

NORTHERN BEACHES

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

NORTHERN BEACHES REGION OF SYDNEY U3A

Notice is hereby given that the
Annual General Meeting and Election of Office Bearers

followed by our
30th Celebration Lunch

will be held on
Wednesday 13 March commencing at 11:30 am

at
Long Reef Golf Club

Anzac Avenue, Collaroy 2097

**Guest Speaker: Detective Superintendent Deborah Wallace,
Commander, State Crime Command Criminal Groups Squad, NSW Police Force**

Doors will be open from 11 am for examination of reports and minutes from last year's meeting

Election of: President, Treasurer, Secretary, Course Coordinator plus committee members
Nomination forms will be included in the U3A Northern Beaches newsletter and on our website
Signed and completed forms should be returned to Secretary, Olivia Kesby, PO Box 318, Dee Why 2099
no later than 1 March

**For catering purposes please note that lunch will be \$40 payable in advance and we ask you
to respond by 1 March to Gaye Pringle gayepringle@gmail.com or 0407 248 331**

Please indicate any special dietary requirements when responding

SHOWCASE

Wednesday 13 February 10:00 - 12:00

Ted Blackwood Community Centre

Cnr Jacksons 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!

**For catering purposes please RSVP to:
Gaye Pringle gayepringle@gmail.com or 0407 248 331 by 1 February**

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 191BB01

A wide range of authors and their books are discussed. These include *The Choke* by Sofie Laguna, *The Only Story* by Julian Barnes and *Maya's Notebook* by Isabel Allende.

Alt Wednesdays from 6 Feb 11:00 - 1:00

Leader: Maureen Smith 9982 7985

maureen.i.smith@bigpond.com

Bookings: Helen Moore 9975 5203 helen.moore@iinet.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

MAH JONG WESTERN STYLE 191BG01

Play Mah Jong with a friendly group in very comfortable and scenic surroundings. Assistance given but no lessons. All welcome

Each Tuesday from 5 Feb 9:00 - 12:00

Leader: Penny Bright

Bookings: David Bright 0404 446 326

dfbright@bigpond.com

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)..... 191BP01

A participative group where all are encouraged to raise issues that may be of interest not only to themselves, but to others. The topics are debated in a friendly inclusive atmosphere, so do come and enjoy the company of other U3A members.

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

(No school and public holidays)

Leader: Terry Ryan

Bookings: Mary Comber 9948 4064

marycomber1@iinet.net.au

PLAY THE RECORDER**(12)..... 191BP02

A recorder group at a medium level playing soprano, alto and tenor recorders from the Renaissance to Bach through to Modern and Jazz, in the company of friendly people.

Each Monday from 11 Feb 10:30 - 12:00

(No school and public holidays)

Leader and bookings: Colleen Russell 9918 3817

COLLARROY PLATEAU: RSL VETERANS' RETIREMENT VILLAGE

Veterans Parade. Montgomery Hall. Limited on-site parking. Street parking available. **Wheelchair accessible**

ART: PAINTING AND DRAWING 191BV01 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 4 Feb 1:00 - 4:00 (No public holidays)

Leader: June Rodden 9402 4550

Bookings: Bronwyn Hale 9979 4481

FORESTVILLE: FOREST COMMUNITY ARTS CENTRE

Darley Street. Adjacent to library. Parking available. **Wheelchair accessible**

Venue Coordinator: Terri Nixon
8964 9574 thenixons23@optusnet.com.au

CREATIVE WRITING**(12) 191BF01

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. Lorikeet Room

Alt Mondays from 14 Jan 1:00 - 4:00

Leader and bookings: June McKimmie

junemckimmie@gmail.com

POETS, POETRY, POEMS 191BF02

To see things with fresh eyes, to revivify your senses, to stimulate your imagination, read and explore poetry. Experience how great poetry achieved "felt thoughts" to penetrate our hearts and minds. Plunge into "Poetry, Poets, Poems" at the Forestville Community Centre. (6 sessions) Heather Flawith Room

Each Tuesday from 15 Jan 10:00 - 12:00

Leader and bookings: Marie-Louise Anderson 0413 760 253
marielouise13@optusnet.com.au

PAINTING AND DRAWING ART GROUP 191BF03

Come and join our friendly group of artists. Some paint, some draw. Enjoy three hours of artistic company using your choice of medium. (12 sessions) Studio Room

First and third Tuesday of each month from 5 Feb 1:00 - 4:00

Leader and bookings: Ann Chadderton 9451 6579
annchadderton@yahoo.com.au

ROMAN HISTORY: THE CITY OF ROME 191BF04

Founded in fratricide, peopled by outlaws and rapists, the small settlement of Rome grew over the centuries to rule the Mediterranean world and most of Western Europe. What physical changes did the city undergo? What sort of lives did its inhabitants live? Sessions will be illustrated. Heather Flawith Room

Alt Thursdays from 21 Feb 2:00 - 4:00

Leader and Bookings: Leonie Hayne 9417 2894

TWO FRENCH QUEENS AND AN EMPRESS..... 191BF05

Eleanore of Aquitaine, Catherine de Medici and Josephine Bonaparte lived centuries apart in very different circumstances. What do we know of them as individuals? Did historical events dictate their actions? How much could they decide for themselves? This course will provide input and encourage discussion of the issues raised. (4 sessions) Heather Flawith Room

Each Wednesday from 27 March 10:00 - 12:00

Leader and bookings: Terri Nixon 0414 358 318
thenixons23@optusnet.com.au

BIG HISTORY..... 191BF06

Based on the work by Prof David Christian, we explore the major thresholds in Big History, from the Big Bang, to the birth of the stars, the planets, earth and life, right up to modern times. (4 sessions) Heather Flawith Room

Each Tuesday from 4 June 10:00 - 12:00

Leader: Peter Nixon
Bookings: Terri Nixon thenixons23@optusnet.com.au

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

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

Venue Coordinator: Rosemary McCulloch
ramcull@gmail.com 0448 095 958

CRAFT IN THE FOREST..... 191BU01

Join a group of craft enthusiasts for a relaxing morning of chat and the sharing of new skills. If you like to knit, crochet, draw, embroider, paint, do beading or colour with pencils, come along. No prior knowledge expected, but the love of learning new creative ideas is mandatory!

Alt Fridays from 15 Feb 10:00 - 12:00

Leader and bookings: Beth Robertson 9452 2396
(9:00 - 6:00) robertsonbeth12@yahoo.com.au

FRIDAYS IN THE FOREST..... 191BU02

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. (5 sessions) Bookings not required

Last Friday in each month commencing 22 Feb 10:00 - 12:00

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

1. Why did Henry VIII have six wives?

This talk will examine the political, religious and diplomatic pressures that influenced the King's notorious marital problems

Friday 22 Feb

Speaker: Christopher Haigh

2. Elizabeth I and the problem of being a Queen

This talk will look at the ways in which politicians tried to manipulate a female monarch, and how Elizabeth tried to get her own way

Friday 29 March

Speaker: Christopher Haigh

3. The Great Game – part 1

This talk covers up to the 1840s when Britain began an active espionage programme to counter Russian expansion into Central Asia

Friday 3 May

Speaker: Peter Headley

4. The Great Game – part 2

This talk covers the 20th century up to the present day, including Boxer Rebellion, Russian Revolution, break up of Ottoman Empire and the increasing rivalry between China, Russia and USA in Central Asia.

Friday 24 May

Speaker: Peter Headley

5. Starring at the Stadium

Remember those great shows at Sydney's Stadium? Frank Sinatra, Buddy Holly, Cilla Black and many others. Enjoy those memories again on our Big Screen

Friday 28 June

Speaker: John Watt

MONA VALE MEMORIAL HALL

1606 Pittwater Road. Meeting Room. Parking available

Venue Coordinator Elizabeth Waring
elizabethwaring5@gmail.com

PHILOSOPHICAL THEMES..... 191BL01 **– DESCARTES TO DERRIDA**

This course will explore modern and contemporary Western philosophy of reality (metaphysics) and knowledge (epistemology). Format - DVD and YouTube lectures combined with group discussions. No previous philosophy knowledge required.

Alt Tuesdays from 5 Feb 2:00 - 4:00

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

FRENCH LEVEL 4..... 191BL02

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 6 Feb 2:00 - 4:00

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

HISTORY OF PHILOSOPHY 3..... 191BL03

The philosophies of Hegel and Nietzsche will be explored. This course is designed as a continuation of the course History of Philosophy 2. New students welcome, but would be best served by first enrolling in History of Philosophy 2 at Narrabeen Baptist Church Venue

Alt Tuesdays from 12 Feb 1:00 - 3:00

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

FRENCH LEVEL 3..... 191BL04

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 13 Feb 2:00 - 4:00

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

FRENCH INTERMEDIATE ONGOING..... 191BL05

Gentle paced course on all aspects of the French language. Reasonable vocabulary and knowledge of grammar required. Book used is *Easy French Reader Third Edition* – R. de Roussy de Sales

Alt Tuesdays from 5 March 10:00 - 12:00

Leader and bookings: Olivia Kesby 9938 3028
olivia.kesby@gmail.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
jeddassam1@bigpond.com

UKULELE - INTERMEDIATE / ADVANCED 191BQ01

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 8 Jan 1:30 - 3:30
Leader and bookings: John Peters 0412 161 069
jayefpe@hotmail.com

CREATIVE PAINTING WORKSHOP 191BQ02

For those who enjoy putting paint on canvas or paper via your preferred medium. 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 10 Jan 1:00 - 4:00
Leader: Susan Davies 0414 799 324
Bookings: Suzanne Allan 0458 712 033 zanne07@gmail.com

TRIVIA FOR SENIORS 191BQ03

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 1 Feb 1:00 - 3:00
Leader and bookings: Janet Atkinson 9970 6019
sophie@easy.com.au

ADVANCED FRENCH 191BQ04

Focusing on grammar and dictation, reading and conversation. Room 2, level 1
Alt Mondays from 4 Feb 10:00 - 12:00
Leader and bookings: Sarita Wright 9970 5906
saritawright35@gmail.com

UKULELE FOR BEGINNERS 191BQ05

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 5 Feb 1:30 - 2:30
Leader and bookings: Felicity Davis 9979 8633
felicity@sciencefilms.com.au

PHILOSOPHICAL THEMES 191BQ06

This semester we will be continuing our look at *Philosophy as a Guide to Living*. Format - DVD and YouTube lectures combined with group discussions. No prior knowledge of philosophy required. Room 2, level 1
Alt Fridays from 8 Feb 10:00 - 12:00
Leader and bookings: Mike Williams 0413 878 567
mikews@optusnet.com.au

SOLVING CRYPTIC CROSSWORDS 191BQ07 (BASIC INTRODUCTION)

Introducing you to the devious clue setting devices used by compilers. This course is intended for those with little or no knowledge of solving cryptic clues. (6 sessions). This is followed by four sessions working through full crosswords together where you will reinforce and build upon strategies and tactics learned. Education Centre Ground floor
Alt Fridays from 8 Feb 1:30 - 3:30
Leader and bookings: Eve Lane
0455 948 864 evelane222@gmail.com

UNPLUGGED ACOUSTIC GUITAR 191BQ08 GROUP 1 and 2

Harvey Broadbent will continue leading an UNPLUGGED acoustic guitar group to meet once a week for fourteen 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 13 Feb 10:30 - 1:00
Leader and bookings: Harvey Broadbent 0414 486 675
harveybroadbent1915@gmail.com

THE 3RD AGE ROCK ORCHESTRA 191BQ09

The 3rd Age 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 13 Feb 2:00 - 5:00
Leader and bookings: Harvey Broadbent 0414 486 675
harveybroadbent1915@gmail.com

HISTORY OF PHILOSOPHY 2 191BQ10

An introduction to philosophy via a survey of the philosophers of the 17th and 18th centuries, including Descartes, Locke, Hume and Kant. These philosophers think in the context of the scientific revolution which shattered the classical worldview, informing western thinking for nearly 2000 years. Room 2 level 1
Alt Fridays from 15 Feb 10:00 - 12:00
Leader and bookings: John Lauricella 9918 2142
jml1010@yahoo.com

POST-INTRODUCTORY SPANISH 191BQ11

Builds upon the Introductory Spanish Course taught in 2018 and aims at further developing spoken and written communication skills. Also covers grammar, pronunciation and an initiation to Spanish-speaking cultures. Previous knowledge equivalent to one Introductory Spanish course is highly recommended. Education Centre Ground floor
Each Monday from 18 Feb 2:00 - 4:00
Leader and bookings: Alexis Tabensky 0424 983 618
a.tabensky@unsw.edu.au

FRENCH POST BEGINNERS**(15) 191BQ12

On-going gentle paced course for people interested in furthering their knowledge of French. Basic vocabulary and grammar required. Book used is *French Made Simple* by Pamela Rose Haze. Education Centre Ground floor
Alt Fridays from 15 March 10:00 - 12:00
Leader and bookings: Olivia Kesby 9938 3028
olivia.kesby@gmail.com

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE

1395A Pittwater Rd Narrabeen Limited off-street parking
Wheelchair accessible
Venue Coordinator: Rosemary McCulloch
ramccull@gmail.com 0448 095 958

OPERA ON SUNDAYS 191BT01

Starting with Placido Domingo in Puccini's *The Girl of the Golden West*, we shall watch, on DVD, outstanding performances from opera houses around the world in the comfort of this newly refurbished venue and break between acts for lunch overlooking Narrabeen Lagoon. (9 sessions)
Alt Sundays from 3 Feb 11:00 - 3:00 (No school holidays)
Leader and bookings: Rosemary McCulloch
ramccull@gmail.com 0448 095 958

MUSIC TO REMEMBER 191BT02

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. Lakeview Hall

Alt Tuesdays from 5 Feb 11:00 - 1:00

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

TUESDAYS IN NARRABEEN 191BT03

A series of separate presentations on a wide variety of topics given by people with expertise in and enthusiasm for their subject. (5 sessions) Lakeview Hall Bookings not required

Monthly from Tuesday 12 Feb 11:00 - 1:00

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

1. Laughter Wellness

A laughter session that typically leaves participants feeling more energised, positive and with a new outlook on life.

Tuesday 12 Feb

Speaker: Jane Broadbere

2. Venice, Marco Polo and the Silk Road

Venice was the greatest trading port in Europe in 1271 when Marco Polo joined his uncles on the journey east along the Silk Road to China.

Tuesday 12 March

Speaker: Peter Headley

3. Long Reef

A very modest headland – more remarkable than Hogwarts

Tuesday 9 April

Speaker: Douglas Walker

4. Battle of Hamel and Battle of Fromelles

Peter's talk will focus on a small scale, brilliantly successful advance under the command of Lt-Gen John Monash as well as the worst 24 hours in Australia's entire history

Tuesday 14 May

Speaker: Peter Sweeney

5. Abraham Lincoln

Of all the great statesmen of the 19th century few equal and surely none surpass this man in wisdom and in humour, in character and in achievement.

Tuesday 11 June

Speaker: Rosemary McCulloch

NORTH NARRABEEN: COASTAL ENVIRONMENT CENTRE

Pelican Path, Lake Park Road. 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)..... 191BR01

For those who enjoy current movies, a movie club operating similarly 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 (5 sessions).

**Monday 4 Feb, 4 March, 1 April, 6 May, 3 June
10:00 - 12:00**

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

MAGIC OF POETRY 191BR02

Enjoy poetry? Then come along and share your favourite poems and hear the magic of others in a fun relaxed atmosphere. (5 sessions) No school holidays

**Wednesdays 13 Feb, 13 March, 10 April, 15 May,
12 June, 10:00 - 12:00**

Leaders: Alan Leggat and Kevin Herbert
Bookings: Heather Leggat 9997 3183
ahleggat@bigpond.com (preferred)

CREATIVE PHOTOGRAPHY 191BR03

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) Note: this is a full-year course. No public holidays

Alt Thursday from 28 Feb 10:00 - 12:00

Leaders: Laurie Wilson and Ian Thompson
Bookings: Laurie Wilson 9938 1454
laurie.wilson@optusnet.com.au (preferred)

NORTH NARRABEEN: NARRABEEN RSL CLUB

116 Nareen Parade Narrabeen North.

CROQUET**(20)..... 191BS01

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.

Each Tuesday from 5 Feb 8:30 - 12:00

Leader: Bob Hunter 9970 7352 hunterdeb@bigpond.com
Bookings: Jill Barrett 9982 2387 jillb45@hotmail.com

NEWPORT COMMUNITY CENTRE

11-13 The Boulevard, off Barrenjoey Road. Ample parking available. **Wheelchair accessible.**

No courses during school holidays

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

YOGA AND RELAXATION 191BC01

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 Bookings essential

**Each Wednesday, except first Wednesday of each month
from 30 Jan 2:00 - 3:30**

Leader: Louise Matthews louisemtws@yahoo.com.au
Bookings: Joy Cook 9979 3523
joy.e.cook@gmail.com (preferred)

ART CLASS WITH DENISE BARRY 191BC02

This course will be working mostly 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 Bookings essential

Each Thursday from 31 Jan 1:00 - 4:00

Leader: Denise Barry 9974 5335 powerfullowl2@gmail.com
Bookings: Terry Bickerton 9970 7161
terry.bickerton@bigpond.com

TABLE TENNIS 191BC03

Table tennis stimulates physical and mental performance. The air-conditioned venue accommodating 4 tables is ideal for year-round play. We offer the opportunity to revive a dormant skill and to socialise with new friends. Main Hall Bookings essential

Each Thursday from 31 Jan 1:15 - 4:30

Leader: Neil Mitchell 0405 123 521 pnmcons@tpg.com.au

Bookings: Carole Young 0421 356 493

caroleyoung@me.com (preferred)

YOGA AND RELAXATION 191BC04

Bookings 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 1 Feb 12:30 - 2:00

Each Monday from 4 Feb 12:30 - 2:00

Bookings: Pamela Frei 0415 603 906

ciesta@tpg.com.au (preferred)

PHOTOGRAPHY 191BC05

Want to take better photos? The leader is an experienced photographer who will provide sessions in which he will explain how to design, compose and refine your photographs, with practical demonstrations and feedback. This course will be repeated three times during the semester, in February, March/April and June/July Activities Room Bookings essential

Mondays from 4 Feb 10:30 - 12:30

Leader and Bookings: Tony Clark 0416 060 148

tony.clark.48@gmail.com

ART CLASS WITH KAYE DEXTER 191BC06

This course is designed to develop painting skills in evolving artists. 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 and water containers etc. Activities Room Bookings essential

Each Monday from 4 Feb 1:00 - 4:00

Leader: Kaye Dexter

Bookings: Robyn Mayman 9918 2941

peter@maymans.com (preferred)

WEDNESDAY AFTERNOON 191BC07 AT NEWPORT

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 6 Feb 1:30 - 3:30

Leader: Mavis Bickerton 9970 7161

mavis.bickerton@bigpond.com

1. Life in a Submarine

Doug joined the Australian Navy aged 15! Drafted to submarine for five years his story is rich as an historical experience in O-class submarines and the impact on his life.

Wednesday 6 Feb

Speaker: Douglas Edwards

2. Music, Leisure and Pleasure in 18th Century

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?

Wednesday 6 March

Speakers: Nora Hinchin and John Flint

3. Recording Sound on Feature Films

Ben will share his experience of working on such films as *Strictly Ballroom*, *The Sapphires* and *Rabbit Proof Fence*.

Wednesday 3 April

Speaker: Ben Osmo

4. The Survivor's Story

Being blonde and blue eyed saved the speaker and her family from the Nazis in World War II. The story of a family in Budapest and their journey to Australia.

Wednesday 1 May

Speaker: Kathy Bradley

5. How healthy is your cosy home fire?

The extraordinary benefits we reap from our mastery of fire; a history of the growth in our understanding of its wonders and a detailed discussion of the health implications of its use for home heating.

Wednesday 5 June

Speaker: Bill Thomson

DRAMA ACTIVITIES THROUGH 191BC08 MIME AND IMPROVISATION**(20)

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 do relaxation and drama exercises to music that will make you feel well and happy! Activities Room Bookings essential

Alt Wednesdays from 6 Feb 1:45 - 3:45

Leader: Helen Rosenkranz

0405 060 727 helenrosenkranz@gmail.com

Bookings: Ann Hardiman 9940 0460

hardimanja@gmail.com (preferred)

INTERMEDIATE FRENCH 191BC09

For students with a good knowledge of French grammar including several tenses, solid intermediate level vocabulary and with writing and listening skills. Our objective is to increase our working knowledge of the French language, the country and culture through development of vocabulary, grammar, speaking, writing, presentation and listening. Textbook and dictionary essential. Activities Room Bookings essential

Alt Wednesdays from 13 Feb 1:15 - 3:15

Leader: Danina Anderson danina_anderson@hotmail.com

Bookings: Frances Buchan 0412 127 182

francesandtonybuchan@gmail.com

OUTSTANDING TOPICS AND SPEAKERS 191BC10

This course features speakers on diverse topics who are experts in their field. Tuesdays in Newport. Main Hall Bookings not required

Commencing Tuesday 26 Feb 1:30 - 3:30

Leader: Mavis Bickerton 9970 7161

mavis.bickerton@bigpond.com

1. Dirty Secrets: Our ASIO Files

Dr Meredith Burgmann talks about her book *Dirty Secrets: Our ASIO Files* where well-known Australians Michael Kirby, David Stratton, Anne Summers, Peter Cundall and Gary Foley write about their ASIO files.

Tuesday 26 Feb

Speaker: Dr Meredith Burgmann

2. Everything you are allowed to know about Naval Intelligence

Triumphs and failures in naval intelligence had major implications for maritime campaigns in the first half of the 20th century. Are these past experiences lessons for the future?

Tuesday 26 March

Speaker: Tim Coyle

3. Adventures in Persia

Iran has a 2500-year history and was not always a Muslim country. In her illustrated talk, Cindy traces its history from the Ancient Persian Empire to the present day.

Tuesday 28 May

Speaker: Cindy Broadbent

4. The History of Time-keeping Devices

We explore the long history of attempts to measure the passing of time, from ancient sundials to automatic clocks, explaining how all these devices work.

Tuesday 25 June

Speaker: Kevin Murray

NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Corner Robertson Road and Ocean Avenue.

RECORDER CONSORT 191BN01

A small group playing descant, treble, tenor and bass recorders, playing music from Renaissance to Bach through to Modern and Jazz. New players always welcome from medium to intermediate stage, in company with friendly people. Church Hall.

Each Wednesday from 9 Jan 10:30 - 12:30

(No public holidays)

Leader and bookings: Colleen Russell 9918 3817

CREATIVE WRITING 191BN02

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!

Church Hall.

Alt Wednesday from 9 Jan 1:00 - 2:30

(No public holidays)

Leader and bookings: Colleen Russell 9918 3817

NORTH CURL CURL COMMUNITY CENTRE

Corner of Griffin and Abbott Roads. Parking available inside the venue grounds. All sessions in Main Hall unless stipulated.

Venue Coordinator: Ruth Buchanan

0401 203 368 ruth.buchanan@bigpond.com

SOCIAL SEQUENCE DANCING 191BD01

Dancing for fun and to keep your mind and body active. Gracious old favourites. Come for an hour or more. Please bring your own lunch.

Each Tuesday from 8 Jan 10:00 - 1:00

Leader and bookings: Rosemary MacDonald 9905 3851

BALANCE 'N' BONES EXERCISE 191BD02

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 a slightly more advanced program at 10:30. Come to one or both sessions.

Each Monday from 21 Jan 9:30 - 10:20 and 10:30 - 11:20

Each Friday from 25 Jan 9:30 - 10:20 and 10:30 - 11:20

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

MAH JONG - THE WESTERN GAME 191BD03

Play the Western style of Mah Jong in a quiet, friendly atmosphere. No teaching.

Each Monday from 14 Jan 12:45 - 3:45

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

CANASTA (BOLIVIA VERSION) 191BD04

If you can play canasta, take the opportunity to expand your skills by learning the rules of this game. Tuition will be provided during the first two playing sessions of January.

Each Monday from 14 Jan 12:45 - 3:45

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

MUSICAL MEMORIES 191BD05

Join us each month as we play a variety of music tracks that bring back memories of our happy times. A mix of Easy Listening, Rock and Roll, Jazz and Soul Music favourites.

Third Thursday of each month from 21 Feb 10:00 - 12:00 (except 21 March)

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

MAH JONG - THE WESTERN GAME 191BD06

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

Each Thursday from 24 Jan 12:45 - 3:45

Leader: Christine Ferguson chrisfer43@gmail.com

Bookings: Rosalie Howard 9982 8130

rosaliehoward@bigpond.com

CANASTA (BOLIVIA VERSION) 191BD07

Bolivia Canasta is a game which employs many tactics and strategies. These sessions provide the opportunity for new players to learn the game in a friendly, supportive environment. New members are welcome to join on either 7 or 14 February, when tuition will be provided.

Each Thursday from 24 Jan 12:45 - 3:45

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

BECAUSE IT'S THERE 191BD08

Diving yarns and stories of underwater exploration, discovery and adventure, from early times through to the present day.

Thursday 24 Jan 10:00 - 12:00

Speaker: David Strike

Bookings: Sylvia Strike sylviastrike@hotmail.com

A MORNING OF MURDER, 191BD09 BLOODSHED, JEALOUSY AND RAGE

Is this an episode of Game of Thrones? No this is GREEK TRAGEDY. Explore the theatre of Ancient Greece where the best soap operas were written. Along the way you will meet some extremely awesome and frightening women.

Thursday 31 Jan 10:00 - 12:00

Speaker and bookings: Diana Pheils
diana.pheils@bigpond.com

MAH JONG - THE WESTERN GAME 191BD10

Play Mah Jong in a quiet, friendly atmosphere. No teaching.

Very welcoming to any new members, but must be an experienced player. For more information call Judy Sheedy 9402 0780 Meeting Room **Bookings not required.**

Each Friday from 1 Feb 10:00 - 1:00

MUSIC – THE SOUNDTRACK OF OUR LIVES 191BD11

Listen, laugh, sing along (or even get up and dance if the music takes you). Together we will share the memories that only a special piece of music can evoke. Whether it is Rock 'n Roll, big band swing, country, or jazz or we will be playing many of those forgotten favourites of yours. This is the Soundtrack of our Lives. **Bookings not required.**

First Thursday of each month from 7 Feb 10:00 - 12:00

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

ACTIVE SENIORS DANCE CLASSES 191BD12

Join Barbi and her dance team for a fun afternoon. All welcome beginner to advanced. Learn social dances i.e. waltz/tango/rumba/rock/cha cha/sequence. Enjoy afternoon tea and meet new friends.

Each Friday from 8 Feb 1:30 - 3:30

Leader: Barbara Martin
0413 656 387 danceballroom@optusnet.com.au
Bookings: Susan Ascher 0439 912 512
sues2512@tpg.com.au

SYDNEY MARINE PARK 191BD13

The Sydney Marine Park is a new underwater National Park stretching from Newcastle to the Shoalhaven and intended to protect marine species and habitats. It has become a divisive political issue leading up to the election. Learn about the history, science, politics, benefits and threats to a Marine Park and our blue front door.

Thursday 14 Feb, 10:00 - 12:00

Speaker: David G. Stead Jnr
Bookings: Ruth Buchanan 0401 203 368
ruth.buchanan@bigpond.com

THE LETTER "Z" IN THE CONTEXT OF RICHARD III 191BD14

Explore all the places beginning with the letter Z in the context of the life of King Richard III

Thursday 28 Feb 10:00 - 12:00

Speaker: Kevin Herbert
Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

BEHIND THE NEWS 191BD15

Media outlets summarize important issues – political, economic or scientific – in a few catch phrases. These discussions will focus on a few topics that have been in the public eye recently with a view to examining them in greater depth. (4 sessions)

Thursdays 14 March, 21 March, 28 March, 11 April 10:00 - 12:00

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

LITHGOW'S GARDENS OF STONE 191BD16

Part 1

Discover Lithgow's internationally unique pagodas that can be found nowhere else in the world and have the potential to transform Lithgow into an eco-tourist destination.

Thursday 18 April 10:00 - 12:00

Part 2

Learn about the 30-year environment campaign that continues to this day, to save Lithgow's unique and spectacular pagoda landscape, with some recently encouraging developments!

Thursday 9 May 10:00 - 12:00

Part 3

Having attended the first two lectures, we then visit Lithgow over two days, staying overnight at a local motel. Please refer to Events section at the front for full details.

Bookings essential

Thursday/Friday 23 and 24 May

Leader: Janine Kitson

Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

SCIENCE AND TECHNOLOGY DISRUPTION 2 191BD17

Our modern world is experiencing massive changes with the introduction of new science and technology products and systems that are causing disruptions to our lives. This talk will look at new initiatives in a number of fields, some of which will 'Blow Your Minds'.

Thursday 30 May 10:00 - 12:00

Speaker: Malcolm Raymond

Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

AUSTRALIA THE GREAT SOUTHLAND – WHERE IS IT? 191BD18

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

Thursday 13 June 10:00 - 12:00

Speaker: Geoff Davidson

Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

THE CONVICT SYSTEM IN AUSTRALIA 191BD19

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

Thursday 27 June 10:00 - 12:00

Speaker: Geoff Davidson

Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

WARRIEWOOD: NELSON HEATHER SENIOR CITIZENS CENTRE

Corner of Jacksons and Boondah Roads. On-site parking available, or in Boondah Road. **Wheelchair accessible**
Venue Coordinator Marcia Andrews 9979 8707
marciaandrews711@hotmail.com

YOU NEED NOT AGREE(16) 191BW01**

A small group for discussion of topical, local, national, international or general matters where all opinions are welcome. Waratah Room

Alt Mondays from 7 Jan 10:00 - 12:00

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

CONTEMPORARY ISSUES(25) 191BW02**

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 10 Jan 2:00 - 4:00

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

TOPICS OF OUR TIMES**(25) 191BW03

A discussion group that aims to deepen our knowledge and understanding of timely issues that affect and interest us all. These issues may be local, national or international. Members are encouraged to submit topics and actively participate in the discussions, however you are welcome to simply listen. Banksia Room

Alt Tuesdays from 15 Jan 2:00 - 4:00

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

BOOK DISCUSSION GROUP 191BW04

Share your love and interest in books by enjoying lively discussions 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 25 Jan 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 (preferred)

SINGING FOR THE JOY 191BW05 OF SINGING

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

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

Leader: Alan Turner-Morris
Bookings: Elizabeth Rush 0423 104 682
elizabethrush46@gmail.com (preferred)

PURE CLASS – A CREATIVE 191BW06 WRITING CLASS

Opportunities to express writing skills and improve those skills with group feedback and ideas. Participants will bring copies of work completed in the fortnight and engage in short challenges. You may choose to write poetry, novels, plays, short stories, memoirs or articles. Waratah Room

Alt Mondays from 4 Feb 1:30 - 3:30 (no public holidays)

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

ELEMENTARY RUSSIAN 191BW07

Elementary Russian is for those who have a basic knowledge of the language. The course studies grammar and translations to achieve an ability to converse in daily situations and translate texts such as newspaper articles. Banksia Room

First and third Wednesday of the month from 6 Feb 2:00 - 4:00

Leader and bookings: Tim Coyle 0449 120 346
m.coyle@inet.net.au (preferred)

FRENCH CONVERSATION**(16) 191BW08

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

Alt Fridays from 8 Feb 10:00 - 12:00 (no public holidays)

Leader: Wendy Clark
Bookings: Maureen Black
9982 7149 maurengb192@gmail.com

AN OVERVIEW OF SCIENCE 191BW09

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 (10 sessions). Banksia Room Bookings not required

Alt Fridays from 15 Feb 1:30 - 3:30

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

1. Science Myths and Misconceptions

We examine a range of commonly held science-based myths by identifying their possible origins and the reasons why they persist despite contrary scientific evidence.

15 Feb

Speaker: Kevin Murray

2. Two Talks by a Popular Story-teller and Raconteur

a. The funnel-web spider and its nemesis: the late Dr Struan Sutherland.

b. How sweet it was! The story of the sweets, lollies, ice-creams, biscuits and treats of our childhood.

1 March

Speaker: Graham Sims

3. The History of Time-keeping Devices

We explore the long history of attempts to measure the passing of time, from ancient sundials to atomic clocks, explaining how all these different devices work.

15 March

Speaker: Kevin Murray

4. Symmetry

Symmetry is a unifying mathematical concept which lies at the heart of many of the arts and the sciences, including religious art, crystallography, biology, chemistry and physics.

29 March

Speaker: Laurie Wilson

5. Understanding the Biology of Ageing and How You Can Reduce Its Effects

A geneticist's look at ageing in the broad areas of cell biology and physiology, explaining how cells' limits in proliferation lead to inflammation and the chronic illnesses of ageing.

12 April

Speaker: Dr Judy Ford

6. The Life and Work of Stephen Hawking

Determination, dedication and devotion made him unique among scientists. Doctors gave him only a few months to live, but he went on to give us the *History of Time* itself.

26 April

Speaker: Sydney Srinivas

7. Cracking Germany's Enigma Code in World War II

The German Military encoding system "Enigma" and how the British managed to decipher this sophisticated code. The speaker will bring and demonstrate the workings of a replica Enigma decoding machine.

10 May

Speaker: Ross Clements

8. Using Animals in Medical Research

How have past experiments on animals contributed to our current medical knowledge? What laws control such experiments today? And what of the future?

24 May

Speaker: Rosemarie Einstein

9. Two Weather Talks by a Meteorologist

- From Gods to gigabytes - a brief history of weather forecasting
- Severe weather in Sydney – a look at East Coast lows and thunderstorms

7 June

Speaker: Weatherman Dick Whitaker

10. A Miscellany of Inventions

We look at some major inventions in the past 150 years, including solar and wind power, nuclear power, batteries, radio, refrigeration and more.

21 June

Speaker: David Malone

PRIVATE HOMES

Note: Bookings essential for all private homes

BACH TO THE FUTURE (Avalon)(20) 191BH01**

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

Alt Fridays from 25 Jan 2:00 - 4:00

Leader and bookings: Roger Pratt 9918 9277

a.and.r.pratt2@bigpond.com

MAH JONG - THE WESTERN GAME 191BH02 (Belrose)(10)**

Learn and play Mah Jong in a friendly atmosphere.

Each Wednesday from 6 Feb 9:30 - 11:30

Leader and bookings: Delvene Lawrence 9975 3788

box142@bigpond.com

ANDROID TABLET COMPUTER 191BH03 WORKSHOPS (Frenchs Forest)(6)**

Enjoy learning to use your 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 7 Feb 1:00 - 3:00

Leader and bookings: Antoine van de Walle 8090 2884

antoinevdwalle@gmail.com

WENDY'S BOOK CLUB (Forestville)(10) 191BH04**

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. This means you can have four weeks to read the library book if needed.

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

Leader: Bernie Gibson

0416 231 513 bernieanddavid@hotmail.com

Bookings: Shirley Carruthers 9486 3657

ART - OILS, PASTELS, 191BH05 ACRYLICS (Belrose)(10)**

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

Each Friday from 8 Feb 9:30 - 11:30

Leader and bookings: Delvene Lawrence 9975 3788

box142@bigpond.com