1910 TRAVEL AND CHAT—ADVENTURE BEFORE DEMENTIA

A social and educational group of armchair and active travellers, both domestic and international. Enjoy and share each other's travelling experiences covering all aspects of travel, touring, caravanning, flying, cruising, car, bus and train. Learn from each other. Celebrate our beautiful world.

**NOTE:** Please refer to insurance notes on last page.

**Coordinator:** Pauline Harris  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **2nd Monday of each month 2.00-4.00pm**  
**Starting:** 11th February  
**Cost:** Nil



### U1911 THE MOVIE BUFFS

This program is for like minded U3A members who enjoy the movies, flicks, cinemas and pictures. Current movies and the old time Heroes and Heroines from the early 20th Century up to modern times. Gather together, and watch movies at the Community College. Lose yourself in nostalgia, cheer for the cowboys and Indians, laugh and sing, feel uplifted or terrified. Come along for the ride and above all HAVE FUN. Genre, Action, comedy, drama, fantasy, musical, mystery, history or where ever our imagination and dreams lead us. At the end of the 1939 movie version of The Wizard of Oz, Glinda the Good Witch says to Dorothy, who wants to go home to Kansas, "Then close your eyes and tap your heels together three times."

**Coordinator:** Pauline Harris  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **4th Monday of each month. 1.30-3.30pm**  
**Starting:** 25th February  
**Cost:** Nil



## TUESDAY

### U1912 SUSTAINABILITY

Our group looks at the whole gamut of sustainability across domestic, community, national and global issues. The materials discussed include resources, food, pollution, energy, technological development, population, species decline, climate change and other matters, right through to an occasional look at social, economic and political sustainability.

**Coordinator:** Bruce Key  
**Venue:** AWCC, 63 High St, Wodonga  
**Day/Time:** **Tuesdays 10.00-12 noon**  
**Starting:** 5th February  
**Cost:** Nil



### U1913 INTRODUCTION TO MINDFULNESS MEDITATION

The aim of this course is to introduce the method of mindfulness meditation. Each session will combine both discussion and meditation practice. The aim of the session is to develop the means to help overcome insomnia and help ease stress and live more fully in the moment. Helen has found meditation helpful in coping with many of the stresses our fast paced lives give rise to. The negative noise that has become part of our society can cause stress. Meditation can overcome this.

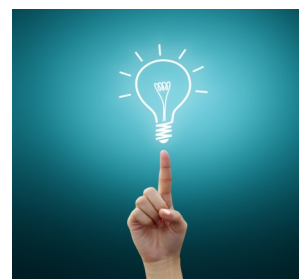
**Coordinator:** Helen Casey  
**Venue:** AWCC, 63 High St, Wodonga  
**Day/Time:** **Tuesdays 10.00-12 noon**  
**Starting:** 5th February  
**Cost:** Nil



### U1914 RANDOM THOUGHTS AND IDEAS

In this class any member may present any topic of interest which is then discussed by the whole group. Members can join the group at any time. Members who have completed a short course on another topic may like to join in for the remainder of the semester.

**Coordinator:** Chris Sobey  
**Venue:** AWCC, 63 High St, Wodonga  
**Day/Time:** **Tuesdays 1.30-3.30pm**  
**Starting:** 5th February  
**Cost:** Nil



### U1915 MUSIC APPRECIATION

The main focus of the group is listening to classical music, however, we have recently included music composed for film, the stage, opera or wherever member's interests take us. Group members are invited (but with no obligation) to present programs which may include DVDs giving them the opportunity to both hear and see the artist performing.

Discussions about the music are encouraged. Meetings are held at members' homes. Enrolments limited to 12.

**Coordinator:** Helen Voogt  
**Venue:** First meeting will be held at Unit 33, 36 Mountford Cres, East Albury. Members of the group will be advised by the co-ordinator of the venues for future meetings.  
**Day/Time:** **2nd and 4th Tuesday of the month 2.00-4.00pm**  
**Starting:** 12th February  
**Cost:** Nil  
**Note:** Please refer to insurance notes on last page.





## TUESDAY

### U1916 GARDEN GROUP

A supportive group for garden enthusiasts where knowledge, ideas and experiences are exchanged. Topics for permaculture, no-dig gardens, speciality gardens, plants, vegie patch, lawns, soil, composting, water, worm farming, pots and striking experiences. Visits to open gardens, nurseries and guest speakers. Limitless interest in places, plants and people with discussion on all things horticultural. For beginners, experts, weekend weeders and interested observers. Members' input will be sought. Members are encouraged to take an active role in the facilitation of sessions.

**Coordinator:** Shirley Farr  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **Tuesdays 1.00-3.00pm**  
**Starting:** 5th February  
**Cost:** Nil  
**Note:** Please refer to insurance notes on last page.



### U1917 IN STITCHES

For all those whose mum did all the sewing and you didn't pay attention, this course is for you. Do you want to learn how to thread your machine, do your own basic alterations such as zips, buttons or how to read a pattern. Come along and have some fun making a tote bag or cushion, or a simple project of your own choice while learning those skills.

Requirements are your own sewing machine, scissors, pins and tape etc.

**Coordinator:** Dale Barber  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **Tuesdays 1.00-3.00 pm**  
**Starting:** 5th February  
**Cost:** Nil



### U1918 A Sentimental Journey Down Through The Years 1932—1962

We shall be exploring the years from the great Depression till the day a complete unknown from the now defunct USSR named Uri Gagarin became the first man in space. These thirty years cover the period of time that the majority of the current members were born and grew up, so it will not only be a diverse historical journey but a nostalgic trip down memory lane, a time we fondly remember before the internet, smart phones and global warming. We will be concentrating largely on the key events in and around Australia that helped shape the nation as we know it today. These events will be set in the broader context of what else was happening in other parts of the world at the same time which had an influence on our lives, such as World War Two.

**Coordinator:** John Whale  
**Venue:** AWCC 63 High St., Wodonga  
**Day/Time:** **Tuesday 1.00— 3.00PM**  
**Starting:** 5th February  
**Cost:** Nil



## WEDNESDAY

### U1919 GETTING STARTED IN SHARES

For those interested in the share market wishing to learn basic knowledge and strategies in preparation for investing. The sessions will introduce you to researching information, criteria for successful investing, personal investment decisions, the investment cycle and the cost of investing. How to research online and materials from the Australian Stock Exchange.

**Coordinator:** Linda Martin  
**Venue:** Albury Library/Museum, Kiewa St, Albury  
**Day/Time:** **Wednesdays 10.00-12 noon**  
**Starting:** 6th February until 13th March  
**Cost:** \$1 per person (tea/coffee)



### U1920 GARDEN GROUP

A supportive group for garden enthusiasts where knowledge, ideas and experiences are exchanged. Topics include plant identification and growing conditions, speciality gardens, vegie patch, lawns, soil, composting, water, worm farming, pots and striking experiences. Visits to open gardens, nurseries and guest speakers. Limitless interest in places, plants and people with discussion on all things horticultural. For beginners, experts, weekend weeders and interested observers. Members' input will be sought. Members are encouraged to take an active role in the facilitation of sessions.

**Coordinator:** Shirley Farr  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **Wednesdays 10.00-12.00 noon**  
**Starting:** 6th February  
**Cost:** Nil  
**Note:** Please refer to insurance notes on last page.



### U1921 INTRODUCTION TO MAH-JONG

For those interested in learning the basics of Mah-Jong. The main focus of this class is to assist participants to learn the fundamentals of playing Mah-Jong in a friendly atmosphere. No previous knowledge is required. Participants to purchase 'Improve your Mah-Jong' authors "Patricia A Thompson and Betty Maloney".

**Coordinator:** Karen Ferguson  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **Wednesdays 10.00-12 noon**  
**Starting:** 6th February  
**Cost:** Nil



### U1922 THE SOCIAL GARDENER

The **Social Gardener** is for those of us who love gardens and would like to meet for coffee and a chat. We will visit gardens and meet on a social basis to discuss flowers, trees, butterflies and all that blooms and grows (or not in some cases). The **Social Gardener** members will join with the Shirley's Garden Group for guest speaker days (in the auditorium) and excursions e.g. Melbourne Garden Show, garden visits. Meeting days will be the 1st, 3rd Wednesdays of the month at 10.00am at a predetermined Coffee Shop, Nursery or home garden. Please refer to U3A Insurance Policy.

**Coordinator:** Pauline Harris  
**Venue:** Predetermined Coffee Shop, Nursery etc.  
**Day/Time:** **10.00am—12.00pm 1st, 3rd Wednesday of each month**  
**Starting:** 6th February  
**Cost:** Nil



## WEDNESDAY

### U1923 'THE PLAY'S THE THING' - AN INTRODUCTION TO SHAKESPEARE'S PLAYS

Maybe you remember reading *Julius Caesar* in a classroom at school, or maybe you saw an Open Air Production of *A Midsummer Night's Dream* one summer's evening, and you were left wondering why people make such a fuss about Shakespeare. In this course, we will consider a representative few of his plays, trying to work out how he structures his plots, how he develops his characters, how he interweaves serious themes with punning slapstick, and, most of all, how he does all this within the span of two hours on a public stage. The selected plays will be from the traditional genre usually labelled 'Comedy' (*As You Like It*), 'History' (probably *Henry V*) and 'Tragedy' (*King Lear* or *Othello* or *Hamlet*), but will also include two that to my mind don't fit neatly into those categories: *The Merchant of Venice* and *The Tempest*.

**Coordinator:** Kath White  
**Venue:** AWCC, 63 High St, Wodonga  
**Day/Time:** **Wednesdays 10.00am—12.00 noon**  
**Starting:** 6th February  
**Cost:** Nil



### U1924 ECONOMICS A

A study of basic Economics concepts based on textbook "Economics for Today" by Layton, Robinson, Tucker. 5th Edition. This course will deal with basic economic concepts of scarcity, production and the financial system. Course outline on request by email from co-ordinator.

**Coordinator:** Edward Voogt  
**Venue:** AWCC 63 High Street, Wodonga  
**Day/Time:** **Wednesdays 10.00am—12.00 noon**  
**Starting:** 6th February  
**Cost:** Nil



### U1925 THE CHRYSANTHEMUM, THE SWORD, THE CROSS AND THE YEN —A NUTSHELL HISTORY OF MODERN JAPAN

The title attempts to capture some of the core but seemingly contradictory characteristics of the Japanese people and their unique history. The objective for this program is for the student to develop some knowledge of the personality of the Japanese people, a deeper understanding of the reasons why Japan acted as a belligerent in the Second World War, and an awareness of the reasons for the Japanese 'economic miracle' that the nation has experienced in the post war era. The course will incorporate a number of selected films to supplement the theory by visually illustrating some of the key themes of the studies. To allow for film activities to be completed without interruption, the weekly class time allows a timeslot of three hours duration, while anticipating that 'theory lessons' will only go for about two hours.

**Coordinator:** Vince Black  
**Venue:** AWCC, 63 High St, Wodonga  
**Day/Time:** **Wednesdays 9.30am—12.30pm (Semester One)**  
**Starting:** 6th February  
**Cost:** Nil



## WEDNESDAY

### U1926 THE GREAT WAR—LEGACIES AND CONSEQUENCES

The Great War of 1914 to 1918 was arguably the most significant historical event of the twentieth century, in part because most of its legacies continue to impact on our world today. This program will consider some of the post war effects this first global conflict had in fields such as transport, medicine, government and diplomacy. It will also study how the war led to significant changes in many countries / regions that were involved in the conflict, including Australia, Great Britain, the United States, Ireland, Germany, Russia and the Middle East. The course may appeal to those who have previously completed the program on The Great War, though that is not a pre-requisite.

**Coordinator:** Vince Black  
**Venue:** AWCC 63 High St, Wodonga  
**Day/Time:** **Wednesdays 9.30am—12.00pm (Semester Two)**  
**Starting:** 31st July  
**Cost:** Nil



### U1927 MAH-JONG

This class will consist of both learners and experienced players. This is a friendly group who help newcomers to learn the game and also welcomes people at any level.

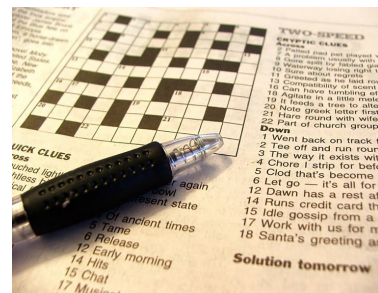
**Coordinator:** Karen Ferguson  
**Venue:** AWCC, 63 High St, Wodonga  
**Day/Time:** **Wednesdays 1.00pm-4.00pm**  
**Starting:** 6th February  
**Cost:** Nil



### U1928 CRYPTIC CROSSWORDS

Unravel the mysteries and enjoy the pastime.

**Coordinator:** Jean Evans  
**Venue:** Trinity Uniting Church  
 Mate Street, Albury  
**Day/Time:** **Wednesdays 1.30pm-3.30pm**  
**Starting:** 6th February  
**Cost:** Nil



### U1929 THE GREAT WAR— As It Happened

One hundred years ago, in June 1919, the Great War finally ended with the signing of the Versailles Peace Treaty. The Great War is different to previous conflicts in that it was the first global conflict that involved or impacted most nations and countries around the world. Because the Western Front in France and Belgium saw so many of the major battles commonly associated with the Great War, the course will focus mostly but only on that theatre. It will explore the different strategies and tactics of both sides in each of the four years of the conflict, with consideration of Australia's involvement in the battles. The course is designed for people with an interest in learning more about what was arguably the most significant historical event of the twentieth century, as some of its legacies continue to impact on our world today.

**Coordinator:** Vince Black  
**Venue:** AWCC 63 High St, Wodonga  
**Day/Time:** **Wednesdays 1.00pm—3.00pm (Semester One)**  
**Starting:** 6th February  
**Cost:** Nil





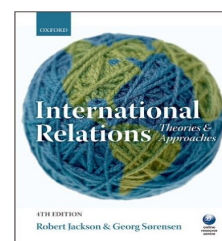
## WEDNESDAY

### U1930 INTERNATIONAL RELATIONS 1

These sessions are background briefings to current issues internationally but may also include other issues that may impinge on relations between nation states such as history, geopolitics and social movements. This course will examine issues of international concern on a weekly basis. Topics to be covered can be tailored to suit the wishes and interests of the group where possible, however the course may include some or all of the following:

The Defence of Australia, the Geopolitics of Energy, and Trump and US foreign policy. Topics may also include more history themed sessions such as The Middle Ages—a social history, the Roman Empire and Australia from the Goldfields to the First World War. For a more complete list please go to: <https://alburywodongau3a.com/courseware/international-relations/> The class format will be based on a background lecture accompanied by a PowerPoint presentation which will be made available to class members via the U3A website. Tone—informal and chatty with lots of audience input.

**Coordinator:** Gerry Engwerda  
**Venue:** AWCC, 63 High St, Wodonga  
**Day/Time:** **Wednesdays 1.00pm-3.00pm**  
**Starting:** 6th February  
**Cost:** Nil

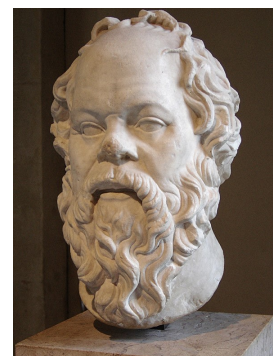


## THURSDAY

### U1931 PHILOSOPHICAL DISCUSSIONS

In this group, members discuss a variety of philosophical and ethical issues, including topical philosophical ideas. A book will be decided within the group at the beginning of the year.

**Coordinator:** Helen Casey  
**Venue:** AWCC, 63 High St, Wodonga  
**Day/Time:** **Thursdays 10.00am—12.00 noon**  
**Starting:** 7th February  
**Cost:** Book purchase—approx. \$25.00



### U1932 BE INSPIRED TO WRITE

Join our supportive writing circle and experience a relaxed approach to writing short pieces of fiction and memoir. If you have basic skills in sentence and paragraph structure, it's surprisingly easy to get in touch with your creativity. Discover how simple, guided relaxation processes and writing prompts can get your words flowing onto paper, and your self-confidence soaring. We're not fussy about punctuation, spelling or grammar and we don't do academic critiquing—our focus is getting words on paper in an engaging and fun way. The second half of the class is optional, for those who wish to write solidly on their stories or memoirs. No creative writing experience needed. Please bring in A4 exercise book and pens.

**Coordinator:** Aprile Alexander  
**Venue:** AWCC 63 High Street, Wodonga  
**Day/Time:** **Thursday 1.00—3.00pm**  
**Starting:** 7th February  
**Cost:** Nil

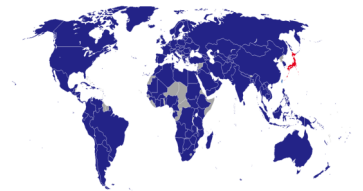


## THURSDAY

### U1933 INTERNATIONAL RELATIONS 2

These sessions are background briefings to current issues internationally and follows on from Thursday's sessions last year. However, attendance at last year's session is not a pre-requisite. This course will examine issues of international concerns on a weekly basis. Topics to be covered can be tailored to suit the wishes and interests of the group where possible, however the course may include some or all of the following: The rise of civilisation, the South-China Sea crisis in 2019, a Brexit update, the rise of populism and China vs the US. The class format will be based on a background lecture accompanied by a Power-Point presentation. Tone - informal and chatty with lots of audience input.

**Coordinator:** Gerry Engwerda  
**Venue:** AWCC, 63 High St, Wodonga  
**Day/Time:** **Thursdays 1.00pm-3.00pm**  
**Starting:** 7th February  
**Cost:** Nil



### U1934 CHESS

Chess is good for the brain and fascinates most of the people who try it. This class will teach you the very fundamentals of the game. No previous knowledge or experience will be assumed. Continuous learning is scheduled and all levels of players welcome.

**Coordinator:** Steve Currell  
**Venue:** AWCC, 63 High Street, Wodonga  
**Day/Time:** **Thursdays 1.00pm-3.00pm**  
**Starting:** 7th February  
**Cost:** Nil



## FRIDAY

### U1935 PLAY READING GROUP

Release your inner actor/actress. The aim is to read, perform, enjoy and study various types of plays: comic, tragic and historic. Maybe write a few short scripts.

**Coordinator:** Helen Casey  
**Venue:** AWCC 63 High St Wodonga  
**Day/Time:** **Fridays 10.00am—12.00 Noon**  
**(1st, 3rd & 4th Fridays of the month)**  
**Starting:** 8th February  
**Cost:** Nil





## **U3A COFFEE MORNINGS**

Held on the **second Friday of each month** (excluding January, April and July) at the Albury Wodonga Community College, 63 High Street, Wodonga.

**10.00-10.30am:**     **Tea/Coffee and chat with other members.**

**10.30-11.30am:**   **Guest Speaker**—as advertised in the newsletter, Website, newspapers or radio.

Coffee Mornings are free and members of the public are welcome.

## **INSURANCE COVER FOR MEMBERS**

In this age of insurance litigation it is important that all Members note U3A Albury Wodonga (U3A) is not an incorporated body. It is an organisation run by unpaid volunteer members on behalf of all members. It operates under the auspices of the Albury Wodonga Community College (the College). U3A has no corporate identity, has no insurance arrangements under its name and provides no insurance cover for any member, class activity or circumstance whatsoever.

When a member of U3A is attending a College approved U3A class or other College approved U3A activity on the premises of the College, that member is covered by the College insurance arrangements. Classes listed in the Guide, when held on College premises, have been approved by the College for that purpose.

Members making their homes available for a class activity by U3A members should note that they are not covered by any College insurance arrangements unless prior approval has been given by the College in which case they will be notified by U3A in writing. Without that approval they could be liable in case of an accident or other misadventure suffered by a U3A member while on their premises and it is possible that any domestic public liability insurance that they hold may not cover a consequent claim arising in such circumstances. Members are therefore advised to check their personal liability insurance before hosting U3A activities at their homes.

For information only, at any other U3A activity at a site outside the College premises and not approved by the College a U3A member is not covered by the College insurance arrangements, but may be covered by insurance arrangements for that site, such as the Albury Commercial Club etc.

Any form of travel by any means to or from U3A classes or other U3A activities on behalf of U3A is not covered by the College insurance arrangements but may be covered by other insurance arrangements, such as those of transport or tour operators or by a member's own private insurance. In this and the preceding paragraph whether there is insurance cover or not is strictly a matter for the member and not the College or U3A