

Art for Everyone

A series of presentations about art and artists held in the private Theatrette of the Art Gallery of WA. This very popular series caters for the interests of members familiar with, and those who might be totally new to art.

Please Note: Art for Everyone is fully booked for 2023 and no new places are available for semester 2. A new program will be available early in 2024.

For more information about the Art for Everyone program, open the Art for Everyone web page at u3auwa.org/activities/art-for-everyone/

Robyn Talbot 0466 474 135 Robyntalbot22@gmail.com

Film Discussion

Discussion about current films showing at the cinema, on TV or on streaming sites. Members share and compare views on the quality, direction, acting and story line of films which they have seen.

Venue: Citiplace, 1st floor

09.45 – 11.15 1st Tuesdays, 1st Aug until 7th Nov

4 sessions Maximum 25 \$20

Nicky Dair 6250 0553 nic@bentleypark.com.au

Health Matters

The history of transplantation in humans is both interesting and challenging. Australia has not only kept up with new developments but even contributed to technological improvements that have improved transplant success rates around the world. How relevant to the seniors' population is knowledge about human transplants?

Venue: Citiplace, 1st floor

11.30 – 13.00 4th Tuesday, 24th October

1 session Maximum 35 \$5

Dr David Thorne david@drthorne.net.au

History Alive

Three 'Rs' in History: Renaissance, Reformation and Restoration. These movements were to have an impact on the Western World that was to resonate for hundreds of years. They changed and challenged our cultural, scientific, religious and political thinking and helped to create the 'modern era'. Why did these events occur? What were their short and long-term consequences?

Session 1: Renaissance;

Session 2: Reformation;

Session 3: Restoration.

See Appendix 1 for details.

Venue: Citiplace, 1st floor

09.45 – 11.15 4th Tuesdays, 22nd Aug, 26th Sep, 24th Oct

3 sessions Maximum 35 \$15

Suzie King sueking@y7mail.com

How to unlock your true potential

Come and explore the hidden world of what lies beneath the conscious mind, and the power that every human being on the planet possesses but most of us don't even know about. Learn the secrets of the subconscious and how to harness this incredible power in all aspects of your life, and to achieve things you might not have thought possible.

See Appendix 2 for more information.

Venue: State Library, Kimberley Room, G3

11.30 – 13.00 3rd Tuesdays, 15th Aug until 21st Nov

4 sessions Maximum 18 \$25

Anthony Alborn 0433 132 172

anthonyalborn@westnet.com.au

Italian Conversation

Come along and enjoy the activities we will share in this relaxed atmosphere for speaking Italian. Any level of conversation is acceptable, but you must be able to speak in present and past tense. Very little grammar, except by request, as you will help decide what we will practice. Emphasis on easy conversations and no exams!

Venue: Citiplace, 1st floor, small meeting room

10.00 – 11.30 Thursdays 2nd, 9th, 23rd and 30th Nov

4 sessions Maximum 10 \$30

Dawn Tabet 0410 540 415 dawnt@westnet.com.au

Lecture Series

A series of one-off sessions on various subjects. The Crowded Planet; The Tragic story of Marie Antoinette; Lithium Batteries - a Blessing or a Curse?; ANZAC Cottage; Rottneest Island Behind the Scenes; Let's Learn Latin and look at its use in modern day language; The Globe Theatre London; Digging up the Tower of London.

See Appendix 3 for descriptions.

Venue: Citiplace, 1st floor Conference Room

13.30 – 15.00 1st and 4th Tuesday, 1st Aug to 28th Nov

8 sessions Maximum 35 \$40

Introduced by Valerie Buckley 0438 272 911

valeriebuckley@westnet.com.au

Literary Lives

A series of illustrated presentations of life in literature; a peek into the personal lives of authors and their inspiration.

Session 1: A Lifetime of Promises & Opportunity;

Session 2: Tolkien: The Hobbit & Lord of the Rings;

Session 3: William Makepeace Thackeray: Vanity Fair;

Session 4: Barbara Cartland: Queen of Romance

See Appendix 7 for descriptions.

Venue: State Library, Kimberley Room, G3

11.30 – 13.00 2nd Thursdays 10th Aug to 9th Nov

4 sessions Maximum 18 \$20

Tina Hentisz tinahentisz@gmail.com

Literature

Join us for lively discussion on the following recently published best-sellers: *The Bookbinder of Jericho* (2023) by Pip Williams; *The Seven Moons of Maali Almeida* (2022) by Shehan Karunatilaka; *No Country for Girls* (2022) by Emma Styles; *Demon Copperhead* (2022) by Barbara Kingsolver. **See Appendix 4 for details.**

Venue: State Library, Kimberley Room, G3

11.30 – 13.00 1st Tuesdays, 1st Aug to 7th Nov
4 sessions Maximum 12 \$20

Athene Baugh 0478 641 277 athenetruman@hotmail.com

Meditation for Everyone

Meditation is more popular than ever as people discover its many health benefits. These two introductory sessions will help you to find out how to cultivate a calm and positive mind, as well as provide practical tools that will enable you to deal more efficiently with life's challenges.

See Appendix 5 for details.

Venue: Citiplace, 1st floor

09.45 – 11.15 Thursdays 26th Oct and 30th Nov
2 sessions Maximum 35 \$10

Jasmine Wong jasmnewong@live.com.au

Philosophy

Ideas and aspects of past and contemporary philosophical topics are explored, where discussion and contributions are encouraged.

Venue: State Library, Kimberley Room, G3

09.45 – 11.15 2nd & 4th Thursdays, 10th Aug to 22nd Nov

8 sessions Maximum 18 \$40

Hans Hoette 0419 906 310 noltenpin@gmail.com

Science and Technology Discussion

The continuing discussion about the recent trends in Science & Technology from a popular perspective - eg: genetics, climate change, mobile phones. Each session will have a number of pre-prepared discussion items, led by a member of the group, as well as a general discussion on contemporary topics.

Venue: Citiplace, 1st floor

11.30 – 13.00 1st Tuesdays, 1st Aug to 6th Nov
4 sessions Maximum 25 \$20

Ken Mullin 0414 521 390 ken.mullin@iinet.net.au

Words and Language

Session 1: Large language models: GPT and AI

Session 2: Decipherment: Cracking ancient codes

Session 3: So like, you know: Discourse-pragmatic markers

Session 4: Pronouns: What's going on?

See Appendix 6 for details.

Venue: State Library, North West Room

09.45 – 11.15 3rd Tuesdays from 15th Aug to 21st Nov
4 sessions Maximum 24 \$25

Daniel Midgely tdanielmidgely@gmail.com

U3A Choir

Singing with others is an ancient art. It's also modern medicine. Learning to sing well and in harmony increases well-being, raises self-esteem and builds communities. **Unfortunately the U3A Choir is presently full and unable to take any new members. However, you are welcome to request a place on our waiting list. Please contact Dinah Heap at jackanddinah@optusnet.com.au to express your interest.**

Musical Director: Richard Braham

Venue: Yokine Baptist Church, 50 Frape Avenue, Yokine.
09.30 – 12.30 Every Tuesday, 10th Jan to 19th Dec
Pay at practice or into the Choir Bankwest account by EFT.


Contact: Dinah Heap 0408 936 737

jackanddinah@optusnet.com.au

Venues

- **Citiplace** refers to the Citiplace Senior Citizens' Centre above Perth Railway Station.
- **State Library, Kimberley Room G3** is on the ground floor of the State Library Building.
- **The Art Gallery of WA** is in the Perth Cultural Centre, adjacent to the Citiplace Senior Citizens' Centre.

How to Enrol

You must be a U3A Perth member to participate in City Courses. To enrol, open the U3A Perth website (u3auwa.org) and click the  button on the home page.

If you are not a member of U3A Perth, you need to join prior to enrolling in City Courses.

To join, open u3auwa.org, click on the **JOIN U3A** tab and follow the instructions to join and pay the membership fee. Once you have joined you will be able to enrol in City Courses.

Contact Ron Mitchell on **0439 919 670** if you need assistance to enrol.

Refund Policy

City Courses are **not refundable**.

Please check the dates and times of City Courses carefully before you commit.

Appendix 1: History Alive

22nd August – Renaissance (circa 15th and 16th Centuries)

Originating in Italy, the Renaissance was the rediscovery of classical humanist philosophy which manifested itself in the arts, literature, politics, science and global exploration. Questions were asked and challenges made to medieval thinking. Many people associated with it have had eternal fame, perhaps best illustrated by ‘Renaissance man’ Leonardo da Vinci. Find out more about the origins of the Renaissance and its impact on Europe and the wider world.

28th September – Reformation (circa 16th and 17th Centuries)

The Roman Catholic Church was being challenged in the Middle Ages and well before the advent of Martin Luther. Where and why did these challenges occur? The divisions and sects which originated in the Protestant Reformation are still with us today and have had a major impact in wars and power struggles throughout the world.

24th October – Restoration (1660-1688)

England, and later Britain, had laid the foundations for limiting the power of the monarchy since Magna Carta in 1215. Find out more about the steps towards a Constitutional Monarchy culminating in the Restoration of Charles II in 1660 and the Glorious Revolution of 1688. As the British Empire expanded so too did the principles of democracy and Constitutional Monarchy.

Appendix 2: How to unlock your true potential – in touch with the infinite

In a thought-provoking series of four 90-minute presentations I will take you through the essence of unlocking and harnessing this power to change your life forever. Every day is a day to be lived to succeed and be happy. This is a journey, not a destination, and once started you will probably never turn back as the rewards are so sublime and satisfying."

The course includes many examples of the principles of the course in action with aligned results to show the effect of applying the learnings. Many of the great thinkers such as Ralph Waldo Emerson, Thoreau, Gandhi, Arthur Schopenhauer, Nikola Tesla, Omar Khayyam, Francois Voltaire, Robert Oppenheimer, Aldous Huxley, T S Elliot, Deepak Chopra, have all endorsed what the subject matter is of this course, and their thoughts and comments are included,

Appendix 3: Lecture Series

1st August - The Crowded Planet David Urquhart	More people means more pollution and higher emissions; increased demand for food and water; loss of species diversity. Will the population stabilise? What are the resource limits? Includes case studies from Nigeria, Japan and Australia
22nd August – The Tragic Story of Marie Antoinette Elton Brown	The talk covers the early life of Marie Antoinette from her childhood as an Austrian Princess, her arranged marriage at the age of 15 to the future King of France Louis XVI. She was never accepted by the French people who came to despise her her extravagant lifestyle whilst the ordinary people were poor and going hungry. She showed no compassion & allegedly brushed off the shortage of bread exclaiming “Let them eat cake”. She was caught up in the turmoil and blood bath of the French revolution finally being executed by the guillotine at the age of 39, leaving behind her two children to their sad fate.
5th September – Lithium Batteries: a Blessing or a Curse Gary Triffitt	As I write this, I am within arm’s reach of a dozen or so lithium batteries - am I in danger? How would I know? What should I do? Come along and I will answer these questions.
26th September – ANZAC Cottage Anne Chapple	The origin of ANZAC Cottage in Mount Hawthorn is an inspirational story of how community spirit and vision can achieve something quite remarkable. The Cottage, now a National Trust property, has had a varied subsequent history since its construction in February 1916 and its story will be told from the point of view of the family that lived in the cottage for nearly three decades.

<p>3rd October – Rottnest Guides Lesley Gasmier and Ian Maitland</p>	<p>Two very interesting and different experiences of volunteering on Rottnest Island from Lesley Gasmier and Ian Maitland. Lesley, Visitor Experience and Social Media Coordinator, will cover the Rottnest Voluntary Guides Association, providing a brief history, the training and knowledge required of RGVA guides. Ian has specialised knowledge and understanding of built heritage on Rottnest Island and will talk about working on Rottnest projects as a heritage engineer; the Rottnest Island Cultural Heritage Advisory Committee (RICHAC); built heritage – 19th century buildings, military structures, lighthouses, infrastructure (power, water, roads, waste disposal) and 20th/21st century buildings.</p>
<p>24th October – Let’s Learn Latin and Look at its Use in Modern Day Language Carolyn Winterbottom</p>	<p>“Latin is a language as dead as can be. It killed the ancient Romans and now it’s killing me!” By looking at sayings in Latin in use today we will challenge the veracity of the saying above. Latin is alive and in the presentation we will discover just how much it is still in use today, e.g. exempli gratia.</p>
<p>7th November – The Globe Theatre, London Trent Baker</p>	<p>This presentation from an International Fellow of the Globe will span the history of the theatre, Shakespeare and how the Globe company works now, illuminated with photos of the Globe and the inner workings of the stage and building.</p>
<p>28th November – Digging up the Tower of London Jo Jenkin</p>	<p>The plaque on the wall represents everybody who was buried in the chapel of Saint Peter and Vincula in the Tower of London. By telling their stories and noting who was on the throne at the time of their deaths, we are able to get the political landscape of the time. If that sounds a bit serious, don’t worry it’s not. In fact, discovering the layers of the Tower of London is quite good fun!</p>

Appendix 4: Literature

1st August: The Bookbinder of Jericho - Pip Williams (2023). In 1914, when the war draws the young men of Britain away to fight, it is the women who must keep the nation running. Two of those women: Peggy and Maude, are twin sisters who work in the bindery at Oxford University Press in Jericho. Peggy is intelligent, ambitious and dreams of going to Oxford University, but for most of her life she has been told that her job is to bind books, not read them. Maude, meanwhile, wants nothing more than what she has. She is extraordinary, but vulnerable, and Peggy needs to watch over her. When refugees arrive from the devastated cities of Belgium, Peggy begins to see the possibility of another future where she can use her intellect and not just her hands, but as war and illness reshape her world, it is love, and the responsibility that comes with it that threatens to hold her back.

5th September: The Seven Moons of Maali Almeda - Shehan Karunatilaka (2022). Beneath the literary flourishes in this 2022 Booker Prize winner is a true and terrifying reality of Sri Lanka’s recent civil wars. Maali, the son of a Sinhalese father and a burgher mother, is an itinerant photographer who loves his trusted Nikon, but he is also a gambler in high-stakes poker, a gay man, and an atheist. And at the start of the novel, he wakes up dead! In the afterlife, he sets out on a quest, in only seven nights, to expose the carnage of his country’s civil wars by having his catalogue of past photographs brought to public attention.

3rd October: No Country For Girls - Emma Styles (2022). Charlie and Nao, two teenage girls, are strangers from different sides of the tracks. They should never have met, but one devastating incident binds them together forever. A man is dead, and now they are unwilling accomplices in his murder, and there’s only one thing to do; hit the road in the victim’s ute, with a bag of stolen gold stashed under the passenger seat. Suddenly outlaws, Nao and Charlie must make their way across Australia’s remote outback in the height of summer, using only their wits to survive. They’ll do whatever it takes to evade capture, and escape with their lives. Thelma and Louise for a new generation!

7th November: Demon Copperhead - Barbara Kingsolver (2022). Set in the mountains of southern Appalachia, Kingsolver’s 2023 Pulitzer Prize winning novel is the story of a boy, born to a teenage, single mother, whose assets are just his dead father’s good looks and copper-coloured hair, a caustic wit, and a fierce talent for survival. Relayed in his own unsparing voice, Demon braves the perils of foster care, child labour, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through it all, he reckons with his own invisibility in a popular culture, where even superheroes have abandoned rural people in favour the city. Kingsolver enlists Charles Dickens’ anger and compassion in this modern take of David Copperfield to speak for a new generation of lost boys, and also Dickens’ faith in the transformative powers of a good story.

Appendix 5: Meditation

A simple and easy seated (chair) style of meditation, suitable for any fitness level. No particular postures, yoga positions or special clothing required. The sessions will be an interesting mix of talks, discussion and practical meditation experiences. At the end of the session there will be a survey to nominate your areas of interest for next year's classes. **26th October:** Relax more – stress less. **30th November:** A positive approach to health challenges: how to best support family and friends going through challenges.

Appendix 6: Words and language

15th August. Large language models: GPT and AI

Large Language Models, including ChatGPT, are the biggest things to hit language tech in years, and understanding how they work is a key to unlocking their power and opportunities. But there are traps. In this seminar, Daniel Midgley will explain how LLMs work, what came before them, and some skeptical tools that will keep you mindful of the risks.

19th September. Decipherment: Cracking ancient codes

There are still ancient writings that we can't decipher. To understand why, we'll have to go back to the beginning of writing. How did we manage to get our thoughts into characters on rock or paper? Along the way, we'll look at Egyptian hieroglyphics, and ask if the Voynich Manuscript might be a hoax.

17th October. So like, you know: Discourse-pragmatic markers

You never notice them — until you do. They're words like UM, SO, and LIKE, and far from being just unnecessary filler, these little markers are the glue that hold conversation together. Why do we use them and what do they mean?

21st November. Pronouns: What's going on?

What's your pronoun? It's a question you might hear a lot these days, but why? Why is this humble little grammatical category being used to symbolise so much about our identity, and our sociopolitical scene? What is a pronoun, and how have they changed in English?

Appendix 7: Literary Lives

10th August 2023 - A Lifetime of Promises & Opportunity

Behind the famous titles of our best sellers are often moving tales of an author's life experiences. This will be a revealing journey through the minds of writers and the events that influenced the creation of their favorite works. In this presentation we will be looking at three authors, Charles Darwin, Helen Keller, and Australian Author Alfred Facey. They moved from adversity to opportunity, surely inspiring all of us.

14th Sept. 2023; Tolkien ; The Hobbit & Lord of the Rings

In this presentation we will be looking at the life of J.R.R. Tolkien as well as looking at his literary masterpieces, The Hobbit and Lord of the Rings. Tolkien has been identified as the "father" of modern fantasy literature. We take a brief look of his life and his masterpieces. This surely was a genius at work, no doubt inspiring many to follow this literary genre of magic and fantasy.

12th Oct. 2023 ; William Makepeace Thackeray-Vanity Fair

As readers we celebrate the novels that capture our imagination, that entertain and inform. Thackeray's original masterpiece of Social Satire - Vanity Fair catapulted him to fame and fortune, placing him only second to Charles Dickens in the league of great Victorian writers. Yet, as we will see, at its heart lay little more than a journalist needs to earn a living.

9th Nov. 2023. Barbara Cartland – Queen of Romance.

Last, but not least, and never to be underestimated is Barbara Cartland, whose outpouring of more than 700 romance novels during seven decades made her the undisputed queen of a genre for hundreds of millions of readers the world over. And although her name may not have been taken seriously by the more serious students of comparative literature or by the subscribers to literary supplements, about one billion copies of her 723 books were printed and sold in 36 languages. How did she do it?