

HARBOURSIDE NORTH

Regional Course Co-ordinator: Kathy Vern-Barnett 0414 694 925
Email: kvern@optusnet.com.au

Enquiries only

HARBOURSIDE NORTH REGION OF SYDNEY U3A

Notice is hereby given that the

Annual General Meeting and Election of Office Bearers

will be held on

Friday 8 December 2017 commencing at 12 noon

followed by our

Annual Celebration Lunch

at

Mosman Club

719 Military Road, Mosman

Guest Speaker to be advised

For booking enquiries and nomination forms, please phone:
Marje Ashworth 0405 446 029 **after** 23 Oct (9 am to 5 pm on weekdays).
Further enquiries: Jan Bartholomew jan.bartholomew@gmail.com

Please write this date into your diary now!

2018 - Welcome the New Year with Harbourside North U3A

Mosman Square Seniors Centre

WHIST DRIVES

Wednesdays 24 and 31 January 2018

Coffee and cakes at 10am start playing at 10:30am (no charge!)

New and potential members welcome.
Come and join us, and meet new and old friends in a casual and friendly atmosphere.

Bookings: Lesley Duffill 9969 9546; leslie.duffill@bigpond.com

The Harbourside North Region Committee

invites you to

MORNING TEA AND CAKES

at

The Art Gallery Mosman

Monday 5th February 2018 at 10:30 am

An introductory morning to the University of the Third Age
for members and friends and new and potential members.
Come and share your ideas, suggestions, and experiences of life in U3A!
See and hear what U3A has in store for you in 2018.

For information contact Lesley Duffill leslie.duffill@bigpond.com

CHATSWOOD: DOUGHERTY COMMUNITY CENTRE

7 Victor Street. Three-hour free parking at Westfield car park opposite. A short walk from Chatswood bus and train interchange. **Wheelchair accessible.**

Venue coordinator: Kathy Vern-Barnett 0414 694 925; kvern@optusnet.com.au

Booking for all sessions is essential

THE PACIFIC ASCENDANCY 172HD01

We examine the phenomenon of the Trans-Pacific nations and their ascendancies to the epicentre of global economic and geopolitical activity in the 21st century. The impact this will have on the Atlantic economies will also be discussed. (8 sessions)

Alt Tuesdays from 11 July 10:30 - 12:30

Leader: Ian De Mellow

Bookings: Jill Tukian 9527 7730; tukian47@tpg.com.au (preferred)

MONGOLIA: LAND OF BLUE SKY 172HD02

Everyone has heard of Genghis Khan and the Mongol Empire. Not many know the Mongolian history from Bronze Age settlements to today's modern mining industry, or that Mongolia is a recognised major centre of Buddhist culture. The long sweep of history in this fascinating part of the world will be explained. (3 sessions)

Each Wednesday from 12 July 10:30 - 12:30

Leader: Peter Sloane

Bookings: Lynette Brady 9958 3577
bradybridge@gmail.com (preferred)

INTERMEDIATE TO ADVANCED RECORDER 172HD03

Treble, tenor, bass and descant players welcome. Basic sight-reading is essential. The emphasis is on playing musically. (11 sessions)

Alt Mondays from 17 July 10:30 - 12:30

Leader and bookings: Katie Lucy-Smith 8416 3266

THE PLAY'S THE THING 172HD04

Many people enjoy an evening in the theatre. It has appealed to widely differing audiences since its beginnings two and a half thousand years ago in Ancient Greece. We will trace the development of the play with the aid of recorded performances, ending with an overview of contemporary theatre. (8 sessions)

Alt Thursdays from 13 July 10:30 - 12:30

Leader: Keith Potten

Bookings: Jan Yeoman 9411 3457; janyeoman@bigpond.com (preferred)

DISCUSSION GROUP**(12) 172HD05

We are a small and friendly group who discuss both local and overseas events. We value all opinions and do not take ourselves too seriously. (11 sessions)

Alt Thursdays from 13 July 10:30 - 12:30

Leader: Alison Hynes

Bookings: John Yates 0437 394 225
johnyates80@hotmail.com (preferred)

DISCUSSION GROUP 172HD06

Would you like to hear some interesting opinions? Do you want to air some of your own? This is a varied group who consider some of the issues of life and living that contribute to our modern existence. (11 sessions)

Alt Thursdays from 20 July 10:00 - 12:00

Leader and bookings: Margaret Thomason 9488 8960

PROPRIOCEPTION 172HD07

About six million years ago, a humanoid walked on two legs for the very first time. This presentation explains how the art of standing and staying upright was refined.

Monday 24 July 10:30 - 12:30

Speaker: Punchi Dassanayake

Bookings: Janet Bayley 9411 1847; janet_b27@hotmail.com (preferred)

BEGINNERS' RECORDER 172HD08

Learn descant, treble or tenor recorder. Music will be supplied at a small fee. You will need to bring your own recorder and music stand. Learn to read music and play beautifully. (11 sessions)

Alt Wednesdays from 26 July 10:30 - 12:30

Leader and bookings: Katie Lucy-Smith 8416 3266

THE HIDDEN FACE OF FAMILY VIOLENCE: TACKLING ELDER ABUSE 172HD09

Elder abuse is a largely hidden problem. We look at different types of abuse, obstacles to getting legal help and how legal and health services are partnering to address the issues.

Wednesday 2 Aug 10:00 - 12:00

Speakers: Siobhan Ryan and Yvonne Lipianin

Bookings: Rosemarie Einstein 0412 043 377
einstein@starmar.net.au (preferred)

AUSTRALIA'S HIDDEN HISTORY 172HD10

Acknowledging the truth of Australian history empowers us all to create a better future, so that one day we can all walk together as Australians with dignity upon this ancient land.

Friday 4 Aug 1:30 - 3:30

Speaker: Kerrie McKenzie

Bookings: Kathy Vern-Barnett 0414 694 925
kvern@optusnet.com.au (preferred)

SENIOR SAFETY AND THE NEXT-OF-KIN PROGRAM 172HD11

A Crime Prevention officer will provide information about personal and home safety tailored for seniors with the aim of making participants feel safer within the community and in their homes.

Thursday 10 Aug 1:30 - 3:30

Speaker: Michael Alexander

Bookings: Rosemarie Einstein 0412 043 377
einstein@starmar.net.au (preferred)

THE EVOLUTION OF CRIME WRITING 172HD12

Is Sleeping Beauty a crime story? Why are we fascinated by the crime genre and how has it evolved to reach its current peak?

Monday 14 Aug 10:30 - 12:30

Speaker: Kathy Bradley

Bookings: Marilyn Hunnisett 9925 0469
mhunnisett@bigpond.com (preferred)

TWO SEPARATE STORIES..... 172HD13

1. One man's search for an anti-venom against the Sydney funnelweb spider.
2. A light-hearted look at some of our best and known ghosts and strange phenomena.

Friday 25 Aug 10:30 - 12:30

Speaker: Graham Sims

Bookings: Kathy Vern-Barnett 0414 694 925

kvernb@optusnet.com.

ELIZABETH I: THE REALITY OF HER SUCCESS..... 172HD14

History tells us that Elizabeth I made a great impact on people and events during her reign. Let us investigate her rule, her life and the times and see how successful she really was.

Monday 28 Aug 10:30 - 12:30

Speaker: Anne Richardson

Bookings: Max Richardson 0414 367 467

annesil@hotmail.com (preferred)

JAMES I: 'THE WISEST FOOL IN CHRISTENDOM'..... 172HD15

Was it because he ruled after Elizabeth I that he was given this title? We will hear about his achievements, challenges and failures so we can determine whether he deserved this title or not.

Monday 4 Sept 10:30 - 12:30

Speaker: Anne Richardson

Bookings: Max Richardson 0414 367 467

annesil@hotmail.com (preferred)

LISTENING TO PRISONERS..... 172HD16

Our speaker is an official visitor who has listened to the concerns of thousands of inmates, and also spoken to the correctional officers who have the difficult task of incarcerating prisoners while at the same time preparing them for life outside.

Wednesday 13 Sept 10:30 - 12:30

Speaker: Fergus Hynes

Bookings: Marilyn Hunnisett 9925 0469

mhunnisett@bigpond.com (preferred)

CRIME, PUNISHMENT AND CIVIL DISPUTES IN COLONIAL NSW..... 172HD17

These lectures, given by a QC, consider the legacy of the British Justice System brought with the First Fleet. The establishment and development of both the Criminal and Civil Justice systems in early NSW, and convict treatment and punishment are also examined. (5 sessions)

Each Monday from 9 Oct 10:30 - 12:30

Leader: Malcolm Robertson

Bookings: Annemarie Moore 0421 716 232

mooreannemarie@hotmail.com (preferred)

WINDOWSILL GARDENING WITH MICROGREENS..... 172HD18

If you have limited space, limited mobility or just limited patience, then come along and learn how easy it is to grow microgreens in small containers.

Wednesday 11 Oct 10:30 - 12:30

Speaker: Jenny Beer

Bookings: Ronda Broadbridge 9417 1943 after Aug 4;

rbroadbr@tpg.com.au (preferred)

DECISION-MAKING PROCESSES IN OUR LIVES..... 172HD21

This session explores common decisions facing older individuals, basic steps to good decision-making, age differences in decision-making behaviour and ways to stay an adapted decision-maker.

Tuesday 24 Oct 1:30 - 3:30

Speaker: Jane Cioffi

Bookings: Robin Butlin 9144 1847; mrbgt41@gmail.com

(preferred)

MARIE CURIE..... 172HD22

Marie Curie belonged to a unique family which had five Nobel laureates. Born in Poland, she travelled to Paris in a fourth-class compartment, performed extraordinary research, and discovered radium.

Wednesday 1 Nov 10:30 - 12:30

Speaker: Sidney Srinivas

Bookings: Barbara Ellis 9416 3971; bellis58@bigpond.com

(preferred)

OBERAMMERGAU: THE PASSION PLAY IN 2020..... 172HD23

Hear from an expert about this unique event taking place in Germany. Plus travel tips for seniors!

Monday 13 Nov 10:30 - 12:30

Speaker: Fran Gildon

Bookings: Gaye Griffiths 9417 4037; gaye.griffiths@gmail.com

MUSIC, LEISURE AND PLEASURE IN 18th CENTURY LONDON..... 172HD24

The Industrial Revolution transformed 18th century London and suddenly the new enriched middle class had time and money to indulge in leisure pursuits. How did they spend their free time?

Tuesday 21 Nov 10:30 - 12:30

Speaker: Nora Hinchon

Bookings: Julie Dixon 9413 3506 (not 25 to 27 July)

MOSMAN ART GALLERY

Corner of Myahgah Road and Art Gallery Way (opposite Alan Border Oval). Three-hour parking lower level of Bridgepoint Shopping Centre, Spit Junction. Short walk from buses and Spit Road and Military Road intersection.

Wheelchair accessible.

Venue coordinator: Eve Klein 9969 7994 (enquiries only)

MONDAYS IN MOSMAN..... 172HA01

All courses are from 10:30 to 12:30

No Bookings Required.

Enquiries Eve Klein 9969 7994; cyeve@tpg.com.au

1. Mauritius

Exploring the history, landscape and cultures of this Dutch, French and then English colony. Once Matthew Flinders' prison, it's now a holiday destination.

Monday 3 July

Speaker: Margaret Szalay

2. Broken Hill and the Corner Country

Exploring BHP's original mining town and the surrounding regions of western NSW.

Monday 10 July

Speaker: Margaret Szalay

3. Medical Entomology

A study of insects that invade the human body such as mosquitoes, head lice and dust mites.

Monday 17 July

Speaker: Ian Thompson

4. How our Lives Reflect our Decisions

A professional exploration of the common decisions that face individuals and the basic steps of remaining a capable decision-maker.

Monday 24 July

Speaker: Jane Cioffi

5. Intellectual Property

A look at patents, trade marks and design registrations and how they are applied.

Monday 31 July

Speaker: Ian Thompson

6. The Golden Age of the Wireless; The True Story of the Bunyip.

Our popular raconteur offers two entertaining accounts, firstly his personal memories of the golden years of radio in Australia, and secondly his research into the origins of the fabled Australian bunyip.

Monday 7 Aug

Speaker: Graham Sim

7. The Big Picture of How the Earth Functions

A researched account of the evolution of life, the processes of birth, life, death and decay, and the impact on the sources of energy involved in the living world.

Monday 14 Aug

Speaker: David Marsh

8. Carers Awareness

The representative from Carers NSW defines for us the many areas of self-care and being a carer; we also explore the emotional care so necessary for our wellbeing.

Monday 21 Aug

Speaker: Felicity Rogers

9. 13th Century Languedoc, the Cathars, the Albigensians, the Crusaders in 1208

Part 1 explains the region, religion, principal players and reasons for Rome initiating the Crusades in 1208; part 2 concentrates on the years 1209-1244 and explains the weaponry, formation and effects of the Inquisition in Toulouse and the future legacy.

Mondays 28 Aug and 4 Sept

Speaker: Chris Serrano

Please note there will be no sessions on 11 and 18 Sept due to the judging of the 2017 Mosman Art Gallery Prize.

10. The 2017 Mosman Art Gallery Prize

The entry by the prize-winner is offered for exhibition and we are given a talk and guided tour of the exhibition.

Monday 25 Sept

Speakers: Art Gallery Guides

11. The Story of Cotton

Scientists found cotton balls and cloth that are at least 7000 years old in Mexican caves. Today's cotton industry in Australia is successful, with a history that began with the First Fleet.

Monday 9 Oct

Speaker: Rosemary McCulloch

12. Changing Landscapes Begin with Changing Ourselves

This talk is about the journey of change from the high-input industrial model of farming dominated by economics to present-time holistic management.

Monday 16 Oct

Speaker: David Marsh

13. The Sydney Adventist Hospital: The Largest Private Hospital in NSW

The curator of the Museum of the San tells of its 114-year history, the story of the fire, its development and ultimately the people involved.

Monday 23 Oct

Speaker: Michael Rigby

14. Have Fun with Family History

A journey into family history research with tips for future genealogists. Our speaker has published seven family histories and offers publishing workshops for U3A members each year.

Monday 30 Oct

Speaker: Margaret Szalay

15. Black Notes, White Notes

The influence on classical music of Afro-American music from slave songs, ragtime and jazz.

Monday 6 Nov

Speaker: Nora Hinchin

16. Samuel Johnson and his Times

Dr Johnson has been described as 'an ordinary extraordinary man' and his lifespan as the Age of Johnson. This course frames his life within the world of the Enlightenment.

Monday 13 Nov

Speaker: John Flint

17. Breaking Rank: The Life and Career of Dirk Bogarde

From British screen actor to TV star, from comedies to serious social and psychological themes, Dirk Bogarde later turned to writing.

Monday 20 Nov

Speaker: Nora Hinchin

18. The World of Words

Grammar, usage, pronunciation, etymology - we all have our prejudices, preferences, antipathies...and ignorance. Come and air these with others. John guarantees to lead a provocative discussion about what's 'correct' and what's 'incorrect'.

Monday 27 Nov

Speaker: John Flint

THE MELODY ROOM AT MOSMAN ART GALLERY

Corner of Myahgah Road and Art Gallery Way (opposite Alan Border Oval). Three-hour parking lower level of Bridgepoint Shopping Centre, Spit Junction. Short walk from buses and Spit Road and Military Road intersection.

Wheelchair accessible.

Venue coordinator: Annika Tufts 9882 3669; aktufts@yahoo.com.au

SIR HUBERT WILKINS: AUSTRALIA'S 172HR01 POLAR EXPLORER (1888-1958)

Aviator, soldier, geographer and photographer. Growing up in the backblocks of South Australia, he learned survival skills from the Aborigines. From 1912 to 1958, he discovered more of the Earth's surface than any other explorer. He photographed the Balkans War, WWI, the Russian famine; toured in the *Graf Zeppelin* and had many more adventures. (3 sessions)

Each Thursday from 13 July 1:30 - 3:30

Leader: Chris Beazley

Bookings: Annika Tufts 9882 3669; aktufts@yahoo.com.au

FRONTIERS OF MEDICAL IMAGING 172HR02

Health professionals have many ways to produce images of the internal structures of the human body, including X-rays, CT, MRI, PET and Ultrasound. These now produce graphic 3D and moving images.

Thursday 3 Aug 1:30 - 3:30

Speaker: Laurie Wilson

Bookings: Margaret Lanigan 9960 3603

mlan4298@bigpond.net.au

DECISIVE BATTLES OF WORLD HISTORY 172HR03

A review of the key battles that have taken place over the last 3000 years and which have decisively changed the course of history, covering the events, outcomes and key individuals involved.

Thursday 10 Aug 1:30 - 3:30

Speaker: Antony McCurdy

Bookings: Margaret Lanigan 9960 3603

mlan4298@bigpond.net.au

MY LIFE IN SUBMARINES 172HR04

A humorous true life story seen through the eyes of a submariner, who gives an insight into the many challenges and near disasters that are commonplace in these vessels.

Thursday 17 Aug 1:30 - 3:30

Speaker: Douglas Edwards

Bookings: Inez Glanger 9960 1495

inez.glanger17@gmail.com

BYZANTIUM 172HR05

The Roman Empire centred in Constantinople survived the fall of Rome for over 1000 years. It had a fascinating mix of history, culture, rules and religious controversies. As guardian of classical knowledge during the Dark Ages of Europe, it was also the bulwark against Islamic invasion for 700 years. (4 sessions)

Each Thursday from 24 Aug 1:30 - 3:30

Leader: Gail Ball

Bookings: Annika Tults 9882 3669; aktults@yahoo.com.au

THE CRIMINAL JUSTICE JOURNEY IN NSW 172HR06

We cover police and court processes that bring a matter into local court, the giving of evidence and reaching a verdict. We look at the District and Supreme Courts, jury trials, judge-alone trials and what happens when an offender is found guilty; finally, the appeals process.

Thursdays 21 and 28 Sept 1:30 - 3:30

Speaker: Val de Rome

Bookings: Margaret Lanigan 9960 3603

mlan4298@bigpond.net.au

ALAN BUCKLEY: THE REAL ACCIDENTAL DIPLOMAT 172HR07

Alan will relate tales and anecdotes from his 35 years as Commercial Counsellor in Irish embassies. Postings included China, India, Saudi Arabia, Dubai, India, Russia and Nigeria.

Thursday 5 Oct 1:30 - 3:30

Speaker: Alan Buckley

Bookings: Inez Glanger 9960 1495

inez.glanger17@gmail.com

ALFRED NOBEL (1833-96) 172HR08

Alfred Nobel, the great engineer and entrepreneur, developed explosives that were employed in the construction of roads and bridges. Great repentance on his part led to the emergence of the Nobel Prize.

Thursday 12 Oct 1:30 - 3:30

Speaker: Sydney Srivas

Bookings: Annika Tults 9882 3669; aktults@yahoo.com.au

ALAN TURING (1912-54) 172HR09

Turing was the man who broke the German Enigma code during the war. His invention led to the emergence of computers. A homosexual, he paid a heavy price: his own life.

Thursday 19 Oct 1:30 - 3:30

Speaker: Sydney Srivas

Bookings: Annika Tults 9882 3669; aktults@yahoo.com.au

UNDERSTANDING CONTROL OF TUMOUR CELL GROWTH IN BONE 172HR10

At the Garvan Institute we research Arthritis, Lupus, Alzheimer's, Osteoporosis, Diabetes and Cancer. Our speaker's research group aims to understand how we can control the growth of metastatic cancers in bone.

Thursday 26 Oct 1:30 - 3:30

Speaker: Michelle McDonald

Bookings: Inez Glanger 9960 1495

inez.glanger17@gmail.com

WHITE COOLIES: WOMEN POWs IN SUMATRA 172HR11

On 12 February 1942, 65 nurses left Singapore on the SS *Vyner-Brooke*. The ship was bombed and sank. We follow the story of the nurses who survived imprisonment by the Japanese.

Thursday 2 Nov 1:30 - 3:30

Speaker: Barbara Boston

Bookings: Inez Glanger 9960 1495; inez.glanger17@gmail.com

ISAAC NEWTON 172HR12

Greatest of mathematicians, a top astronomer, Newton was also an alchemist and a researcher of biblical history.

Thursday 9 Nov 1:30 - 3:30

Speaker: Paul Barclay

Bookings: Annika Tults 9882 3669; aktults@yahoo.com.au

PEOPLE WHO CHANGED THE WORLD: ERNEST RUTHERFORD 172HR13

A New Zealand physicist, Rutherford's research into radioactivity was also the foundation science for the smoke detector which has saved thousands of lives.

Thursday 16 Nov 1:30 - 3:30

Speaker: Barry Hanlon

Bookings: Margaret Lanigan 9960 3603

mlan4298@bigpond.net.au

WW I: SOME PERSONAL EXPLORATIONS AND REFLECTIONS 172HR14

Our speaker's investigation of his father's World War I service led to some interesting discoveries of why Australian soldiers were so successful. He puts this down to leadership and will give a brief account of five noted Australian generals.

Thursdays 23 and 30 Nov 1:30 - 3:30

Speaker: Clive Williams

Bookings: Annika Tults 9882 3669; aktults@yahoo.com.au

DEVELOPING YOUR MEMOIR OR FAMILY STORY 172HR15

How you can make your memoir or family story more acceptable to yourself and more interesting for others. This course is a continuation from Semester 1 and new members are welcome. We use practical exercises and discussion to build and write our story for future generations. (9 sessions)

Alt Tuesdays from 4 July 1:30 - 3:30

Leader and bookings: Faith Gibson 9427 0257; 0401 678 722

faithgibson39@gmail.com (preferred)

For information: Jenny O'Neill

Jennyruddoneill@optusnet.com.au

WORKSHOP: PUBLISHING YOUR BOOK 172HR16

Family or local history, memoir or biography, novel or cookbook: are you ready to publish? This course will concentrate on the following:

Week 1: formatting your manuscript, layout, book size, photos, charts, maps and editing.

Week 2: cover design, registering your book, preparing print specifications, quotes, quantities and marketing.

Tuesdays 7 and 21 Nov 1:30 - 3:30

Leader and bookings: Margaret Szalay 9904 1829

margaret@cremorne1.com

ART: PAINTING AND SKETCHING(12)** 172HR17

Learn how to successfully manipulate colours, line and shape with a friendly group. Painting with acrylics, sketching with charcoal or pencil. All interested members are welcome. A small amount of theory will help develop skills to create both classical and abstract art.

Alt Tuesdays from 11 July 1:30 - 3:30

Leader and bookings: Kulliki Poole 9451 3011; 0414 451 636

MOSMAN SQUARE SENIORS CENTRE

Next to Mosman Council Chambers off Military Road, Spit Junction. 3 hour parking lower level Bridgepoint Shopping Centre. **Wheelchair accessible.**

Venue coordinator: Merv Simmons 9968 4817; 0409 929 971

If unable to contact the bookings person specified below, please contact Venue Coordinator. **Bookings Essential**

VISIT ANTARCTICA - BEFORE IT'S TOO LATE!..... 172HS01

Ever wanted to go to Antarctica before climate change irreversibly impacts the continent? Maybe this will inspire or deter you. Ice, penguins, seals, whales, awesome scenery, history and climate extremes make a visit the most memorable experience on Earth.

Wednesday 12 July 10:00 - 12:00

Speaker: Graham Levido

Bookings: Pamela Simmons 9968 4817 (after 5 pm)

THE BLACK DEATH: THE WORLD'S MOST DEVASTATING PLAGUE..... 172HS02

In the mid-14th century, the medieval world experienced one of the most devastating pandemics to ever strike humankind - the Black Death. We'll explore from multiple angles in order to understand how this pandemic originated, spread, and transformed the medieval world. (4 sessions)

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

Leader: Rosemary McCulloch

Bookings: Pamela Simmons 9968 4817 (after 5 pm)

HISTORY OF MORAL THOUGHT..... 172HS03

From Homer's Greece to John Stuart Mill's England, from Confucius to the French Declaration of Human Rights, social needs and political desires have shaped moral thinking and therefore global history. In these four sessions, we will recall the stories of selected philosophers and perhaps question some of our cherished beliefs. (4 sessions)

Each Wednesday from 16 Aug 10:00 - 12:00

Leader: Peter Nixon

Bookings: Norma Kidner 8094 9292 (after 5 pm)

SPECIFIC EXERCISE FOR SPECIFIC HEALTH CONDITIONS..... 172HS04

Exercise is not a 'one size fits all' game. The right types, intensities and frequency of exercise are important when taking into account a person's health status.

Wednesday 13 Sept 10:00 - 12:00

Speaker: Brendan Cummins

Bookings: Kathy Bradley 9901 4564 (after 5 pm); dkbradley@bigpond.com

THE EVOLUTION OF CRIME WRITING..... 172HS05

'Truth will come to light, murder cannot be hid long'. The greatest writer in the English language used crime to create great stories. We look at the evolution of the genre.

Wednesday 20 Sept 10:00 - 12:00

Speaker: Kathy Bradley

Bookings: Pamela Simmons 9968 4817 (after 5pm)

THE EUROPEAN DISCOVERY OF INDIA..... 172HS06

Portuguese sailors set about exploring and conquering the world, and their discovery of India transformed history. Who discovered it first? When and why was it discovered? What happened as a result?

Wednesday 27 Sept 10:00 - 12:00

Speaker: Paul Wait

Bookings: Phyllis Clout 9969 6846

THE FIRST FLEET TO BOTANY BAY 1787-90..... 172HS07

These lectures cover the planning and preparation for the First Fleet and the establishment of NSW; the long journey to Botany Bay; and the settlement of the colony up to the arrival of the Second Fleet in 1790. Much of the story is told by those who were there. (3 sessions)

Each Wednesday from 4 Oct 10:00 - 12:00

Leader: Malcolm Robertson

Bookings: Norma Kidner 8094 9292 (after 5 pm)

BEETHOVEN AND LISZT: TWO GIANTS LINKED IN A SURPRISING WAY..... 172HS08

Born in 1770, Ludwig van Beethoven remains one of the most famous and influential of all composers, whilst no other composer has been so copiously written about and so little understood as Franz Liszt who was born in 1811. (6 sessions)

Each Wednesday from 25 Oct 10:00 - 12:00

Leader: Rosemary McCulloch

Bookings: Phyllis Clout 9969 6846

THE MANORS OF MOSMAN RETIREMENT VILLAGE

6 Hale Road, Mosman (off Military Road). Buses 143, 144, 175, 247, 257, M30.

Wheelchair accessible.

Venue coordinator: Lesley Duffill 9969 9546

BOOK DISCUSSION GROUP..... 172HV01

This friendly group meets once a fortnight to discuss a variety of demanding literature including poetry, drama and non-fiction. New members welcomed.

Alt Tuesdays from 25 July 10:00 - 12:00

Leader: Mary Billing

Bookings: Elisabeth Kingsford Smith 9953 6993

TOPICAL ISSUES..... 172HV02

Our friendly group discusses two topics each meeting. Come and discuss current affairs and debate social issues. New members are always welcome.

Alt Wednesdays from 19 July 10:00 - 12:00

Leader: Joan Castle

Bookings: Rose Hochmann 9440 3349

MOSMAN: WARRINGAH BOWLING CLUB

82 Bradleys Head Road. Buses: 247 from Chatswood to Taronga Zoo stops at the Club; 238 from Athol Wharf to Balmoral Beach stops not far from Club, near the Mosman Police Station. Parking in nearby streets.

Venue coordinator: Ros Tinker 9969 9373; rostinker@bigpond.com

DANCE DELIGHT: MOVEMENT TO MUSIC..... 172HB01

Come along and move to a variety of great tunes where the emphasis is on enjoyment and variety, not technique. These sessions will include waltzes and other old-time ballroom dances, Latin American rhythms, rock-n-roll, line dances, free expression and lots more! All levels of fitness welcome. No partners required. (10 sessions)

Each Friday from 21 July 10:00 - 12:00

Leader and bookings: Ros Tinker 9969 9373
rostinker@bigpond.com (preferred)

SOCIAL MAH-JONG:.....172HB02
WESTERN STYLE(42)**

Do you want to learn? Have you had some experience and need a refresher course? All are most welcome! We faithfully follow Thompson and Maloney 1990, 1991 and 1999. Do come and enjoy our company and delightful venue. We provide an excellent opportunity for continuing brain development and rich, social interaction. (10 sessions)
Each Wednesday from 19 July 1:30 - 4:30
Leader and bookings: Janiece Moylan 0406 432 391
janiecemoylan@gmail.com

McMAHONS POINT COMMUNITY CENTRE

165 Blues Point Road, 300 metres from North Sydney Station. Any bus or train to North Sydney Station. Bus routes 265, 269, 229, 230 run within 20 metres of the centre. No on-site parking and parking in the area is impossible.
Venue coordinator: Lesley Duffill 9969 9546;
leslie.duffill@bigpond.com

WRITING POETRY(12).....172HE01**

This group explores the magic of poetry in all its various forms through reading, appreciating and writing. We give and receive friendly, positive feedback. (10 sessions)
Alt Tuesdays 18 July from 10:00 - 12:00
Leader and bookings: Geoff Lucas 9416 7717

CREATIVE WRITING(10).....172HE02**

Do you like to write? Do you write as often as you wish? Join our friendly writers' group for the incentive you need. Remember, the 'muse' won't come to you – you'll have to come to it. Some vacancies now for those seeking the opportunity.
Alt Tuesdays from 25 July 10:00 - 12:00
Leader and bookings: Alan Ecob 0414 337 944

BOOK CLUB(14).....172HE03**

The club reads 10 novels per semester (both classics and modern) chosen by the members who all enjoy a lively discussion on the books read. New members welcomed. (10 sessions)
Alt Fridays from 21 July 10:00 - 12:00
Leader and bookings: Toni McLennan 9412 1585

McMAHONS POINT COMPUTER EDUCATION UNIT

McMahons Point Community Centre, 165 Blues Point Road, 350 metres from North Sydney Station and several bus routes. Buses 265, 269, 229, 230 run past or close to the Centre. Parking over 2 hours impossible within 1 km.
Coordinator: Fay Smith

PLEASE NOTE: bookings are essential for all courses at this venue.

APPLICATIONS: please apply via email:
computeru3a@gmail.com providing following information:

Name
U3A number:
Phone contact:
Course number:

If you cancel a course please let me know ASAP so a reserve can take your place.

FACEBOOK: HALF-DAY.....172HM01
INTRODUCTION(6)**

Introduction to social media, uploading photos, creating

groups and setting up your Facebook site. You will learn a lot of useful skills in this workshop.

Wednesday 23 Aug 9:30 - 12:00

Leader: Fay Smith

iPAD/iPHONE(8).....172HM02**

Get to know your iPad/iPhone in the company of others under the guidance of our tutor. Please bring your device fully charged.

Wednesday 30 Aug 9:30 - 12:00

Leader: Fay Smith

i-TRAVEL(8).....172HM03**

Seminar format: learn the basics of travelling with technology, avoiding pitfalls and using your devices correctly; discussions with other members of the group.

Wednesday 6 Sept 9:30 - 12:00

Leader: Fay Smith

WINDOWS 7, 8 AND 10(6).....172HM04**

Find, save, move and rename files and folders on your hard drive or memory sticks. Learn more about storage, retrieval, file types and folders.

Wednesday 25 Oct 9:30 - 12:30

Leader: Margaret Kropman

MANAGING PHOTOS FROM A.....172HM05
CAMERA OR ANDROID PHONE(6)**

Save photos on your computer then organise, perform simple edits, email. You will already be skilled at creating folders and moving files between folders. Suits Windows 7, 8, 10.

Wednesday 1 Nov 9:30 - 12:30

Leader: Margaret Kropman

CASTLE COVE: WATERMARK RETIREMENT VILLAGE

8b Deepwater Road, off Eastern Valley Way. Forest Coach Lines Bus 270 from Clarence St Sydney. Bus 207 from North Sydney. Bus 136 from Chatswood Station. Alight from bus at Eastern Valley Way and continue north to Deepwater Road. There is street parking near the village.

Venue coordinator: Barbara Boston 9417 2967;

nboston@bigpond.net.au

Bookings essential for all courses

Barbara or Norma Boston - contact details as above

FRIDAY FILMS AT CASTLE COVE(24).....172HC01**

Classic movies from the silent to the contemporary era will be presented with some analysis and background pertaining to cast, direction and production issues. A full list of movies to be presented will be available at the first performance. Depending on demand, two groups may be formed. (11 sessions)

Group 1 Alt Fridays from 7 July 10:30 - 12:30

Group 2 Alt Fridays from 14 July 10:30 - 12:30

Leader: Hugh Watson

MAY GIBBS: HER LIFE AND WORKS.....172HC02

This series of lectures looks at all aspects of May Gibbs' life including the iconic *Snugglepot and Cuddlepie* books and also covers what has happened to her works and her memory since her death. (3 sessions)

Each Tuesday from 11 July 10:30 - 12:30

Leader: Stewart Reed

VINCENT: THE FULL STORY(24).....172HC03**

In this DVD series, Waldemar Januszczak traces the life of Vincent Van Gogh, concentrating not only on his infamous months of madness when he painted his best-known

pictures, but on his early years as a school teacher, linguist and religious fanatic. (3 sessions)

Each Tuesday from 1 Aug 10:30 - 12:30

Leader: Barbara Boston

DECISIVE BATTLES OF WORLD HISTORY..... 172HC04

A review of key battles over the last three thousand years which have decisively changed the course of history, covering the events, outcomes and key individuals involved.

Tuesday 22 Aug 10:30 - 12:30

Speaker: Antony McCurdy

DAMN THE DARDENELLES: THE CONTRIBUTION OF THE NAVY AT GALLIPOLI..... 172HC05

The contribution of the Navy has been largely overlooked. They played a part in the landings, provided gunfire support and eventual evacuation. *Submarine AE2* was first to penetrate the Dardenelles.

Tuesday 29 Aug 10:30 - 12:30

Speaker: Jim Hawkins

OPERAS ON DVD(24)**..... 172HC06

1. Fidelio Beethoven (1806)

The 1979 Glyndebourne Festival production, directed by Peter Hall with conductor Bernard Haitink.

Tuesday 5 Sept 10:00 - 12:30

2. Otello Rossini (1816)

Zurich Opera production 2012 with Cecilia Bartoli and John Osborn, directed by Moshe Leiser and Patrice Caurier.

Tuesday 12 Sept 10:00 - 12:30

Leader: Barbara Boston

THE SPIRITED LIFE OF MARIE BYLES..... 172HC07

Marie was a pioneer in many fields. As the first female solicitor of NSW she fought for women's rights in law; as a conservationist, she ensured preservation of National Parks.

Tuesday 19 Sept 10:30 - 12:30

Speaker: Anne McLeod

UNDERSTANDING THE WORLD'S GREATEST STRUCTURES..... 172HC08

This fascinating DVD series reveals the stories behind the most famous structures from thousands of years of history. Professor Stephen Ressler of the US Military Academy takes you on a richly illustrated tour that blends history and science to create an unforgettable survey of the world's most remarkable structural masterpieces. (8 sessions)

Each Tuesday from 26 Sept 10:30 - 12:30

Leader: Barbara Boston

GREENWICH: THE BAYTREE RETIREMENT RESORT

6 Ulonga Avenue, Greenwich (off Innes Road, which is off Pacific Highway opposite the old ABC site). Buses 252, 253, 286, 290, 143, 144 (along Pacific Highway).

No car parking is available at the venue

Program coordinator: Lesley Duffill 9969 9546;

leslie.duffill@bigpond.com

Venue coordinator: Andrew Caro 9433 8056

CAPITALISM, COMMUNISM AND SOCIALISM..... 172HW01

In the fifties a communist could be jailed in the USA, or a capitalist in Russia. In 2016 Bernie Sanders, a socialist, sought the Presidency of capitalist USA, while communist China is the largest world economy. A look into the history of these 'isms' provides a fresh insight into these anomalies. (4 sessions)

Each Tuesday from 18 July 10:30 - 12:30

Speaker: Peter Nixon

Bookings: Mary Morrison 9433 8004

THE EVOLUTION OF LIFE, THE UNIVERSE AND (ALMOST) EVERYTHING..... 172HW02

In this series we start by exploring where all the matter in the universe came from. We then examine the compelling evidence for biological evolution, from fossils to DNA, before we delve into the details of hominid evolution, revealing the fascinating story of where we 'really came from'. (3 sessions)

Each Tuesday from 15 Aug 10:30 - 12:30

Leader: Kevin Murray

Bookings: Ena Hall 9433 8076

CONVERSATIONS WITH SHAKESPEARE..... 172HW03

Each week one Shakespeare play will be discussed. Course leaders will open with comments, but there will be plenty of time for general discussion: Sept 5, *The Merchant of Venice*; Sept 12, *Measure for Measure*; Sept 19, *Richard III*; Sept 26, *King Lear*.

Each Tuesday from 5 Sept 10:30 - 12:30

Leaders: Andrew Caro and Gwynn Roberts

Bookings: Kate Caro 9433 8056

TWO AMERICAN STATESMEN..... 172HW04

1. Benjamin Franklin

Wit, diplomat, scientist and inventor, he had a profound influence on the politics of his time.

2. Thomas Jefferson

Author of *The Declaration of Independence* and the third President of USA.

Tuesdays 3 and 10 Oct 10:30 - 12:30

Leader: Paul Barclay

Bookings: Annika Tults 9882 3669

THE STAGES OF DEVELOPMENT OF DEMOCRACY IN ENGLAND, FRANCE AND AMERICA..... 172HW05

We will consider the turning points in the development of democracy by looking at some of the social underpinnings, and examining the internal and external challenges that face it today. (3 sessions)

Each Tuesday from 17 Oct 10:30 - 12:30

Leader: Terry Farrell

Bookings: Helen Kershaw 0400 130 486; helenjkershaw@gmail.com (preferred)

ASPECTS OF SCIENCE..... 172HW06

1. Frontiers of Medical Imaging

Professionals have many ways to produce images of internal structures of the human body, including X-rays, CT, MRI, PET scans and ultrasound. These now produce graphic 3D and moving images.

2. Telehealth: Healthcare at a Distance

The revolution in information and communication technologies has a large impact on healthcare. This talk describes how isolation no longer means patients can be denied quality health care.

3. ET Where Are You?

The search for life beyond Earth. 'Are we alone in the universe?' We will consider some of the science for extra-terrestrial life, as well as some speculative possibilities.

Each Tuesday from 7 Nov 10:30 - 12:30

Leader: Laurie Wilson

Bookings: Rosalie Lund-Conlon 9817 9956 (after 1 Aug)

MUSIC TO ENJOY 172HW07

We shall look closely at the lives and sublime music of four of our great 18th/19th century composers:

1. Mozart and Hayden

They had a close relationship both musically and personally. Mozart always said that he had learned how to write string quartets from Hayden.

2. Beethoven and Schubert

Beethoven remains one of the most famous and influential of all composers. Sadly, Schubert wrote once that he saw him across the room but did not have the courage to approach him.

Tuesdays 28 Nov and 5 Dec 10:30 - 12:30

Leader Rosemary McCullough

Bookings: Christine Blanks 9436 3451;

frblanks@bigpond.com (preferred)

HUNTERS HILL: C A FAIRLAND HALL

14 Church Street, Hunters Hill. Buses: 536 from Chatswood, 506 from the City, 538 from the Woolwich ferry, stops close. Ample car parking in nearby streets.

Venue coordinator and bookings: Judy Harris

0447 194 510; judyharris2@bigpond.com

Bookings essential for all courses at this venue

AUSTRALIAN COUNTRY MUSIC 172HU01

Where did Australian country music come from? The individuals who made the contemporary music scene.

Monday 17 July 10:30 - 12:30

Speaker: Graham Ball

OBERRAMMERGAU: THE PASSION PLAY 2020 172HU02

Hear from some experts about this unique event which has taken place every decade since 1634 in Oberammergau, Bavaria. Plus a few tips for travelling seniors.

Monday 24 July 10:30 - 12:30

Speaker: Fran Gildon

RATIONS AND ROOKIES 172HU03

Three brave, funny, surprising stories of the Home Front in Oz during WWII; a young woman and a young man train for elite new units. True, heart-warming stories bring the 75th anniversary of 1942 to life. (3 sessions)

Each Monday from 7 Aug 10:30 - 12:30

Leader: Heather Bentley

A TOURIST IN ANTARCTICA 172HU04

This session will focus on the speaker's interest and visits to the seventh continent, and the heroic age of exploration.

Monday 28 Aug 10:30 - 12:30

Speaker: Kevin Fitzpatrick

A CELEBRATION OF MUSICALS 172HU05

Musical stages of the western world, from the 18th Century to recent times.

Monday 4 Sept 10:30 - 12:30

Speaker: Graham Ball

HOUSE OF DREAMS AND THE BOOK OF CONSTANT STARS 172HU06

Wendy Sharpe, a noted Australian artist, lives and works in Sydney and Paris. She is an expressionist narrative painter; awards include Archibald and Sulman. She has held over 46 solo exhibitions globally.

Monday 11 Sept 10:30 - 12:30

Speaker: Wendy Sharpe

JAPANESE MIDGET SUBMARINE 172HU07

ATTACK ON SYDNEY HARBOUR

Coming ready or not! Find out the details of how the attack was carried out by the courageous Japanese naval personnel and the inadequate Sydney harbour defences.

Monday 18 Sept 10:30 - 12:30

Speaker: Noel Phelan

MUSIC FROM THE MOVIES 172HU08

Legends in film music from the silent era to the present day.

Monday 25 Sept 10:30 - 12:30

Speaker: Graham Ball

WHAT IS THE MIND? 172HU09

While the mind is clearly connected into our human biology, the way it functions is subjective. That is, it seems to be experience-based and subject to how we live as cultural beings.

Monday 9 Oct 10:30 - 12:30

Speaker: Brendon Stewart

HOW THE MIND AND RELIGION RELATE 172HU10

Carl Jung questions 'can a good God countenance the evils apparent in the world?' Jung argues that God may well be almighty to know how He should behave, given His massive power.

Monday 16 Oct 10:30 - 12:30

Speaker: Brendon Stewart

MARIE CURIE 172HU11

One of the greatest research scientists ever, awarded the Nobel Prize twice. She established the Marie Curie Institute in Paris and discovered radium and its importance in medicine and other areas.

Monday 23 Oct 10:30 - 12:30

Speaker: Sidney Srinivas

ALBERT EINSTEIN 172HU12

He established the Theory of Relativity, and said 'time and space are both relative'. He was named as responsible for the atom bomb and spent his last thirty years preaching world peace.

Monday 30 Oct 10:30 - 12:30

Speaker: Sidney Srinivas

GEORGE, FLORENCE AND VINCE TAYLOR 172HU13

In 1909 they recorded the first flight in Australia at Narrabeen Beach. George: journalist, architect, inventor and airplane builder. Florence: first woman graduate in architecture. Vince: Australia's aeronaut and stuntman.

Monday 6 Nov 10:30 - 12:30

Speaker: Chris Beasley

LORIS (LAURIE) BONNEY 172HU14

Cousin to Bert Hinkler. She travelled solo in a *Gypsy Moth*, made record flights and despite mishaps and crashes looked like she had just stepped out of the beauty parlour.

Monday 13 Nov 10:30 - 12:30

Speaker: Chris Beasley

MY TIME IN A MUSLIM BOARDING SCHOOL 172HU15

An insight into the lives of Islamic women, based on the speaker's personal experience living in a Muslim boarding school in Egypt. She has a display of some ethnic clothes.

Monday 20 Nov 10:30 - 12:30

Speaker: Ellen Wilton

OPTIMAL HEALTH FOR BRAIN, BODY AND MIND 172HU16

Nicola is a well-published Clinical Neuropsychologist, author, speaker and researcher with over 20 years' experience in brain health and wellbeing. She loves promoting optimal health for brain, body and mind.

Monday 27 Nov 10:30 - 12:30

Speaker: Nicola Gates

DRAWING FOR BEGINNERS**(15) 172HU17

Ever wanted to draw? Develop a unique drawing style through studying the Elements and Principles of Design. Learn the basic skills of relaxed 'seeing' and recording, while examining various drawing techniques. (6 sessions)

Each Friday from 21 July 10:30 - 12:30

Leader and bookings: Kate McClelland 8060 0041

QIGONG FOR HEALTH 172HU18

Gentle exercise for health, using Master Simon Blow's video.

Each Monday from 7 Aug 1:00 - 2:00

Leader and bookings: Trish O'Neill 0411 312 314

LANE COVE: LIVING AND LEARNING CENTRE

180 Longueville Road. Buses: 252, 253, 254 from City (Wynyard, Clarence St), 536 from Chatswood Station and Gladesville.

Venue coordinator: Robert Lynn 9433 8066

DISCUSSION GROUP 172HL01

Topical issues and ideas discussed in a friendly and lively atmosphere. Join us to continue learning and communicating with an active group.

Alt Mondays from 3 July 10:30 - 12:30

Leader and bookings: Barbara Meth 9438 5014

KEY TURNING POINTS IN HISTORY 172HL02

How far were certain individuals responsible for significant changes in historical developments? Such people as Martin Luther, Henry VIII, Abraham Lincoln, Adolf Hitler and Mao Tse Tung will, among others, be examined and discussed.

Alt Thursdays from 13 July (except 24 Aug to 5 Oct; refer below) 1:30 - 3:30

Leader: Frank Wilson 8021 7059

Bookings: Ann Drysdale 9427 8435

DISCUSSION GROUP 172HL03

Join this happy group to air your views and discuss a variety of interesting topics selected by the group of members.

Alt Thursdays from 13 July 10:30 - 12:30

Leader: Beatrice Blanks 8068 9393

Bookings: Val Kaley 9427 0786

BOOK DISCUSSION GROUP**(12) 172HL04

A group centred on literary fiction. Our book for the first session is *Cry, the Beloved Country* by Alan Paton. Group limited to 12 to ensure everyone has a chance to speak.

Every Fourth Monday from 24 July 10:30 - 12:30

Leader and bookings: Janice Gentle 9439 3801

THE MISUNDERSTOOD MIDDLE AGES 172HL05

A wide-ranging look at the major achievements of the Middle Ages and how they underpin much of what is thought of as unique to the Enlightenment and Modernity.

Thursday 24 Aug 1:30 - 3:30

Leader: Antony McCurdy

Bookings: Robert Lynn 9433 8066

MEDIEVAL HEROINES IN HISTORY AND LEGEND 172HL06

A look at the life and achievements of six outstanding medieval women whose personalities still engage and inspire the modern imagination.

Thursday 7 Sept 1:30 - 3:30

Leader: Antony McCurdy

Bookings: Robert Lynn 9433 8066

DECISIVE BATTLES OF WORLD HISTORY 172HL07

A review of key battles over the last three thousand years that have decisively changed the course of history, covering the events, outcomes and key individuals involved.

Thursday 21 Sept 1:30 - 3:30

Leader: Antony McCurdy

Bookings: Robert Lynn 9433 8066

THE SCIENCE OF HAPPINESS 172HL08

A look at the so-called science of human happiness and the way in which it is used to drive special interest political, economic and social agendas.

Thursday 5 Oct 1:30 - 3:30

Leader: Antony McCurdy

Bookings: Robert Lynn 9433 8066

ROSEVILLE UNITING CHURCH

7A Lord Street, Roseville. Short walk from the railway station along Hill Street and then turn left into Lord Street.

Venue coordinator: Sheila Caldwell 9498 1197

INTERMEDIATE RECORDER 172HY01

Play the recorder with a small group, meeting in a hall not far from Roseville station. New intermediate level students will be welcome.

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

Leader and bookings: Sheila Caldwell 9498 1197

OUT THERE!

Coordinator: Kathy Vern-Barnett 0414 694 925;

kvernb@optusnet.com.au

THIRD FRIDAY LUNCH GROUP 172OT01

We meet for lunch at restaurants all over Sydney that serve a variety of cuisines. We do not go to only one area, we go everywhere in Sydney. We try to book BYO wine where there is a small corkage charge which attendees are required to pay.

Third Friday of every month from 21 July

Leader and bookings: Sarah Fennamore 9955 1962;

sfennamore@yahoo.com

FOOD FOR THOUGHT**(12) 172OT02

We meet to sample the cuisine of different nationalities all over Sydney. Friendliness, fun and food are the basis for finding out about different cultures.

Alt Fridays from 28 July

Leaders and bookings: Sissi Stewart 9908 2045 or

Lyn Honey 9997 3292; sisen@bigpond.com