

# ENDEAVOUR (SOUTHERN)

**Regional Course Co-ordinator:** Ted Watson 9527 3689

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**Enquiries only**

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## ENDEAVOUR (SOUTHERN) REGION OF SYDNEY U3A

Notice is hereby given that the

### **Annual General Meeting and Election of Office Bearers followed by a Welcome to New Members**

will be held on

**Thursday 30 November 2017 10:00 for 10:30**

at

**Cronulla School of Arts, Upstairs Theatrette**

6 Surf Road, Cronulla

All members, including new members and especially Leaders, are invited to attend our Annual General Meeting, which is an invaluable opportunity for all members to indicate support for the continuing success of our organisation. Your attendance will confirm that you are interested in promoting the excellent work of U3A as an ongoing community influence in the Sutherland and St George regions. The AGM will also be an opportunity for each Leader to report on the highlights of their courses for the year and to showcase features of their courses for the first semester of 2018.

**Entertainment and morning tea will follow the AGM, providing opportunity for members to socialise and renew acquaintance with others, and to make welcome new members in our region.**

Positions open for election/re-election are President, Vice President, Secretary, Treasurer, Regional Course Coordinator and Committee Members.

Information and nomination forms may be obtained from and returned to Secretary, Thelma King 9525 1580, 31A Drake Avenue, Caringbah 2229 by 16 November 2017

**All Sydney U3A members are welcome to attend.**

**Please write this date in your diary now.**

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## ENDEAVOUR (SOUTHERN) REGION OF SYDNEY U3A FIFTH TUESDAY OCCASIONAL LECTURES

will be held at

**CLUB on EAST (formerly Sutherland United Service Club)**

7 East Parade, Sutherland

**Tuesday 29 August 10:15 for 10:30**

**Guest Speaker: Christine Wenborn  
ANIMAL WATCHER**

**Tuesday 31 October 10:15 for 10:30**

**Guest Speaker: Elisabeth Peters  
BOB DYLAN - THE TIMES THEY WERE A-CHANGING**

All members, **especially new members**, are invited to attend these two Fifth Tuesday Occasional Lectures. This is a further contribution to the community by U3A and provides an excellent opportunity for members to meet with fellow members and an opportunity of outreach to welcome and interact with visitors from our community.

**Please refer to page 4 in the Events for All section  
at the front of this course book for full details.**

**Please write these dates in your diary now.**

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# CRONULLA SCHOOL OF ARTS

A two-storey building with two rooms in 6 Surf Road. A short, level walk from the station.

## 1. Upstairs Activity Room

### BEGINNER'S FRENCH\*\*(15) ..... 172EC01

This course is designed for those who may have done some French at school many years ago but have forgotten most of it and wish to refresh their memory. There will also be a cultural component.

**Each Friday from 7 July 2:00 - 3:30**

Leader and bookings: Allanah Jarman  
0497 963 231; allanahjarman@gmail.com

### BEGINNER'S LATIN\*\*(12) ..... 172EC02

Latin is not dead. It lives on in all the Romance languages and many English words. Indisputably, the Romans created one of history's greatest empires conquering most of the known world. Latin is not an easy language to learn, but if you are a pedant, then this course is for you.

**Each Tuesday from 4 July 2:00 - 3:30**

Leader and bookings: Allanah Jarman  
0497 963 231; allanahjarman@gmail.com

### SOLVING CRYPTIC CROSSWORDS\*\*(12) ..... 172EC03

This class is ideal for the less-experienced solvers who already have some basic knowledge of cryptic techniques. Sharpen your cryptic crosswords-solving skills as we work as a group in cracking the compiler's devious yet often delightful clues. A bit of mind-stretching enjoyment.

**First and third Wednesday from 5 July 2:00 - 4:00**

Leader and bookings: Rosemary De Gabriele  
0404 015 807; r.degabriele@optusnet.com.au

### FILM APPRECIATION AND DISCUSSION\*\*(15) ..... 172EC04

Monthly meet-up to discuss quality films, viewed independently. Two films decided on by a show of hands and discussed at the following meeting. All aspects of the film will be discussed during the session.

**Third Thursday of each month from 20 July 10:00 - 12:00**

Leader: Anita Spinks 0423 532 582; anitaspinks@live.com.au  
Bookings: Ross Bell 8005 6218; rossbell1952@gmail.com

### BRAIN GAMES\*\*(20) ..... 172EC05

Extensive research provides growing evidence that in addition to maintaining physical fitness and eating sensibly, brain health in older people can be maintained and diseases which cause dementia can be avoided or deferred. The Brain Game Project is designed to complement the physical exercise program.

**Second and fourth Friday of each month from 28 July 10:00 - 12:00**

Leader and bookings: Denis Paulin 9522 4073  
0438 594 206; d.paulin@bigpond.com

## 2. Upstairs Theatrette

### EXPLORATIONS IN MUSIC ..... 172EC06

A music appreciation course. A listening experience covering various kinds of music from early classical, romantic, orchestral and choral through to jazz and synthesizer. We explore different countries, themes or individual composers from a range of different eras. Detailed handouts supplied. Come, enjoy and be challenged.

**Second and fourth Wednesday of each month from 26 July 1:00 - 3:00**

Leader: Sam Adams 9522 9386  
Bookings: Dorothy Mills 9520 4072.

### THE PURSUIT OF POETRY ..... 172EC07

Members are encouraged to present poems created before, within and beyond the long-accepted Western criteria of poetical literature such as songlines. Troubadours, folksongs and ballads; five centuries of the Western Canon; contemporary verse styles and song lyrics. We also encourage members to present their own poetry.

**Second and fourth Thursday of each month from 27 July 2:00 - 4:00**

Leader and bookings: Patricia Green 9524 2523  
0408 555 264; patfrantica@bigpond.com

### ART HISTORY ..... 172EC08

This course looks at the works of world-famous artists over the centuries. Members of the class present biographies with DVD and computer presentations.

**Second and fourth Tuesday of each month from 25 July 10:00 - 12:00**

Leader: Beverley Theodore 9532 1141; tpl5@bigpond.com  
Bookings: Margaret Kingston 9522 9868  
m.kingston1@bigpond.com

### GEMS OF THE SILVER SCREEN ..... 172EC09

Films: current, 40s and 50s periods, all in DVD format, for your enjoyment.

**First and third Tuesday of each month from 18 July 10:00 - 12:00 (approx. finish time)**

Leader and bookings: Brian Harvey 9521 5822

### ASPECTS OF AUSTRALIAN HISTORY ..... 172EC10

A potpourri of Australian history presented by some class members and occasional guest speakers.

**Second and fourth Monday of each month from 24 July 1:00 - 3:00**

Leader: Barry Hughes 9520 6130; bcmltc2@netspace.net.au  
Bookings: Beryl Davis 9524 2661

### ARMCHAIR TRAVELLERS ..... 172EC11

Come and share travel stories and visual presentation from all over the world. We have vacancies and the venue is 'accessible'.

**First and third Wednesday of each month from 19 July 10:00 - 12:00**

Leader: Kate Churcher 9523 6990; 0433 140 900  
kchurcher2@hotmail.com  
Bookings: Margaret Durie 9525 9189; 0403 391 845  
marg2229@bigpond.com

### BALLET ON SCREEN\*\*(40) ..... 172EC12

The program for this semester includes

- 17 July** *Cinderella* (Dutch National Ballet)
- 21 Aug** *The Bolt* (Bolshoi Ballet)
- 18 Sept** *Ondine* (Fonteyn) (Royal Ballet)
- 16 Oct** *Queen of Spades/Passacaglia* (Bolshoi Ballet)
- 20 Nov** *The Hard Nut* (Mark Morris Dance Group)  
followed by our Christmas Party

**Third Monday of each month from 17 July 1:30 - 4:00**

Leader: Jean Singleton-Turner 9525 6084  
Bookings: Marina Saunders 9527 4564  
marinthers@gmail.com (preferred)

### READING AND DISCUSSING ..... 172EC13

#### SHAKESPEARE\*\*(25)

We begin with reading an appropriately chilling play, *The Winter's Tale*. It is Shakespeare's first great success in his new genre, the Romances. He blends the exotic and magical with tragedy and optimism.

**First and third Tuesday of each month from 18 July 2:00 - 4:00**

Leader and bookings: Robert Englund 8521 7540  
r.englund@optusnet.com.au (enrolment after 1 July)

## COURTROOM DRAMA MOVIES ..... 172EC14

Experience six of the best courtroom dramas of all time. Each session includes an introduction, a screening and discussion. Session dates and movies are:

- 20 July** *12 Angry Men*
- 3 Aug** *Witness for the Prosecution*
- 17 Aug** *Anatomy of a Murder*
- 7 Sept** *The Verdict*
- 21 Sept** *To Kill a Mockingbird*
- 19 Oct** *Primal Fear*

**First and third Thursday of each month from**

**20 Jul 1:30 - 4:30**

Sessions will start at 1:30 but vary in length depending on the movie.

Leader and bookings: Robert Englund 8521 7540  
r.englund@optusnet.com.au (enrolment after 1 July)

## CATHERINE COOKSON'S ..... 172EC15 NOVELS ON DVD

Join us for a relaxing morning viewing Catherine Cookson's novels on screen.

**Fourth Thursday of each month from**

**27 July 10:00 - 12:00**

Leader and bookings Krista Blinco: 9540 3098

## PATHWAYS TO THE GODS ..... 172EC16

This course takes an historical approach to religion in all its aspects - devotional, esoteric and magic. During this semester we will look at the background to early Christianity: Ancient Egypt, Ancient Israel, the Gnostics, the Essenes and then the Gospels. We will also visit various places of worship.

**Second and fourth Tuesday from 25 July 12:30 - 2:30**

Leader and bookings: Jacques Goldman 9518 6741

## MUSIC FOR FUN ..... 172EC17

We meet to discover (or rediscover) the joy of music: to sing together, improve breath and pitch control, explore the basics of music, and to write songs. A good preparation for joining a choir. In the latter sessions, we will sing/learn new and Australian Christmas Carols

**Three sessions: Wednesdays 26 July, 9 Aug, 23 Aug  
10:00 - 12:00**

**Three sessions: Wednesdays 8 Nov, 22 Nov and 13 Dec  
10:00 - 12:00**

Leader and bookings Henry Collins (enrolment after 1 July)  
9544 4328; henryhenrycollins@yahoo.com.au (preferred)

## WOULD YOU LIKE TO BE A MENTOR? ..... 172EC18

Many people can benefit from having a mentor; for example, disadvantaged children and youths, migrants, refugees, and impoverished solo parents. Retirees, seniors with a lifetime of experience and few restraints on time, can become good mentors. Successful mentoring involves empathy, intelligent listening and other skills, and awareness of potential pitfalls.

**Thursday 3 August 10:00 - 12:00**

Attitudes and skills for mentoring

**Thursday 10 August 10:00 - 12:00**

Experiences in mentoring - a discussion

Leader and bookings: Henry Collins (enrolment after 1 July)  
9544 4328; henryhenrycollins@yahoo.com.au (preferred)

## THINKING ABOUT RETIREMENT? ..... 172EC19

A single session exploring the benefits, opportunities and rewards of, and potential restrictions on, arranging a successful retirement.

**Thursday 17 August 10:00 - 12:00**

Leader and bookings Henry Collins (enrolment after 1 July)  
9544 4328; henryhenrycollins@yahoo.com.au (preferred)

## LOVING LIFE AND LEARNING TO ..... 172EC20 MANIFEST OUR WISHES

Each discussion will focus on how we can bring more joy and happiness into our lives. Can we focus on what we want and not our worries and cares? This is old knowledge and we need to test it to see if it really works. Join us to give it a try.

**Each Monday from 3 July 10:00 - 12:00**

Leader and bookings: Jan McCready 9523 2473  
janmccready37@gmail.com

## CRONULLA COMMUNITY HALL

38-60 Croydon Street. Meeting room 1. A short walk from station, Cronulla Street then into Cronulla Mall. Access via walkway next to shop 15. Parking is available in Croydon Street car park and enter beside numbers 38-60.

## FRENCH FOR INTERMEDIATE ..... 172EA01 SPEAKERS\*\*(18)

Intermediate-level French, basic knowledge required. Revive your grammar, practice your conversation skills, and enjoy reading French texts. Have fun in a relaxed learning environment.

**Each Monday from 17 July 2:00 - 3:30**

Leader and bookings: Susan Molloy-Johnson  
9546 5170; twotwelves@outlook.com

## GYMEA COMMUNITY HALL

31-33 Gynea Bay Road. Short walk from station to rear of a small park beside the Gynea Hotel, or enter from Talara Road where parking may be found.

## CREATIVE WRITING ..... 172EG01

Fun with words.

**Alt Mondays from 10 July 10:00 - 12:00**

Leader: Frank Davis 9524 2661

Bookings: Sandra Keller 9540 1194; 0417 134 210  
kellers@aanet.com.au

## MIDDLE EASTERN DANCING ..... 172EG02

The oldest dance form for women explored and expressed to traditional music. A great way to keep fit and have fun. If you can walk, you can dance.

**Each Monday from 17 July 1:30 - 3:00**

Leader and bookings: Faye Green 9521 6575  
shalinabd@bigpond.com

## DRAWING\*\*(20) ..... 172EG03

Explore drawing in various styles and mediums. Classes led by members who wish to pass on their expertise. Includes visits to art exhibitions.

**Each Tuesday from 18 July 1:00 - 3:00**

Leader: Judith Walker 9544 2638; juden@tpg.com.au  
Bookings: Sue MacDonald 9528 8179  
suzannemacdonald99@gmail.com

## DISCOVERING ART ..... 172EG04

This class will discuss the different aspects of art from architecture to sculpture with art-related topics. We will also look at your favourite artists. Visits to art galleries are a regular highlight.

**First and third Tuesday of each month from  
18 July 10:00 - 12:00**

Leader: Marie Paterson 9524 0279  
Bookings: Margaret Wilkes 9523 1614  
margiewilkes@live.com.au

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## GYMEA COMMUNITY CENTRE

39 Gymea Bay Road. Short walk from station to rear of a small park beside the Gymea Hotel, or enter from Talara Road where parking may be found.

### AUSTRALIA OUR LAND\*\*(15) ..... 172ED01

Using books and videos from the library we study and discuss the environmental, geographical, historical and cultural aspects of our wonderful country.

**Each Wednesday from 19 July 10:00 - 12:00**

Leader: Angela Balding 9524 2018

Bookings: Leona Harris 9522 3225

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## MIRANDA COMMUNITY CENTRE

93 Karimbla Road. A short walk south from station with parking in Karimbla or Kiara Roads, or in Miranda Fair.

### AUSTRALIAN HISTORY ..... 172EM01 DISCUSSION GROUP

Talks on any aspect of Australian history. Topics and talks chosen and given by group members who are prepared to do so.

**First and third Wednesday of each month from 19 July 1:30 - 3:30**

Leader: Janice Stokes 9543 1296; 0418 415 249

stokesj@optusnet.com.au

Bookings: Elizabeth Donovan 9524 9488

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## MIRANDA: WESTFIELD

600 Kingsway. A short walk from Miranda station. Suite G108, next to Lincraft Store on ground floor, Kiara Road.

### THE RISE AND FALL OF ANCIENT ..... 172EW01 CIVILISATIONS\*\*(20)

In-depth study of ancient civilisations from early Egypt, surrounding empires and Mediterranean states.

**Each Tuesday from 18 July 10:00 - 12:00**

Leader: Elsie Barraclough 9529 7759

Bookings: Dorothy Dalyell 9520 5563; ddalyell@bigpond.com

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### WORLD HISTORY AND ..... 172EW02 DEVELOPMENTS\*\*(14)

This is a discussion group. All members are entitled to participate by doing research on agreed topics and taking part in group discussions.

**Each Thursday from 20 July 10:00 - 12:00**

Leader: Elizabeth Torok 9666 8169; 0422 557 457

emtor12@gmail.com

Bookings: Yvonne Muntz 9544 1122; 0432 942 527

yvonnemuntz@yahoo.com.au

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### FRENCH INTERMEDIATE\*\*(18) ..... 172EW03

Covers grammar, vocabulary, listening, conversation and dictation. Use will be made of printed and audio material.

**Each Monday from 24 July 10:00 - 12:00**

Leader: Bill Leach 9579 1251; 0413 691 373

billnell2@optusnet.com.au

Bookings: Denis Miller 9523 3627; denis.miller@bigpond.com

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### FRENCH CONVERSATION\*\*(18) ..... 172EW04

A small group participates in French conversation with an emphasis on correct pronunciation and fluency.

**Each Monday from 24 July 12:00 - 1:00**

Leader: Bill Leach 9579 1251; 0413 691 373

billnell2@optusnet.com.au

Bookings: Denis Miller 9523 3627; denis.miller@bigpond.com

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## OATLEY LIBRARY

26 Letitia Street. A 10-minute walk from Oatley Station (continue past the clock), or limited street parking.

### ITALIAN LANGUAGE AND CULTURE ..... 172EO01

Focuses on speaking, writing, listening and reading Italian at survival level or better, depending on the class. We explore grammar, literature, poetry, history, art, tourism, songs, opera themes, and recipes. Classes are in English and Italian depending on the topic and the class.

**Each Thursday from 27 July 10:00 - 12:00**

Leader and bookings: John Della Torre 8544 1758

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### ART FOR ENJOYMENT\*\*(16) ..... 172EO02

This is an art group that meets once a week to enjoy our own art. There are no formal lessons as each of us likes to do our own form of art. We have beginners to serious artists and find that we learn by helping each other.

**Each Wednesday from 19 July 2:00 - 4:00**

Leader and bookings: Doreen Kellett 9525 0531

0407 276 416; doreenkellett@live.com.au

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## SOUTH HURSTVILLE LIBRARY

1 Allen Street. Buses 970 or 972 from Hurstville or Miranda stations.

### DISCUSSION GROUP\*\*(16) ..... 172EL01

Our friendly group enjoys stimulating and serious discussion on current affairs and a variety of subjects. There is controversy, reminiscing and usually lots of laughter.

**Each Monday from 17 July 10:00 - 12:00**

Leader and bookings: Betty Buchanan 9580 1366

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### AWARD-WINNING NOVELS\*\*(15) ..... 172EL02

Friendly group meeting to discuss award-winning novels, or novels any one of the group thinks should have won an award.

**First Wednesday of each month from 2 Aug 10:30 - 12:30**

Leader: Pat Copping 9529 6791; 18gingie@gmail.com

Bookings: Gloria Thompson; 9538 5857

thompson.gloria37@gmail.com

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## HURSTVILLE BENEVOLENT SOCIETY

7-11 The Avenue, Level 4, Bldg 2. Car park next door with access to lift. 10-minute walk from Hurstville station.

### DISCUSSION GROUP\*\*(15) ..... 172EB01

Each member has five uninterrupted minutes to present their experience, research and findings on a predetermined, usually current affairs, topic. General discussion follows until the topic is exhausted. Social chat takes us to noon.

**First and third Tuesday of each month from 4 July 10:00 - 12:00**

Leader: Andrew Maclean 9543 2539

aach.maclean@optusnet.com.au

Bookings: Garry Griffiths 0468 809 332

margig@ozemail.com.au

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### WRITING CREATIVELY\*\*(10) ..... 172EB02

A small friendly self-help group where you can develop your writing skills and share your stories and life experiences. Beginners welcome.

**First and third Tuesday of each month from 4 July 1:30 - 3:30**

Leader: Yvonne Tracey 9587 3245; 0415 327 313

yvonne.calling1@bigpond.com

Bookings: Anita Spinks 0423 532 582; anitaspinks@live.com.au

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## KOGARAH SENIOR CITIZEN HALL

2 Taylor Street. A short walk from Kogarah Station.

### GERMAN CONVERSATION..... 172EK01

Intermediate to advanced conversational German.  
**Second and fourth Thursday of each month from 27 July 10:00 - 12:00**

Leader and bookings: Helmi Albrecht 9597 6628  
0412 635 976; helmi.albrecht@gmx.de

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## SUTHERLAND LIBRARY

Committee Room, Sutherland Library, Belmont Street. Short walk from station.

### CRIME LITERATURE\*\*(20)..... 172ES01

We read crime books and then discuss them.  
**First and third Tuesday of each month from 18 July 10:00 - 12:00**

Leader: Sharon Feltham 9575 7062  
sharon.feltham@yahoo.com.au  
Bookings: Barbara Allen 9542 2214; 0409 811 851

### ART - SKETCHING\*\*(15)..... 172ES02

We learn how to create sketch books with meaningful pages using pencil, ink and watercolour. We learn sketching in this class, and we often practise outdoors, too. We call ourselves 'ShireSketchers' and frequently join in with other Sketch clubs.

**Every Thursday from 20 July 10:00 - 12:00**

Leader: Peggy Annabel 9528 3391; 0402 354 968  
peggy.annabel@bigpond.com  
Bookings: Sue MacDonald 0418 227 745

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## SUTHERLAND LEISURE CENTRE

1 Rawson Avenue. Committee Room. Parking available. A long walk from the Sutherland station.

### ASPECTS OF ARCHAEOLOGY..... 172ES03

There is a video each meeting on archaeology followed by reading from articles relating to archaeology, plus afternoon tea.

**First and third Friday of each month from 7 July 2:00 - 4:00**

Leader: Mary Armstrong 9567 0995  
Bookings: Denis Miller 9523 3627; denis.miller@bigpond.com

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## YOWIE BAY: WATERBROOK LIFESTYLE RESORT

19 Wyralla Road, Yowie Bay. A long walk from Miranda station. Ample street parking.

### MUSIC FOR PLEASURE: THE CLASSICAL ROMANTICS\*\*(20)..... 172EY01

Music appreciation: classical and romantic periods.  
**First and third Tuesday of each month from 4 July 2:00 - 4:00**

Leader: Joan Bolton 9541 3016; 0416 143 077  
boltonjoan@hotmail.com  
Co-leader: Bob Hallahan 9594 0214  
jacbob@optusnet.com.au  
Bookings: Chris Jenkins 9529 4444; chrisjenk66@hotmail.com

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## OUT THERE!

### A VISIT TO THE MOUNTED POLICE\*\*(25)..... 172EX01

Visit the historical museum and the stables (bring some carrots/apples to feed the horses). See the training area and equipment. Bring lunch and water. After the visit, we will walk to Prince Alfred Park for lunch. Meet on Chalmers Street outside the entrance to Devonshire Tunnel.

**Tuesday 25 July 10:00**

Bookings essential but only between 26 June and 10 July.  
Beryl Davis 9524 2661

### U3A ENDEAVOUR CAMPUS WALKERS..... 172EX02

Bush rambles and Sydney by ferry and foot. Routes previously walked by walk leaders. Walks described in our programs to indicate degree of difficulty. A four-to-five day social walking holiday held annually. Members are encouraged to participate in as many activities as possible.

**Each Thursday from 20 July - variable meeting times**

Leader: Bill Hunt 9521 2016; ara2233@yahoo.com  
Bookings: June Symes 9524 2817; jsymes6@gmail.com  
An annual administrative fee of \$10 is applicable.

### WALKING IN SYDNEY AND SURROUNDS\*\*(35)..... 172EX03

A variety of walks around all areas of Sydney and surrounds, ranging from medium level to easier bushwalks, track and street walks, going to beautiful and interesting places, whilst enjoying good company in the outdoors. We welcome members from all U3A regions to come and join us.

**Alt Fridays from 14 July 8:30 - 3:00 (variable times)**

Leader, coordinator and bookings: Margaret Harrison  
9440 8780; 0405 392 521; mpharrison18@hotmail.com

### WALKING AROUND SYDNEY\*\*(35)..... 172EX04

A variety of walks around all areas of Sydney ranging from medium level to easier bushwalks, track and street walks, going to beautiful and interesting places, whilst enjoying good company outdoors. We welcome members from all U3A regions to come and join us. Various locations and times as per program.

**Alt Fridays from 7 July 8:30 - 3:00 (variable times)**

Leader: Ruth Perini 9868 3592; 0407 068 613  
vperini@bigpond.net.au  
Secretary and bookings: Colleen Bracken 9874 1012  
0432 297 874; bracken65@gmail.com

### U3A SYDNEY STRIDERS\*\*(35)..... 172EX05

A variety of walks of Sydney and surrounds ranging from easy to medium grade bush, track and street walks, going to beautiful and interesting places with good company. We welcome members from all U3A regions to come and join us. Various locations and times as per program.

**Alt Wednesdays from 5 July 8:30 - 3:00 (variable times)**

Leader: Penny Howarth 9543 6881; 0411 180 050  
pennyhowarth@bigpond.com  
Bookings: Rosanne Burkhart 0413 128 967  
rosanneburkhart@me.com

### LUNCH A LOT WITH STYLE\*\*(25)..... 172EX06

Share good food and conversation with others who enjoy eating out. We visit inexpensive restaurants which are chosen by group members so we can experience a variety of cuisines. All venues will be close to public transport. Members pay for their own meals and corkage, the laughter is free.

**First Thursday of each month from 6 July 12 noon**

Leader and bookings: Anna Winter 9553 0445  
0449 673 144 (enquiries only); annau3a@gmail.com (preferred)

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## **HARVESTING IN THE SUBURBS AND SURROUNDS** ..... 172EX07

Monthly visits to community vegetable gardens in Sydney suburbs or surrounds. Gardens within walking distance of public transport. Bring lunch and a gold coin for garden entry. Members will be advised monthly of day, date and meeting place. Days may vary depending on garden opening time.

### **Date of first class to be advised.**

Leader and bookings:

Joan Collins 9521 3269 (enquiries only)

joancollinsau@gmail.com (preferred)

Assistant Leader: Robyn Kemp 9520 4740 (enquiries only).

robynbillk@yahoo.com.au (preferred).

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## **PRIVATE HOMES**

### **BOOK BANTER (GyMEA)\*\*(12)** ..... 172EH01

A wide variety of books are chosen by the members of the group and one book is discussed each month.

#### **First Friday of each month from 4 Aug 1:30 - 3:00**

Leader and bookings: Vicki Hann 0419 482 254

vickihann@hotmail.com

### **MUSIC TO WARM YOUR HEART (Lilli Pilli)\*\*(12)** ..... 172EH02

We would love you to join us in a relaxing afternoon of beautiful classical music, followed by a scrumptious home-made continental afternoon tea.

#### **First Monday of each month from 3 July 1:30 - 3:30**

Joint Leaders: Dorothy Singleton and Krista Blinco

Bookings: Krista Blinco 9540 3098

### **HEALTHY RELAXATION MEDITATION (Kogarah)\*\*(12)** ..... 172EH03

Healthy life, relaxation through meditation. Learn to sit in the stillness and find your inner place to unfold your blueprint for life 'know thyself'.

#### **First and third Tuesday of each month from 18 July 2:00 - 4:00**

Leader and bookings: Anna Winter 9553 0445

0449 673 144 (phone enquiries only)

annau3a@gmail.com (preferred)

### **PHOTOBOOKS FOR ABSOLUTE BEGINNERS (GyMEA)\*\*(6)** ..... 172EH04

Have you wanted to make a photobook but just needed a nudge to get started? We use a freely available computer program to choose the book type, covers, theme, layouts and text. Class is very basic, for true 'photobook beginners'! Knowledge of basic computer skills assumed. (1km flat walk from GyMEA Station)

#### **Friday 21 July 10:00 - 12:00**

(the date for an optional follow-up session will be decided with participants on the day)

Leader and bookings: Jill McLelland 9524 6506

jillU3A@outlook.com

### **INTERESTING ISSUES AROUND SCIENCE (GyMEA)\*\*(30)** ..... 172EH05

(1 km flat walk from GyMEA Station)

#### **Three Thursdays 10:00 - 12:00**

Leader for all sessions: Gordon McLelland

Bookings for all sessions: Jill McLelland 9524 6506

jillU3A@outlook.com

### **1: MRI: The People, the Science and the Beautiful Pictures**

We will look at the history of MRI technology, glimpse its principles of operation, and consider safety issues. Michael is a physicist with a longstanding interest in medical imaging.

#### **Thursday 6 July**

Speaker: Michael Braun

### **2: Ticks: Tall Tales and True**

Learn about the biology, effects on humans (including Mammalian Meat Allergy), tick management and avoidance, and removal of attached ticks. Stephen is Director of the Department of Medical Entomology at Westmead Hospital.

#### **Thursday 20 July**

Speaker: Stephen Doggett

### **3: Joseph Banks: his Australian Legacy**

Native plant enthusiast Dr Rhonda Daniels will explain Joseph Banks' travels and collections in Australia, his botanical legacy (including the Australian Banksia genus), and the Joseph Banks Native Plants Reserve at Kareela.

#### **Thursday 10 August**

Speaker: Rhonda Daniels