

GREATER WESTERN

Regional Course Coordinator: Position Vacant
suebrennan88@gmail.com **Enquiries only**

GREATER WESTERN REGION OF SYDNEY U3A

Notice is hereby given that the
Annual General Meeting and Election of Office Bearers
will be held on

Friday 22 February at 2pm
RAFFLES BUILDING

Level 2, Room 'A', 1-3 Fitzwilliam Street
Adjacent to Parramatta rail station. Enter through Raffles door left of library entrance

All office bearers' positions are open for election.
Please consider standing for committee to ensure the future success of our region
Information and nomination forms will be emailed to all members who have provided
email addresses OR posted to those who have no email address.

Nomination forms must be returned to
Secretary Ann Orel annorel@hotmail.com OR posted to 4 Kenworthy Street, Dundas 2117
before **8 February 2019**.

PLEASE SEE OUR TWO ENTRIES in 'EVENTS'

PARRAMATTA: RAFFLES BUILDING

Level 2, 1-3 Fitzwilliam Street. Adjacent to rail station.
Wheelchair accessible and lift available
Enter through 'RAFFLES' door left of library entrance.
Check with leaders for sessions during the school holidays

MANDARIN 191GF01

This course is intended for the Third Age people who want to learn Mandarin by means of learning Chinese characters and sentences using alphabetic transliteration. Your class level will determine alternate Monday session access.

Each Monday from 11 Feb 10:00 - 12:00

Leader: Ying Mei Zhang

Bookings: Ying Mei Zhang 8872 7569 or Nicole Liu 9311 2480

MANDARIN P.I.E.S. 191GF02 **(Practice in Everyday Speaking Chinese)**

These sessions are intended for learners of Mandarin who want to practice and improve their listening and speaking skills. Depending on skill level, activities range from basic everyday conversation with emphasis on pronunciation and sentence structure, to role plays and discussions facilitated by native Mandarin speakers.

Each Friday from 8 Feb 1:00 - 3:00

Leader and bookings: Stanley Yan 0408 544 925
stanyan100@hotmail.com (email preferred)

BOOK OF THE MONTH(20)** 191GF03

Discussion group. New members most welcome. Share the experience, expand your understanding and enjoy the process.

Every 4th Monday from 4 Feb 10:00 - 12:00

Leader and bookings: Isabel Halton 9872 4467

THRILLERS AND MYSTERIES 191GF04

Join a monthly book-reading group for those who read for entertainment and love 'whodunits'.

We each take turns in selecting two authors for the following month.

Every 4th Monday from 25 February 1:00 - 3:00

Leader and bookings: Dorothy Johnson
9621 2389 (after 5pm)

STORYTELLERS PARRAMATTA 191GF05

Do you have an urge to write your stories? We are a group of storytellers who happen to write our stories down – true, fictional, serious, topical, amusing and sometimes in verse. A topic is suggested as 'homework' (optional), to be read out at the following session. Of course, free choice is always acceptable!

Alt Tuesdays from 12 Feb 10:00 - 12:00

Leader and Bookings: Helen Reardon 9631 7241
helsjr@bigpond.com

GROWING YOUR FAMILY TREE..... 191GF06

Interested in your family history? Join a friendly, helpful group all engaged in digging up their ancestors.

Alt Tuesdays from 5 Feb 1:00 - 3:00

Leader and bookings: John Venables 9484 0526
john_venables@yahoo.com

TEN SINGLE SESSION TUESDAYS(30) 191GF07**

A series of separate presentations on subjects of general interest.

All talks are from 10:00 - 12:00

Bookings: suebrennan88@gmail.com

1. How Much Imprisonment is Necessary?

Imprisonment appears to be a natural consequence of serious offending, but has its own human and financial costs. We discuss these propositions and consider ways of doing things differently.

Tuesday 5 Feb

Speaker: Denise Weelands

2. Healing Your Immune System

A woman was told she was dying, that modern medicine had nothing more to offer. Still, she found wellness. She shares the hurdles overcome in the process of restoring health.

Tuesday 19 Feb

Speaker: Lynda Dyer

3. The Australian Museum

Sydney's major natural history museum dates from 1827. The session covers the museum's objectives, its collection (almost 20 million items), buildings, people and important events during its 190 year history.

Tuesday 5 March

Speaker: Stewart Reed

4. The NSW State Library

The State Library has a vast and varied collection (apart from books), especially in the realm of Australiana, including many rare and unique objects.

Tuesday 19 March

Speaker: Stewart Reed

5. Can the Great Barrier Reef be Saved?

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

Tuesday 2 April

Speaker: Janine Kitson

6. Mapping an Empire

The gripping story of the stupendous work of 19th Century science, exploration and achievement involved in the mapping of India by the British.

Tuesday 16 April

Speaker: Tony McCurdy

7. Inventions that Changed the World

A survey of the origin, nature and impact of those inventions that have had a major influence in changing the world from pre-historic times to the 21st Century.

Tuesday 30 April

Speaker: Tony McCurdy

8. Cleopatra

The story of this fascinating woman. Is it fact, fiction or fantasy?

Two Tuesdays 14 and 28 May

Presenters: Nora Hinchin & John Flint

9. Age is an Attitude

Be intrigued by how attitude affects our aging process and simple changes we can make to stop the clock on aging. New research, thought processes and creative ideas to consider.

Tuesday 11 June

Speaker: Lynda Dyer

10. An Introduction to Entomology

An introduction to the fascinating world of insects and other arthropods found in and around the garden. Uncover some unusual facts surrounding these 'critters'.

Tuesday 25 June

Speaker: Ian Thompson

OUR WORDS..... 191GF08

Interested in the origin of language? Words and sayings can be fun. Join us and enjoy them. Bring a word and we'll use it in an 'on-the-spot' writing task. Hone your writing skills with a friendly, like-minded group and let your talent emerge.

Alt Wednesday from 13 Feb 1:00 - 3:00

Leaders and bookings: Ann Orel 9638 2547
annorel@hotmail.com

Rachelle Rassaby 9797 2287 rrasaby@gmail.com

CALLIGRAPHY(18) 191GF09**

Learn 'beautiful writing' and discover your artist within. No experience or talent necessary.

Alt Thursday from 7 Feb 1:00 - 3:00

Leader: Georgie Tuck 9626 1334
georginatuck93@gmail.com

PEOPLE WHO CHANGED THE WORLD 191GF10

We look closely at the lives of personalities who had a significant influence on the social and economic development of humanity. Our focus is psychological. We consider their life environment, their family relationships, what they did that may have changed their world and how that may have affected our lives.

Alt Thursday from 31 Jan 2:00 - 4:00

Leader: Barry Hanlon

Bookings: Rex Broadbent 0433 000 556
rexpatoptusnet.com.au (preferred)

1. Mary Halifax Somerville

Scottish science writer and polymath. She studied mathematics and astronomy and was nominated to be jointly the first female member of the Royal Astronomical Society simultaneously with Caroline Herschel.

31 Jan

2. John Flynn

Presbyterian minister who founded the Australian Inland Mission which later became Frontier Services, as well as founding what became the Royal Flying Doctor Service, the world's first air ambulance.

14 Feb

3. Ernesto 'Che' Guevara

Marxist revolutionary, physician, author, guerrilla leader, diplomat and military theorist.

28 Feb

4. Nikola Tesla

Inventor, electrical engineer, mechanical engineer, physicist, and futurist who is best known for his contributions to the design of the alternating current electricity supply system.

14 March

5. Alexander Vasilyevich Suvorov

Russian military leader, considered a national hero. He was the Count of Rymnik, Count of the Holy Roman Empire, Prince of Italy, and the last Generalissimo of the Russian Empire.

28 March

6. Sir Karl Popper

An Austrian-British philosopher and professor, regarded as one of the 20th century's greatest philosophers of science.

11 April

7. Robert Oppenheimer

Theoretical physicist and professor of physics at the University of California, Berkeley. Wartime head of the Los Alamos Laboratory, he is among those who are credited with being the "father of the atomic bomb".

9 May

8. Neil deGrasse Tyson

Astrophysicist, author, and science communicator. Since 1996, he has been the Frederick P. Rose Director of the Hayden Planetarium at the Rose Centre for Earth and Space in New York City.

23 May

9. Jacqueline Louise Lambie

Politician, leader and founder of the Jacqui Lambie Network. She served as a Senator for Tasmania from 2014 to 2017

6 June

10. Women in Astrophysics: Lisa Randall, Carolyn C. Porco & Janna J. Levin

A theoretical physicist working in particle physics and cosmology; a planetary scientist - the exploration of the outer solar system; and a theoretical cosmologist/associate professor of physics/astronomy.

20 June

PARRAMATTA: HARRY TODD BAND HALL

Jubilee Lane, Parramatta (approach from Jubilee Park on Parkes Street)

WORLD HISTORY: 191GH01 THE RUSSIAN REVOLUTION

The Russian February and October Revolutions in 1918 were two very different events that together changed the course of world history in the 20th Century. An explanation of how these events unfolded.

Alt Friday from 1 Feb 10:00 - 12:00

Leader: Colin Smith

Bookings: John Brockman alban.kingslangley@gmail.com

A LIVELY DISCUSSION GROUP 191GH02

Have your say. I may not agree with what you say but I will defend your right to say it.

Alt Friday from 8 Feb 10:00 - 12:00

Leader: Robert Russell

Bookings: Dorothy Johnson 9621 2389 (after 5pm)

GUILDFORD: HEWITT HOUSE

Corner of Guildford and Byron Roads

WRITING CREATIVELY 191GG01

Learn the skills of transforming experiences into prose and poetry and share the results in a friendly supportive environment.

Alt Wednesday from 6 Feb 1:30 - 3:30

Leader and bookings: Glennis Henning 9872 5042

k.henning@optusnet.com.au

BLACKTOWN: WESTPOINT

Community Room, Fourth Floor, up Alpha Street Ramp. Four hours parking available with Seniors Card.

Wheelchair accessible

POETRY AND PROSE 191GB01 FOR EVERYONE**(15)

Bring your poems or prose to read, or just relax and listen to the reading of established authors, or members' own work.

Alt Thursday from 14 Feb 10:00 - 12:00

Leader & bookings: Margaret Bacon 9622 7874

margaretbacon8@gmail.com

AUSTRALIA: ITS HISTORY, 191GB02 PEOPLE, EVENTS AND PLACES

Some outside presenters and some topics for sessions are chosen & presented by the group's very enthusiastic members.

Alt Thursday from 7 Feb 10:00 - 12:00

Leader: Chris Scott 0412 625 571 chris.don@me.com

Bookings: Margaret Anderson anderswhite@bigpond.com

FUN AND GAMES 191GB03

A light-hearted course to stretch your mind by playing scrabble, rummikub, canasta, and other games in a friendly atmosphere (11 sessions).

Every Friday from 8 Feb 10:00 - 1:00

Leader and bookings: June Keith 9621 1215

junekeith@optusnet.com.au

BLACKTOWN CITY LIBRARY

Study Room, Level 1, corner of Alpha Street and Flushcombe Road. **Wheelchair accessible**

FAMILY TREE MYSTERIES SOLVED**(10) 191GL01

This is a support group for those addicted to researching their family history. Members range from beginners, to those with over thirty years' experience in genealogy. Come and join our friendly and helpful group whose members assist each other to solve their genealogy problems.

Alt Tuesday from 5 Feb 10:00 - 12:00

Leader: Roslyn McMullen rrmfm12@gmail.com

Bookings: Marie Donaldson

mariedonaldson@optusnet.com.au

TOONGABBIE: ST. ANTHONY'S CHURCH HALL

Aurelia Street. Some parking available.

MONDAY CANASTA AND MAH JONG 191GT01 (WESTERN STYLE)

Learn Canasta and Mah Jong (Western Style). Practice, refresh and polish up your skills for both these social games with a friendly group.

Each Monday from 4 Feb 1:00 - 3:30 (Except 10 June)

Leader and bookings: Jon Hendrikse 0411 472 633
jhendrikse39@hotmail.com

GENTLE EXERCISE AND 191GT02 DEEP RELAXATION**(20)

This course aims to promote a depth of consciousness below the stressful surface. Discover the joy of deep relaxation and the health benefits of some very easy stretching. Please bring your own exercise mat and pillow.

Each Tuesday from 12 Feb 1:00 - 3:00

Leader and bookings: Warwick Pitt: 9727 8415
warwickpitt@hotmail.com

LINE DANCING 191GT03

Come along as a beginner and learn Line Dancing or further your skills with this enjoyable, healthy activity to Country or Modern music.

Each Wednesday from 6 Feb 1:00 - 3:00

Leader and bookings: Vicky Fitzgibbon 0427 240 583
vickfitzgibbon47@gmail.com

PRIVATE HOMES

DESKTOP FLYING FOR 191GP01 SENIORS (Carlingford) **(8)

Frustrated aviators can learn to fly/navigate/enjoy scenery from some of 22,000 airports around the world using a stable of 144 aircraft (Wright Brothers to an A380). Projected onto a 6'x4' screen. No flying experience necessary.

Alt Tuesday from 5 Feb 1:30 - 3:30

Leader and bookings: Keith Manwaring 9872 2907
snrpilot18@gmail.com

BRIDGE FOR ADVANCED PLAYERS 191GP02 (North Parramatta)**(8)

Bridge for advanced players in a non-competitive atmosphere.

Alt Wednesday from 9 Jan 10:00 - 12:00

Leader and bookings: Liz Sobolewski 9630 7592

LET'S TALK ABOUT IT 191GP03 (Merrylands West)**(10)

Informal discussion about the activities and personalities of yesterday and today's prominent people, including royalty, outstanding contributors to the world scene and people in the news for whatever reason.

Alt Wednesday from 13 Feb 10:00 - 12:00

Leader and bookings: Bev Cockburn 9635 7802
bevco4@bigpond.com (preferred)

ANYONE FOR MURDER? 191GP04 (Merrylands West)**(10)

Participants will be offered a selection of DVDs and videos of murder mysteries featuring well-known fictional sleuths such as Frost, Morse, Colombo, Barnaby, Miss Marple, Hercule Poirot, & Inspector Lynley. Episodes of 'Endeavour', 'Lewis' & 'Vera' may also be added to our adventures!

Alt Wednesday from 6 Feb 10:00 - 12:30

Leader and bookings: Bev Cockburn 9635 7802
bevco4@bigpond.com (preferred)

MUSIC AND SONG 191GP05 (Carlingford)**(8)

Learn theory and terminology of music, voice production and breathing methods. Bring along a short life story of your most admired composer and sing your favourite song.

Fourth Wednesday of each month from 27 Feb 1:00 - 3:00

Leader and bookings: Suzanne Su 9872 1230

EXPLORING THE PAST 191GP06 (Merrylands West)**(10)

Video clips and discussion about various famous people and events of historic importance from the past.

Alt Thursday from 14 Feb 10:00 - 12:00

Leader and bookings: Bev Cockburn 9635 7802
bevco4@bigpond.com (preferred)