

# ENDEAVOUR (SOUTHERN)

**Regional Course Coordinator:** Ted Watson 9527 3689

ej.watson@optusnet.com.au

**Enquiries only**

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

will be held at

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

7 East Parade, Sutherland – a short walk from Sutherland Station.

Club car park available for attendees

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

**Guest Speaker: Anita Saviane**

### **TRAVELLING DANGEROUSLY AND TELLING THE TALE**

Anita Saviane, retired solicitor, tax agent, champion swimmer and underwater adventurer is hell-bent on spending her kids' inheritance (SKI Club).

She shares her experiences of travel to exotic locations, along with many underwater adventures including:

- Scuba diving at Pulau Weh, Sumatra and visiting Banda Aceh
- Scuba diving at Raja Ampat, West Papua

Anita will also speak about:

- Botswana - sleeping in two-man tents
- Antarctica - on a Russian ice-breaker
- Tonga - swimming with the whales

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

**Guest Speaker: Gillian Lewis**

### **THE LIFE OF WILLIAM Bligh - OUR 4<sup>th</sup> GOVERNOR**

On Tuesday 30 October Endeavour U3A invite you to a presentation by Gillian Lewis, Australian National Maritime Museum (ANMM), about the life of William Bligh, our 4<sup>th</sup> Governor.

Gillian Lewis joined the ANMM as a volunteer guide in 2008 when she retired from a successful sales career in CSR Building Products. Gillian enjoys showing visitors over the museum's fleet of vessels and museum galleries and has been a member of the ANMM Speakers for over 4 years, developing several of their presentations.

- There's more to Bligh than mutiny, rum and rebellion. This courageous but maligned master mariner was a loving husband and father who cared for the welfare of his men and the indigenous people he encountered
- He showed skill and courage in battle and was praised by Nelson. That skill and courage was needed when Bligh and 18 supporters were cast adrift in an overcrowded small boat following the mutiny on HMAV Bounty with little chance of survival.
- The hellish small boat voyage to Timor took 48 days to cover the 3623 nautical mile journey in harrowing conditions and is one of the greatest feats of survival and endurance in modern history.

For enquiries only: Nilva Martini 0416 067 647 nilvalsim@yahoo.com.au

No bookings are required. Entrance - gold coin donation.

These two lectures are open to the public and all U3A members, **especially new members**. 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 write this date in your diary now.**

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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 and Leader's Showcase

will be held on

**Thursday 29 November 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 course for the year and to showcase features of their course for the first semester of 2019.

**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, Jack Bell 0425 331 632 email jbe66368@bigpond.net.au, 8/14-16 Ocean Street Penshurst, 2222 by 16 November.

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

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

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## CRONULLA SCHOOL OF ARTS

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

### **1. Upstairs Activity Room**

#### **PICK - A - BOOK ..... 182EC01**

No, not Bob Dyer but Mary Small, inviting you to share the delights of your favourite book (old or new) with others, in an informal (laid-back) discussion group.

**First Friday of each month from 6 July 2:00 - 3:30**

Leader and bookings: Mary Small  
9522 9917 marysmall@optusnet.com.au

#### **BEGINNER'S FRENCH - ..... 182EC02** **SPEAKING FRENCH\*\*(16)**

This course is for those members who are beginners in speaking the French language.

**Each Monday from 2 July 1:30 - 3:30**

Leader and bookings: Joan Craven  
0408 978 435 marjoan4@hotmail.com

#### **BEGINNER'S ITALIAN\*\*(12) ..... 182EC03**

This course is for those members who are beginners in speaking the Italian language.

**Each Tuesday from 24 July 2:00 - 3:30**

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

#### **SOLVING CRYPTIC CROSSWORDS - ..... 182EC04** **INTERMEDIATE\*\*(15)**

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 compiler's devious yet often delightful clues. A bit of mind stretching enjoyment.

**First and Third Wednesdays from 4 July 2:00 - 4:00**

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

#### **FILM APPRECIATION AND ..... 182EC05** **DISCUSSION\*\*(15)**

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 19 July 1:00 - 3:00**

Leader: Anita Spinks 0423 532 582  
anitaspinks@live.com.au  
Bookings: Ross Bell 0402 285 972 rossbell1952@gmail.com

#### **BRAIN GAMES\*\*(24) ..... 182EC06**

Extensive research provides growing evidence that in addition to maintaining physical fitness and eating sensibly, brain health in older people can be maintained and disease 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 13 July 10:00 - 12:00**

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

#### **MUSIC FOR FUN ..... 182EC07**

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.

**Each Thursday from 5 July 10:00 - 12:00**

Leader and bookings: Henry Collins 9544 4328  
henryhenrycollins@yahoo.com.au (preferred)

**OPEN MINDS\*\*(20)..... 182EC08**

A discussion group keen to tackle the harder problems in life. An opportunity to explain your point of view and learn how and why others think differently.

**Second and fourth Wednesdays from 25 July 10:00 - 12:00**

Joint Leader and bookings: Henry Collins 9544 4328  
henryhenrycollins@yahoo.com.au (preferred)

Joint Leader: Anita Spinks 0423 532 582  
anitaspinks@live.com.au

**2. Upstairs Theatrette****EXPLORATIONS IN MUSIC..... 182EC09**

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 Wednesdays of each month from 25 July 1:00 - 3:00**

Leader: Sam Adams 9522 9386

Bookings: Trevor Campbell 9525 6970

**POETRY FOR PLEASURE..... 182EC10**

Join us as we are dipping a toe into Edgar Allan Poe, or drowning in Browning. Let's jump on Mulga Bill's Bicycle together and cruise through centuries of poetry. Members are welcome to present their favourite poems, or even their own work.

**Second and fourth Thursdays of each month from 26 July 2:00 - 4:00**

Leader and bookings: Elisabeth Peters 9523 3743

0466 893 747 heinzliz@optusnet.com.au

**ART HISTORY..... 182EC11**

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

**Second and fourth Tuesdays of each month from 24 July 10:00 - 12:00**

Leader: Beverley Theodore 9532 1141 tpl5@bigpond.com

Bookings: Teresa Lamberton 9502 4420

teresalamberton@hotmail.com

**GEMS OF THE SILVER SCREEN..... 182EC12**

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

**First and third Tuesdays of each month from 3 July 10:00 - 12:00 approx**

Leader and bookings: Brian Harvey 9521 5822

**ASPECTS OF AUSTRALIAN HISTORY..... 182EC13**

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

**Second and fourth Mondays of each month from 23 July 1:00 - 3:00**

Leader: Barry Hughes 9520 6130 bcmltc2@netspace.net.au

Bookings: Beryl Davis 9524 2661

**ARMCHAIR TRAVELLERS..... 182EC14**

Come and share travel stories and visual presentations from all over the world. We meet in the small theatre upstairs. There is lift access and we have vacancies. If possible, we ask members to donate \$1 towards the morning tea which is provided.

First and third Wednesdays of each month from

**1 Aug 10:00 - 12:00 (except school holidays)**

Leader: Kate Churcher 9523 6990 or 0433 140 900

kchurcher2@hotmail.com

Bookings: Margaret Durie: 9525 9189 or 0403 391 845

marg2229@bigpond.com

**BALLET ON SCREEN\*\*(40)..... 182EC15**

The program for this semester includes:

- *The Nutcracker* (Australian Ballet, choreo Peter Wright)
- *The Metamorphosis* (Royal Ballet) with
- *The Chopin Dance Project Part 2* (Houston Ballet)
- *Cinderella* (The Dutch National Ballet)
- *Don Quixote* (Royal Ballet, Carlos Acosta)
- *The Merry Widow* (Australian Ballet, 1993)

**Third Monday of each month from 20 Aug 1:30 - 4:00**

Leader: Jean Singleton-Turner 9525 6084

jsingleton7@bigpond.com

Bookings: Marina Saunders 9527 4564

marinthers@gmail.com (preferred)

**PATHWAYS TO THE GODS..... 182EC16**

We approach religion mainly through history. This semester, after looking at the background of Jesus of Nazareth (including the Gnostics and the Essenes), we will examine the last three years of his life and early Christianity.

**Second and Fourth Tuesdays from 24 July 12:30 - 2:30**

Leader and bookings: Jacques Goldman 9518 6741

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**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..... 182EA01  
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 2 July 2:00 - 3:30**

Leader and bookings: Susan Molloy-Johnson 9546 5170

twotwelves@outlook.com

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**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..... 182EG01**

Fun with words.

**Alt Mondays from 9 July 10:00 - 12:00**

Leader: Ann O'Connor 9531 1645 annoc@tpg.com.au

Bookings: Sandra Keller 9540 1194 or 0417 134 210

kellers@aanet.com.au

**MIDDLE EASTERN DANCING..... 182EG02**

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 2 July 1:30 - 3:00**

Leader and bookings: Faye Green 9521 6575

shalinabd@bigpond.com

**DRAWING\*\*(20)..... 182EG03**

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 3 July 1:00 - 3:00**

Leader: Judith Walker 9544 2638 juden@tpg.com.au

Bookings: Sue MacDonald 9528 8179

suzannemacdonald99@gmail.com

**DISCOVERING ART ..... 182EG04**

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 Tuesdays of each month from 7 Aug 10:00 - 12:00**

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

**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) ..... 182ED01**

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 25 July 10:00 - 12:00**

Leader: Angela Balding 9524 2018  
Bookings: Leona Harris 9522 3225

**MIRANDA COMMUNITY CENTRE**

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

**AUSTRALIAN HISTORY ..... 182EM01  
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 Wednesdays of each month from 4 July 1:30 - 3:30**

Leader: Janice Stokes 9543 1296 or 0418 415 249  
stokesj@optusnet.com.au  
Bookings: Elizabeth Donovan 9524 9488

**MIRANDA: WESTFIELD**

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

**THE RISE AND FALL OF ANCIENT ..... 182EW01  
CIVILISATIONS\*\*(20)**

In-depth study of ancient civilisations from early Egypt, surrounding empires and Mediterranean states. Class members are invited to suggest topics and speakers and otherwise contribute, if they wish to do so.

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

Joint Leaders:  
Margaret McDonnell 9553 0489 mmcdonnell@tpg.com.au  
and Olga Bondarenko 9529 7314 olgab@ozemail.com.au  
Bookings: Dorothy Dalyell 9520 5563  
ddalyell@bigpond.com

**WORLD HISTORY AND ..... 182EW02  
DEVELOPMENTS\*\*(10)**

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 5 July 10:00 - 12:00**

Leader: Elizabeth Torok 0422 557 457 emtor12@gmail.com  
Bookings: Yvonne Muntz 9544 1122 or 0432 942 527

**FRENCH INTERMEDIATE\*\*(18) ..... 182EW03**

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

**Each Monday from 2 July 10:00 - 12:00**

Leader: Bill Leach 9579 1251 or 0413 691 373  
billnell2@optusnet.com.au  
Bookings: Denis Miller 9523 3627 denis.miller@bigpond.com

**FRENCH CONVERSATION\*\*(18) ..... 182EW04**

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

**Each Monday from 2 July 12:00 - 1:00**

Leader: Bill Leach 9579 1251 or 0413 691 373  
billnell2@optusnet.com.au  
Bookings: Denis Miller 9523 3627 denis.miller@bigpond.com

**OATLEY LIBRARY**

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

**ITALIAN LANGUAGE AND CULTURE ..... 182EO01**

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 2 Aug 10:00 - 12:00**

Leader: John Della Torre 8544 1758  
Bookings: Judy Bassford 9527 2931

**ART FOR ENJOYMENT\*\*(16) ..... 182EO02**

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 4 July 2:00 - 4:00**

Leader and bookings: Doreen Kellett  
9525 0531 or 0407 276 416  
doreenkellett@live.com.au

**SOUTH HURSTVILLE LIBRARY**

1 Allen Street. Regular buses from Hurstville or Miranda stations.

**DISCUSSION GROUP\*\*(18) ..... 182EL01**

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 23 July 10:00 - 12:00**

Leader and bookings: Betty Buchanan 9580 1366

**AWARD-WINNING NOVELS\*\*(15) ..... 182EL02**

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 4 July 10:30 - 12:30**

Leader: Pat Copping 9529 6791 or 0432 345 501  
18gingie@gmail.com  
Bookings: Gloria Thompson 0403 899 349  
thompson.gloria37@gmail.com

**WRITING CREATIVELY\*\*(12) ..... 182EL03**

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

**First and fourth Tuesdays of each month from 3 July 1:30 - 3:00**

Leader: Yvonne Tracey 9587 3245 or 0415 327 313  
yvonne.calling1@bigpond.com  
Bookings: Patricia Skinner 9547 0406  
leytonadsl@dodo.com.au

## HURSTVILLE LIBRARY

Dora Road Hurstville (Miles Franklin Room) - between Dora Road and Queen Road. 5 minute walk from Hurstville station.

### DISCUSSION GROUP\*\*(15)..... 182EH01

Each attendee has five minutes to present their experience, research and findings on a predetermined, usually current affairs topic. Group discussion follows until the topic is exhausted and social chat takes over until 3pm.

**Second and fourth Tuesday of each month from 10 July 1:00 - 3:00**

Leader: Andrew Maclean 9543 2539

aach.maclea@optusnet.com.au

Bookings: Garry Griffiths 0468 809 332

margig@ozemail.com.au

## KOGARAH SENIOR CITIZEN HALL

2 Taylor Street. A short walk from Kogarah Station.

### GERMAN CONVERSATION ..... 182EK01

Intermediate to advanced conversational German.

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

Leader and bookings: Helmi Albrecht

9597 6628 or 0412 635 976 helmi.albrecht@gmx.de

## SUTHERLAND LIBRARY

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

### CRIME LITERATURE ..... 182ES01

We read crime books and then discuss them.

**First and third Tuesdays of each month from 3 July 10:00 - 12:00**

Leader: Carol Dawson 0405 311 749

Secretary and bookings: Carolyn Schinazzi 9525 7617

carolandeno@gmail.com

### ART - SKETCHING\*\*(15)..... 182ES02

Learn quick observational sketching. Illustrate your journal of memorable sights and occasions. Using only pencil, pen and watercolours, because we also, on weekends, frequently venture outdoors or join other sketch groups. We are the ShireSketchers, sharing and helping each other to practise urban sketching.

**Every Thursday from 26 July 10:00 - 12:00**

Leader: Peggy Annabel 0402 354 968

peggy.annabel@bigpond.com

Bookings: John Wu 0413 694 883

## SUTHERLAND LEISURE CENTRE

1 Rawson Avenue. Committee Room. Parking available. A 15 minute walk from the Sutherland station.

### ASPECTS OF ARCHAEOLOGY\*\*(18)..... 182ES03

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

**First and third Fridays of each month from 6 July 2:00 - 4:00**

Leader and bookings: Mary Armstrong 9567 0995

## 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)..... 182EY01

Music appreciation: classical and romantic periods.

**First and third Tuesdays of each month from 3 July 2:00 - 4:00**

Leaders: Joan Bolton 9541 3016 or 0416 143 077

boltonjoan@hotmail.com

and Bob Hallahan 9594 0214 jacobob@optusnet.com.au

Bookings: Chris Jenkins 9529 4444 chrisjenk66@hotmail.com

## OUT THERE

### U3A ENDEAVOUR CAMPUS WALKERS..... 182EX01

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 4-5 day social walking holiday held annually. Members are encouraged to participate in as many activities as possible. An annual administrative fee of \$10 is applicable.

**Each Thursday from 5 July - variable meeting times**

Leader: Bill Hunt 9521 2016

ara2233@yahoo.com (preferred)

Bookings: June Symes 9524 2817

jsymes6@gmail.com (preferred)

### WALKING IN SYDNEY AND SURROUNDS\*\*(35)..... 182EX02

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 13 July 8:30 - 3:00 (variable times)**

Leader, coordinator and bookings:

Graham Lee 9546 7994 or 0408 627 316

tonilee91@gmail.com

### WALKING AROUND SYDNEY\*\*(35)..... 182EX03

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 in the outdoors. We welcome members from all U3A regions to come and join us. Various locations and times as per program.

**Alt Fridays from 6 July 8:30 - 3:00 (variable times)**

Leader: Ruth Perini. 0407 068 613 vperini@bigpond.net.au

Secretary and bookings: Colleen Bracken

bracken65@gmail.com 9874 1012 or 0432 297 874

### U3A SYDNEY STRIDERS\*\*(35)..... 182EX04

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 4 July 8:30 - 3:00 (variable times)**

Leader: Penny Howarth 0422 078 027

pennyhowarth2@gmail.com

Bookings: Rosanne Burkhart 0413 128 967

rburkhart@bigpond.com

## **LUNCH A LOT WITH STYLE\*\*\*(25)..... 182EX05**

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 5 July 12:30**

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

## **HARVESTING IN THE SUBURBS..... 182EX06 AND SURROUNDS\*\*\*(15)**

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.

### **Commencing Wednesday 11 July**

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)..... 182EH01**

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 6 July 1:30 - 3:00**

Leader and bookings: Vicki Hann 0419 482 254  
vickihann@hotmail.com

## **HEALTHY RELAXATION MEDITATION..... 182EH02 (Kogarah)\*\*(12)**

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 Tuesdays of each month from 3 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..... 182EH03 BEGINNERS (GyMEA)\*\*(6)**

(1km flat walk from GyMEA Station).

Have you wanted to make a photobook, but just needed a nudge to get started? Watch how to use a computer program, which is freely available. We'll discuss how to choose the book type, covers, theme, layouts, text and embellishments. This will be very basic, so suitable for true "photobook beginners"! A knowledge of basic computer skills is assumed.

### **Friday 20 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..... 182EH04 SCIENCE (GyMEA)\*\*(30)**

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  
jillU3A@outlook.com 9524 6506

## **1. Luck, Life and Rearing Kids in a Medical Practice**

Hear anecdotes about medicine and family, by the Specialist Physician who set up the first private Nuclear Medicine facility in Australia.

Speaker: Frank Broderick

**Thursday 19 July**

## **2. From Seatbelts to Stem Cells**

How has orthopaedics changed the world in the last 50 years? An orthopaedic surgeon will chat about amazing advances such as the joint replacement revolution, arthroscopic and tendon transfer surgery and ligament reconstruction.

Speaker: Brian Holt

**Thursday 9 Aug**

## **3. Are We Alone in the Universe?**

For several hundred years humans have speculated about the existence of life on heavenly bodies other than the Earth. Since about 1960 this has become a systematic search for intelligent life elsewhere in the universe and a search for any type of life on other bodies in our solar system. This talk will summarise these searches and where they have led us.

Speaker: Gordon McLelland

**Thursday 6 Sept**