

# NORTHERN BEACHES

**Regional Course Coordinator:** Runa Schmidt-Muller  
runasm@ihug.com.au  
**Enquiries only**

## NORTHERN BEACHES REGION OF SYDNEY U3A SHOWCASE

**Wednesday 11 July 10:00 - 12:00**

**Ted Blackwood Community Centre**

Cnr Jackson and Boondah Roads Warriewood

Choose your Northern Beaches courses the easy way  
Hear about new and other courses direct from our leaders

**Fascinating courses include:**

**Photography, Science, French, Music, History, Literature, Singing, Yoga, Movies, Art - to name a few**

Join us for refreshments

Hear a number of short presentations as leaders showcase their courses

Take the opportunity to discuss a course with new and continuing leaders

Read more about courses on display around the room

Come along and make an informed decision and book your course(s) on the day!

**Further details will be provided in our Newsletter and on the Website closer to the date**

**For catering purposes please RSVP to: Gaye Pringle gayepringle@gmail.com  
0407 248 331 or 9975 3182 by 30 June**

## BALGOWLAH: CLUB TOTEM

195 Condamine Street, Level 3, Washaway Room. Three-hour free parking in Stockland Shopping Centre. Lift from car park. Wheelchair accessible

**Venue Coordinator: Maureen Smith 9982 7985  
maureen.i.smith@bigpond.com**

**LITERATURE..... 182BB01**

A wide range of authors and their books are discussed. These include *Home Fire* by Kamila Shamsie, *The Birdman's Wife* by Melissa Ashley and *The Life To Come* by Michelle de Kretser.

**Alt Wednesdays from 25 July 11:00 - 1:00**

Leader: Maureen Smith 9982 7985  
maureen.i.smith@bigpond.com  
Bookings: Helen Moore 9975 5203  
helen.moore@inet.net.au

## BELROSE: GLENAEON RETIREMENT VILLAGE

207 Forest Way. Village Community Centre. Parking available inside village. **Wheelchair accessible.**

**Venue Coordinator: Margaret Robinson 9486 3528  
merobinson2@bigpond.com**

**LEARN TO PLAY MAH JONG..... 182BT01**

Play Mah Jong (Western style) with a friendly group in very comfortable and scenic surroundings. Assistance given but no lessons. All Welcome

**Each Tuesday from 3 July 9:00 - 12:00**

Leader: Penny Bright  
Bookings: David Bright 0404 446 326

## COLLARROY: WARRINGAH PLACE RETIREMENT VILLAGE

1039 Pittwater Road. Activities Room. Limited on-site parking. Street parking. **Wheelchair accessible**  
**Venue Coordinator: Mary Comber 9948 4064**

**ISSUES FOR DISCUSSION\*\*(20)..... 182BP01**

A participative group where all those present are encouraged to raise issues that may be of interest to them and to others. The topics are debated in a friendly atmosphere for the benefit of all attendees. Please come and enjoy the company of other U3A members.

**Alt Thursdays from 5 July 2:00 - 4:00  
(No school and public holidays)**

Leader: Jack Das  
Bookings: Margaret Lambert 9982 1427  
mdlambert@iprimus.com.au

**PLAY THE UKULELE\*\*(12)..... 182BP02**

Do you need some fun in your life? Do you like to sing? Ukuleles are back in fashion! No musical knowledge required, but some playing experience. Guitars also welcome. Please ring leader to establish your interest.

**Each Monday from 23 July 1:30 - 3:00  
(No school and public holidays)**

Leader and bookings: Colleen Russell 9918 3817

**PLAY THE RECORDER\*\*(12)..... 182BP03**

For players with a small knowledge of descant, treble, tenor and bass recorders, playing music from Renaissance to Bach through to Modern and Jazz, in the company of friendly people.

**Each Monday from 23 July 3:30 - 4:30  
(No school and public holidays)**

Leader and bookings: Colleen Russell 9918 3817

---

## COLLARROY PLATEAU: RSL VETERANS' RETIREMENT VILLAGE

Veterans Parade. Northern Amenities Block. Limited on-site parking. Street parking available. **Wheelchair accessible**

### ART: PAINTING AND DRAWING ..... 182BV01 IN ANY MEDIUM\*\*(14)

If you are an artist, or would-be artist, haven't painted for years, or would just like to paint with a friendly group, maybe we are what you need. This is not a teaching group, but assistance and appraisals are given.

**Each Monday from 2 July 1:00 - 4:00 (No public holidays)**

Leader: June Rodden 9402 4550

Bookings: Bronwyn Hale 9979 4481

---

## DAVIDSON: FRENCHS FOREST BUSHLAND CEMETERY

1 Hakea Avenue. Lorikeet Room, Administration Centre. Parking available in Cemetery grounds. **Wheelchair accessible**

**Venue Coordinator and Leader: Beth Robertson**

**Bookings essential for both courses via the leader**

**9452 2396 (9:00 - 5:00)**

**robertsonbeth12@yahoo.com.au**

### CRAFT IN THE FOREST ..... 182BG01

Join an inspirational group of craft enthusiasts for a relaxing morning of chat and the sharing of new skills. If you'd like to knit, crochet, draw, embroider, paint, do beading or just colour with pencils, do join this group. No prior knowledge expected, but the love of learning new creative ideas is mandatory! (11 sessions) Board Room

**Alt Fridays from 20 July 10:00 - 12:00**

Booking details as above

### ANZACS HEROES IN THE FOREST ..... 182BG02

Join a guided tour and hear amazing stories of the many heroic diggers who served in all military engagements, and rest at Frenchs Forest. You will enjoy narratives and biographical accounts based on the history of Australia's involvement in world hostilities, especially celebrating the centenary of the Armistice this year. Cemetery landscape - Meet at flag pole

**Thursday 8 Nov 9:30 - 12:00**

Booking details as above

---

## FORESTVILLE: FOREST COMMUNITY ARTS CENTRE

Darley Street. Adjacent to library. Parking available.

**Wheelchair accessible**

**Venue Coordinator: Terri Nixon 8964 9574**

**thenixons23@optusnet.com.au**

### PAINTING AND DRAWING ART GROUP ..... 182BF01

Our group is a mix of very experienced artists and absolute beginners. Some paint, some sketch, all enjoying the company of other friendly and helpful members. You are very welcome to come and sketch or paint in your choice of medium. Call Kathleen for advice on what to bring. (12 sessions) Studio Room

**First and third Tuesday of each month from 3 July 1:00 - 4:00**

Leader: Ann Chadderton 9451 6579

Bookings: Kathleen Wilson 0400 348 318

kathleen6a@gmail.com

### CREATIVE WRITING\*\*(10 -12) ..... 182BF02

This course does not teach writing. We edit, advise and discuss each member's current work. We work through the school holidays. Course numbers are limited. (11 sessions) Lorikeet Room

**Alt Mondays from 9 July 1:00 - 4:00**

Leader and bookings: Jo McGahey 9986 3063

mcahey@tig.com.au

### ART WITH ELIZABETH BOUSTEAD ..... 182BF03

What is Art anyway? This is a hands-on class, exploring basic tools and ways of making paintings and works on paper. Stretch your brain! No experience necessary. Curiosity and patience desirable. (10 sessions) Studio Room

**Alt Thursday from 26 July 1:00 - 4:00**

Leader: Elizabeth Boustead elizjbou@gmail.com

Bookings: Ruth Buchanan

ruth.buchanan@bigpond.com

### ROMAN HISTORY: LIFE IN THE PROVINCES ..... 182BF04

The Roman Empire was acquired by conquering tribes and cities with different cultures and backgrounds. By the 2<sup>nd</sup> century AD a concept of Romanness had developed but with local differences. This course will discuss and illustrate the life of the areas and towns throughout the vast empire. CONTINUING COURSE. New members welcome.

(8 sessions) Heather Flawith Room

**Alt Thursdays from 23 Aug 2:00 - 4:00**

Leader and bookings: Leonie Hayne 9417 2894

### MONEY, WEALTH, POVERTY ..... 182BF05

These four talks will explain in simple terms why some countries are wealthy and others poor. We will question whether money really makes the world go round.

(4 sessions) Studio

**Alt Tuesdays from 9 Oct 10:00 - 12:00**

Leader: Peter Nixon 8964 9574 petermnixon@optusnet.com.au

Bookings: Terri Nixon 8964 9574

thenixons23@optusnet.com.au

---

## FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Road, (behind Glen Street Theatre). Easy parking

**Venue Coordinator: Rosemary McCulloch**

**ramccull@gmail.com 0448 095 958**

### FRIDAYS IN THE FOREST ..... 182BU01

A monthly program of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject. Something for everyone. (6 sessions)

**Last Friday in each month (except Dec) commencing 27**

**July 10:00 - 12:00 Bookings not required**

#### 1. John Macarthur, Visionary or Villain

A journey through the life of this fascinating man who was a soldier, entrepreneur, politician and pastoralist, who with his wife Elizabeth, occupies such a prominent place in Australian history.

**Friday 27 July**

Speaker: Patrick Dodd

#### 2. The Convict System in Australia

Examining the background and system operating from 1788 until 1868 which accounted for the transportation of 160,000+ men, women and children.

**Friday 31 Aug**

Speaker: Geoff Davidson

### 3. Should Politicians go through a health check?

How Joseph Stalin, at the crucial Yalta conference towards the end of WWII, dominated, conned and manipulated two sick old men - Churchill and Roosevelt.

**Friday 28 Sept**

Speaker: George Biro

### 4. Savvy Tips for Seniors

Be a Savvy Senior – use Fraud Protection Strategies for Seniors and learn about some educational tools to help seniors protect themselves against fraud.

**Friday 26 Oct**

Speaker: Dept. of Fair Trading representative

### 5. Breathing Therapies

Breathing can become dysfunctional because of stress, asthma or other causes and this can reduce quality of life. Learn how to correct poor breathing habits and to breathe more efficiently.

**Friday 30 Nov**

Speaker: Rosalba Courtney

### 6. Scottish Piper

Did you know Bagpipers are actually considered good luck? It's an old custom to have the piper be the first one to greet the bride, thus ensuring a long and happy marriage. But, of course, the whole point of hiring a piper is the traditional music.

**Friday 14 Dec**

Speaker: John Elliott

## MONA VALE MEMORIAL HALL

1606 Pittwater Road. Meeting Room. Parking available

**Venue Coordinator Elizabeth Waring**  
elizabethwaring5@gmail.com

### PHILOSOPHICAL THEMES (Continued).....182BL01

This course continues our study of major Western philosophers as they relate to each other with respect to a specific theme - we will complete our look at ethical values, then move on to considering philosophy as a guide to living. Format DVD and YouTube introductory lectures combined with group discussions. Prior attendance at the previous series of lectures is recommended.

**Alt Tuesdays from 3 July 2:00 - 4:00**

Leader and bookings: Mike Williams 0413 878 567  
mikews@optusnet.com.au

### FRENCH LEVEL 3.....182BL02

This course covers reading, writing, grammar, and conversation. Must have basic knowledge of the language. Textbook used: *French Made Simple* by Pamela Rose Haze.

**Alt Wednesdays from 4 July 2:00 - 4:00**

Leader and bookings: Sarita Wright 9970 5906  
saritawright35@gmail.com

### FRENCH LEVEL 4.....182BL05

For those who already have a comprehensive grasp of grammar and conversation. Textbook used *Collins Advanced French Grammar*, plus a variety of literature.

**Alt Wednesdays from 11 July 2:00 - 4:00**

Leader and bookings: Sarita Wright 9970 5906  
saritawright35@gmail.com

### FRENCH INTERMEDIATE.....182BL03

On-going gentle paced course on all aspects of the French language. Reasonable vocabulary and knowledge of grammar required plus a sense of humour. Book used is *Easy French Reader Third Edition* – R. de Roussy de Sales

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

Leader and bookings: Olivia Kesby 9938 3028  
olivia.kesby@gmail.com

### CONTEMPORARY PHILOSOPHY 2.....182BL04 HEIDEGGER FOR THE INITIATED

An Introduction into Heidegger's later philosophy, including:

- The Role of Art
- The Dangers of Technology
- Dwelling as a Mortal.

A basic knowledge of *Being and Time* – Division 1 or participation in our Heidegger for Beginners' course is essential. The required course book will be *Thinking of Being* by Lee Braver. Available online from The Book Depository.

**Alt Tuesdays from 10 July 1:00 - 3:00**

Leader and bookings: John Lauricella 9918 2142  
jml1010@yahoo.com

## NARRABEEN: BAPTIST CHURCH

13 Grenfell Avenue, (cnr Wakehurst Parkway). By car, turn off Pittwater Road into Wakehurst Parkway, then immediate first right into Grenfell Avenue. **Wheelchair accessible**

**Venue Coordinator: Barbara Bohm 9913 3481**  
jeddasam1@bigpond.com

### UKULELE - INTERMEDIATE / ADVANCED .....182BQ01

If you have learnt six basic chords, now is the time to move to or join this group. Lots of strumming, singing and fun.

Education Centre, Ground floor

**Each Tuesday from 3 July 1:30 - 3:30**

Leader and bookings: John Peters 0412 161 069  
jayefpe@hotmail.com

### UNPLUGGED ACOUSTIC.....182BQ02 GUITAR GROUP 1 and 2

Harvey Broadbent will continue leading an UNPLUGGED acoustic guitar group to meet once a week for fifteen weeks. The group will continue building a repertoire of classic soft rock/blues acoustic pieces. Only basic skills with guitar chords and following lyric/chord charts needed. Bring own guitar and music stand. Room 2, level 1

**First three Wednesdays in each month  
from 4 July 10:30 - 1:00**

Leader and bookings: Harvey Broadbent 0414 486 675  
harveybroadbent1915@gmail.com

### U3A ROCK ORCHESTRA.....182BQ03

The U3A Rock Orchestra playing classic rock and pop is for good singers and post-beginners on all instruments except ukuleles, which are already well-catered for in the region. Basic skills with following lyric/chord charts needed. Ability to read musical notation not required but an advantage.

Bring own instrument and music stand. Church

**Each Wednesday from 4 July 2:00 - 5:00**

Leader and bookings: Harvey Broadbent 0414 486 675  
harveybroadbent1915@gmail.com

### CREATIVE PAINTING WORKSHOP.....182BQ04

For those who enjoy putting paint on canvas or paper. A relaxed group with varying levels of skill, we work on our own projects and commonly share techniques, ideas and information which is welcomed by all. Education Centre Ground floor

**Each Thursday from 5 July 1:00 - 4:00**

Leader: Susan Davies 0414 799 324

Booking: Suzanne Allan 0458 712 033 zanne07@gmail.com

### PHILOSOPHICAL THEMES.....182BQ05

The aim of this course is to introduce major Western philosophers as they relate to each other with respect to a specific theme – initially we will look at Ethical values justice. In that way participants gain a sense of philosophy as a

coherent discourse and not just a jumble of opinions. DVD and YouTube introductory lectures combined with group discussions. No prior knowledge of philosophy required. Room 2, level 1

**Alt Fridays from 6 July 10:00 - 12:00**

Leaders and bookings: Mike Williams 0413 878 567  
mikews@optusnet.com.

**FRENCH POST BEGINNERS\*\*(15) ..... 182BQ06**

On-going gentle paced course for people interested in furthering their knowledge of French. Basic vocabulary and grammar required, plus a sense of humour. Book used is *French Made Simple* by Pamela Rose Haze. Education Centre, Ground floor

**Alt Fridays from 6 July 10:00 - 12:00**

Leader and bookings: Olivia Kesby 9938 3028  
olivia.kesby@gmail.com

**TRIVIA FOR SENIORS ..... 182BQ07**

Interesting and tricky questions and topics well suited to the U3A age group, make for a lot of fun and laughter. Get up a team or come on your own and give the grey cells a workout! Prizes for the winning team. Education Centre, Ground floor

**Alt Fridays from 6 July 1:00 - 3:00**

Leader and bookings: Janet Atkinson 9970 6019  
sophie@easy.com.au

**ADVANCED FRENCH ..... 182BQ08**

Focusing on grammar and dictation, reading and conversation. Room 2, level 1

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

Leader and bookings: Sarita Wright 9970 5906  
saritawright35@gmail.com

**TUESDAYS IN NARRABEEN ..... 182BQ09**

A series of separate presentations on a wide variety of topics given by people with expertise in and enthusiasm for, their subject. This venue is well equipped for audio-visual lectures and has very comfortable seats. (6 sessions) Church.

**Bookings not required**

**Monthly from Tuesday 10 July 10:00 - 12:00**

Leader: Rosemary McCulloch 0448 095 958  
ramccull@gmail.com

**1. Australia, the Great South Land – Where is it?**

Covering the search from earliest times until settlement and establishment of the Colonies.

**Tuesday 10 July**

Speaker: Geoff Davidson

**2. Secret Life of Teeth**

From before the pyramids to the present day, teeth have played an important part of different cultures. What do they mean to Australians today?

**Tuesday 7 Aug**

Speaker: Sybille Lechner

**3. Living Lightly**

In 2012 Carole was contracted to work on a project with remote herding communities in Gujarat, India. Today she will focus on the lives of semi nomadic communities, their rich culture and their low carbon footprint.

**Tuesday 4 Sept**

Speaker: Carole Douglas

**4. Pirates of the Narrabeen**

An historical perspective of sailing from 4000 BC to the present day. Where does a new class of model yacht fit into this narrative? (Maritime Model Club of NSW)

**Tuesday 2 Oct**

Speakers: Bob Saunders and Richard Heggie

**5. Following my Dream**

Born in Australia but always strangely drawn to Africa, Tony tells of his life spent between the two countries and how it has led to his success as an author.

**Tuesday 6 Nov**

Speaker: Tony Park

**6. North Korea – Quo Vadis**

The main subject of this lecture is to provide an update on the situation following the round of high level meetings which have occurred over the last few months, and to provide some potential scenarios for the future.

**Tuesday 4 Dec**

Speaker: John Yates

**HISTORY OF PHILOSOPHY 1 ..... 182BQ10**

An introduction to Philosophy via a survey of the great philosophers of the west including Plato, Aristotle, Aquinas, Descartes and Kant. No prior familiarity with philosophy is required. Room 2 level 1

**Alt Fridays from 13 July 10:00 - 12:00**

Leader and bookings: John Lauricella 9918 2142  
jml1010@yahoo.com

**SOLVING CRYPTIC CROSSWORDS (BASIC INTRODUCTION) ..... 182BQ11**

If cryptic crosswords look like gibberish, then this is the course for you. Cryptic crosswords conform to a set of rules, which once you are aware of them, will help you to solve the clues. A basic course for those who would like to learn some strategies to get started. (6 sessions) Education Centre Ground floor

**Alt Fridays from 13 July 1:30 - 3:30**

Leader and bookings: Eve Lane evelane222@gmail.com

**INTRODUCTORY SPANISH B ..... 182BQ12**

Aimed at developing basic communication skills in Spanish, this course is a follow-up and revision of the Introductory Spanish course taught in Semester 1. All language skills are practiced; grammar, pronunciation and culture are studied; various teaching resources are used. Topics may include shopping, eating out, leisure and hobbies. Some previous knowledge required. (14 sessions) Education Centre Ground floor

**Each Monday from 23 July 2:00 - 4:00**

Leader and bookings: Alexis Tabensky  
a.tabensky@unsw.edu.au 0424 983 618

**MUSIC TO REMEMBER ..... 182BQ13**

Travel back in time from J S Bach, the organist and storyteller, through to those who followed and were inspired by him. Each session will concentrate on one particular classical composer with examples of legendary performances from the past as well as recordings by artists of today. Relax and enjoy listening. Church

**Alt Tuesdays from 31 July (except Oct 3 sessions) 10:00 - 12:00**

Leader and bookings: Rosemary McCulloch  
ramccull@gmail.com 0448 095 958

**UKULELE FOR BEGINNERS ..... 182BQ14**

If you have ever wanted to learn to play the ukulele, this is your chance. We start from scratch. No prior knowledge of music necessary. Come along and have a go, it's fun. Room 2 level 1

**Each Tuesday from 31 July 1:30 - 2:30**

Leader and bookings: Felicity Davis 9979 8633  
felicity@sciencefilms.com.au



## NORTH NARRABEEN: COASTAL ENVIRONMENT CENTRE

Pelican Path, Lake Park Road. If by travelling by bus, alight at Narrabeen High School; if travelling from south cross Pittwater Road then 300 metres walk along Lake Park Road. Follow Pelican Path along the lakeshore heading east. CEC is 40 metres inside the grounds of Sydney Lakeside Holiday Park. Car park opposite 34 Lake Park Road, 'The Melting Room Café'. **Wheelchair accessible**

**Venue Coordinator: Barbara Bohm 9913 3481**  
jeddasam1@bigpond.com

### MONDAY AT THE MOVIES (MAM)..... 182BR01

For those who enjoy current movies, a movie club operating similar to a book club. Each month, view up to three nominated movies in your own time and join us for a stimulating discussion about the plot, actors, producers and cinematography. Decide your own ratings (6 sessions).

**Monday 2 July, 6 Aug, 3 Sept, 15 Oct, 5 Nov, 3 Dec**  
10:00 - 12:00

Leader: Heather Leggat

Bookings: Alan Leggat 9997 3183  
ahleggat@bigpond.com (preferred)

### MAGIC OF POETRY..... 182BR02

Enjoy poetry? Then come along and share your favourite poems and hear the magic of others in a fun relaxed atmosphere. (6 sessions) No school holidays

**Wednesday 4 July, 15 Aug, 12 Sept, 24 Oct, 21 Nov, 19 Dec**  
10:00 - 12:00

Leaders: Alan Leggat and Kevin Herbert

Bookings: Heather Leggat 9997 3183  
ahleggat@bigpond.com (preferred)

### CREATIVE PHOTOGRAPHY..... 182BR03

Everyone takes photos, but many of us would like to take our photography to the next level. This group will aim, by sharing knowledge, to improve our photographic techniques. Each session will consist of a mixture of tutorials and interactive workshops, with members encouraged to share their knowledge and images. (8 sessions) **No school holidays.**

*Note:* this is a continuing full-year course.

**Alt Thursday from 26 July (except 4 Oct) 10:00 - 12:00**

Leader: Laurie Wilson 9938 1454

Bookings: laurie.wilson@optusnet.com.au (preferred)

### THE HUMAN TIDE..... 182BR04

With talks and discussion, we will examine the history of migration from the beginning until now, the better to understand the troubled movement of peoples today.

(6 sessions) **No school holidays**

**Alt Tuesdays from 7 Aug 1:00 - 3:00**

Leader and bookings: Joan Giumelli 9981 7509

jgiumelli@ozemail.com.au

## NORTH NARRABEEN: NARRABEEN RSL CLUB

116 Nareen Parade Narrabeen North

### CROQUET..... 182BS01

Enjoy the tranquillity of the bushland setting while playing Golf Croquet. Your concentration may be disturbed occasionally by the laughter of kookaburras and fellow players. Teaching available on request. No partner required. Mallets supplied. Games are organised to accommodate on a first come basis.

**Weekly commencing Wednesday 3 July 8:30 - 12:00**

Leader: Bob Hunter 9970 7352 hunterdeb@bigpond.com

Booking: Jill Barrett 9982 2387 jillb45@hotmail.com

## NEWPORT COMMUNITY CENTRE

11-13 The Boulevard, off Barrenjoey Road. Buses Palm Beach/Manly and from Wynyard/Upper Peninsula to Newport Bowling Club. Ample parking available.

**Wheelchair accessible** **No courses at Newport during school holidays**

**Venue Coordinator Elizabeth Waring**  
elizabethwaring5@gmail.com

### WEDNESDAY AFTERNOON AT NEWPORT..... 182BC01

Come and join a friendly group on the first Wednesday of each month. Enjoy the one-off lectures on a wide range of subjects. Main Hall (5 sessions) **Bookings not required**

**First Wednesday of each month from 4 July 1:30 - 3:30**

Leader: Mavis Bickerton 9970 7161

mavis.bickerton@bigpond.com

#### 1. A DPP's reflections on some cases and some legal reforms

Nicholas Cowdery will discuss some of the more controversial cases he dealt with as DPP, some of the issues arising and some areas of law reform that were pursued.

**Wednesday 4 July**

Speaker: Nicholas Cowdery

#### 2. A Brief History of Astronomy

Examining how different cultures through the ages have sought to measure and explain the movements of the heavens, emphasising the Scientific Revolution that led to our modern understanding of the Universe.

**Wednesday 1 Aug**

Speaker: Kevin Murray

#### 3. Celebrant Ceremonies "Weddings – Wicked, Wonderful and Wild"

Whilst most weddings are enjoyable and wonderful affairs at which Wendy was very honoured to officiate, there are always those hilarious and even disastrous moments when events didn't quite work out! Come and hear more.

**Wednesday 5 Sept**

Speaker: Wendy Bull

#### 4. Medical Entomology - Mosquitoes

A focus on the biology and habitat of mosquitoes as vectors of disease and unease - including Malaria, Lymphatic filariasis, Yellow Fever, Dengue and Zika virus

**Wednesday 7 Nov**

Speaker: Ian Thompson

#### 5. The Royal Botanic Gardens Sydney

This talk will give us an insight into the Royal Botanic Gardens Sydney's Calyx and latest projects. We will look at the last 200 years and the vision for the future.

**Wednesday 5 Dec**

Speaker: Lorraine Emerson

### OUTSTANDING TOPICS AND SPEAKERS..... 182BC02

This course features speakers on diverse topics who are experts in their field. Tuesdays in Newport. Main Hall

**Bookings not required**

**Commencing Tuesday 24 July 1:30 - 3:30**

Leader: Mavis Bickerton 9970 7161

mavis.bickerton@bigpond.com

#### 1. The role of Harbour Master in Sydney and Botany Bay

Jeanine will speak on the work of operating a world class port that is recognised for its safe and efficient operations through the adaptation of modern technologies to age old traditions.

**Tuesday 24 July**

Speaker: Jeanine Drummond

## 2. Napoleon and the Australian Connection

A talk on the meteoric rises/falls in his career with some emphasis on the final years and their importance to Australia.

**Tuesday 28 Aug**

Speaker: Geoff Davidson

## 3. Getting your affairs in Order

This session aims to raise your awareness of how the Digital World has complicated our lives and legacy and to get us thinking how we can arrange our affairs.

**Tuesday 25 Sept**

Speaker: Sue Martin

## 4. The Story of the Cotton Industry

This crop has been grown since the Egyptians and long before. See some of the differences in various parts of the world. Learn of its importance to world development and enjoy some music from the deep South of the USA.

**Tuesday 23 Oct**

Speaker: Rosemary McCulloch

## 5. The Men from Snowy River

The 1961 undertaking by Royal Australian Navy Clearance Divers to save Australia's most ambitious civil engineering project from disaster when sluice gates governing the flow of water from Lake Eucumbene began to leak.

**Tuesday 27 Nov**

Speaker: David Strike

## DRAMA ACTIVITIES THROUGH MOVEMENT, MIME AND IMPROVISATION ..... 182BC03

Looking for a fun and enjoyable activity that extends you? Join our drama activities at Newport every second Wednesday. Not only will you meet new people and have fun along the way, but we'll be doing relaxation and drama exercises to music that will make you feel well and happy!

Activities Room

**Alt Wednesdays from 25 July 1:45 - 3:45**

Leader: Helen Rosenkranz 0405 060 727

[helenrosenkranz@gmail.com](mailto:helenrosenkranz@gmail.com)

Bookings: Ann Hardiman 9940 0460

[hardimanja@gmail.com](mailto:hardimanja@gmail.com) (preferred)

## YOGA AND RELAXATION ..... 182BC04

The course leader is an International Yoga Teacher's Association trained teacher. The class consists of simple yoga postures, including stretching for muscle flexibility, movements to keep joints flexible, breathing practices and deep relaxation. The practice of yoga helps to relieve stress by balancing our nervous system. Main Hall

**Each Wednesday - except first Wednesday of each month from 25 July 2:00 - 3:30**

Leader: Louise Matthews

[louisemtws@yahoo.com.au](mailto:louisemtws@yahoo.com.au)

Bookings: Joy Cook 9979 3523

[joy.e.cook@gmail.com](mailto:joy.e.cook@gmail.com) (preferred)

## ART CLASS WITH DENISE BARRY ..... 182BC05

This course will be working mainly in acrylic paint. The emphasis will be on fun, relaxation and creativity, encouraging each individual style. The leader comes from a background as a practising artist (painter), art teacher and therapist. Activities Room

**Each Thursday from 26 July 1:00 - 4:00**

Leader: Denise Barry 9974 5335 [powerfulowl2@gmail.com](mailto:powerfulowl2@gmail.com)

Bookings: Terry Bickerton 9970 7161

[terry.bickerton@bigpond.com](mailto:terry.bickerton@bigpond.com)

## TABLE TENNIS ..... 182BC06

This exercise stimulates physical and mental performance. The air-conditioned venue is ideal for year-round play. We offer the opportunity to revive a dormant skill and to socialise with new friends. Main Hall

## Each Thursday from 26 July 1:30 - 4:30

Leader: Neil Mitchell 0405 123 521 [primcons@tpg.com.au](mailto:primcons@tpg.com.au)

Bookings: Carole Young 0421 356 493

[caroleyoung@me.com](mailto:caroleyoung@me.com) (preferred)

## YOGA AND RELAXATION ..... 182BC07

Booking essential, please book into one class only. Multiple class bookings are not permitted. Each class consists of basic yoga practice, breathing and deep relaxation, which will help improve joint mobility, increase muscle flexibility and bone density. It will balance your nervous system, reduce stress, hypertension and insomnia, helping to keep you happy and healthy. Main Hall

**Each Friday from 27 July 12:30 - 2:00**

**Each Monday from 30 July 12:30 - 2:00**

Bookings: Pamela Frei 0415 603 906

[ciesta@tpg.com.au](mailto:ciesta@tpg.com.au) (preferred)

## ART CLASS WITH KAYE DEXTER ..... 182BC08

This course is designed to develop painting skills in medium and advanced students. We shall use acrylic paints and explore a variety of techniques. The leader is a retired secondary art teacher and practising artist. Students will need to bring their own paper, canvas, paints, brushes water containers etc. Activities Room

**Each Monday from 30 July 1:00 - 4:00**

Leader: Kaye Dexter

Bookings: Mike Williams 0413 878 567

[mikews@optusnet.com.au](mailto:mikews@optusnet.com.au) (preferred)

## INTERMEDIATE FRENCH ..... 182BC09

This course is for students with a good working order of French grammar including several tenses, solid intermediate vocabulary and some writing and speaking skills. Our objective is to increase our working knowledge of the French language, the country and culture through vocabulary and grammar development, speaking, writing, presenting and listening. Textbook and a good dictionary are essential. Check before purchasing any books. Activities Room.

**Alt Wednesdays from 1 Aug 1:15 - 3:15**

Leader: Danina Anderson [danina\\_anderson@hotmail.com](mailto:danina_anderson@hotmail.com)

Bookings: Frances Buchan 0412 127 182

[francesandtonybuchan@gmail.com](mailto:francesandtonybuchan@gmail.com)

---

## NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Corner Robertson Road and Ocean Avenue. Buses:

Wynyard/Upper Peninsula. Manly/Palm Beach

**Venue Coordinator: Ann Hardiman 9940 0460**

[hardimanja@gmail.com](mailto:hardimanja@gmail.com)

## CREATIVE WRITING ..... 182BN01

Do you like to write or to rhyme? Do you want to extend and improve your wordsmith skills and meet others of like mind? We will look at essays, short stories, poetry and prose, articles and memoirs. Let loose your latent creativity – and fly! (No Public holidays) Church Hall.

**Alt Wednesday from 11 July 1:00 - 2:30**

Leader and bookings: Colleen Russell 9918 3817

## RECORDER CONSORT ..... 182BN02

A small group playing descant, treble, tenor and bass recorders, playing music from Renaissance to Bach through to Modern and Jazz. We welcome new players at this level, in company of friendly people. (No Public holidays) Church Hall.

**Each Wednesday from 25 July 10:30 - 12:30**

Leader and bookings: Colleen Russell 9918 3817

## NORTH CURL CURL COMMUNITY CENTRE

Corner of Griffin and Abbott Roads. Parking available inside the venue grounds. Bus from Chatswood/Manly passes through Dee Why and stops on the corner of Griffin and Pitt Roads.

**Venue Coordinator: Ruth Buchanan 0401 203 368**  
ruth.buchanan@bigpond.com

### **BALANCE 'N' BONES EXERCISE**..... 182BD01

Conditioning exercises for all major muscle groups, balancing to improve posture, relaxation for mind and body following a low impact aerobic warmup. Instruction by the Beth Denny DVD. Easy program at 9:30 followed by an Advanced program at 10:30am. Come to one or both sessions. Main Hall

**Each Monday from 2 July 9:30 - 10:25 and 10:30 - 11:20**

**Each Friday from 6 July 9:30 - 10:25 and 10:30 - 11:20**

Leader and bookings: Ruth Buchanan 0401 203 368  
ruth.buchanan@bigpond.com

### **MAH JONG**..... 182BD02

Play Mah Jong – The Western Game in a quiet, friendly atmosphere. No teaching. Meeting room

**Each Monday from 2 July 1:00 - 3:45**

Leader and bookings: Jacki Bateman 9913 8559  
jackibateman@optusnet.com.au

### **SOCIAL SEQUENCE DANCING**..... 182BD03

Dancing for fun and to keep your mind and body active. Gracious old favourites. Please bring your own lunch. Main Hall

**Each Tuesday from 3 July 10:00 - 2:00**

Leader and bookings: Rosemary MacDonald 9905 3851

### **MUSIC – THE SOUNDTRACK OF OUR LIVES**..... 182BD04

Listen, laugh, sing along (or even get up and dance if the music takes you). Together we will review the years of our lives and share happy memories. Whether it is rock 'n roll, big band swing, country, jazz or classical, we will be playing many of those forgotten favourites of yours. This is the Soundtrack of our Lives...time to sit back with friends, relax, remember and enjoy! Bookings not required. Main Hall

**First Thursday of each Month from 5 July 10:00 - 12:00**

Leader and bookings: Brian Delgaty 0402 312 082  
briandelgaty@gmail.com

### **MAH JONG - THE WESTERN GAME**..... 182BD05

Learn and play Mah Jong in a friendly atmosphere. Patient teaching is provided. Main Hall

**Each Thursday from 5 July 12:45 - 3:45**

Leader: Christine Ferguson 0409 306 768  
chrisfer43@gmail.com

Bookings: Nancy Dick 9981 2119 nancydick71@gmail.com

### **CANASTA (BOLIVIA VERSION)**..... 182BD06

Canasta is a great social card game. This is an opportunity to learn the rules of the game, pick it up again if you have played before, or polish up your playing skills in a friendly and supportive environment. Tuition will be provided during the first two playing sessions of the Semester (5 July and 12 July)

**Each Thursday from 5 July 12:45 - 3:45 (prompt)**

Leader and bookings: Eve Lane evelane222@gmail.com

### **MAH JONG WESTERN STYLE**..... 182BD07

Play Mah Jong in a quiet, friendly atmosphere. No teaching. Very welcoming to new members, but must be an experienced player. Bookings not required. Meeting Room

**Each Friday from 6 July 10:00 - 1:00**

### **ACTIVE SENIORS DANCE CLASSES**..... 182BD08

Delightful social atmosphere. Popular 'Dance for Life with U3A'. Learn waltz, quickstep, slow foxtrot, Latin (e.g. rumba, cha cha and samba), jive and sequence dances. Keep mind and body active. From beginners to improvers and beyond. Have fun, dance, enjoy. Main Hall

**Each Friday from 6 July 1:30 - 3:30**

Leader: Barbara Martin 0413 656 387

danceballroom@optusnet.com.au

Bookings: Susan Ascher 0439 912 512

sues2512@tpg.com.au

### **DISCUSSION GROUP CURRENT ISSUES**..... 182BD09

Discussion on topics of interest selected by the members. Meeting Room

**Alt Mondays from 9 July 1:00 - 3:00**

Leader: Douglas Walker

Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

### **CELEBRATING THE SEA**..... 182BD10

A series of 3 lectures by Janine Kitson

**Commencing Thursday 26 July 10:00 - 12:00**

Bookings Ruth Buchanan ruth.buchanan@bigpond.com

#### **1. Rachel Carson's Sea Trilogy**

Learn about Rachel Carson's 'sea trilogy' that was so fundamental in her final masterpiece Silent Spring (1962). Learn about this inspiring American scientist whose message is more relevant than ever.

**Thursday 26 July**

#### **2. Sydney's Marine Conservationist: David G. Stead**

David G. Stead (1877-1957) is one of Australia's pioneer conservationists. Yet few know about his work as a marine biologist. Learn about this visionary conservationist and his legacy.

**Thursday 9 Aug**

#### **3. Can the Great Barrier Reef be Saved?**

Why are so many opposed to the Adani's Carmichael mine in Queensland? How does it threaten the Great Barrier Reef? Why must this largest living structure on the planet be saved?

**Thursday 27 Sept**

### **FINDING YOUR VOICE**..... 182BD11

An interactive workshop designed to help you speak with confidence and clarity.

**Thursday 23 Aug 10:00 - 12:00**

Leader and bookings: Diana Pheils

diana\_pheils@bigpond.com

### **ACTING THE ROLE**..... 182BD12

Sit back and listen to some of the great female roles in theatre history. Hear how the voice is used to create their mood, period and character.

**Thursday 30 Aug 10:00 - 12:00**

Leader and bookings: Diana Pheils

diana\_pheils@bigpond.com

### **A TOUR OF INTERNATIONAL CUISINES**..... 182BD13

This course celebrates the cuisine of three quite different world areas. It looks at the history of each area and consequently the influences which flavoured each. (3 sessions)

**Thursday 13 Sept, 11 Oct, 13 Dec 10:00 - 12:00**

Leader Jim Murray

Bookings: Ruth Buchanan

ruth.buchanan@bigpond.com



**SOLVING CRYPTIC CROSSWORDS – ..... 182BD14**  
**A FOLLOW-ON COURSE**

This course is intended for those who have already completed the 'Solving Cryptic Crosswords' course held earlier in the year. These follow-on sessions will provide the opportunity for participants to reinforce and build upon the strategies and tactics learned, by working through full crosswords together. (6 sessions)

**Alt Tuesdays from 2 Oct 2:00 - 4:00**

Leader and bookings: Eve Lane 0455 948 864  
evelane222@gmail.com

**EQUATIONS THAT CHANGED THE WORLD ..... 182BD15**

We discuss some great breakthroughs in physics and maths that opened our eyes to the wonders of the natural world. No Maths or Physics knowledge required. (4 sessions)

**Alt Thursdays from 25 Oct 10:00 - 12:00**

Leader: Peter Nixon  
Bookings: Virginia Lawrence  
virginialaw@bigpond.com

**WARRIEWOOD: NELSON  
HEATHER SENIOR CITIZENS  
CENTRE**

Corner of Jacksons and Boondah Roads. Regular buses Palm Beach/Manly and from Wynyard/Upper Peninsula On-site parking available, or in Boondah Road. **Wheelchair accessible**

**Venue Coordinator Marcia Andrews 9979 8707**  
**marciaandrews711@hotmail.com**

**TOPICS OF OUR TIMES\*\*(25) ..... 182BW01**

A discussion group which will consider timely issues that affect and interest us all. These may be local, national or international. Whilst all members are encouraged to submit topics and actively participate in the discussions, you are welcome to simply listen. Banksia Room

**Alt Tuesdays from 3 July 2:00 - 4:00**

Leader: Antoine van de Walle 8090 2884  
antoinevdwalle@gmail.com  
Bookings: Peggy Crocker 9975 6828  
fripeg@optusnet.com.au

**SINGING FOR THE JOY OF SINGING ..... 182BW02**

We sing songs from shows and other well-known melodies. This activity suits anyone who enjoys singing, irrespective of ability. We are a very social group and make friends easily. Non-singers are welcome to attend to just listen and enjoy or hum along. Angophora Room

**Alt Fridays from 6 July 10:00 - 12:00**

Leader and bookings: Alan Turner-Morris  
alantm@optusnet.com.au

**YOU NEED NOT AGREE\*\*(16) ..... 182BW03**

A small group for discussion of topical and general matters where all opinions are welcome. Waratah Room

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

Leader and Bookings: Kevin Murray 9997 6078  
kevandglenny@gmail.com (preferred)

**PURE CLASS – A CREATIVE ..... 182BW04**  
**WRITING CLASS**

An opportunity for people interested in writing fiction, poetry, short stories, articles, family histories and more, to read their work and receive constructive criticism and assistance with a view to improving their writing skills, as well

as enjoying others' contributions and friendship. Waratah Room

**Alt Mondays from 9 July 1:30 - 3:30 (no public holidays)**

Leader and bookings: Diane Harding 9944 0886  
dianeharding@optusnet.com.au

**CONTEMPORARY ISSUES\*\*(25) ..... 182BW05**

A friendly forum at which matters of public interest are discussed and debated, all participants being free to express their views openly and nominate items for the agenda. New members welcome. Banksia Room

**Alt Thursdays from 12 July 2:00 - 4:00**

Leader: Lynn Grierson 9913 3964 lynngrrierson1@gmail.com  
Bookings: Marianne van de Voorde 9913 7968  
marmonvan@hotmail.com

**FRENCH CONVERSATION\*\*(16) ..... 182BW06**

Advanced conversation in French based on a text and tape. Waratah Room

**Alt Fridays from 13 July 10:00 - 12:00 (no public holidays)**

Leader: Wendy Clark 9913 9807 scorpio39@bigpond.com  
Bookings: Maureen Black 9982 7149

**AN OVERVIEW OF SCIENCE ..... 182BW07**

For members who enjoy science, please join us for a series of talks on a wide range of topics presented by speakers, expert in their field (9 sessions). Banksia Room

**Alt Fridays from 20 July 1:30 - 3:30**

**Bookings not required**

Leader: Ian Thompson  
Enquiries: Merryn Parnell 9999 3414 merryn21@hotmail.com

**1. Meeting Sydney's Fresh Water Needs**

Learn why Sydney has seemingly unlimited clean fresh water but Cape Town does not. The presentation reviews the history and considers the challenges now facing the Sydney system.

**Friday 20 July**

Speaker: David Robinson

**2. Halley, the Comet and Friends**

Like his contemporary and friend Sir Isaac Newton, Halley made giant strides in our knowledge of the solar system, and indeed the universe itself. One of the greats!

**Friday 3 Aug**

Speaker: Paul Barclay

**3. Radio Astronomy, Collaroy Plateau and the Origins of Wi-Fi**

The pioneering work in radio astronomy undertaken by physicist Joseph Pawsey and the development of technologies that formed the basis of today's radio astronomy and telecommunications; including Wi-Fi and the link with Collaroy Plateau

**Friday 17 Aug**

Speaker: Hastings Pawsey

**4. The Internet of Things**

Science and Technology are progressing at an ever-increasing speed with the latest 'hot topic' being the 'Internet of Things' (IoT). IoT is seeing smart devices all connected to the Internet and potentially changing the way we live.

**Friday 31 Aug**

Speaker: Malcolm Raymond

**5. The Black Death, the World's Most Devastating Plague**

In the mid-14<sup>th</sup> century, the medieval world experienced one of the most devastating pandemics to ever strike humankind: The Black Death. We look at the epidemiology surrounding this plague that swept through Europe

**Friday 14 Sept**

Speaker: Tony McCurdy



### 6. Fire our Friend – Its Emissions our Foe?

The extraordinary benefits we reap from our mastery of fire; a look at the physics and chemistry of burning; a detailed discussion of the health implications of its use for home heating.

**Friday 28 Sept**

Speaker: Bill Thomson

### 7. Technology and the Food Processing Industry

We take a look behind the scenes at some technology covering various industries including food processing, wine, meat, dairy, grain crops and more, for safety, quality control and farmer payment.

**Friday 12 Oct**

Speaker: Rob Matthews

### 8. Urban Living with Wildlife

Sydney Wildlife members are dedicated to caring for Sydney's sick, injured and orphaned native fauna, including birds, mammals and reptiles. The speakers will bring an interesting collection of **live reptiles** to demonstrate

**Friday 26 Oct**

Speakers: Bev Young and Lynleigh Greig (Sydney Wildlife)

### 9. Galaxies and the Expanding Universe

How do we know that the Earth is located in an arm of a spiral galaxy and that the expansion rate of the Universe is accelerating? This talk investigates.

**Friday 9 Nov**

Speaker: Peter Kinna

### ELEMENTARY RUSSIAN ..... 182BW08

A course for those who know some Russian at an elementary level. We explain aspects of Russian grammar and attempt simple Russian-English translations to gain an appreciation for this rich language and culture. Banksia Room

**Alt Wednesdays from 25 July 2:00 - 4:00**

Leader and bookings: Tim Coyle 9979 7690  
m.coyle@iinet.net.au (preferred)

### BOOK DISCUSSION GROUP ..... 182BW09

Share your interest in books by enjoying lively discussion with other avid readers. All books will be chosen by the group from a wide range of literature including fiction, non-fiction and biography. Banksia Room

**Alt Fridays from 27 July 1:30 - 3:30 (no school or public holidays)**

Leader: Kevin Herbert 9977 8505 white.boar@bigpond.com  
Bookings: Marcia Andrews 9979 8707  
marciaandrews711@hotmail.com

## PRIVATE HOMES

**Note: Booking essential for all private homes**

### MAH JONG - THE WESTERN GAME ..... 182BH01 (Belrose)\*\*(10)

Learn and play Mah Jong in a friendly atmosphere.

**Each Wednesday from 4 July 9:30 - 11:30**

Leader and bookings: Delvene Lawrence 9975 3788  
box142@bigpond.com

### iPAD AND ANDROID TABLET COMPUTER ..... 182BH02 WORKSHOPS (Belrose)\*\*(10)

Enjoy learning to use your iPad or Android tablet computer. Have fun and work collaboratively with peers and with the guidance of a tutor to uncover the power of your device.

**Each Thursday from 5 July 1:00 - 3:00**

iPad - Leader and bookings: Delvene Lawrence 9975 3788  
box142@bigpond.com

Android Tablet - Leader and bookings: Antoine van de Walle  
8090 2884 antoinevdwalle@gmail.com

### ART - OILS, PASTELS, ACRYLICS ..... 182BH03 (Belrose)\*\*(10)

Enjoy art with a happy group of people for a friendly exchange of ideas and guidance

**Each Friday from 6 July 9:30 - 11:30**

Leader and bookings: Delvene Lawrence 9975 3788  
box142@bigpond.com

### DISCUSSION GROUP ..... 182BH04 (Killarney Heights)\*\*(12)

The week in International politics and finance. Come and be part of this new and exciting group.

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

Leader and bookings: David Ingman 9975 4251  
davidingman@yahoo.co.uk

### WENDY'S BOOK CLUB (Forestville)\*\*(10) ..... 182BH05

We meet fortnightly and read and discuss books borrowed as kits from the library. Every second meeting we share reading aloud another book chosen by the group to read on a continuing basis.

**Alt Thursdays from 12 July 1:00 - 3:00**

Leader: Bernie Gibson 0416 231 513  
bernieanddavid@hotmail.com  
Booking: Shirley Carruthers 9486 3657

### BACH TO THE FUTURE (Avalon)\*\*(20) ..... 182BH06

During each session a topic related to classical music is analysed, discussed and illustrated with relevant recordings by great performers. Subject suggestions from course participants are always welcomed.

**Alt Fridays from 13 July 2:00 - 4:00**

Leader and bookings: Roger Pratt 9918 9277  
a.and.r.pratt2@bigpond.com