



SYDNEY  
U3A

sharing growing socialising

passion

# Talks Courses Events

## SEMESTER 2

July - December 2019

Sydney U3A Inc.  
02 9267 9056  
Suite 10.2, St Martin's Tower  
31 Market St  
Sydney NSW 2000

ABN: 32 251 810 797  
mail@sydneyu3a.org  
www.sydneyu3a.org

---

## SYDNEY U3A INC.

U3A ethos is to promote and foster the melding of lifelong learning, creativity, exercise and community interaction so that the third age, which occurs immediately after full-time employment, is truly the age of reinvention, rejuvenation, renewal, redirection. There are no course entrance requirements, no exams and no awards given.

**Editor:** Judithe Hall

**Email:** editor.sydneyu3a@gmail.com

**Asst Editor:** Marlene Kleemeyer

**Course book printed and distributed by:**

Kwik Kopy Circular Quay

**Sydney U3A:** Suite 10.2, 31 Market Street,  
Sydney, NSW, 2000

**Office House:** Monday to Friday 10:00 – 1:00

**Phone** 02 9267 9056

**Email:** mail@sydneyu3a.org

**Web:** www.sydneyu3a.org

---

## ENQUIRIES

General enquiries should be directed to central office  
Enquiries relating to regional activities and/or courses should be made to regional presidents

---

## SYDNEY U3A OFFICE BEARERS

President	Barbara Boston	president.sydneyu3a@gmail.com	0439 995 427
VP (Education)	Dianne Ekert	vpeducation.sydneyu3a@gmail.com	0419 245 756
VP (Public Relations)	TBA		
Treasurer	TBA		
Secretary	Paula Poon	secretary.sydneyu3a@gmail.com	0423 258 591
Admin Manager	Lynda Cronshaw	officemgr.sydneyu3a@gmail.com	0411 041 537

### Regional Presidents

City and Inner West	Jennifer Waldron	jenniferwaldron2@gmail.com	8753 0521
Eastern	Warwick Mayne-Wilson	warwick@maynewilson.com.au	0423 770 558
Endeavour	Ian McLeod	spotmcleod@gmail.com	0433 587 567
Greater Western	Colin Smith	colinsmith1@bigpond.com	0408 180 051
Harbourside North	Judy Harris	judyharris2@bigpond.com	9427 2076
Northern Beaches	Rosemary McCulloch	ramcull@gmail.com	0448 095 958
Upper North	Grahame Marr	gwmarr1@bigpond.com	9487 3806

---

## INSURANCE

Sydney U3A Inc. has public liability insurance to cover against possible damage or injury to persons or property arising from proven negligence by any member of Sydney U3A or its invitees at the site on which the activity occurs, except in the case of water or aircraft activity.

Members participating in a course that has a physical component, such as bush walking, table tennis or exercise classes are required to sign a form acknowledging that the member understands the insurance cover before being accepted into one of these courses.

---

## CONTENTS

<b>EVENTS</b> .....	5
<b>COURSE BOOK</b>	
CITY AND INNER WEST .....	14
EASTERN .....	22
ENDEAVOUR .....	25
GREATER WESTERN .....	31
HARBOURSIDE NORTH .....	34
NORTHERN BEACHES .....	44
UPPER NORTH .....	53
<b>INDEXES</b> .....	61

---

---

## PRESIDENT'S MESSAGE



Sydney U3A is fortunate to have enthusiastic members who volunteer and contribute their expertise and skills in a variety of ways. Leaders of courses, venue organisers, regional committee members, office volunteers and members of the Board of Management are all volunteers. At the recent Sydney U3A AGM two key members of the Board of Management completed their terms. On your behalf I would like to thank Marilyn Noonan, outgoing Treasurer, and Jenny Hawkins, outgoing Secretary, for their dedicated service over the last three years. Two new members have joined the Board of Management, Lynda Cronshaw has taken on the role of Administration Manager and Paula Poon is the incoming Secretary. Welcome to both Lynda and Paula, you are already making a huge contribution.

As I attended the AGMs of the Regions earlier in the year it was exciting to see the number of people volunteering to join committees and to lead courses. Welcome to all new members to these committees and to new course leaders. We have also welcomed many new office volunteers to our regular teams. They are enthusiastic and very efficient new members of the office team.

We would like to welcome more members to committees, to consider how best to publicise U3A; and leaders to introduce new courses. We are here to share knowledge and friendship and you all have an important role to play in sharing your knowledge, skills, time and friendship.

Enjoy all the wonderful offerings for Semester 2 2019.

**Barbara Boston, President, Sydney U3A Inc**

---

## VP EDUCATION REPORT

Thank you to the volunteers who give their time, skills and knowledge. Your contribution enables our wonderful organisation to function. You are the heartbeat of the U3A movement.

Our colourband values tell our story - we share our knowledge (Kingfisher blue). We grow our minds (green). We socialise and interact (yellow). Our passion is for education (red)

A special thank you to the great editing team led by Judithe Hall in producing the S1, 2019 course book. Because we had a new team plus a new printer, things were more intense and more complicated than envisaged. Overall the magnificent effort expended brought results and we can all be proud of the outcome. Feedback indicates that the addition of proofreaders to our team significantly assisted the regions. We have now recruited an assistant editor, Marlene Kleemeyer. By adding Marlene to the team we are better able to spread the huge workload and develop effective succession planning.



Our exciting news is that, behind the scenes, we are running a pilot project to facilitate members to book courses on line. Our objective is to develop an on-line course book in such a manner that will enable online course bookings and provide reliable statistical information to improve Sydney U3A's ability to deliver educational programs and attract more members. A course book will continue to be produced and every member who requires a hard copy will be provided with one. However, not all members require a hard copy. Already we provide electronic versions (PDF) to those members who so choose. By necessity we are attempting to satisfy member demand to book on line, reduce costs and move more into the electronic age in which we exist.

Enjoy S2 2019 courses, talks and events.

**Dianne Ekert. Vice President, (Education), Sydney U3A Inc.**

---

## IMPORTANT INFORMATION - PLEASE READ

- You must book for all courses that you wish to attend, unless otherwise indicated
- To book, email or phone the booking person listed
- In case of problems, contact the regional course coordinator or nominated venue coordinator. Course and venue coordinators **DO NOT TAKE BOOKINGS**
- Please provide name, membership and contact numbers when booking
- Some courses have a maximum number of attendees. This number is indicated in brackets after the course or event
- Full details of transport including parking availability should be requested from the bookings person at the time of booking
- Book early to avoid disappointment as many classes fill quickly
- If you are unable to attend a course into which you have booked, ensure that you cancel the booking so that others on the waiting list may attend
- Courses are held either weekly, fortnightly, monthly, bimonthly or as a single session
- Some courses include a small fee for materials and/or use of equipment
- All members may attend any event/course/talk advertised in any region subject to availability
- Indexes are arranged alphabetically by specific subject (eg languages under French, German etc) and separately by suburb

The on-line course booking system for members is operating successfully in most Australian capital city U3As. It has been agreed that Sydney U3A should undertake a pilot scheme for online bookings during Semester 2, 2019.

The selected courses are:

Events tour of St Mary's Cathedral led by David Wardle – two tour dates – page 6 of this course book

Endeavour Region – Three courses: Cryptic Crosswords (p25) and Brain Games (p26) at Cronulla and Discussion Group at South Hurstville (p28)

Harbourside North Region - Castle Cove Retirement Village – Barbara Boston – 12 courses pages 34-35 of this course book

**We encourage members to book these events/courses online as part of our pilot project. Please go to [www.sydneyu3a.org](http://www.sydneyu3a.org)**

# EVENTS

Semester 2, 2019

---

## GUIDED TOUR OF MUSEUM OF FIRE (15)

**Wednesday 31 July**

This Museum at **1 Museum Drive Penrith** has one of the finest collections of its kind in the world, from the early 1800s to modern times. It stands as a testimony to the heroic efforts of our firefighters, and guards their history and heritage for future generations.

Entry fee \$12 (includes morning tea) payable in advance by direct deposit or EFTPOS only (no cash, cheques or money orders). Payment details provided when booking. No refunds.

Train 9:18 from Central platform 5 to Penrith. Arriving 10:06. Travel in second carriage.

**Meet at exit barrier on northern side, near Lord Sheffield Circuit.** Ample on-site parking.

**Bookings essential:** from 9:00 Monday 8 July to 5:00 Friday 12 July only.

Leader unable to process bookings outside this period.

**Email bookings only:** [beatricescheepers@gmail.com](mailto:beatricescheepers@gmail.com); 0402 969 004 (enquiries only).  
Please provide membership and telephone numbers when booking.

**Organised by City and Inner West Region**

---

## SHOWCASING 30 YEARS OF U3A IN ENDEAVOUR REGION: Welcome to New Members and Leaders' Showcase of Courses

**Friday 26 July 2:00 - 4:00**

**Cronulla Community Hall, Room 1  
38-60 Croydon Street, access via walkway next to shop 15**

**Guest Speaker: U3A member and author Mary Small**

All members, including new members, potential members and leaders, are invited to attend our special 30th year celebration, which is an invaluable opportunity for all members to indicate support for the continuing success of our organisation and to celebrate the splendid contribution that we and our predecessors have made over the past 30 years.

Your attendance will confirm that you are interested in promoting the excellent work of U3A as an ongoing community influence in the Sutherland and St George regions. The Showcase will also be an opportunity for each Leader to report on the highlights of their course for the year and to showcase features of their course for the second semester of 2019.

Entertainment and afternoon tea will provide the opportunity for members to socialise.

**Organised by Endeavour(Southern) Region**

---

# EVENTS

Semester 2, 2019

---

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

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

**CLUB on EAST (formerly Sutherland United Service Club)**  
7 East Parade, Sutherland. Club car park available for attendees.

**Guest Speaker: David White**

### **Revisiting Vietnam**

Ex-Warrant Officer 1st Class David White is a veteran of the Vietnam War and was on active duty in the Battle of Long Tan. For the past eight years, David has been involved with the Australian Vietnam Volunteer Resource Group which provides humanitarian aid to the people of Vietnam. He travels to the Ba-ria Vung Tau Province in southeast Vietnam for several months each year.

David's talk will include: his family (over 100 years of military service), the Vietnam experience, conscription, post-Vietnam, and his AVVRG work.

Enquiries only: Nilva Martini 0455 110 826; nilvalsim@yahoo.com.au

**No bookings required.** Entrance - gold coin donation.

These lectures are open to the public and all U3A members.

**Organised by Endeavour(Southern) Region**

---

## **TOUR OF ST MARY'S CATHEDRAL (20)**

**Wednesday 17 July at 10.30**

or

**Monday 12 August at 10.30**

St Mary's Cathedral, **St Mary's Road, Sydney** was designed by architect William Wardell after the first cathedral burnt down in 1865. It was substantially completed by 1928, although the spires were not added until 2000. It is built in the Victorian Gothic style, has beautiful stained-glass windows and tells the story of the foundation and development of the Roman Catholic faith in Australia.

**Bookings are essential. We encourage you to book this tour online as part of our pilot project for online bookings (see further details at the front of this course book). Go to [www.sydneyu3a.org](http://www.sydneyu3a.org), or alternatively email [officemgr.sydneyu3a@gmail.com](mailto:officemgr.sydneyu3a@gmail.com)**

When booking please quote your name, U3A number and telephone number

You must arrive 15 minutes before the tour begins: the meeting point is inside the Cathedral by the bookshop. A charge of \$5 per person, which contributes to the upkeep of the Cathedral, will be collected on the day.

Further information on St Mary's Cathedral can be found at <https://www.stmaryscathedral.org.au/>

**Organised by David Wardle**

---

# EVENTS

Semester 2, 2019

---

## HOW THE COURTS WORK (15)

**Leader:** Beatrice Scheepers

### Part 1: Friday 9 August

**Meet 9:30 corner of Central and George Streets, opposite Events Cinemas**

Enjoy an insider's view of the history, charm and workings of the inferior courts (civil and criminal) sitting at Brickfield Hill. Finish 12:45. Affordable Korean lunch afterwards.

### Part 2: Friday 16 August

**Meet 9:30 at Queen Victoria Statue on Queens Square, opposite Hyde Park Barracks, Macquarie Street**

Explore the intricacies of the superior courts (civil and criminal) at Queens Square. Finish 12:45. Affordable lunch afterwards.

SPECIAL TREAT: The High Court will be sitting in Sydney on 16 August.

**Bookings essential for both dates:** between 9:00 Monday 29 July and 5:00 Friday 2 August. Bookings cannot be processed outside that period.

**Places will be determined by ballot.** Please provide membership and telephone numbers when booking.

**Email bookings only:** Sue Lamont [smlamont@outlook.com](mailto:smlamont@outlook.com); 0419 418 508 (enquires only).

**Please note:** Airport-style security applies at all courts, and participants are asked to leave all aerosols and sharp-bladed instruments at home. No photography allowed.

**Organised by City and Inner West Region**

---

## GUIDED TOUR OF CAPITOL THEATRE (15)

### Monday 2 September

The Capitol Theatre, **13 Campbell Street Haymarket**, has a great story to tell. Over the last century it has morphed from hippodrome to picture palace to rock venue to musical theatre space. Come and enjoy a guided tour highlighting John Ebersson's quirky design vision and the intricacies of staging a major musical production.

**Meet at Capitol Square light rail stop on Hay Street, near George Street Haymarket at 9:45**

Cost \$30.50 (no refunds) payable in advance by direct deposit or EFTPOS only (no cash, cheques or money orders). Payment details provided when booking.

**Bookings essential:** between 9:00 Monday 22 July and 5:00 Friday 26 July. Leader unable to process bookings and payment outside that period.

**Email bookings only:** [beatricescheepers@gmail.com](mailto:beatricescheepers@gmail.com)  
Please provide membership and telephone numbers when booking.

**Organised by City and Inner West Region**

---

# EVENTS

Semester 2, 2019

---

## TOUR OF SYDNEY'S GOVERNMENT HOUSE (20)

Saturday 20 July at 11:00

or

Friday 16 August at 11:00

Macquarie Street, Sydney

Located on Conservatorium Road alongside the Royal Botanical Gardens

Opened in 1845, Sydney's Government House is the vice-regal residence of the Governor of NSW and one of the finest examples of Gothic Revival architecture in Sydney.

View the restored grand historic interiors, including the exquisite hand-painted stencil ceilings, and a significant collection of portraits, furniture, decorative arts and gubernatorial memorabilia, many of them produced in New South Wales and of heritage significance.

Government House is a busy 'working house' which is host to many vice-regal and charitable events and royal visitors. Set in a beautiful landscaped garden with views over Farm Cove and the Harbour it also offers an unusual perspective of the Sydney Opera House. You will be able to visit the gardens once the tour ends.

**Bookings are essential:** David Wardle: djwardle01@gmail.com

When booking please quote your name, U3A number and telephone number

Please aim to arrive at the gatehouse 15 minutes before the tour begins and produce your U3A card or the document you used to register for the course. As bags are not allowed into the House, a trolley will be stationed at the entry point to deposit bags and wheeled round to the exit point for baggage collection

More information on Government House can be found at <https://www.governor.nsw.gov.au/government-house/>

**Organised by David Wardle**

---

## ANYONE FOR SPASM? (15)

Wednesday 30 October

Tucked away inside the grounds of Gladesville Hospital is a beautiful museum run by the Society for the Preservation of Artefacts of Surgery and Medicine. Come and enjoy a guided tour through the history of moveable health memorabilia and other heritage items.

**Meet at bus stop near the corner of Victoria Road and Norton Manning Drive Gladesville at 10:46**

Entry fee \$10 payable on the day (includes morning tea).

**Bookings essential:** from 9:00 Friday 18 October. Leader unable to process bookings before that time.

**Email bookings only:** beatricescheepers@gmail.com; 0402 969 004 (enquiries only).

Please provide membership and telephone numbers when booking.

**Organised by City and Inner West Region**

---

# EVENTS

Semester 2, 2019

---

## SPARKLING HIGH TEA AT VAUCLUSE HOUSE TEAROOMS (15)

**Tuesday 8 October**

Relax in the beautiful gardens on WC Wentworth's 19th century estate (**69A Wentworth Road Vacluse**) and enjoy something savoury, something sweet, with coffee/tea and sparkling wine. Dietary requirements catered for.

Cost \$55 (no refunds) payable in advance by direct deposit or EFTPOS only (no cash, cheques or money orders). Payment details provided when booking. No refunds.

Free parking on site, entry opposite Coolong Road.

**Meet in Tearooms car park at 1:45**

**Bookings essential:** from 9:00 Monday 26 August to 5:00 Friday 30 August.  
Leader unable to process bookings and payments outside that period.

**Email bookings only:** [beatricescheepers@gmail.com](mailto:beatricescheepers@gmail.com); 0402 969 004 (enquiries only).  
Please provide membership and telephone numbers when booking.

**Organised by City and Inner West Region**

---

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

**Tuesday 29 October 10:15 for 10:30**

**CLUB on EAST (formerly Sutherland United Service Club)**  
7 East Parade, Sutherland. Club car park available for attendees.

**Guest Speaker: Les Miller**

**Me, My Son and Antarctica**

Having spent 15 months at Mawson in Antarctica 50 years ago, Les shares his experiences as a radio operator during 1964-1965, and introducing his son to this amazing part of the world. They spent four weeks together in Ushuaia, the Antarctic Peninsula, South Georgia and the Falklands – partly following in the wake of the great Sir Ernest Shackleton's ill fated voyage.

Enquiries only: Nilva Martini 0455 110 826; [nilvalsim@yahoo.com.au](mailto:nilvalsim@yahoo.com.au)

**No bookings required.** Entrance - gold coin donation.

These lectures are open to the public and all U3A members.

**Organised by Endeavour (Southern) Region**

---



# EVENTS

Semester 2, 2019

---

## TULIP TIME IN THE SOUTHERN HIGHLANDS (51)

**Tuesday 24 September 8:30 – 5:00**

**Meet at Fitzwilliam Street, Parramatta at 8:30am for an 8.45am sharp departure.**

**Booking is essential:** June Keith 96211215

**Cost: \$70 based on 40 participants and payable by Friday 6 Sept.**

**\*\*A small extra charge maybe necessary if numbers are less than 40.**

Our destination is the beautiful Southern Highlands. First stop is the Glass Café at Mittagong, for a delicious morning tea with freshly made scones. Wonderful spring colours blossom on our visit to Corbett Gardens, one of many gardens of the Bowral Tulip Time Festival, and a proud supporter of local charities in its 50 year history.

A delicious 2 course lunch will follow at Moss Vale RSL Club after which our awaiting air-conditioned coach will take us on a brief tour of the surrounding area and then return to Parramatta.

**Organised by Greater Western Region**

---

## AN ABORIGINAL CULTURE TOUR OF THE NEW BARANGAROO RESERVE (40)

**Wednesday 17 October 10:30**

**(you must be there 15 minutes before the tour begins)**

**Meet at the Munn Street Reserve entrance at the end of High Street**

**Cost is \$22 per head (no refunds)**

**Comfortable walking shoes essential**

**There will be two simultaneously tours of 20 persons each**

**Bookings essential:** Marje Ashworth marjeash@tpg.com.au  
8387 3989 between 9.00 and 5.00, Monday to Friday please

Come and learn about the spiritual and cultural significance of Barangaroo Reserve, a six-hectare headland on the Harbour featuring 75,000 native Australian trees and shrubs. Listen to the stories about Barangaroo the woman and the lives and traditions of her people. The tour is supported by a team of Aboriginal Services Guides and we might be lucky to meet Clarence Slockee again who took us round the Botanical Gardens on a tour some years ago. You will learn about the native history of Sydney Harbour, the importance of the land to Australia's Aboriginal heritage and the clans of the Eora Nation that once lived where Sydney now stands. The walk is downhill but a fairly easy walk and, of course, is affected by the weather so bring hat and sunscreen if it's hot or an umbrella if it's a 'just in case' day. If you walk through Barangaroo there is a lift to take you to the top.

**Organised by Harbourside North Region**

---

# EVENTS

Semester 2, 2019

---

## TOURS OF THE NICHOLSON MUSEUM AND SYDNEY UNIVERSITY (20)

**Sydney University, Manning Rd, Camperdown**

The Nicholson Museum is Australia's oldest university museum and home to the largest collection of antiquities in the Southern Hemisphere. From the intriguing to the macabre the Museum, founded in 1860, provides insight into the minds of the archaeologists, collectors and curators who have contributed to it. This may be your last opportunity to visit the original museum before the collection becomes part of the Chau Chak Wing Museum in 2020.

**Egyptian collection : Wednesday 7 August or Monday 2 September**

**Greek and Roman collection: Wednesday 21 August or Tuesday 10 September**

**Heritage Tour of Sydney University : Wednesday 28 August or Tuesday 17 September**

**All tours will commence at 11:00 and the cost for the services of the University guide will be \$8 per person, collected on the day.**

The Nicholson museum is located in the main quadrangle of Sydney University. We will meet in the sheltered area by the entrance for all tours.

**Bookings are essential:** David Wardle: [djwardle01@gmail.com](mailto:djwardle01@gmail.com)

When booking please quote your name, U3A number and telephone number

Further information on the Nicholson Museum at the University of Sydney can be found at <http://sydney.edu.au/museums/collections/nicholson.shtml>

**Organised by David Wardle**

---

## TOUR OF ABC STUDIOS, ULTIMO CENTRE

**Tuesday 10 September at 9:50**

**(you must be there 15 minutes before the tour begins)**

**700 Harris Street, Cnr Thomas Street, Ultimo**

**Cost is \$8 per head (no refunds)**

**Bookings essential:** Marje Ashworth [marjeash@tpg.com.au](mailto:marjeash@tpg.com.au)  
8387 3989 between 9.00 and 5.00, Monday to Friday please

There was such a huge response to the tour of the ABC last semester that we are repeating it this semester. The Centre brings together all aspects of television, radio, new media, transmission and news and current affairs. We are likely to visit one of the ABC's two digital television production studios, hair and makeup, special effects, an on-air radio studio, a news studio and a control room. Come along and rub shoulders with some of the country's most respected journalists, television and radio personalities. We can also take advantage of the café on the ground floor.

**Organised by Harbourside North Region**

---

# EVENTS

Semester 2, 2019

---

## COME AND STARGAZE AT SYDNEY OBSERVATORY (36)

**Thursday 29 August 1:45 for 2:00 (duration: 90 minutes)**

**Cost is \$10 per head (no refunds)**

**There will be two simultaneous tours of 18 persons each**

**Limited parking. Comfortable walking shoes essential**

**Bookings essential:** Marje Ashworth marjeash@tpg.com.au  
8387 3989 between 9.00 and 5.00, Monday to Friday please

Astronomers and locals have been charting the skies of the southern hemisphere since 1858 but you can see the sky at close quarters for yourself and discover more about the science through the Observatory's giant telescopes and staff guided tours. On the tour there are spectacular views of Sydney Harbour and you can view the sun (weather permitting) using a special solar telescope. You can also enjoy a perfectly clear simulated night in the digital planetarium.

**Organised by Harbourside North Region**

---

## 2020 READERS FESTIVAL (75)

**Wednesday 12 February – Friday 14 February 2020**

**The Carrington Hotel, Katoomba**

The theme of next year's Readers Festival is **Irish Literature and Culture**, and will include writers, film and music. All talks will be illustrated with slides and/or video clips. The Festival winds up with the very popular Trivial Pursuit session, based on talks and discussions during the event.

This is an opportunity to meet and make friends with like-minded people and stay in a unique comfortable heritage hotel.

The Carrington is reachable by train or car, and is one block from Katoomba railway station.

**Numbers will be limited to 75 people, and we expect to be booked out early.  
Rooms will be allocated on a first-come first-served basis.**

**Prices:**

Single en-suite (2 nights) - \$535

Single, no bathroom (2 nights) - \$457

Double or twin-share en-suite (2 nights) - \$790

Double or twin-share, no bathroom (2 nights) - \$715

**These prices include all activities, meals, wine with dinner, the welcome cocktail party and gratuities**

For further details and bookings: contact Cheryl Summers 0405 572 413; summerscheryl@gmail.com

**Supported by Harbourside North Region**

---

# EVENTS

Semester 2, 2019

---

## 2020 HOLIDAY: TAMWORTH (49)

**Monday 9 March to Saturday 14 March 2020**

**Depart Monday 9 March 8:00am from Fitzwilliam Street, Parramatta  
and 8:30am from Railway Street, Pennant Hills Station**

**Return Saturday 14 March at around 4:30pm to Railway Street, Pennant Hills Station  
and 5:00pm to Fitzwilliam Street, Parramatta**

**Cost:**

- \$1098pp for 40 and above
- \$1125pp for 35 - 39
- \$1160pp for 30 - 34
- Single supplement \$275  
(Limited rooms)

During this holiday we will be staying at the Tamworth EconoLodge. Over the week we will be exploring Tamworth, Uralla, Armidale, Wallabadah, Quirindi, Werris Creek and Nundle.

The itinerary is so full of interesting tours and experiences that they cannot be all covered in this notice. Please see a copy of the full itinerary posted on the Greater Western section of Sydney U3A's website.

**Bookings** for U3A members (non-member spouses/partners accepted) open on 12 August 2019

**Bookings: Diana Pine 4861 3721.** Address for payment given at time of booking.

**Deposit:** \$100 made payable to Coach Holidays & Tours to be posted to Diana by 16 September 2019

**NB:** Balance made payable to Coach Holidays & Tours must be posted to Diana by 4 February 2020

**Cancellation Policy:** Deposits are non-refundable within 40 days of departure. Eligible deposit refunds prior to 40 days are subject to a \$50 per person cancellation fee. The balance is partly refundable until the time and date of departure. Further details about cancellation policy sent with deposit receipt.

**Inclusions:** Air-conditioned coach, accommodation, all meals and entrance fees.

**NB:** If the tour is not full, non-members of U3A will be accepted.

**Organised by Greater Western Region**

# CITY AND INNER WEST

**Regional Course Coordinator:** Anne Hall 0419 017 364  
annenhall@gmail.com **Enquiries only**

---

## ASHFIELD: CARDINAL FREEMAN RETIREMENT VILLAGE

137 Victoria St. Limited off-street parking.

**Wheelchair access**

**Venue Coordinator: Lesley Painter**

**0401 038 050 painterl@bigpond.net.au**

### BRIDGE FOR THE LESS COMPETITIVE

Brush up your bridge skills in our informal group in a friendly non-competitive atmosphere. All levels of skill welcome.

**Each Tuesday from 2 July 1:00 - 4:00**

Leader and bookings: Liz Sobolewski 9630 7592

### SATURDAY BRIDGE

Brush up your bridge skills in an informal group in a friendly non-competitive atmosphere. All levels of skill welcome.

**Each Saturday from 6 July 1:00 - 4:00**

Leader and bookings: Linda Dewberry  
lindamd23@gmail.com

---

## ASHFIELD CIVIC CENTRE

260 Liverpool Rd

**Venue Coordinator: Anne Hall 0419 017 364**

**annenhall@gmail.com**

### RECORDER GROUP

An established group, we perform a wide variety of music at intermediate level (not for beginners). Opportunity to lunch afterwards.

**Each Tuesday from 23 July 10:30 - 12:30**  
**(excluding school holidays)**

Leader and bookings: David Young 0414 249 618;  
9569 8167 dy4health@optusnet.com.au

---

## CLUB ASHFIELD

5-7 Charlotte St. 2nd level (lift available). Parking available.

**Venue Coordinator: Jennifer Waldron 8753 0521**

**jenniferwaldron2@gmail.com**

### QI GONG, FAN, AND COLLABORATIVE TAI CHI (15)

Class begins with ba duan jin and mini wild goose qi gong where beginners are welcome, followed by 24 and 28 form tai chi chuan suitable for those with some experience. A modified kung fu fan completes the session.

**Each Tuesday from 23 July 10:30 - 12:00**  
**(excluding school holidays)**

Leaders and bookings: Lois Knight 9798 6525  
lknight60@bigpond.com  
Deborah Gracic 9636 6512 gracic.deb@gmail.com

### FOR THE LOVE OF DANCE (40)

Dance to the rhythm of the waltz, rumba, cha cha, charleston, tango and more, in this relaxed and easy to follow class. Good for the soul, all the way from your head to your toes. This is not partner dancing.

**Each Tuesday from 23 July 1:00 - 2:00**  
**(excluding school holidays)**

Leader and bookings: Bobbie Kersten 0410 873 605  
bobbiekersten@gmail.com

### COOPERATIVE RELAXATION AND STRETCHING ACTIVITIES (20)

This course is for exercise in a collaborative atmosphere.

**Each Wednesday from 24 July 10:00 - 12:00**  
**(excluding school holidays)**

Leader and bookings: Lois Knight 9798 6525  
lknight60@bigpond.com

### ENGLISH AS A SECOND LANGUAGE (14)

We look at how English works, focusing on a topic of interest to the group. Read aloud, discuss pronunciation, word meanings, spelling, grammar and current idiom. A relaxed way to practise and improve your English with a friendly group.

**Each Thursday from 25 July 10:30 - 12:30**  
**(excluding school holidays)**

Leader and bookings: Janet Egan 0415 133 994  
janet.egan@gmail.com

### COLLABORATIVE QI GONG (15)

This is qi gong in a collaborative environment, experienced practitioners only. Qi gong, according to Chinese culture, is beneficial to maintaining good health.

**Each Friday from 26 July 10:00 - 11:30**  
**(excluding school holidays)**

Leader: Alan Avanzado  
Bookings: Denise Yuen 0410 570 188 sdyuen@gmail.com

---

## BURWOOD RSL CLUB

92 Shaftesbury Rd. On-site parking.

**Wheelchair access**

**Venue Coordinator: Anne Hall 0419 017 364**  
**annenhall@gmail.com**

### CINEMA DISCUSSION GROUP (20)

A stimulating discussion of two films per fortnight chosen by the group at each session. The result is an invigorating, insightful and very enjoyable discussion.

**Alt Wednesdays from 3 July 1:30 - 3:30**

Leader: Frank Wilson 8021 7059  
Bookings: Betty Candy 9799 9030  
bjcandy@bigpond.com

## INVESTMENT DISCUSSION GROUP

Understand the forces and current events that affect investment markets. We examine specific topics and undertake some practical activity. **This is a discussion group only, and our members are not permitted, by law, to provide financial advice.**

**Alt Thursdays from 4 July 9:30 - 11:45**

Leader and bookings: Greg Buriak 0422 599 417  
buriak@optusnet.com.au

## THE BEST OF BRITISH

Come on a voyage through great British literature from the early 19th century to the present day and explore the social and historical issues which it raises. First novel *Rebecca* by Daphne du Maurier.

**Alt Fridays from 12 July 10:30 - 12:30**

Leader: Iris Ryall 9744 1647  
Bookings: Edna May 9797 8202

## DISCUSSION GROUP: SOCIAL ISSUES AND CURRENT AFFAIRS (15)

Meetings are divided into two sessions by a tea break. First session: Topic for discussion prepared and presented by a volunteer. Second Session: Current Affairs, no subject taboo. A friendly, intelligent group where everyone is encouraged to participate.

**Alt Fridays from 5 July 10:00 - 12:30**

Leader and bookings: George Elliott 9874 7208  
shs14gle@bigpond.com

## TRAVELLER'S JAPANESE (10)

Benefit from the experience of our teacher and other course participants who have travelled to Japan. The class covers basic language skills, customs and culture. A textbook is used.

**Each Tuesday from 23 July 10:00 - 12:00 (excluding school holidays)**

Leader: Haruko Tanaka 0424 225 863 haruko@aae.edu.au  
Bookings: Gayle Osborne 0429 459 443  
gmosborne153@bigpond.com

## BURWOOD: WOODSTOCK COMMUNITY CENTRE

22 Church St. On-site parking  
**Venue Coordinator: Anne Hall 0419 017 364**  
annenhall@gmail.com

### CURRENT AFFAIRS DISCUSSION

News of the day. No topics are out of bounds, but we discuss politics and religion with sensitivity. Members sometimes prepare a topic for discussion. Format: freewheeling.

**Each Monday from 1 July 10:00 - 12:00 (Public holidays excluded)**

Leader and bookings: Michael Holland  
mhol1234@gmail.com

### TRAVEL PLUS LUNCH

Meet other avid travellers, share your travel experiences, tips and recommendations. After the meeting we will sample international cuisine in a nearby restaurant.

**First Tuesday of each month from 2 July 10:00 - 12:00**

Leader and bookings: Greg Buriak 0422 599 417  
buriak@optusnet.com.au

## ITALIAN CONVERSATION INTERMEDIATE (10)

Improve your conversational skills for students who have knowledge of Italian grammar. Note: no handouts will be supplied.

**Each Wednesday from 3 July 10:00 - 12:00**

Leader and bookings: Nadia Favotto 9705 7217;  
0429 060 013

## CLASSIC MOVIES (12)

From the silent to the contemporary era a selection of influential films that helped develop the industry. Explore and analyse background and historical settings plus production issues and biographical details pertaining to the director, cast and production personnel.

**Alt Wednesdays from 3 July 10:00 - 12:30**

Leader: Hugh Watson 9519 5082  
Bookings: Marie Doyle 9558 4223

## FILM DISCUSSION GROUP

Members discuss two movies every fortnight and give their rating. Members vote on future movies with two volunteering to present their choices.

**Alt Thursdays from 4 July 1:30 - 3:30**

Leader: John Swords 9516 3915 swords.j@gmail.com  
Bookings: Carol Green 9516 3915

## CLUB BURWOOD

Cnr Burwood Rd and George St  
**Venue Coordinator: Anne Hall 0419 017 364**  
annenhall@gmail.com

### 'ISMS' IN HISTORY

This course examines some 'isms' and discusses the individuals who promoted them: capitalism, Adam Smith; communism, Karl Marx; Conservatism, Edmund Burke; atheism, Socrates and Richard Dawkins; Fascism, Hitler and Mussolini.

**Alt Wednesdays from 3 July 10:00 - 12:00**

Leader: Frank Wilson 8021 7059  
Bookings: Betty Candy 9799 9030 bjcandy@bigpond.com

## CITY: CUSTOMS HOUSE LIBRARY

Alfred St opposite Circular Quay station. Meeting room Level 2.

**Venue Coordinator: Jennifer Waldron 8753 0521**  
jenniferwaldron2@gmail.com

### DECONSTRUCTING CONTEMPORARY ART (25)

Visit contemporary art shows in Sydney galleries fortnightly. On alternate weeks, meet at Customs House for evaluation of news, events, trends, theory and history of the work visited. Build a virtual art collection and develop a personal aesthetic. Good physical fitness required.

**Each Thursday from 4 July 10:30 - 12:30**

**Alternate weeks 1:30 - 3:30 gallery visits**

Leader and bookings: Wendy Fraser 9569 7942;  
0408 711 672 barrieandwendy@gmail.com

## FILM APPRECIATION (20)

Do you enjoy contemporary cinema and sharing your ideas? Members of this group research a film and lead the discussion three to four times a year. We also look at issues, trends and news in the film world.

**Alt Thursdays from 11 July 1:30 - 3:30**

Leader and bookings: Susanne de Ferranti 0410 603 425  
sdeferranti@ozemail.com.au

## CITY: MILLERS POINT COMMUNITY CENTRE

Harry Jensen Centre, 17 Argyle St (cnr Watson Rd) Street parking available. **Wheelchair access**

**Venue Coordinator: Anne Pill 9550 9248**  
dapill2@bigpond.com

### THURSDAY MORNINGS AT MILLERS POINT

**Thursdays on dates indicated 10:00 - 12:00**

Bookings, unless otherwise indicated: Anne Pill 9550 9248;  
dapill2@bigpond.com (preferred)

Please provide talk title, date, membership number and contact details. All bookings will be confirmed by email.

#### Improve your Memory and Brain Health

Discover the many causes of memory problems and the steps you can take to make a positive improvement in your memory.

**Thursday 4 Jul 10:00 – 12:00** Speaker: Louise Hallinan

#### Fromelles and General Sir John Monash

The worst 24 hours in Australian history in July 1916 led to the amazing identification of almost 200 lost diggers a century later.

**Thursday 25 Jul 10:00 - 12:00** Speaker: Peter Allen

#### Henry VIII – Part 1

What role did Henry VIII's grandmother play in the Tudor ascendancy? Why was he wary of the House of York?

**Thursday 1 Aug 10:00 - 12:00** Speaker: John McLennan

#### Charles Darwin (1809-82)

Known as the scientist who gave us the theory of evolution, Charles Darwin changed the thinking pattern of intellectuals and the common people.

**Thursday 8 Aug 10:00 - 12:00**

Speaker: Srinivas Karkenahalli

#### Albert Einstein (1879-1955)

Famous for his theory of relativity and the formula,  $e=mc^2$ , Albert Einstein shook the beliefs of scientists and the common people.

**Thursday 15 Aug 10:00 - 12:00**

Speaker: Srinivas Karkenahalli

#### Medical Entomology – the Australian Paralysis Tick

A study of the biology, habitat and medical implications of the Australian paralysis tick on both humans and companion animals.

**Thursday 22 Aug 10:00 - 12:00** Speaker: Ian Thompson

#### Henry VIII – Part 2

Why did Henry VIII have so many wives? Did he start his new religion because of his religious convictions? What was the Pilgrimage of Grace?

**Thursday 29 Aug 10:00 - 12:00** Speaker: John McLennan

#### Medical Entomology – Insects as Vectors of Disease

A focus on the biology and habitat of mosquitoes as vectors of disease and unease, including malaria, dengue, yellow-fever, lymphatic filariasis and Zika virus.

**Thursday 5 Sept 10:00 - 12:00** Speaker: Ian Thompson

#### Parramatta Female Factory

Tales of hardship, survival and joy, of women from the earliest surviving convict site, birthplace of women workers' action.

**Thursday 12 Sept 10:00 - 12:00** Speaker: Gay Hendriksen

#### History of the Royal Albert Hall

This Hall is much more than just the Prom Concerts and has a fascinating history of how and why it came to be built originally.

**Thursday 19 Sept 10:00 - 12:00**

Speaker: Rosemary McCulloch

#### Matthew Flinders, who Named Australia

The village lad who ran away to sea. Tales of war at sea, shipwrecks, intrigue, and a love story for the ages!

**Thursday 26 Sept 10:00 - 12:00** Speaker: Jim Haynes

#### Girt by Sea and Ringed by Menace

What the censors hid: the Japanese who landed in Western Australia in WWII and whose 28 submarines patrolled our east coast and sank over 50 ships.

**Thursday 17 Oct 10:00 - 12:00** Speaker: Jim Haynes

#### Operating your Windows Laptop (6)

Bring your laptop to learn how to store and retrieve information, email photos and documents and produce a professional flyer. Windows only systems.

**Thursday 7, 14, 21 Nov 10:00 - 12:00**

Speaker: David McKay

#### The Theatre of Bertolt Brecht

The great German poet and playwright has had a profound influence on theatre. We examine the controversial production techniques and three of his major plays: *Life of Galileo*, *Mother Courage and Her Children*, and *The Caucasian Chalk Circle*.

**Thursdays 28 Nov, 5, 12 Dec 10:00 - 12:00**

Leader: Margaret Stoljar

#### CRACKING CRYPTIC CROSSWORDS (12)

Get into the minds of cryptic crossword compilers and learn how to solve their devious clues. Have fun and gain satisfaction while keeping your brain active. (4 sessions)

**Wednesday 31 July, 7, 21, 28 Aug 1:30 - 3:30**

Leader and bookings: Ron Shapiro 9810 4490

rmbjs@iinet.net.au (preferred)

#### PASSIONATE TRAVELLERS

Enjoy a presentation of holiday experiences, culture and history on one or more countries in a friendly, relaxed manner, with Q and A, and time to enjoy chatting over a complimentary morning tea.

Leaders: Robin Amos, Bobbie Kersten 0410 873 605

Bookings: bobbiekersten@gmail.com (preferred)

#### Canadian Arctic, Baffin Island and Greenland

**Wednesday 3 July 10:30 - 12:30** Speaker: Sue Bailey

#### Helsinki to Saint Petersburg

**Wednesday 7 Aug 10:30 - 12:30** Speaker: Rosanna Casolin

#### Colchester, Norwich and York

**Wednesday 4 Sept 10:30 - 12:30** Speaker: Ronda Gaffey

## Portugal

**Wednesday 2 Oct 10:30 - 12:30** Speaker: Lesley Painter

## Venice

**Wednesday 6 Nov 10:30 - 12:30** Speaker: Ron Shapiro

## Germany

**Wednesday 4 Dec 10:30 - 12:30** Speaker: Takiko Yalichev

## FRENCH INTERMEDIATE CONVERSATION (12)

The course aims to enhance members' ability to converse in French, thus a basic knowledge of French grammar and vocabulary is an essential prerequisite.

**2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> (if applicable) Wednesday each month from 10 July 11:00 - 12:30**

Leader and Bookings: Amal Ghosn  
amalghosn3@gmail.com

---

## DRUMMOYNE COMMUNITY CENTRE

10 Cometrowe St. Street parking. **Wheelchair access**  
**Venue Coordinator: Anne Hall 0419 017 364**  
annenhall@gmail.com

### ITALIAN CONVERSATION (10)

Basic knowledge required as class will be conducted in Italian. Emphasis on speaking.

**Each Monday from 22 July 2:00 - 3:15**  
**(except school holidays)**

Leader and bookings: Lori Banham 0409 814 127  
lori.b@bigpond.com

### FRENCH CONVERSATION (10)

Requires a good basic knowledge of French grammar and must be able to converse adequately in French. Emphasis on speaking and listening.

**Each Wednesday from 24 July 1:30 - 3:30**  
**(except school holidays)**

Leader and bookings: Jocelyne Sealey rjbow@tpg.com.au

### INTERMEDIATE SPANISH (10)

For students who already have a basic conversational level of Spanish. Emphasis is placed on improving fluidity of conversation. Class will be conducted mostly in Spanish.

**Each Wednesday from 3 July 1:15 - 3:15**

Leader and bookings: Les Margulis 0421 456 806;  
02 4757 1437 lesmargulis@gmail.com

---

## GLEBE: THE OLD TOWN HALL

160 St Johns Rd. Wheelchair access

**Venue Coordinator: Pauline Valentine 0412 595 891**  
gregory\_1947@hotmail.com

### DRAWING (12)

We use black and white (charcoal, pencil, ink) with some other media, such as Conté. The basics are covered, including tone, perspective and composition. Students are encouraged to suggest topics. Only an interest in drawing is required.

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

Leader and bookings: Neville Bendall 9660 1873

## STRUMMIN' WITH JEN

Introducing the ukulele, a happy, social instrument. Those without musical knowledge or experience can learn to play simple songs and experience all the benefits of music making. Learn the basics – intros, outros, chords, strumming and more.

**Alt Thursdays from 25 July 2:00 - 3:45**

Leader: Jenny Lowe

Bookings: Pauline Valentine 0412 595 891  
gregory\_1947@hotmail.com

---

## GLEBE LIBRARY: BENLEDI ROOM

186 Glebe Point Rd (cnr Wigram Rd)

**Venue Coordinator: Pauline Valentine 0412 595 891**  
gregory\_1947@hotmail.com

### JAPANESE

Knowledge of hiragana, katakana and some kanji will be helpful. We use a text book, *Japanese for Busy People II* twice per month and a few articles printed from topics of current Japanese interests.

**Each Thursday from 25 July 10:00 - 12:00**

Leaders: Nobuyo Williams 0420 770 661 or  
Haruko Johansson 8957 7016

Bookings: Juanita Englefield 9816 5807

---

## GLEBE: NAG'S HEAD HOTEL

162 St Johns Rd. Upstairs Conference Room.  
Limited street parking.

**Venue Coordinator: Jan Macindoe 9660 0208**  
jnmacindoe@gmail.com

### FIRST FRIDAY BOOK GROUP (12)

Favourite books are chosen by members for discussion by the group.

**First Friday of each month from 5 July 10:00 - 12:00**

Leader and bookings: Jan Macindoe 9660 0208;  
0424 537 557 jnmacindoe@gmail.com

---

## GLEBE: ST. HELEN'S COMMUNITY CENTRE

184 Glebe Point Rd. Wheelchair access

**Venue Coordinator: Pauline Valentine 0412 595 891**  
gregory\_1947@hotmail.com

### PATHWAYS TO THE GODS

This is a course about the religions that have evolved over time, including their differing cultural contexts.

Present focus: early Christianity.

**2nd and 4th Fridays from 26 July 10:00 - 12:00**

Leader and bookings: Jacques Goldman 9518 6741



## GLEBE: TOXTETH HOTEL

345 Glebe Point Rd. Fireside Lounge, ground floor.  
Street parking.

**Venue Coordinator: Michael Holland**  
mhol1234@gmail.com

### PHILOSOPHY IN THE PUB (10)

Topics from a wide range of political and cultural themes are examined from a philosophic perspective. Discussion aims to promote differing worldviews and challenge belief systems. Members are expected to participate in internet/web research, questioning and facilitating.

Email address essential.

**Series 1: Each Tuesday from 30 July 3:00 - 5:00**

**Series 2: Each Tuesday from 22 Oct 3:00 - 5:00**

Leader and bookings: Michael Holland  
mhol1234@gmail.com

## LEICHHARDT MUNICIPAL LIBRARY

23 Norton St. Italian Forum (Piazza level). Lift to parking station. Concession parking with validated ticket.

**Wheelchair access**

**Venue Coordinator: Barbara Burton 9798 5620;**  
0429 090 332 [beburton@iprimus.com.au](mailto:beburton@iprimus.com.au)

### FRIDAY MORNINGS AT THE LIBRARY

**Bookings essential:** Margot Walker: 0404 362 490  
margotinaw@gmail.com (email bookings preferred). Please give course name, date, membership number and contact details. Confirmation sent by email.

#### 1. Shakespeare: Measure for Measure (CD, DVD) (20)

Vienna is 'boiling' with sin and corruption. The Duke closes the brothels and makes fornication punishable by death. How, the play asks, can we combine justice and effective deterrents, with mercy and tolerance of human weakness? Bring text. (4 sessions)

**From Friday 5 July 10:30 - 12:30** Leader: Margaret Beale

#### 2. Sailing, Suffering and Success: Surviving Quarantine in the 19th Century (30)

Sailing to Australia was healthier than we presume. But how did colonial immigrants survive deadly diseases in Sydney's Quarantine Station?

**Friday 2 Aug 10:30 - 12:30** Speaker: Peter Hobbins

#### 3. Major Inventions Over the Past 150 Years (30)

Radios, telephones, wind generators, refrigeration, X-rays, solar power, plastics, motorcars, nuclear power and computers, David speaks to each in lay terms explaining how they work.

**Friday 9 Aug 10:30 - 12:30** Speaker: David Malone

#### 4. New Endeavour (30)

Learn about the genesis, funding difficulties and sourcing the materials for this Bicentennial project to build the replica of Lieutenant James Cook's ship in Fremantle.

**Friday 16 Aug 10:30 - 12:30** Speaker: Leigh Haines

#### 5. Sydney Marine Park (30)

This session covers the history, science, politics, benefits and threats of a new underwater national park running from Newcastle to the Shoalhaven.

**Friday 23 Aug 10:30 - 12:30** Speaker: David Stead

#### 6. Healthy Brain: Healthy Ageing (30)

This talk discusses memory and dementia and provides strategies for keeping the brain healthy and reducing the risks of developing dementia.

**Friday 30 Aug 10:30 - 12:30** Speaker: Libby Palmer

#### 7. Atheism (30)

Atheism is surprisingly ancient as well as modern: even today some see it as heresy. It is, arguably, far more normal than some believe.

**Friday 6 Sept 10:30 - 12:30** Speaker: Frank Wilson

#### 8. So, what is Genealogy? (30)

Why is genealogy so popular? Learn the fundamentals of finding your ancestors, growing your family tree and preserving the past for future generations.

**Friday 13 Sept 10:30 - 12:30** Speaker: Leigh Haines

#### 9. Estonia (30)

What could be interesting about the history and culture of Estonia, a nation smaller than Tasmania, and the homeland of my parents?

**Friday 20 Sept 10.30 - 12.30** Speaker: Anne Richardson

#### 10. Crime, Punishment and Civil Disputes in Colonial NSW (30)

Series covers problems with assigned convicts and the adventures of Jane New, the trials of Edwin Smith Hall of the *Monitor*, including the Church Pew Cases; the struggle of the courts arising from Aboriginal/Settler conflict including the Myall Creek Massacre. (4 sessions)

**From Friday 27 Sept 10:30 - 12:30**

Leader: Malcolm Robertson

#### 11. Pekanbaru Death Railway (30)

How allied POWs, including Australians, were forced to build the Pekanbaru Death Railway (West Sumatra) and why it became the 'forgotten railway'.

**Friday 25 Oct 10:30 - 12:30** Speaker: Andrew West

#### 12. Part 1: Rachel Carson (1907-1964) (30)

Scientist, author and environmentalist, author of *Silent Spring*, Carson ignited the modern environment movement.

**Friday 1 Nov 10:30 - 12:30** Speaker: Janine Kitson

#### 13. Impact of Climate Change on Health and Disease (30)

Increasing temperatures, rising seas and natural disasters are a feature of climate change. We examine how these impact on the overall health of our community.

**Friday 8 Nov 10:30 - 12:30** Speaker: Penny Bishop

#### 14. Part 2: Rachel Carson (1907-1964) (30)

Why is Carson more relevant than ever when abnormal weather events are becoming the new norm and we are losing so much of our biodiversity?

**Friday 15 Nov 10:30 - 12:30** Speaker: Janine Kitson

#### 15. The Australian Suffragette Movement: Who, Why and How? (30)

Historically exciting and challenging times: Lyn Moore reviews the fight for women's rights, and the personalities of the women fighting for rights we now enjoy.

**Friday 22 Nov 10:30 - 12:30** Speaker: Lyn Moore

#### 16. Standardisation (30)

Our world is saturated with standards and standardisation. It may be mechanical, moral and ethical. It is a surprisingly fascinating study.

**Friday 29 Nov 10:30 - 12:30** Speaker: Frank Wilson

### 17. Australia's Environmental Pioneers (30)

Learn about our pioneer conservationists pivoting environmental interest from discovery and understanding to protection, setting the foundations for modern conservation.

**Friday 6 Dec 10:30 - 12:30** Speaker: David Stead

### FRIDAY AFTERNOONS AT THE LIBRARY

#### ITALIAN BEGINNERS 2 (20)

We assume a degree of basic knowledge, around 40 to 60 hours of instruction. We will continue using the same textbook: *Buongiorno Italia*, supplemented by online exercises. Note: this is a full-year course.

**Each Friday from 2 Aug 1:30 - 3:30**

Leader and bookings: Pia Ottavian 0424 738 824;  
pia.ottavian@yahoo.com.au

---

## REVESBY COMMUNITY HALL

Macarthur Ave. Street parking.

**Venue Coordinator: Joy Pegler 9771 6185**  
peglerjm@bigpond.com

#### TAI CHI (20)

For tai chi novices as well as for more experienced practitioners. The aim is for all participants to progress from 6 to 24 tai chi forms.

**Each Thursday from 25 July 9:30 - 11:00**  
(except school holidays)

Leader and bookings: Patrick Brennan 9773 4182

---

## REVESBY WORKERS CLUB

20 Brett St. On-site parking.

**Venue Coordinator: Joy Pegler 9771 6185**  
peglerjm@bigpond.com

#### AUSTRALIAN PERSPECTIVES (25)

An informal discussion group during which the guest speaker introduces us to their varied ethnic, cultural and historical experiences.

**Third Thursday of each month from 15 Aug 2:00 - 4:00**  
(except school holidays)

Leader and bookings: Joy Pegler 9771 6185  
peglerjm@bigpond.com

#### Experiences as a Volunteer in East Timor

Working as a civil engineering volunteer in Timor-Leste 10 years after its renewed independence emphasised for the speaker the importance and relevance of Australia's foreign aid program.

**Thursday 15 Aug 2:00 - 4:00** Speaker: Derry Thomas

#### Mosquitoes as Vectors of Disease and Unease

A study of the biology and habitat of mosquitoes with a focus on the major diseases that they transmit both globally and within Australia.

**Thursday 19 Sept 2:00 - 4:00** Speaker: Ian Thompson

#### Researching the Biographical History of Colonial Midwives

The speaker is researching the elusive background of 19th century Australian midwives and how they connected with their communities.

**Thursday 17 Oct 2:00 - 4:00** Speaker: Lesley Potter

### Fairbridge Farm: School for Child Migrants

Personal recollections of a 10-year stay at Fairbridge, the speaker having been sent there as a 7-year-old in 1948.

**Thursday 21 Nov 2:00 - 4:00** Speaker: Daphne Appleby

### FILM DISCUSSION GROUP (25)

Members undertake to view up to three group-selected films screening during the coming month. At each meeting, a volunteer introduces one of the selected films followed by a group discussion.

**Fourth Tuesday of each month from 23 July 10:00 - 12:00**

Leader and bookings: Robyn Deane 9726 4279;  
rdeanee@optusnet.com

### MINDFULNESS (25)

Mindfulness enhances awareness of self in relation to others, including the environment, which in turn informs and empowers you with knowledge/insight enabling self-regulation (of your thoughts, emotions and behaviour).

**Thursday 1 Aug, 5 Sept and 3 Oct 2:00 - 3:30**

Leader and Bookings: Grace Thomas 0424 229 742  
gracethom066@gmail.com

---

## ROZELLE: HANNAFORD CENTRE

608 Darling St (cnr Nelson St). **Wheelchair access**

**Venue Coordinator: Barbara Burton 9798 5620;**  
**0429 090 332** beburton@iprimus.com.au

### DISCUSSION GROUP (15)

This group will focus on historical events, philosophy and literature. Each member is given the opportunity to decide on and present the topic for discussion.

**Each Monday from 22 July 10:30 - 12:30**

Leader: Fay McKenzie-Edmonds

Bookings: Yvonne Wingrave 9797 9237; 0437 000 684  
yvonnewingrave@gmail.com

### FRENCH INTERMEDIATE (15)

A reasonable knowledge of French grammar, vocabulary and pronunciation is assumed. Reading, writing, listening and speaking activities are used to consolidate and extend that knowledge and skills. There will be some formal grammar and a few laughs along the way.

**Each Tuesday from 23 July 10:00 - 11:30**

Leader and bookings: Alan Rodrick 9819 6579  
alan.rodrick@gmail.com

### ADVANCED FRENCH CONVERSATION (15)

For people with a reasonable background in French wanting to continue to engage in conversation. The focus is on spoken French to improve fluency and pronunciation, or just for the joy of speaking such a beautiful language.

**Each Tuesday from 23 July 11:45 - 1:15**

Leader: Rhonda Stien

Bookings: Sue Tronser 9818 3268  
suetronser@gmail.com

## FRENCH FOR BEGINNERS (15)

Beginners and those with some expertise wishing to consolidate their knowledge. Basic vocabulary, grammar, pronunciation. Simple conversation to tourist level. Text: *Collins Easy Learning French Grammar and Practice*, 2nd Edition 2016. \$25 at Abbeyes 10% discount with Leader's name and U3A.

**Each Tuesday from 23 July 2:00 - 3:30**

Leader and bookings: Michael Georgeson 9818 2648  
michael.georgeson@gmail.com

## DISCUSSION GROUP IN ADVANCED FRENCH (10)

La participation à ce groupe permettra aux membres de s'exprimer avec plus d'aisance sur un grand nombre de sujets selon le goût des membres. Il faudra donc un bon niveau de compréhension et d'expression orales au départ.

**Each Thursday from 4 July 2:00 - 3:30**

Leader and bookings: Verity Bagot 9810 1730;  
0439 489 738 verity.chianea@gmail.com

## ROZELLE NEIGHBOURHOOD CENTRE

756 Darling St.

**Venue Coordinator: Lesley Painter 0401 038 050**  
painterl@bigpond.net.au

## DISCUSSION GROUP TOPICAL ISSUES (16)

A lively group discusses local and global issues. These can include interesting social, political, economic and environmental concerns.

**Alt Wednesdays from 3 July 10:30 - 12:30**

Leader and Bookings: Vivian Wolff 0419 630 678

## STRATHFIELD CROQUET CLUB

50 Redmyre Rd. Street parking.

**Venue Coordinator: Anne Hall 0419 017 364**  
annenhall@gmail.com

## TRY CROQUET

An easy to learn game that offers fun, friendship and an outdoor activity. Skills learnt for ricochet and gateball can be transferred between games. Wear comfortable clothing and flat soled shoes. Bring a water bottle, sunglasses and hat. Equipment provided.

**Thursdays 4,11,18 July 2:00 – 4:00**

Leader and bookings: Ruth Bridger 9736 3410  
krbridger@bigpond.com

## WOOLLOOMOOLOO: OZANAM LEARNING CENTRE

Level 3, 99 Forbes St. Limited parking. **Wheelchair access**

**Venue Coordinator: Anton Crouch**

Leader and Bookings: Anton Crouch 9660 2889  
anton.crouch@optusnet.com.au

## FILM GROUP

A course series considering motion pictures in a thematic way. Themes include genres and the work of directors and actors. A film is shown at each session, with members encouraged to consider the work in its historical context.

### Series 1. The British Down-Under

From the 'ocker' *Overlanders* to the mysterious *Walkabout*

**Each Monday from 22 July to 26 Aug 10:00 - 12:30**

### Series 2. Personal Favourites

Includes the expected *It happened One Night* to the unexpected *Terror in Texas Town*.

**Each Monday from 14 Oct to 18 Nov 10:00 - 12:30**

## PRIVATE HOMES

**Venue Coordinator: Jennifer Waldron 8753 0521**  
jenniferwaldron2@gmail.com

### STANMORE BOOK CLUB (10)

A wide range of books are selected by members who lead a discussion of their choice.

**First Monday of each month from 1 July 2:00 - 4:00**

Leader: Wendy Fraser

Bookings: Bernice Lee 0412 969 440

bernicejlee@gmail.com

### CLASSICAL BOOK CLUB (STANMORE) (10)

We take turns to read aloud from the text, unlike most book clubs where reading is done at home and discussed later. We read two or three lengthy and challenging books during the year, generating lively discussion. The first book is *The Brothers Karamazov* by Dostoevsky.

**Alt Tuesdays from 9 July 10:30 - 12:30**

Leader and bookings: Sondra Griffiths 9332 4490  
sondragriffiths135@gmail.com

### INNER WEST BOOK GROUP (VARIOUS LOCATIONS) (12)

Enhance your enjoyment of reading by sharing your ideas with others. Every four weeks we will read and discuss a book, choosing from a wide range of literature. First book is *The Twin* by Gerbrand Bakker.

**Every four weeks from Wednesday 24 July 2:00 - 4:00**

Leader and bookings: Christine Hingerty 0499 887 308  
chingerty@internode.on.net

## OUT THERE!

**Coordinator: Bobbie Kersten 0410 873 605**  
bobbiekersten@gmail.com

### MY FAVOURITE ETHNIC EATING PLACE

Enjoy good food and conversation at five monthly lunches at inexpensive restaurants within the Sydney LGA.

Members choose venues with cuisines from different cultures, with a talk by the restaurateur, about food/traditions. Members pay for their own meal.

**Second Wednesday of each month from 10 July 12:00 - 2:30**

Leader and bookings: Krista Corlis 0400 708 754; 8765  
9267 Ktcorlis38@gmail.com

## **FOURTH TUESDAY LUNCH GROUP (12)**

Lunch at restaurants that serve a variety of cuisines situated close to public transport around Sydney City and Inner West LGA's. The chef/owner is encouraged to tell us his/her background/menu development. We try to book BYO wine restaurants (corkage charged).

### **Fourth Tuesday each month from 23 July**

Leader and bookings: David Cameron 9810 6498  
djcameron38@gmail.com

## **MUNCH ON BRUNCH (12)**

Step out and come brunching at a slick café somewhere in the inner city, or perhaps a bit further afield, but always close to public transport. Our venues are picked for their enticing food offerings, sharp design and quality coffee.

### **Third Thursday of each month from 18 July**

Leader and bookings: Beatrice Scheepers 0402 969 004  
(enquiries only)  
beatricescheepers@gmail.com (bookings only)

## **VISITING REGIONAL GALLERIES**

Using public transport, we visit regional art galleries to see a diversity of art. More information, plus details of outing, supplied when enrolling.

### **Visit two or three times a month on Saturday and an occasional Sunday depending on exhibition dates beginning July. Early am to mid-afternoon**

Leader and bookings: Joanne Gordon 0418 224 211  
joanegordon@bigpond.com (preferred)  
Please supply phone and U3A membership number.

## **WALKING WITH A TOUCH OF HISTORY: BUSH, HARBOUR, RIVER AND COASTAL WALKS**

Medium grade walks. You are responsible for your own safety. Bring hat, water, morning tea and lunch. Wear shoes with a safe walking tread. NOTE: We travel in the third train carriage. Timetables subject to change: Check Transport Info Line 131500.

### **Last Sunday of each month from 28 July**

Leader and bookings: Bobbie Kersten 0410 873 605  
bobbiekersten@gmail.com

### **Bondi to Watsons Bay**

#### **Sunday 28 July**

**9:08** Circular Quay Bus 333 Stand B to Bondi Beach  
Bus 380 at 9:52 to Lancaster St

### **Fairy Meadow to Wollongong**

#### **Sunday 25 Aug**

**9:29 Train** (Kiama) Platform 25 Change at Thirroul

### **Quakers Hat to Balmoral Beach**

#### **Sunday 29 Sept**

**9:37 Bus** 180 Stand A to Quakers Lane

### **Blackheath Rhododendron Garden**

#### **Sunday 27 Oct**

**9:18 Train** Central Country Platform 7

### **Hermitage Track to Watsons Bay**

#### **Sunday 24 Nov**

**9:40 Bus** 325 Cnr Wynyard and York St  
To Bayview Hill St Rose Bay

# EASTERN

**Regional Course Coordinator:** Margaret Steel 9371 6953  
mste8801@bigpond.net.au **Enquiries only**

## EASTERN REGION OF SYDNEY U3A

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

will be held on  
**Monday 18 November**  
at 10.30 am

**Waverley Library Theatrette**  
32 Denison St, Bondi Junction

**Speaker: Ronnie Hofmann**  
**followed by the AGM commencing at 11.00**

All members are invited to attend our Annual General Meeting and should consider standing for election to the Committee to assist in the running of our excellent organization. Positions for election are President, Secretary, Treasurer, Course Coordinator, Assistant Course Coordinator, Public Relations Officer, and Committee Members.

**Lunch (no cost) will be provided following the AGM**

Booking for lunch by 11 November and  
Nomination forms for Committee Members are available from  
Sandra See sandra.l.see@gmail.com

**Forms must be returned by Tuesday 12 November**  
**All financial U3A members are welcome to attend**  
**Please write this date in your diary now.**

## BONDI JUNCTION: WAVERLEY LIBRARY THEATRETTE

32 Denison St. Parking and lift available  
**All sessions 10:30 - 12:30 No bookings required unless specifically stated.**

### MONDAYS AT WAVERLEY LIBRARY

#### 1. The Theatre of Bertolt Brecht

Life of Galileo, 2.The Caucasian Chalk Circle.  
3. Mother Courage and her Children. 3 sessions  
**Monday 29 July, 5 Aug and 19 Aug**  
Speaker: Margaret Stoljar

#### 2. History 'isms'

Beliefs and practices known as 'isms' by individuals who promoted them. 1. *Atheism*  
**Monday 2 Sept** Speaker: Frank Wilson

#### 3. History 'isms'

Beliefs and practices known as 'isms' by individuals who promoted them. 2. *Scholasticism*  
**Monday 16 Sept** Speaker: Frank Wilson

#### 4. History 'isms'

Beliefs and practices known as 'isms' by individuals who promoted them. 3. *Rationalism*  
**Monday 23 Sept** Speaker: Frank Wilson

#### 5. First step on the Moon

Tom Reid's role in the 1969 Apollo 11 mission, the direct transmission of Armstrong's first step on the moon to Honeysuckle Creek, ACT, then to a world-wide TV audience.  
**Monday 30 Sept** Speaker: Andrew Tink

#### 6. History 'isms'

Beliefs and practices known as 'isms' by individuals who promoted them. 4. *Capitalism*  
**Monday 21 Oct** Speaker: Frank Wilson

#### 7. History 'isms'

Beliefs and practices known as 'isms' by individuals who promoted them. 5. *Conservatism*  
**Monday 28 Oct** Speaker: Frank Wilson

#### 8. History 'isms'

Beliefs and practices known as 'isms' by individuals who promoted them. 6. *Nationalism*  
**Monday 4 Nov** Speaker: Frank Wilson

## 9. AGM (Refer first page)

**Monday 18 Nov** Speaker: Ronnie Hofmann

## 10. History 'isms'

Beliefs and practices known as 'isms' by individuals who promoted them. 7. *Internationalism*

**Monday 25 Nov** Speaker: Frank Wilson

## 11. History 'isms'

Beliefs and practices known as 'isms' by individuals who promoted them. 8. *Consumerism*

**Monday 2 Dec** Speaker: Frank Wilson

## FRIDAYS AT WAVERLEY LIBRARY THEATRETTE.

32 Denison St. Parking and lift available

**All sessions. 10:30 – 12:20.** No bookings required unless specifically requested.

### Music Appreciation - a fortnightly course

Aim is to share, learn and enjoy your music

1. 'Feeling Good' music- a personal selection of classical and popular music.
2. Selection of contemporary classical composers.
3. Your requests; classical, opera, choral and popular.
- 4 Selection of Australian composers.
5. Great performers of the BBC Proms.

**Alternate Fridays on 26 July, 9 Aug, 6 Sept, 20 Sept, 4 Oct**

Leader: Mary Healey North

### Truth, Lies and Authenticity

We have again discovered how, in the midst of their lies, a public figure can be trusted as 'authentic' - 'true to what he really is'. Can any discourse be objective? A use of Hannah Arendt's critique in approaching such questions. (five sessions)

**Alt. Fridays 2 Aug, 16 Aug, 30 Aug, 13 Sept, 27 Sept**

Leader: Max Deutscher

### Australian Museum

Created in 1827 it is one of the oldest world museums, showcasing natural history, historical people and events.

**Friday 11 Oct**

Speaker: Stewart Reed

### Healthy Brain Ageing

How brains age, what to do about it (if possible) and what are the findings so far.

**Friday 18 Oct**

Speaker: From Healthy Brain Ageing Research Centre

### Understanding How Songs Work

Songwriting Lyrics and Melody Structure. (four sessions)

**Friday 25 Oct, and 1, 8, 15 Nov**

Leader: Jim Haynes

### Military History

The story of the 'walers' of the Australian Light Horse Brigade and their charge on Beersheba, on to the relief of Jerusalem by General Allenby in 1917.

**Friday 22 Nov**

Speaker: Peter Allen

## CHRISTMAS PARTY

All Eastern Suburbs members, speakers, venue assistants and committee members are invited.

**6 December** Bookings to [sandra.l.see@gmail.com](mailto:sandra.l.see@gmail.com) by 2 December

## BONDI JUNCTION: WAVERLEY SENIORS AND COMMUNITY CENTRE

31- 33 Spring St (Mill Hill Community Centre)

### SPANISH INTERMEDIATE

An adequate knowledge of grammar, vocabulary and pronunciation is needed, as well as a sense of humour.

**Each Thursday continuous, 10:00 – 12.00**

Leader and bookings: Christine Lozano 9389 4310

## MAROUBRA: LIONEL BOWEN LIBRARY

669 Anzac Pde (cnr Gale St), Maroubra Junction.

### FILM DISCUSSION (20)

Do you enjoy going to the movies and would you enjoy sharing your opinions with others? Each fortnight a discussion of acting, characters, plot and cinema topography will be held on two nominated movies.

**Alt Tuesdays from 9 July 10:30 - 12:30**

Leaders and bookings: Graham Blazey 9365 1961

[gblazey@optusnet.com.au](mailto:gblazey@optusnet.com.au) OR

Gail Filetti 9349 5591 [rgfil@bigpond.au](mailto:rgfil@bigpond.au)

### DISCUSSION GROUP

If you are interested in the world around you, combined with a love of an occasional debate, come and join us at Maroubra. We have fun.

**Alt Tuesdays from 2 July 10:00 - 12:00**

Leader and bookings: Marise Segelov 9363 4023, 0410 514 866 [marisesegelov@gmail.com](mailto:marisesegelov@gmail.com)

## PADDINGTON: EJ WARD COMMUNITY CENTRE

189 Underwood St. Parking available.

### FRENCH ADVANCED

This is an informal discussion group. We chat, debate topical subjects, read articles, and learn pronunciation while brushing up on our French. This is a full year course.

**Alt. Fridays from 12 July 10:30 - 12:00**

Leader and bookings: Sabina Menczel 9371 5760

### FRENCH CONVERSATION

Lively discussion group debating topical subjects (in lounge area). This is a full year course, currently booked out.

**Each Thursday from 18 July- 21 Nov 9:30 - 11:00**

Leader and bookings: Michael Sullivan [nemtchinov@hotmail.com](mailto:nemtchinov@hotmail.com) 0422 347 344

### PLAY READING

Potential Thespians, this is your chance to act by play reading! A variety of plays will be performed by members taking turns to speak a role or watch. The plays will also be discussed in terms of their merits and contexts.

**Each Monday 8 sessions from 5 August - 23 September. 10.30 am - 12 noon**

Leader: Patrick Hutchinson

[patrickhutchinson48@gmail.com](mailto:patrickhutchinson48@gmail.com) 0449 678 857

## RANDWICK: MARGARET MARTIN LIBRARY

Level 1, Royal Randwick Shopping Centre, Belmore Rd

### FILM DISCUSSION (15)

If you enjoy going to the movies and sharing your ideas, this group discusses two films per fortnight, chosen by the group at each session. Discussion will include cast, direction, plot and production in a stimulating and fun environment.

**Alt Thursdays from 11 July 1:00 – 3:30**

Leader and bookings: Sheila Philippou 9152 9445  
sheilabunn@yahoo.com.au

---

## WOOLLAHRA: GADEN COMMUNITY CENTRE

(Formerly known as the Woollahra Holdsworth Community Centre). Cnr Edgecliff Rd and Queen St.

### ITALIAN ADVANCED

This course is for more advanced students.

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

Leader and bookings: Isabella Fransechini 9380 9231

### BEGINNERS FRENCH

The focus is on conversation necessary for travel. The course covers basic grammar, pronunciation and vocabulary. This is a full year course.

**Each Thursday 10:45 - 12:45**

Leader and bookings: Jeanette Pham 0409 751 377  
nguyetpham45@yahoo.com.au

---

## PRIVATE HOMES

### BRONTE BOOK GROUP

**First Thursday of each month from 4 July 2:00 onwards**

Leader and bookings: Janet Sculfer 9387 2770  
sculferandmackenzie@iinet.net.au

### NORTH BONDI BOOK GROUP

New members welcome.

**Third Wednesday of each month from 17 July 2:00 onwards**

Leader and bookings: Patricia Dunn 9365 6896

### ROSE BAY BOOK GROUP

**First Wednesday of each month from 3 July 2:00 onwards**

Leader and bookings: Sylvia Bennett 9371 5547

### MUSIC, COFFEE AND CAKE (Randwick)

We will listen to compositions from the great masters focusing on less-often heard works and composers. Group participation is warmly welcomed.

**Every second Monday from 29 July 2:00 - 4:00**

Leader and bookings: Julie Reid 8668 5522

# ENDEAVOUR (SOUTHERN)

**Regional Course Coordinator:** Ted Watson 9527 3689  
ej.watson@optusnet.com.au **Enquiries only**

---

## SHOWCASING 30 YEARS OF U3A IN ENDEAVOUR REGION: Welcome to new members and Leaders' Showcase of Courses

**Friday 26 July 2:00 to 4:00**  
Cronulla Community Hall, Room 1  
38-60 Croydon Street, access via walkway next to shop 15

**Guest Speaker: U3A member and author Mary Small**  
Please see the **EVENTS** section for further details.

---

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

**CLUB on EAST (formerly Sutherland United Service Club)**  
7 East Pde, Sutherland Club car park available for attendees

**Tuesday 30 July 10:15 for 10:30**  
**Guest Speaker: David White**

### Revisiting Vietnam

**Tuesday 29 October 10:15 for 10:30**  
**Guest Speaker: Les Miller**

### Me, my son and Antarctica

Please see the **EVENTS** section for further details.

---

The Annual General Meeting of the Endeavour (Southern) Region of Sydney U3A has been rescheduled until Semester 1, 2020. Details will appear in the Semester 1, 2020 Sydney U3A Course Book and at [www.sydneyu3a.org](http://www.sydneyu3a.org)

---

## CRONULLA SCHOOL OF ARTS

A two-storey building with two rooms upstairs in 6 Surf Rd.

### 1. Upstairs Activity Room

#### BOOK CHAT

Share aspects of your favourite book with participating members.

**First Friday of each month from 5 July 1:00 - 2:30**

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

#### BEGINNERS SPEAKING FRENCH (16)

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

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

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

#### BEGINNERS FRENCH (15)

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

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

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

#### SOLVING CRYPTIC CROSSWORDS - INTERMEDIATE (15)

This class is ideal for the less experienced solvers who already have some basic knowledge of cryptic techniques. Sharpen your cryptic crosswords solving skills as we work as a group in cracking compiler's devious yet often delightful clues. A bit of mind stretching enjoyment.

**First and Third Wednesdays from 3 July 2:00 - 4:00**

**Bookings are essential.** We encourage you to book this course online as part of our pilot project for online bookings (see further details at the front of this course book). Go to [www.sydneyu3a.org](http://www.sydneyu3a.org), or alternatively contact Rosemary De Gabriele 0404 015 807  
r.degabriele@optusnet.com.au



## BRAIN GAMES (25)

Extensive research provides growing evidence that in addition to maintaining physical fitness and eating sensibly, brain health in older people can be maintained and disease which causes dementia can be avoided or deferred. The Brain Game Project is designed to complement the physical exercise program.

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

**Bookings are essential.** We encourage you to book this course online as part of our pilot project for online bookings (see further details at the front of this course book). Go to [www.sydneyu3a.org](http://www.sydneyu3a.org), or alternatively contact Denis Paulin 0438 594 206 [d.paulin@bigpond.com](mailto:d.paulin@bigpond.com)

## OPEN MINDS (20)

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

**Second and fourth Wednesdays from 24 July 10:00 - 12:00**

Leader and booking: Anita Spinks 0423 532 582 [anitaspinks@live.com.au](mailto:anitaspinks@live.com.au)

## LOCAL VOCALS: CRONULLA (30)

Join us to sing some of the world's vast repertoire of songs and learn a little about song-writing and written music. Not sung since school? Or not at all? Planning to join a choir? All welcome! Words and music supplied.

**Each Thursday from 25 July 10:00 - 12:00**

Leader and bookings: Anita Spinks 0423 532 582 [anitaspinks@live.com.au](mailto:anitaspinks@live.com.au)

Co Leader: Barbara Adams 0438 299 108 [beejava@outlook.com](mailto:beejava@outlook.com)

## 2. Upstairs Theatre

### EXPLORATIONS IN MUSIC

A music appreciation course covering various kinds of music from early classical, romantic, orchestral and choral through to jazz and synthesizer. We explore different countries, themes or individual composers from a range of different eras. Detailed handouts supplied. Enjoy and be challenged.

**Second and fourth Wednesdays of each month from 24 July 1:00 - 3:00**

Leader: Sam Adams 9522 9386

Bookings: Trevor Campbell 9525 6970

### POETRY IS ALIVE

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

**Second and fourth Thursdays of each month from 25 July 2:00 - 4:00**

Leader and bookings: Elisabeth Peters 9523 3743 or 0466 893 747 [heinzlizz@optusnet.com.au](mailto:heinzlizz@optusnet.com.au)

### ART HISTORY

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

**Second and fourth Tuesdays of each month from 23 July 10:00 - 12:00**

Leader: Beverley Theodore 9532 1141 [tpl5@bigpond.com](mailto:tpl5@bigpond.com)

Bookings: Teresa Lamberton 9502 4420 [teresalamberton@hotmail.com](mailto:teresalamberton@hotmail.com)

## ASPECTS OF AUSTRALIAN HISTORY

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

**Second and fourth Mondays of each month from 22 July 1:00 - 3:00**

Leader: Mary Small 9522 9917

Bookings: Margaret Durie 0403 391 845

[marg2229@bigpond.com](mailto:marg2229@bigpond.com) (preferred)

## ARMCHAIR TRAVELLERS

Our group meets to share worldwide travel stories and visual presentations. Members connect to the audio-visual equipment in the upstairs theatre which is lift accessible. Some members choose not to present and enjoy being the audience. Morning tea is provided for a 50 cent donation.

**First and third Wednesdays of each month from 7 Aug 10:00 - 12:00 (except school holidays)**

Leader: Kate Churcher 9523 6990 or 0433 140 900

[kchurcher2@hotmail.com](mailto:kchurcher2@hotmail.com)

Bookings: Margaret Durie: 9525 9189 or 0403 391 845

[marg2229@bigpond.com](mailto:marg2229@bigpond.com)

## BALLET ON SCREEN (40)

The proposed program for this semester is:

- *Sylvia* (Royal Ballet)
- *Coppelia* (L'Ecole de Danse de L'Opera National de Paris)
- *The Two Pigeons* (Royal Ballet)
- *La Fille Mal Gardee* (Basle Ballet)
- *Wolf Works* (Royal Ballet) (in 3 parts with 3 of the above)
- *The Merry Widow* (Australian Ballet)

**Third Monday of each month from 19 Aug 1:30 - 4:00**

Leader: Jean Singleton-Turner 9525 6084

[jsingleton7@bigpond.com](mailto:jsingleton7@bigpond.com)

Secretary and bookings: Marina Saunders 9527 4564

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

## COMIC OPERA (40)

For both beginners and aficionados of light opera. A brief talk will precede a sub-titled on-screen performance, abridged to fit the time slot when necessary. The proposed program is:

- *Die Zauberflote* (*The Magic Flute*) (Mozart)
- *Il Barbiere di Siviglia* (*The Barber of Seville*) (Rossini)
- *La Fille du Regiment* (*The Daughter of the Regiment*) (Donizetti)

**Tuesdays: 3 sessions on 2 July, 6 Aug, 20 Aug 1:00 - 4:00**

Leader and bookings: Jean Singleton-Turner 9525 6084

[jsingleton7@bigpond.com](mailto:jsingleton7@bigpond.com)

Secretary and bookings: Rosemary Backhouse 9546 5373

[backhouse.rosemary@gmail.com](mailto:backhouse.rosemary@gmail.com) (preferred)

## PATHWAYS TO THE GODS

We're looking into the beginning of Christianity by reading the New Testament and other ancient documents from surrounding cultures, including their mystery religions, to create a biography of Jesus. How relevant are his sayings and parables today?

**Second and Fourth Tuesdays from 23 July 12:30 - 2:30**

Leader and bookings: Jacques Goldman 9518 6741

## AT THE CINEMA - BURT LANCASTER

Explore the life and career of actor/producer Burt Lancaster through talks, viewing his major movies and discussion

**First and third Thursdays of each month from 18 July 1:30 - 4:30**

Sessions will start at 1:30pm but vary in length depending on the movie.

Leader and bookings: Robert Englund 8521 7540  
r.englund@optusnet.com.au

---

## CRONULLA COMMUNITY HALL

38-60 Croydon St Meeting room 1. Access via walkway next to shop 15.

### FRENCH FOR INTERMEDIATE SPEAKERS (16)

Intermediate-level French, basic knowledge required. Revive your grammar, practise your conversation skills, and enjoy reading French texts. Have fun in a relaxed learning environment.

**Each Monday from 22 Jul 2:00 - 3:30**

Leader and bookings: Susan Molloy-Johnson 9546 5170  
twotwelves@outlook.com

---

## GYMEA COMMUNITY CENTRE

39 Gymea Bay Rd. Enter from Talara Road.

### AUSTRALIA OUR LAND (15)

Using books and videos from the library we study and discuss the environmental, geographical, historical and cultural aspects of our wonderful country.

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

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

---

## GYMEA COMMUNITY HALL

31-33 Gymea Bay Rd. Enter from Talara Rd.

### CREATIVE WRITING

Fun with words. From a selection of topics, express yourself in the format of your choice in either prose, poetry or essay.

**Alt Mondays from 01 July 10:00 - 12:00**

Leader: Ann O'Connor 0424 968 380 annoc@tpg.com.au  
Bookings: Sandra Keller 9540 1194 or 0417 134 210  
kellers@aanet.com.au

### MIDDLE EASTERN DANCING

The oldest dance form for women explored and expressed to traditional music. A great way to keep fit and have fun. If you can walk you can dance.

**Each Monday from 01 July 1:30 - 3:00**

Leader: Faye Green 9521 6575  
shalinabd@bigpond.com  
Bookings and Secretary: Wendy Lobwein 9527 4696  
wendy.rae.lob@hotmail.com

## DRAWING (20)

Member-driven art classes where we employ various styles and mediums. Includes visits to art exhibitions.

**Each Tuesday from 02 July 1:00 - 3:00**

Joint Leader: Stephen Churm 9589 0413 or 0411 500 380  
foam33@optusnet.com.au  
Joint leader: Janice Russell 9527 1965 or 0418 422 752  
barrie.edgar@bigpond.com  
Bookings: Pam McGrath 9524 4346  
mcgrath.ffss@gmail.com

### DISCOVERING ART

This class will discuss the different aspects of art from architecture to sculpture with art related topics. We will also look at your favourite artists. Visits to art galleries are a regular highlight.

**First and third Tuesdays of each month from 06 Aug 10:00 - 12:00**

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

### SOLVING CRYPTIC CROSSWORDS: A BEGINNERS COURSE (12)

Do you enjoy puzzles but have always found cryptic crosswords totally unfathomable? Discover the rules and techniques that underpin cryptic clues. In this 8 week course, we'll work through lots of examples. Enjoy solving setters' crafty clues. Great for the brain and lots of fun.

**Each Thursday from 11 July 2:00 - 4:00**

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

---

## HURSTVILLE LIBRARY

Dora Rd. Miles Franklin Room

### DISCUSSION GROUP (15)

Each attendee has 5 uninterrupted minutes to present their experience, research and findings on a predetermined topic, usually current affairs. Group discussion follows until the topic is exhausted and afternoon tea with more social conversation sees the meeting out.

**Second and fourth Tuesday of each month from 09 July 1:00 - 3:00**

Leader: Andrew Maclean 9543 2539  
aach.maclean@optusnet.com.au  
Bookings: Garry Griffiths 0468 809 332  
margig@ozemail.com.au

---

## KOGARAH SENIOR CITIZEN HALL

2 Taylor St

### GERMAN CONVERSATION

Intermediate to advanced conversational German.

**Second and fourth Thursdays of each month from 25 July 10:00 - 12:00**

Leader and bookings: Helmi Albrecht 9597 6628 or 0412 635 976 helmi.albrecht@gmx.de

## MIRANDA COMMUNITY CENTRE

93 Karimbla Rd

### AUSTRALIAN HISTORY DISCUSSION GROUP

Talks on any aspect of Australian history. Topics and talks chosen and given by group members who are prepared to do so.

**First and third Wednesdays of each month from 03 July 1:30 - 3:30**

Leader: Janice Stokes 9543 1296 or 0418 415 249  
stokesj@optusnet.com.au

Bookings: Elizabeth Donovan 9524 9488

---

## MIRANDA: WESTFIELD

Crossroads Community Centre new rooms. Cnr Kiora Rd and Kiora Lane. Entrance from Kiora Lane. Ring bell to gain entry. Parking available.

### THE RISE AND FALL OF ANCIENT CIVILISATIONS AND EMPIRES (15)

In-depth study of the rise and fall of civilisations and empires from ancient to modern times by way of reading, discussion and TV documentary (when available). Class members are invited to suggest topics and otherwise contribute to the group, if they wish to do so.

**Each Tuesday from 09 July 10:00 - 12:00**

Joint Leaders: Margaret McDonnell 9553 0489 or 0422 619 267 mmcdonnell@tpg.com.au and Olga Bondarenko 9529 7314 olgab@ozemail.com.au  
Bookings: Dorothy Dalyell 9520 5563  
ddalyell@bigpond.com

### MODERN HISTORY (10)

Tracing the development of nations from the Middle Ages to the present day. Members are encouraged to contribute information gained by research and discussion. A video relating to the subject is shown at each meeting.

**Each Thursday from 11 July 10:00 - 12:00**

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

### FRENCH INTERMEDIATE (18)

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

**Each Monday from 22 July 10:00 - 12:00**

Leader: Bill Leach 9579 1251 or 0413 691 373  
billnell2@optusnet.com.au

Bookings and Secretary: Howard Nguyen: 9533 2772 or 0415 191 927 hnguyen49@optusnet.com.au

### FRENCH CONVERSATION (18)

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

**Each Monday from 22 July 12:00 - 1:00**

Leader: Bill Leach 9579 1251; 0413 691 373  
billnell2@optusnet.com.au

Bookings and Secretary: Howard Nguyen: 9533 2772 or 0415 191 927 hnguyen49@optusnet.com.au

## OATLEY LIBRARY

26 Letitia St

### ITALIAN LANGUAGE AND CULTURE

Focuses on speaking, writing, listening and reading Italian at survival level or better, depending on the class. We explore grammar, literature, poetry, history, art, tourism, songs, opera themes, and recipes. Classes are in English and Italian depending on the topic and the class.

**Each Thursday from 01 Aug 10:00 - 12:00**

Leader: John Della Torre 8544 1758

Bookings: Judy Bassford 9527 2931

judybassford7@gmail.com

### ART FOR ENJOYMENT (16)

This is an art group that meets once a week to enjoy our own art. There are no formal lessons as each of us likes to do our own form of art. We have beginners to serious artists and find that we learn by helping each other.

**Each Wednesday from 24 July 2:00 - 4:00**

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

---

## SANS SOUCI LIBRARY

104 Russell Ave

### MINDFULNESS (25)

Presented by Grace Thomas. Mindfulness enhances awareness of self in relation to others, including the environment, which in turn informs and empowers you with knowledge/insight, enabling self regulation (of your thoughts, emotions and behaviour).

**Wednesdays 21 Aug, 25 Sept and 23 Oct 1:00 - 2:30**

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

---

## SOUTH HURSTVILLE LIBRARY

1 Allen St Hurstville

### DISCUSSION GROUP (15)

Our friendly group enjoys stimulating and serious discussion on current affairs and a variety of subjects. There is controversy, reminiscing and usually lots of laughter.

**Each Monday from 01 July 10:00 - 12:00**

**Bookings are essential.** We encourage you to book this course online as part of our pilot project for online bookings (see further details at the front of this course book). Go to [www.sydneyu3a.org](http://www.sydneyu3a.org), or alternatively contact Denis Paulin 0438 594 206 d.paulin@bigpond.com

### AWARD-WINNING NOVELS (15)

Friendly group meeting, to discuss award-winning novels, or novels any one of the group thinks should have won an award!

**First Wednesday of each month from 03 July 10:30 - 12:30**

Leader: Pat Copping 9529 6791 or 0432 345 501  
18gingie@gmail.com

Bookings: Gloria Thompson 0403 899 349  
thompson.gloria37@gmail.com

## WRITING CREATIVELY (12)

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

**First and third Tuesdays of each month from 06 Aug 1:30 - 3:30**

Leader: Yvonne Tracey 9587 3245 or 0415 327 313

yvonne.calling1@bigpond.com

Bookings: Patricia Skinner 0497 054 981 or 9547 0406

donleyton10@gmail.com

---

## SUTHERLAND CLUB ON EAST

7 East Pde Club Coffee Shop.

### CRIME READERS GROUP

In depth discussion about listed book and author; all input is welcome. The reading list is compiled at the end of each year by the Leader in consultation with members. Authors from all over the world are included. This is a friendly, social and intelligent group.

**First and third Tuesdays of each month from 02 July 10:15 - 12:00**

Leader: Carol Dawson 0405 311 749

carousel43@bigpond.com

Secretary and bookings: Carolyn Schinazzi 9525 7617 or

0433 574 990 carolandreno@gmail.com

---

## SUTHERLAND CROQUET CLUB

Rawson St.

### INTRODUCTION TO CROQUET

Short introductory series of 3 x 2 hour free lessons of Golf Croquet. A fun game requiring both strategy and physical techniques. Wear comfortable clothing and flat soft soled shoes (sneakers). Bring water, hat and possibly sun glasses. Equipment is provided.

**Thursday 11, 18, and 25 July 10:00 – 12:00am, arriving at 9:45**

Leader and bookings Penny Howarth 0411 180 050

pennyhowarth2@gmail.com

---

## SUTHERLAND LEISURE CENTRE

1 Rawson Ave Committee Room.

### ASPECTS OF ARCHAEOLOGY (16)

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

**First and third Friday of each month from 05 July 2:00 - 4:00**

Leader and bookings: Mary Armstrong 9567 0995

## SUTHERLAND LIBRARY

Belmont St. Committee Room.

### ART - SKETCHING (15)

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

**Every Thursday from 04 July 10:00 - 12:00**

Leader: Peggy Annabel 0402 354 968 or 9528 3391

peggy.annabel@bigpond.com

Bookings: John Wu 0413 694 883 j54316@hotmail.com

---

## YOWIE BAY: WATERBROOK LIFESTYLE RESORT

19 Wyralla Rd.

### MUSIC FOR PLEASURE: THE CLASSICAL ROMANTICS (20)

Music appreciation: classical and romantic periods.

**First and third Tuesdays of each month from 02 July 2:00 - 4:00**

Leaders: Joan Bolton 9541 3016 or 0416 143 077

boltonjoan@hotmail.com

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

Bookings: Chris Jenkins 9529 4444

chrisjenk66@hotmail.com

---

## OUT THERE

### U3A ENDEAVOUR CAMPUS WALKERS

Bush Rambles and Sydney by ferry and foot. Routes previously walked by walk leaders. Walks described in our programs to indicate degree of difficulty. A 4-5 day social walking holiday held annually. Members are encouraged to participate in as many activities as possible. An annual administrative fee of \$10 is applicable.

**Each Thursday from 04 July - variable meeting times**

Leader: Bill Hunt 9521 2016

ara2233@yahoo.com (preferred)

Bookings: June Symes 9524 2817

jsymes6@gmail.com (preferred)

### WALKING IN SYDNEY AND SURROUNDS (35)

A variety of walks around all areas of Sydney and surrounds ranging from medium level to easier bushwalks, track and street walks, going to beautiful and interesting places, whilst enjoying good company in the outdoors. We welcome members from all U3A regions to come and join us.

**Alt Fridays from 5 July 8:30 - 3:00 (variable times)**

Leader, coordinator and bookings: Graham Lee

9546 7994 or 0490 464 928 tonilee91@gmail.com

## WALKING AROUND SYDNEY (40)

A variety of walks around all areas of Sydney and surrounds ranging from easy to medium/hard bushwalks, track and street walks. Members from all U3A regions are welcome.

### Alt Fridays from 12 July (variable times)

Leader: Wendy Donelan 0402 495 739;  
wdonelan54@gmail.com

Secretary and bookings: Jennifer Hawkins 9533 6470  
jenniferhawkins798@gmail.com (preferred)

## U3A SYDNEY STRIDERS (35)

A variety of walks of Sydney and surrounds ranging from easy to difficult grade bush, track and street walks, going to beautiful and interesting places, with good company. Various locations and times as per program.

### Alt Wednesdays from 10 July - approx 9:am start

Leader: Penny Howarth 0411 180 050  
pennyhowarth2@gmail.com

Secretary and bookings: Rosanne Burkhart 0413 128 967

## LUNCH A LOT WITH STYLE (25)

Share good food and conversation with others who enjoy eating out. We visit inexpensive restaurants which are chosen by group members so we can experience a variety of cuisines. All venues will be close to public transport. Members pay for their own meals and corkage; the laughter is free.

### First Thursday of each month from 01 Aug 12:30

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

## HARVESTING IN THE SUBURBS AND SURROUNDS (15)

Monthly visits to community vegetable gardens in Sydney suburbs or surrounds. Gardens within walking distance of public transport. Bring lunch and a gold coin for garden entry. Members will be advised monthly of day, date and meeting place. Days may vary depending on garden opening time.

### Commencing Wednesday 10 July

Leader and bookings: Joan Collins 9521 3269  
(enquiries only) joancollinsau@gmail.com (preferred)  
Assistant Leader: Robyn Kemp 9520 4740 (enquiries only)  
robynbillk@yahoo.com.au (preferred)

---

## PRIVATE HOMES

### BOOK BANTER (GyMEA) (12)

A wide variety of books are chosen by the members of the group and one book is discussed each month.

### First Friday of each month from 05 July 1:30 - 3:00

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

### HEALTHY RELAXATION MEDITATION (Kogarah) (12)

Healthy life, relaxation through meditation. Learn to sit in the stillness and find your inner place to unfold your blueprint for life 'know thyself'.

### First and Third Tuesdays of each month from 06 Aug 1:30 - 3:30

Leader and bookings: Anna Winter 9553 0445 or 0449 673  
144 annau3a@gmail.com

## PHOTOBOOKS FOR ABSOLUTE BEGINNERS (GyMEA) (6)

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

### Monday 22 July 10:00 - 12:00

The date for an optional follow-up session will be decided with participants on the day.

Leader and Bookings: Jill McLelland 9524 6506 or  
0423 381 665 jillu3a@outlook.com

## GRANDPARENTS SHARE FUN IDEAS (Lilli Pili) (10)

Come and demonstrate something you love to do with the grandchildren. It could be food, craft, an experiment etc but ideally something healthy, educational and fun!

### Monday 12 Aug 10:00 - 12:00 noon

Co-Leaders Anita Spinks 0423 532 582  
anitaspinks@live.com.au and Jill McLelland  
Secretary and Bookings: Jill McLelland 9524 6506  
jillu3a@outlook.com

## INTERESTING ISSUES AROUND SCIENCE (GyMEA) (40)

### Three Thursdays 10:00 - 12:00

Leader for all sessions: Gordon McLelland  
Bookings for all sessions: Jill McLelland 9524 6506  
jillU3A@outlook.com

#### 1. Stem Cells and the Future

What are stem cells and how are they used in research and personalised medicine? Hear about CRISPR genome editing technology and its potential to cure genetic disease, create better bio-fuel and bring species back from extinction! **Thursday 18 July 2019**

Speaker: Tamara Treleven

#### 2: Evolution of the Universe: from quarks to atoms to stars and planets

How did the universe develop from the simple (Big Bang) to the complex (humans)? Where did the elements of life come from? How did planets form? These and other Big Questions will be addressed using science.

**Thursday 8 August 2019** Speaker: Ian Bryce

#### 3: Two Spectacular Archaeological Discoveries

The Riace Bronzes are two seven-foot-tall Greek sculptures from 450 BC discovered off southern Italy in 1973. The Iceman is a mummy from 3000 BC discovered in the Italian Alps in 1991. Both caused a sensation when they were found.

**Thursday 31 October 2019** Speaker: Gordon McLelland

# GREATER WESTERN

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

**PLEASE SEE OUR 2 ENTRIES IN 'EVENTS'**

## BLACKTOWN CITY LIBRARY

Level 1, cnr Alpha St and Flushcombe Rd.

**Wheelchair access**

### FAMILY TREE MYSTERIES SOLVED (10)

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

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

Leader: Roslyn McMullen rmrfm12@gmail.com

Bookings: Marie Donaldson

mariedonaldson@optusnet.com.au

## BLACKTOWN: WESTPOINT

Community Room, Fourth Floor, up Alpha St Ramp.  
Parking available. **Wheelchair access**

### POETRY AND PROSE 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 Thursdays from 4 July 10:00 - 12:00**

Leader and bookings: Margaret Bacon 9622 7874

margaretbacon8@gmail.com

### AUSTRALIA: ITS HISTORY, PEOPLE, EVENTS AND PLACES

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

**Alt Thursdays from 11 July 10:00 - 12:00**

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

### FUN AND GAMES

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

**Every Friday from 5 July 10:00 - 1:00**

Leader and bookings: June Keith 9621 1215

junekeith@optusnet.com.au

### CRAFT AND CONVERSATION

Enjoy round table chats whilst working on personal projects such as knitting and sewing. Bring your own supplies.

**Every Friday from 5 July 10:00-1:00**

(Venue shared with Fun and Games)

Leader and bookings: June Keith 9621 121

junekeith@optusnet.com.au

## GUILDFORD: HEWITT HOUSE

Cnr Guildford and Byron Rds Parking available.

### WRITING CREATIVELY

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

**Alt Wednesdays from 10 July 1:30 - 3:30**

Leader and bookings: Glennis Henning 9872 5042

k.henning@optusnet.com.au

## PARRAMATTA: RAFFLES BUILDING

Level 2, 1-3 Fitzwilliam St - adjacent to rail station

**Wheelchair access and lift available**

(Enter through glass doors left of library entrance)

Check with leaders for sessions during the school holidays

### MANDARIN

This continuing 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 1 July 10:00 - 12:00**

**(no classes 8 July and 15 July)**

Leader: Ying Mei Zhang

Bookings: Ying Mei Zhang 8872 7569 or

Nicole Liu 9311 2480

### MANDARIN PIES (Practice in Everyday Speaking Chinese)

These sessions are for learners of Mandarin who want to practise and improve their listening and speaking skills. Activities range from basic everyday conversation to role plays and discussions facilitated by native Mandarin speakers.

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

Leader and bookings: Stanley Yan 0408 544 925

stanyan100@hotmail.com (preferred)

### BOOK OF THE MONTH (20)

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

**Every 4<sup>th</sup> Monday from 22 July 10:00 - 12:00**

Leader and bookings: Isabel Halton 9872 4467

## THRILLERS AND MYSTERIES

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 15 July 1:00 - 3:00**

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

## STORYTELLERS PARRAMATTA

We are a group of storytellers who write our stories down – true, fictional, serious, topical, amusing, sometimes in verse. A topic is suggested as 'homework' (optional), to be read out at the following session. Free choice is always acceptable.

**Alt Tuesdays from 2 July 10:00 - 12:00**

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

## GROWING YOUR FAMILY TREE

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

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

Leader and bookings: John Venables 9484 0526  
john\_venables@yahoo.com

## TEN SINGLE SESSION TUESDAYS (30)

A series of separate presentations on subjects of general interest.

**All talks are from 10:00 - 12:00**

Bookings: suebrennan88@gmail.com

### 1. The Islamic Golden Age

The history and achievements of the Islamic Golden Age. A spectrum of human achievement/geography, its role in providing a bridge between ancient and modern world.

**Tuesday 23 July** Speaker: Tony McCurdy

### 2. Music, Leisure and Pleasure in the 18<sup>th</sup> Century

The Industrial Revolution transformed 18th century London. In what leisure pursuits did the 'suddenly money/time enriched' middle class indulge?

**Tuesday 6 Aug** Speaker: Nora Hinchin

### 3. Signs and Symbols: Their History & Significance

Sydney's major natural history museum dates from 1827. We cover the museum's objectives, its collection, buildings, people and important events during its 190-year history.

**Tuesday 20 Aug** Speaker: John Flint

### 4. Spooks, Spirits, Spectres, Bunyips & Beasties

The true story of Fisher's Ghost, the Phantom Stockman, the Min-Min Lights. Backgrounds, origins and possible explanation of bunyips and other mysterious beasties.

**Tuesday 3 Sept** Speaker: Graham Sims

### 5. The Australian Light Horse and the Palestine Campaign

Story of the 'walers' of the ALH - from their charge on Beersheba to the relief of Jerusalem by General Allenby in 1917.

**Tuesday 17 Sept** Speaker: Peter Allen

### 6. My Mind's Made Up, Don't Confuse me With Facts!

An interactive challenging presentation where we look at popular perceptions about the world and contrast them with reality. Prepare to be surprised!

**Tuesday 15 Oct** Speaker: Tony McCurdy

### 7. Golden Years of Wireless

Using personal memories of the 40s and 50s Australian radio, hear Jack Davey, Bob Dyer, The Quiz Kids, 'Yes What', the serials, sports and more.

**Tuesday 29 Oct** Speaker: Graham Sims

## 8. Laughter Wellness: a talk about the serious benefits of laughter

Join us for a fun look at the serious benefits of laughter and find out how you can bring more laughter into your life.

**Tuesday 12 Nov** Speaker: Jane Broadbent

## 9. Macular Degeneration and Glaucoma

Age related macular degeneration and glaucoma. Types, causes, pathology, symptoms, signs and treatment will be discussed.

**Tuesday 26 Nov**

Speakers: Dr Helen Do and Dr Shweta Kaushik

## OUR WORDS

Interested in the origin of language? Words and sayings can be fun. 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 Wednesdays from 3 July 1:00 - 3:00**

Leaders and bookings:

Ann Orel 9638 2547 annorel@hotmail.com

Rachelle Rassaby 9797 2287 rrassaby@gmail.com

## CALLIGRAPHY (18)

Learn beautiful writing and discover your artist within. No experience or talent necessary but time and effort essential.

**Alt Thursdays from 11 July 1:00 - 3:00**

Leader: Georgie Tuck 9626 1334

georginatuck93@gmail.com

## PEOPLE WHO CHANGED THE WORLD

A look at the lives of personalities with significant influence on the social/economic development of humanity. Our focus is psychological. We consider their life environment, family relationships, what they did, how this changed the world and affected peoples' lives.

**Alt Thursdays from 1 Aug 2:00-4:00**

Leader: Barry Hanlon

Bookings: Rex Broadbent 0433 000 556

rexpatoptusnet.com.au (preferred)

### 1. Queen of Sheba

What is the biblical record of this woman and what do historians have to say about her?

**1 Aug** Presenter: Barry Hanlon

### 2. Urbain Le Verrier

A French astronomer and mathematician who specialised in celestial mechanics. Known for predicting the existence and position of Neptune using mathematics.

**15 Aug** Presenter: Barry Hanlon

### 3. Douglas Bader

A WW1 Royal Air Force flying ace. After losing his legs in 1931, he retrained and scored his first victories over Dunkirk in 1940.

**29 Aug** Presenter: Rex Broadbent

### 4. Kylie Minogue

Australia-British singer/actress. Recognised as the highest selling Australian artist of all time by the Australian Recording Industry Association.

**12 Sept** Discussion group led by Rex Broadbent

### 5. Douglas Mawson

An Australian geologist, Antarctic explorer and academic. A key expedition leader during the Heroic Age of Antarctic Exploration

**26 Sept** Presenter: Con Bugden

## 6. Henry Heinz

A German-American entrepreneur who founded the H.J. Heinz Company. Was influential in introducing high sanitary standards for food manufacturing.

**24 Oct** Presenter: Barry Hanlon

## 7. Babe Ruth

A professional baseball player. Considered to be the greatest baseball player of all time.

**7 Nov** Presenter: Barry Hanlon

## 8. Manuel Belgrano

An Argentine economist, lawyer, politician and military leader. Participated in the Argentine Wars of Independence and created the Argentinian flag.

**21 Nov** Presenter: Barry Hanlon

---

## PARRAMATTA: HARRY TODD BAND HALL

Jubilee Lane (approach from Jubilee Park on Parkes St)  
Parking available.

### WORLD HISTORY: WORLD WAR 1

How did World War 1 start? Why did it turn into a stalemate of mud and trenches? How was the stalemate broken by the Allies in 1918? These and other issues will be explored.

**Alt Fridays from 5 July 10:00 - 12:00**

Leader: Colin Smith

Bookings: John Brockman alban.kingslangle@gmail.com

### A LIVELY DISCUSSION GROUP

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

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

Leader: Robert Russell

Bookings: Dorothy Johnson 9621 2389 (after 5pm)

---

## TOONGABBIE: ST. ANTHONY'S CHURCH HALL

Aurelia St. Parking available. **Wheelchair access**

### MONDAY CANASTA AND MAH JONG (WESTERN STYLE)

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

**Each Monday from 8 July 1:00 - 3:30**

**(No session public holiday 7 Oct)**

Leader and bookings: Jon Hendrikse 0411 472 633

jhendrikse39@hotmail.com

### GENTLE EXERCISE AND 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 2 July 1:00 - 3:00**

Leader and bookings: Warwick Pitt: 9727 8415

warwickjpitt@hotmail.com

## LINE DANCING

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 10 July 1:00 - 3:00**

Leader and bookings: Vicky Fitzgibbon 0427 240 583

vickfitzgibbon47@gmail.com

## BALLROOM DANCING

Have fun! Learn the basic steps of Latin American and Traditional Ballroom dancing. No partners required.

**Each Thursday from 4 July 1:00 - 3:00**

Leader and bookings: Cecilia Padlan 0415 965 325

cbeauty023@gmail.com

---

## PRIVATE HOMES

### DESK-TOP FLYING FOR 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 Tuesdays from 9 July 1:30 - 3:30**

Leader and bookings: Keith Manwaring 9872 2907

snrpilot18@gmail.com

### BRIDGE FOR ADVANCED PLAYERS (North Parramatta) (8)

Bridge for advanced players in a non-competitive atmosphere.

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

Leader and bookings: Liz Sobolewski 9630 7592

### LET'S TALK ABOUT IT (South Wentworthville) (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 Wednesdays from 3 July 10:00 - 12:00**

Leader and bookings: Bev Cockburn 9635 7802

bevco4@bigpond.com (preferred)

### ANYONE FOR MURDER? (South Wentworthville) (10)

Participants 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' and 'Vera' may be added to our adventures.

**Alt Wednesdays from 10 July 10:00 - 12:30**

Leader and bookings: Bev Cockburn 9635 7802

bevco4@bigpond.com (preferred)

### MUSIC AND SONG (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 24 July 10:00 - 12:00**

Leader and bookings: Suzanne Su 9872 1230

### EXPLORING THE PAST (Merrylands West) (10)

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

**Alt Thursdays from 4 July 10:00 - 12:00**

Leader and bookings: Bev Cockburn 9635 7802

bevco4@bigpond.com (preferred)



# HARBOURSIDE NORTH

**Regional Course Coordinator:** Rosemarie Einstein 0412 043 377  
einstein@starmar.net.au **Enquiries only**

---

## **2020 – WELCOME THE NEW YEAR WITH HARBOURSIDE NORTH U3A** Mosman Square Seniors Centre

### **WHIST DRIVES**

**Wednesdays 15 and 22 January 2020**  
**Coffee and cakes at 10:00. Start playing at 10:30 (no charge!)**

New and potential members welcome. No experience required.  
Come and join us, and meet new and old friends in a casual and friendly atmosphere.

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

---

## **Harbourside North Region Committee**

invites you to

### **MORNING TEA AND CAKES**

**The Art Gallery Mosman**  
**Monday 3 February 2020 at 10:30**

An introductory morning to U3A for members and friends and new and potential members.  
Come share your ideas, suggestions, and experiences of life in U3A!  
See and hear what U3A has in store for you in 2020.

**For information contact Eve Klein: cyeve@tpg.com.au**  
**or Lesley Duffill: leslie.duffill@bigpond.com**

---

## **CASTLE COVE: WATERMARK RETIREMENT VILLAGE**

8b Deepwater Rd off Eastern Valley Way. Parking available.  
**Venue coordinator: Barbara Boston 9417 2967**  
**nboston@bigpond.net.au**

**Bookings are essential for all courses.** We encourage you to book them online as part of our pilot project for online bookings (see further details at the front of this course book). Go to [www.sydneyu3a.org](http://www.sydneyu3a.org), or alternatively contact Barbara Boston (details above).

### **FRIDAY FILMS AT CASTLE COVE (24)**

Classic movies from the silent to the contemporary era will be presented with some analysis and background pertaining to cast, direction and production issues. A full list of movies to be presented will be available at the first session. (11 sessions)

**Alt Fridays from 5 July 10:30 - 12:30**

Leader: Hugh Watson

### **AUSTRALIAN PAINTING AND SCULPTURE 1788-1930s**

Over 150 years Australia's artists changed from simple recorders of life and landscapes to producing a variety of works in many styles. The artists and their works, including masterworks by many of Australia's most-loved artists, are described. (2 sessions)

**Tuesdays 6 and 13 Aug 10:30 - 12:30**

Leader: Stewart Reed

### **SOME GEMS OF CLASSICAL CHINESE LITERATURE**

China has a rich literary tradition, reaching back at least 3,000 years. Reading translated extracts from classical Chinese poetry, prose, fiction and drama, this course explores the complexity and depth of China's culture prior to 1911. (4 sessions)

**Each Tuesday from 20 Aug 10:00 - 12:30**

Leader: Bernice Lee

## LOUIS PASTEUR: HIS LIFE AND LEGACY

Louis Pasteur's fame is based on his work in many different fields. The Pasteur Institute has nurtured many other brilliant scientists, such as Alexandre Yersin who discovered the cause of bubonic plague. (2 sessions)

**Tuesdays 17 and 24 Sept 10:30 - 12:30**

Leader: Penny Bishop

## CHINA AND ITS GLOBAL IMPACT

The cultural and political history of China, from an ancient civilization through to a modern global superpower.

**Tuesday 1 Oct 10:30 - 12:30**

Speaker: Himanshu Jhala

## KENYA AND THE FORMER BRITISH EAST AFRICA

Kenya has attracted visitors, writers, hunters and adventurers with its wonderful landscapes, teeming wildlife, fascinating tribes, and as home to some of the earliest humans.

**Tuesday 8 Oct 10:30 - 12:30**

Speaker: Himanshu Jhala

## THE FIRST WEAPONS OF MASS DESTRUCTION

This two part series describes the making and dropping of atomic bombs on the Japanese cities of Hiroshima and Nagasaki. (2 sessions)

**Tuesdays 15 and 22 Oct 10:30 - 12:30**

Leader: Punchi Dassanayake

## ROMAN WOMEN AND SLAVES

From the words of Roman writers - Cicero, Pliny and others - we learn the truth about Roman women and slaves.

**Tuesday 29 Oct 10:30 - 12:30**

Speaker: Anne Richardson

## A HISTORY OF JAZZ

This is a chance to discover, or rediscover, some of the most influential players, composers and music in jazz history.

**Tuesday 5 Nov 10:30 - 12:30**

Speaker: Graham Ball

## THE AUSTRALIAN LIGHT HORSE AND THE PALESTINE CAMPAIGN

Videos and photos illustrate the story from the charge on Beersheba to the relief of Jerusalem by General Allenby in 1917.

**Tuesday 12 Nov 10:30 - 12:30**

Speaker: Peter Allen

## WAS IT AGRICULTURE? ABORIGINAL LAND USE BEFORE 1788

Recent publications investigate aboriginal land use and question the 'hunter-gatherer' label given to aboriginal nations.

**Tuesday 19 Nov 10:30 - 12:30**

Speaker: Barbara Boston

## ESTONIA

Learn how Estonia, smaller than Tasmania and the home of my parents, is leading the way in the world.

**Tuesday 26 Nov 10:30 - 12:30**

Speaker: Anne Richardson

## CHATSWOOD: DOUGHERTY COMMUNITY CENTRE

7 Victor St. Parking available. **Wheelchair access**

**Venue coordinators: Janet Douglas**

**janet\_away@yahoo.com (preferred) 0423 947 411**

**and Ursula Schappi ursulasch@bigpond.com (preferred) 0407 995 578**

**Bookings essential for all sessions with the listed persons below**

### ADVANCED RECORDER

Treble, tenor, bass and descant players welcome. Basic sight-reading is essential. The emphasis is on playing musically. (10 sessions)

**Alt Mondays from 1 July 10:30 - 12:30**

Leader and bookings: Katie Lucy-Smith 8416 3266

### DISCUSSION GROUP 1

Would you like to hear some interesting opinions? Do you want to air some of your own? This is a varied group who consider some of the issues of life and living that contribute to our modern existence. (12 sessions)

**Alt Wednesdays from 3 July 10:00 - 12:00**

Leader and bookings: Margaret Thomason 9488 8960

### DISCUSSION GROUP 2

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

**Alt Thursdays from 11 July 10:30 - 12:30**

Leader and bookings: John Yates

johnyates80@hotmail.com (preferred) 0437 394 225

### THE INDO-PACIFIC ASCENDENCY

Concepts of world order since the Pax Romana and an introduction to the Indo-Pacific Regional Order: Japan's strategy in 1941; the collapse of colonial empires; the Maoist/Soviet challenges; America's miscalculations and China's on-going challenges. Where does Australia fit in? (8 sessions)

**Alt Tuesdays from 16 July 10:30 - 12:30**

Leader: Ian de Mellow

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

### NORTH SHORE WILDERNESS SOCIETY

The Wilderness Society, founded in 1976 to save the Franklin River, is still working to protect our natural heritage across Australia and in your area.

**Tuesday 23 July 10:30 - 12:30**

Speakers: Diana Pryde and Garth Newton

Bookings: Barbara Ellis bellis58@bigpond.com (preferred) 9416 3071

### LEARN THE RECORDER

Have fun learning to play descant, treble or tenor recorders beautifully. A small knowledge of music and recorder playing is required. You will need a recorder, music stand and will have to buy the set Tutor (Enjoy the Recorder by Brian Bonsor). (10 sessions)

**Alt Wednesdays from 24 July 10:30 - 12:30**

Leader and bookings: Katie Lucy-Smith 8416 3266

## BUILDING THE HMB ENDEAVOUR REPLICA

The genesis of the Bicentennial project, funding difficulties and sourcing materials. Richly illustrated by rare photographs of building the replica of Lieutenant James Cook's ship.

**Tuesday 6 August 1:30 - 3:30**

Speaker: Leigh Haines

Bookings: Ronda Broadbridge [rbroadbr@tpg.com.au](mailto:rbroadbr@tpg.com.au) (preferred) 9417 1943

## GERMAN FOR ADVANCED BEGINNERS

This course is for those who have completed at least one elementary German course. It aims at developing confidence in speaking and reading German and covers dialects of German-speaking countries. (14 sessions)

**Each Thursday from 8 Aug 1:00 - 3:00**

Leader and bookings: Bettina Boss 0466 979 460

## INTRODUCTORY SPANISH

Planning to travel to a Spanish speaking country? Beginner learner? Then join Marta, a Spanish speaker from South America, to have fun learning Spanish. (6 sessions)

**Each Monday from 12 Aug 1:30 - 3:30**

Leader and bookings: Marta Moreno

[bettimenalabarca@hotmail.com](mailto:bettimenalabarca@hotmail.com) (preferred) 8541 8287

## THE SNOWS OF KILIMANJARO

Thinking of setting out on this great trek? Learn about the trials and tribulations of attempting this adventure.

**Wednesday 21 Aug 10:30 - 12:30**

Leader and bookings: Fay Smith [computeru3a@gmail.com](mailto:computeru3a@gmail.com) (preferred) or 0419 169 030

## WHAT IS GENEALOGY?

Why genealogy is so popular, protecting yourself online, getting started in researching and finding ancestors, growing your family tree, recording findings and preserving the past.

**Tuesday 10 Sept 1:30 - 3:30**

Speaker: L Haines

Bookings: Ronda Broadbridge [rbroadbr@tpg.com.au](mailto:rbroadbr@tpg.com.au) (preferred) 9417 1943

## THE EVOLUTION OF HUMANS

Presenting a unique way of thinking about our evolutionary origins, then exploring in detail humanity's more recent evolutionary journey.

**Tuesday 17 Sept 10:30 - 12:30**

Speakers: Kevin and Glenys Murray

Bookings: Kathy Vern-Barnett [kvernb@optusnet.com.au](mailto:kvernb@optusnet.com.au) (preferred) 0414 694 925

## IMPRESSIONS OF MONGOLIA AND SIBERIA

This richly illustrated talk will highlight the fascinating history, geography, culture, lifestyle, architecture and landscape of both countries.

**Tuesday 1 Oct 10:30 - 12:30**

Speakers: Kevin and Glenys Murray

Bookings: Kathy Vern-Barnett [kvernb@optusnet.com.au](mailto:kvernb@optusnet.com.au) (preferred) 0414 694 925

## STAMP COLLECTING

So much more than little pieces of paper. The wonderful world of art, geography, history and joy of creating order from chaos. Resume a hobby or seek an escape.

**Friday 18 Oct 1:30 - 3:30**

Speaker: John Pearson

Bookings: Gaye Griffiths [gaye.griffiths@gmail.com](mailto:gaye.griffiths@gmail.com) (preferred) 9417 4037

## RUSSIAN HISTORY

We talk about the murder of the Romanovs and why historians are re-evaluating this history; then investigate the myths and the forgotten Australian connection. (4 sessions)

**Each Tuesday from 29 Oct 1:30 - 3:30**

Leader: Gabriella Lang

Bookings: Janet Bayley [janet\\_b27@hotmail.com](mailto:janet_b27@hotmail.com) (preferred) 0414 139 947

## ASHOKA: HISTORY'S GREATEST EMPEROR

Ashoka ruled India's largest empire and was Buddhism's greatest promoter. His story goes from brutality and war to conversion and redemption. See why he was so exceptional.

**Friday 1 Nov 10:30 - 12:30**

Speaker: Terry Redmond

Bookings: Joy Martin [joymartin@optusnet.com.au](mailto:joymartin@optusnet.com.au) (preferred) 9888 6465

## GREENWICH: THE BAYTREE RETIREMENT RESORT

6 Ulonga Ave (off Innes Rd).

**Program coordinator: Lesley Duffill 9969 9546;**  
[leslieduffill@gmail.com](mailto:leslieduffill@gmail.com)

**Venue coordinator: Andrew Caro 9433 8056**

**Bookings essential for all sessions**

## MUSIC AT LARGE

1. Humour and music.

2. Some composers we don't know we don't know.

**Tuesdays 9 and 16 July 10:00 - 12:00**

Speaker: John Yates

Bookings: Lesley Duffill [leslieduffill@gmail.com](mailto:leslieduffill@gmail.com) 9969 9546

## CINEMA

Join us for interesting pre-film discussions about the planning and shooting of major films; learn the history of some of our great actors and actresses and enjoy the film.

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

Leader: Hugh Watson 9519 5082

Bookings: Margaret Vermeesch 9433 8048

## THE TWO SIRs

We explore the lives and loves of Sir Walter Raleigh and Sir Walter Drake: were they villains or heroes?

**Tuesday 23 July 10:00 - 12:00**

Speaker and bookings: Anne Richardson

[annesil@hotmail.com](mailto:annesil@hotmail.com) 9419 8143

## ESTONIA

The precious homeland of my parents, smaller than Tasmania but amazing in its culture, history and forward thinking.

**Tuesday 30 July 10:00 - 12:00**

Speaker and bookings: Anne Richardson

[annesil@hotmail.com](mailto:annesil@hotmail.com) 9419 8143

## INTERNATIONAL SPACE STATION

An overview of the international space station, and some earthly benefits that have come from research carried out in space.

**Tuesday 6 Aug 10:00 - 12:00**

Speaker: David Malone

Bookings: Diana Brooks 9943 8031

## SCIENTIFIC BREAKTHROUGHS FROM RADIOS TO NUCLEAR ENERGY

Technical breakthroughs in science over the past 150 years.

**Tuesday 13 Aug 10:00 - 12:00**

Speaker: David Malone

Bookings: Diana Brooks 9943 8031

## ONE FOOT IN FRONT OF THE OTHER: WALKING THE CAMINO

What is the Camino, where, why and how do you walk it?

This amazing experience was shared with wonderful people from all over the world.

**Tuesday 20 Aug 10:00 - 12:00**

Speakers: Rosemarie Einstein and Jane Barnes

Bookings: Mary Morrison 9433 8004

## CONVERSATIONS WITH SHAKESPEARE

Four plays, one per session: *Antony and Cleopatra*, *Much Ado about Nothing*, *Twelfth Night* and *Hamlet*. Each Sunday prior to the Tuesday session, a film of the Tuesday play will be screened at 4 pm at the cinema at the Baytree (all members signed in for the course are invited to attend). (4 sessions)

**Each Tuesday from 27 August 10:00 - 12:00**

Leader: Andrew Caro

Bookings: Kate Caro kxcaro@gmail.com (preferred)  
9433 8056

## POLITICAL UPHEAVAL AND LITERATURE IN 19<sup>TH</sup> CENTURY FRANCE

19th Century France through the lens of 4 great novels - *Le Rouge et le Noir* (Stendhal), *Le Pere Goriot* (Balzac), *Mme Bovary* (Flaubert) and *l'Assommoir* (Zola) - and their importance in the culture of the changing political regimes. (4 sessions)

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

Leader: Terri Nixon

Bookings: Ena Hall johenal2@gmail.com (preferred)  
9433 8076

## THE LEGACY OF COLONISATION AND CHALLENGES OF HUMANITARIAN INTERVENTION: A CASE STUDY

An overview of the newly independent South Sudan and the causes and damaging effects of the civil war in 2014, based on personal impressions gained during periods working with a teaching NGO.

**Tuesday 22 Oct 10:00 - 12:00**

Speaker: Terry Farrell

Bookings: Margaret Vermeesch 9433 8048

## STEM CELL SCIENCE: THEN AND NOW

Stem cell science is an extremely topical and fast-moving field of research with new breakthroughs every day.

We cover current and future clinical trials in Australia.

**Tuesday 29 Oct 10:00 - 12:00**

Speaker: Tamara Treleaven

Bookings: Lesley Duffill leslieduffill@gmail.com 9969 9546

## HISTORY OF MORAL THOUGHT

How society, from Homer to Sartre, has considered the question: what is right and what is wrong? We consider the many ways of grappling with the concept, through the work of Confucius, Buddha, Homer, Aristotle, Luther, Kant, Nietzsche, Sartre and more. (5 sessions)

**Each Tuesday from 5 Nov 10:00 - 12:00**

Leader: Peter Nixon

Bookings: Christine Blanks frblanks@bigpond.com (preferred) 9436 3451

## HUNTERS HILL: C A FAIRLAND HALL

14 Church St. Parking available.

**Venue coordinator and bookings: Judy Harris**

**0447 194 510 JudyHarris2@bigpond.com**

**Bookings for all courses through Judy Harris, unless otherwise noted below.**

**Facebook: U3AHunters Hill**

### CAPTIVES FOR FREEDOM

Prof Hill, UN ambassador to PNG, and two staff were captured by OPM Freedom Fighters and held for 5 months. How did he handle negotiations and what future for West Papua?

**Monday 22 July 10:30 - 12:30**

Speaker: Emeritus Prof Stephen Hill AM

### DRAWING FOR BEGINNERS (15)

Learn the skills and techniques of drawing, by studying the elements and principles of design. Learn the basic skills of relaxed "seeing and recording" while examining various drawing techniques. (6 sessions)

**Each Friday from 26 July 10:30 - 12:30**

Leader and bookings: Kate McClelland  
mclellands@ozemail.com.au 0413 388 959

### INTRODUCTION TO SENSORY SCIENCE

How science and industry use the senses of smell, taste, sight and hearing to discover new information and develop new or better foods and beverages.

**Monday 29 July 10:30 - 12:30**

Speaker: Dr Greg Organ

### JAMES BARNET - COLONIAL ARCHITECT

He served 28 years designing 1350 buildings such as Sydney GPO, police stations, courthouses, jails, lighthouses, Callan Park and the Lands Dept in Bridge St.

**Monday 5 Aug 10:30 - 12:30**

Speaker: Emeritus Prof Don Napper

### THE KYOTO MANIFESTO FOR GLOBAL ECONOMICS

The platform for Community, Humanity and Spirituality and the failings of global economics to deliver the equity, sustainability and community empowerment needed to handle a troubled future.

**Monday 12 Aug 10:30 - 12:30**

Speaker: Emeritus Prof Stephen Hill AM

### THE INS AND OUTS OF THE BLOOMSBURYS

The artists, poets and writers from the Bloomsbury period in the early 20th Century. What a life they lived.

**Monday 19 Aug 10:30 - 12:30**

Speakers: John Flint and Nora Hinchin

### EXPLORING THE SCIENCE OF BEER

The brewing process, the role of each of the senses in beer appreciation and practical hints on how to enjoy your beer will be discussed.

**Monday 26 Aug 10:30 - 12:30**

Speaker: Dr Greg Organ

## LOST GRAVES

**1. Bennelong, Phillip, Squires:** An Aboriginal elder and two prominent First Fleet settlers whose stories are linked. Bennelong's grave was lost but has been located and the stories are changing.

**2. Bungaree and Flinders:** First explorers to circumnavigate Australia. Flinders' story is well known and his grave was re-discovered in 2019, but what of Bungaree?

**Mondays 2 and 9 Sept 10:30 - 12:30**

Speaker: Dr Peter Mitchell

## THE FASCINATING WORLD OF PATENTS AND INVENTIONS

An introduction to Intellectual Property laws (patents, trademarks, copyright and design regulations), examples of patents and the science behind these discoveries and inventions.

**Monday 16 Sept 10:30 - 12:30**

Speaker: Ian Thompson

## HISTORY OF LIGHTHOUSES

Sydney Lighthouses: the Macquarie, Barrenjoey, Cape Bailey Lighthouses and Leading Lights of Sydney Harbour; and the history of development of lighthouse design through the ages.

**Monday 23 Sept 10:30 - 12:30**

Speaker: Barbara Caldicott

## ONE FOOT IN FRONT OF THE OTHER: WALKING THE CAMINO

What is the Camino, where is it, why and how do you walk it? Hear about how we shared this amazing experience with wonderful people from all over the world.

**Monday 30 Sept 10:30 - 12:30**

Speakers: Rosemarie Einstein and Jane Barnes

## DNA: HOW DID IT BUILD YOU AND ME?

DNA is a complex molecule made of four nucleotides with the symbols A, T, G and C that provide the template to build all living things.

**Monday 7 Oct 10:30 - 12:30**

Speaker: Punci Dassanayake

## BUILDING THE HMB ENDEAVOUR REPLICA

The genesis, funding difficulties and sourcing of the materials for this Bicentennial project to build the replica of Lieutenant James Cook's ship in Fremantle.

**Monday 14 Oct 10:30 - 12:30**

Speaker: Leigh Haines

## THE PLANE THAT WENT THE WRONG WAY AROUND THE WORLD

The true story about a commercial PAN AM flight that was diverted on return from NZ due to the bombing of Pearl Harbor.

**Monday 21 Oct 10:30 - 12:30**

Speaker: Winsome Baker

## WHAT IS GENEALOGY?

Learn why genealogy is so popular and the fundamentals of finding your ancestors, growing your family tree and preserving the past for future generations.

**Monday 28 Oct 10:30 - 12:30**

Speaker: Leigh Haines

## AUSTRALIAN AGRICULTURE

An exploration of the development of our national agriculture from 1788 to the latest explanation of high-tech science of food and fibre production.

**Mondays 4 and 11 Nov 10:30 - 12:30**

Speaker: Peter Sloane

## MUSIC FROM THE MOVIES

Key composers contribute to the development of film music. Original music is specifically written with dramatic narrative and emotional impact to enhance a film.

**Monday 18 Nov 10:30 - 12:30**

Speaker: Graham Ball

## THE STORY OF MODERN POPULAR MUSIC: THE FIRST 40 YEARS

Popular music from the birth of 7-inch singles in the 50's until 1980's. This is the music that young people listened and danced to. A must for baby boomers.

**Monday 25 November 10:30 - 12:30**

Speaker: Graham Ball

## AUSTRALIAN COUNTRY MUSIC: HUNTERS HILL CHRISTMAS PARTY

Come and celebrate Christmas with music, fun and singing at the end of 2019.

**Monday 2 December 10:30 - 12:30**

Speaker: Graham Ball

---

## LANE COVE: LIVING AND LEARNING CENTRE

180 Longueville Rd.

**Venue coordinator: Robert Lynn 9433 8066**

**Bookings for all sessions through the persons listed below**

### DISCUSSION GROUP

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

**Alt Mondays from 1 July 10:30 - 12:30**

Leader and bookings: Barbara Meth 9438 5014

### BIOGRAPHY, AUTOBIOGRAPHY AND MEMOIR

At the first meeting, the group will discuss the book Stalin's Daughter by Rosemary Sullivan.

**Every Fourth Monday from 8 July 10:30 - 12:30**

Leader and bookings: Janice Gentle 9439 3801

### DISCUSSION GROUP

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

**Alt Thursdays from 11 July 10:30 - 12:30**

Leader: Beatrice Blanks 8068 9393

Bookings: Val Kaley 9427 0786

### 'ISMS' IN HISTORY

Examines a number of beliefs and practices that end in 'ism'.

- **11 July:** Atheism
- **25 July:** Stoicism, Cynicism and Epicureanism
- **8 August:** Scholasticism

- **22 August:** Humanism, Individualism and Liberalism
- **5 September:** Rationalism, the Enlightenment and the French Revolution
- **19 September:** Conservatism
- **3 October:** Socialism, Communism and Radicalism
- **17 October:** Nationalism
- **31 October:** Racism
- **14 November:** Fascism and Nazism
- **28 November:** Internationalism
- **12 December:** Secularism

**Alt Thursdays from 11 July 1:30 - 3:30**

Leader: Frank Wilson 8021 7059

Bookings: Ann Drysdale 9427 8435

### BOOK DISCUSSION GROUP

A group centred on literary fiction. Our book for the first session is Milkman by Anna Burns.

**Every Fourth Monday from 22 July 10:30 - 12:30**

Leader and bookings: Janice Gentle 9439 3801

## THE MANORS OF MOSMAN RETIREMENT VILLAGE

6 Hale Rd Mosman (off Military Rd). **Wheelchair access**

**Venue coordinator: Lesley Duffill**

**leslieduffill@gmail.com 9969 9546**

**Bookings through the persons listed below**

### CONTINUE YOUR MEMOIR

This is a self-help course that will interest members who have been to a memoir or family story-writing class and are well into their project. Group feedback and activities form the basis of the course to encourage members to keep writing.

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

Leader and Bookings: Pamela Tilbrook 0413 377 212

pamelatilbrook@optusnet.com.au

### DISCUSSION GROUP

This is a group with a difference. You choose the topics and get your chance to decide the topics, both local and international. This is an opportunity to keep the mental engines running in a friendly, diverse and welcoming group.

**Wednesdays from 10 July 10:00 - 12:00**

Leader: Joan Castle

Bookings: Margaret Kropman 0434 839172

### LITERARY DISCUSSION GROUP

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

**Alt Tuesdays from 16 July 10:00 - 12:00**

Leader: Mary Billing

Bookings: Elisabeth Kingsford Smith 9953 6993

## MCMAHONS POINT COMMUNITY CENTRE

165 Blues Point Rd.

**Venue coordinator: Lesley Duffill 9969 9546**

**leslie.duffill@bigpond.com**

**Bookings through the persons listed below**

### WRITING POETRY (12)

This group explores the magic of poetry in its various forms through reading, appreciating and writing. We give and receive friendly, positive feedback. (10 sessions)

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

Leader and bookings: Geoff Lucas 9416 7717

### BOOK GROUP

This group reads 10 novels per semester (both classics and modern) chosen by the members who enjoy a lively discussion on books read.

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

Leader and bookings: Toni McLennan 9412 1585

## MCMAHONS POINT COMPUTER EDUCATION UNIT

McMahons Point Community Centre 165 Blues Point Rd.

**Venue Coordinator and bookings: Fay Smith**

**computeru3a@gmail.com**

**Bookings essential for all courses. Please apply via email providing following information:**

**Name:**

**U3A number:**

**Phone contact:**

**Course name and date:**

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

### WINDOWS CONTROLS (6)

Manage icons, move between windows, resize and move windows, find menus, use the Task Bar, change your home page. Suits Windows 7, 8 or 10.

**Monday 1 July 9:30 - 12:30**

Speaker: Margaret Kropman

### WINDOWS FILES 7, 8 AND 10 (6)

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

**Wednesday 3 July 9:30 - 12:30**

Speaker: Margaret Kropman

### MANAGING PHOTOS (6)

From a camera or android phone, save photos on your computer then organise, perform simple edits, email. You will already be skilled at creating folders and moving files between folders. Suits Windows 7, 8, 10.

**Monday 29 July OR Wednesday 31 July 9:30 - 12:30**

Speaker: Margaret Kropman

### iPAD/iPHONE (8)

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

**Wednesday 7 Aug 9:30 - 12:00**

Speaker: Fay Smith

### ONLINE RETAIL (6)

Explore buying and selling on Gumtree, eBay, major online outlets and smaller vendors. Tips on security, privacy and payment. Suitable for Windows 7, 8, 10.

**Monday 12 Aug 9:30 - 12:30**

Speaker: Margaret Kropman

## ITRAVEL (8)

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

**Wednesday 14 Aug 9:30 - 12:00**

Speaker: Fay Smith

## TEXT FORMATTING (6)

Make your emails more interesting: learn how to use different fonts, indent text, number paragraphs and insert clip art. Suits Windows 7, 8, 10.

**Monday 19 Aug 9:30 - 12:30**

Speaker: Margaret Kropman

---

## THE MELODY ROOM AT MOSMAN ART GALLERY

Cnr Myahgah Rd and Art Gallery Way. Parking available.

**Wheelchair access.**

**Venue coordinator: Annika Tults 9882 3669**

**aktults@yahoo.com.au**

**Bookings with the listed persons below are essential**

### MEN, MACHINES AND MEDICINES OF WW2

This presentation describes the many inventions in armaments and delivery systems and the medical breakthroughs that occurred during WW2.

**Thursday 11 July 1:30 - 3:30**

Speaker: Punchi Dassanayake

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

### POISONOUS STINGS

This presentation describes some of the poisonous creatures in Australia and the treatment of their stings, both in Western and alternative medicine.

**Thursday 18 July 1:30 - 3:30**

Speakers: Punchi Dassanayake and Ian Thompson

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

### ART: PAINTING AND SKETCHING (12)

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

**Alt Tuesdays from 23 July 1:30 - 3:30**

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

### SYDNEY LIGHTHOUSES

Sydney Lighthouses: the Macquarie, Barrenjoey, Cape Bailey Lighthouses and Leading Lights of Sydney Harbour; and the history of the development of lighthouse design through the ages.

**Thursday 25 July 1:30 - 3:30**

Speaker: Barbara Caldicott

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

### DEVELOPING YOUR MEMOIR

Your life is unique. How can you make your memoir or family history more interesting for readers? We use practical exercises to build a story step-by-step for future generations. Beginners welcome. (6 sessions)

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

Leader and bookings: Jenny Rudd O'Neill

jennyruddoneill@optusnet.com.au (preferred) 9908 3925

## INSIDE PINE GAP

Controversial since being established by treaty with the USA in 1966: learn Pine Gap's history from an insider who served 18 years in operations.

**Thursday 1 Aug 1:30 - 3:30**

Speaker: David Rosenberg

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

## MUSIC FROM THE MOVIES

The key composers who have contributed to the development of film music as an art form and the history of music in general.

**Thursday 8 Aug 1:30 - 3:30**

Speaker: Graham Ball

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

## LOUIS PASTEUR

Pasteur is famous for his work in many different fields. His legacy, the Pasteur Institute, has nurtured many brilliant scientists.

**Thursday 15 Aug 1:30 - 3:30**

Speaker: Dr Penny Bishop

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

## ALEXANDRE YERSIN – GENIUS OR ECCENTRIC?

Alexandre Yersin trained with Pasteur but spent most of his life in Vietnam. He discovered the bacterium that causes the bubonic plague.

**Thursday 22 Aug 1:30 - 3:30**

Speaker: Dr Penny Bishop

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

## WEIRD AND NOT SO WONDERFUL HISTORIES

The lighter sides of historical events: chuckle at the bizarre, the eccentric, ridiculous and just plain hilarious histories of the world.

**Thursday 29 Aug 1:30 - 3:30**

Speaker: Tony McCurdy

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

## THE TROJAN WAR

Fact or fiction? A fascinating story incorporating mythology and history and bequeathing us such terms as 'odyssey' and 'Achilles Heel'.

**Thursday 5 Sept 1:30 - 3:30**

Speaker: David Wardle

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

## HISTORY OF 20<sup>TH</sup> CENTURY MUSIC

The diversification of music in the 20<sup>th</sup> century including developments in classical music, jazz, film music, country music and rock and roll.

**Thursday 12 Sept 1:30 - 3:30**

Speaker: Graham Ball

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

## AN AFTERNOON OF MURDER, BLOODSHED, JEALOUSY AND RAGE

Explore the theatre of Ancient Greece where the best soap operas were written. Along the way you will meet some extremely awesome women.

**Thursday 19 Sept 1:30 - 3:30**

Speaker: Diana Phiels

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

## IMPRESSIONS OF SIBERIA AND RUSSIA

This illustrated talk shares our experiences travelling from Vladivostok to St Petersburg, exploring the fascinating history, geography, culture, architecture and landscapes of Siberia and Russia.

**Thursday 26 Sept 1:30 - 3:30**

Speakers: Kevin and Glenys Murray

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

## DISRUPTION 1

Some of the technology advances from our past, the developments expected over the next few years and how they affect our lifestyles.

**Thursday 3 Oct 1:30 - 3:30**

Speaker: Malcolm Raymond

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

## THE ASIAN TUG OF WAR

How what goes on in Australia impacts life in China (it is always good to have friends in low places).

Thursday 10 Oct 1:30 - 3:30

Speaker: Dr Jur Thomas J Delisi

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

## THE GREAT GAME

**1. British/Russian rivalry in the 1800's:** including Britain's espionage programme to counter Russian expansion into Central Asia.

**2. 20<sup>th</sup> century to present day:** Boxer Rebellion, Russian Revolution, disintegration of Ottoman Empire and increasing rivalry between China, Russia and USA in Central Asia.

**Thursdays 17 & 24 Oct 1:30 - 3:30**

Leader: Peter Headley

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

## 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.

**Thursday 31 Oct 1:30 - 3:30**

Speaker: Peter Headley

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

## SPOOKS, SPIRITS, SPECTRES, BUNYIPS AND BEASTIES

Ghosts, phantoms and strange phenomena: the true stories of Fisher's Ghost, the Phantom Stockman, the Min-Min Lights. Possible explanations of the bunyip and other mysterious beasties.

**Thursday 7 Nov 1:30 - 3:30**

Speaker: Graham Sims

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

## THE LIFE AND INFLUENCE OF GEORGE ORWELL

A review of the life of George Orwell, with a view to coming to a balanced assessment of his political and literary influence.

**Thursday 14 Nov 1:30 - 3:30**

Speaker: Patrick Hutchinson

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

## PUBLISHING YOUR BOOK: WORKSHOP

Family or local history, memoir or biography, novel or cookbook: are you ready to publish?

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

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

**Tuesdays 19 Nov & 3 Dec 1:30 - 3:30**

Leader and bookings: Margaret Szalay  
margaret@cremorne1.com 9904 1829

## 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 evidence.

**Thursday 21 Nov 1:30 - 3:30**

Speaker: Kevin Murray

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

## ARTIFICIAL INTELLIGENCE

As societies become increasingly wired, AI is automating how we live. As medical devices become implanted and networked, AI is a hidden doctor and nurse.

**Thursday 28 Nov 1:30 - 3:30**

Speaker: Dr Jur Thomas J Delisi

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

---

## MOSMAN ART GALLERY

Cnr Myahgah Rd and Art Gallery Way. Parking available.

**Wheelchair access**

**Venue coordinator: Eve Klein cyeve@tpg.com.au**

**9969 7994 (enquiries only)**

**No bookings required**

## THE HISTORY OF PHOTOGRAPHY

From pinholes to pixels – milestones dating back to the ancient Greeks that have contributed to the development of photography as we know it today.

**Monday 1 July 10:30 - 12:30**

Speaker: Ian Thompson

## CHEMISTRY IN THE HOME

Exploring the chemical ingredients in everyday products found in the home: from the laundry, bedroom, bathroom, medicine cabinet, dining room and liquor cabinet.

**Monday 8 July 10:30 - 12:30**

Speaker: Ian Thompson

## ESTONIA

Homeland of my parents, smaller than Tasmania but amazing in its culture, history and forward thinking. Learn about the survival and resilience of this small nation and its people.

**Monday 15 July 10:30 - 12:30**

Speaker: Anne Richardson

## STEPHEN HAWKING: HIS LIFE AND LEGACY

He illuminated the origins of the universe, and shone at communicating his understanding to the world. What events shaped his life, and what will be his legacy?

**Monday 22 July 10:30 - 12:30**

Speaker: Ian Bryce



## THE SKEPTICS' \$100,000 PRIZE AND THE LAWS OF PHYSICS

Australian Skeptics investigate claims of pseudoscience and the paranormal. They offer a prize for real evidence. This talk will outline the most entertaining examples.

**Monday 29 July 10:30 - 12:30**

Speaker: Ian Bryce

## HUMANISM: AN ENLIGHTENED LIFE STANCE

The no-religion category has now overtaken all religions in Australia. Humanism holds that the best knowledge is obtained through science, and the best morality motivated by human welfare.

**Monday 5 Aug 10:30 - 12:30**

Speaker: Ian Bryce

## COME FLY WITH ME

Kevin will show historic pictures but be prepared for an interactive session when we can share the highs and lows of our travels by flight.

**Monday 12 Aug 10:30 - 12:30**

Speaker: Kevin Fitzpatrick

## LEADERSHIP

Who are the leaders you admire? Kevin will engage those present with Photolanguage, an instrument he has used in sessions with the Australian Armed Forces.

**Monday 19 Aug 10:30 - 12:30**

Speaker: Kevin Fitzpatrick

**No sessions 26 Aug – 9 Sept (venue unavailable)**

## LADY CORNARO: PRIDE AND PRODIGY OF VENICE

Set at the height of the glory of the Venetian Republic, focusing on the first woman in the world to be awarded a university degree.

**Monday 16 Sep 10:30 - 12:30**

Speaker: John Maneschi

## SIR JOHN MONASH

Usually considered Australia's greatest soldier, John Monash was a complex man of courage and intellect who contributed to the development of Australia's national identity.

**Monday 23 Sep 10:30 - 12:30**

Speaker: Dr John Morrison

## THE AUSTRALIAN LIGHT HORSE

They were Australia's mounted troops who served bravely at Gallipoli, and in the lesser-known Middle East campaigns. In the process they rode into history.

**Monday 30 Sep 10:30 - 12:30**

Speaker: Dr John Morrison

## THE STORY OF OPERA

Born in Italy, opera - a combination of vocal and orchestral music, drama, visual arts and dance - has been inspiring people for ages.

**Monday 14 Oct 10:30 - 12:30**

Speaker: Graham Ball

## VERDI AND PUCCINI

The music and lives of these giants of opera in the period when opera composers produced music that expressed their deepest feelings: the Romantic era.

**Monday 21 Oct 10:30 - 12:30**

Speaker: Graham Ball

## A CELEBRATION OF THE MUSICAL

Presenting the stages of mainstream musicals of the western world, from Jacques Offenbach in the 18<sup>th</sup> century until the present day.

**Monday 28 Oct 10:30 - 12:30**

Speaker: Graham Ball

## THE INS AND OUTS OF THE BLOOMSBURY GROUP

Describing the intricate, intertwined relationships and affairs of the intellectual group who inhabited Bloomsbury London in the first half of the 20<sup>th</sup> century.

**Monday 4 Nov 10:30 - 12:30**

Speaker: Nora Hinchin

## ELIZABETH VON ARNIM

Born in Australia, "Elizabeth of the German garden" wrote many best-sellers, two of which were adapted for the cinema. Was she a free-spirited 20<sup>th</sup> century Jane Austen?

**Monday 11 Nov 10:30 - 12:30**

Speaker: Nora Hinchin

## CHARACTER ACTORS IN THE MOVIES

These familiar faces appear over and over again in minor parts, lovable, pitiful, and villainous. A presentation with life stories and film clips.

**Monday 18 Nov 10:30 - 12:30**

Speakers: John Flint and Nora Hinchin

## ENGLISH AS SHE IS SPOKE AND WROTE

Prejudices, preferences, antipathies... and ignorance about "your" native language. Participate with others in a new look at an earlier presentation "World of Words".

**Monday 25 Nov 10:30 - 12:30**

Speaker: John Flint

## MOSMAN SQUARE SENIORS CENTRE

Next to Mosman Council Chambers off Military Rd Spit Junction. Parking available. **Wheelchair access**

**Venue coordinators: Chris Serrano:**

**christine.serrano165@gmail.com;**

**Michael Suckling: mwsing@tpg.com.au.**

**No bookings necessary**

## MONEY, WEALTH AND POVERTY

These four talks will explain in simple terms some myths about money; why some countries are wealthy and others poor. We will question whether money really makes the world go round. (4 sessions)

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

Speaker: Peter Nixon

## LAWRENCE HARGRAVE AND HIS THEORY OF FLIGHT

Adventure ran in Hargrave's veins. Engineer, explorer, aeronautical pioneer, Aboriginal rock carving interpreter, a respected inventor well ahead of the times.

**Wednesday Aug 7 10:00 - 12:00**

Speaker: Christopher Beasley

## IRAN, PAST AND PRESENT

From Zoroastrianism to Islam. This presentation traces Iran's 2,500-year-old history to the present day.

**Wednesday 14 Aug 10:00 - 12:00**

Speaker: Cindy Davies-Broadbent

## THE IRAN HOSTAGE CRISIS 1979-81

This presentation examines the politics behind the Iranian government's detention of 53 US diplomats for 444 days.

**Wednesday 21 Aug 10:00 - 12:00**

Speaker: Cindy Davies-Broadbent

## THE TAYLORS, OUR EARLY AERONAUTS

George and Florence led the Sydney Bohemian set into architecture, publishing, aviation. Vince (Captain Penfold) was Australia's death-defying aeronaut and stuntman.

**Wednesday 28 Aug 10:00 - 12:00**

Speaker: Christopher Beasley

## THE BLACK DEATH

The causes and spread of Europe's most devastating plague, its immediate and long-term social and economic effects.

**Wednesday 4 Sept 10:00 - 12:00**

Speaker: Tony McCurdy

## THE ISLAMIC GOLDEN AGE

The history and achievements of the Islamic Golden Age and its role in bridging the ancient, medieval and early modern world.

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

Speaker: Tony McCurdy

## MY MIND'S MADE UP: DON'T CONFUSE ME WITH THE FACTS

An interactive and challenging presentation, exploring popular perceptions about the world and contrasting them with reality. Prepare to be surprised!

**Wednesday 18 Sept 10:00 - 12:00**

Speaker: Tony McCurdy

## GREAT ORCHESTRAS AND THEIR FAMOUS CONDUCTORS

Great musical performances from the past can make a strong impression through the medium of recorded sound. We will consider not only the interpretations by famous conductors but also the orchestras with whom they were associated. (6 sessions)

**Each Wednesday from 25 Sept 10:00 - 12:00**

Speaker: Rosemary McCulloch

## MODERN DEMOCRATIC GOVERNMENTS: WHOSE INTERESTS DO THEY REPRESENT?

"Government of the people, for the people, by the people." Who are these mysterious 'people' they claim to represent?

**Wednesday 6 Nov 10:00 - 12:00**

Speaker: Himanshu Jhala

## KENYA: FORMER BRITISH EAST AFRICA'S MAGIC LAND

Kenya has attracted visitors, writers, hunters and adventurers with its landscapes, wildlife, tribes, and fame as home to the earliest humans.

**Wednesday 13 Nov 10:00 - 12:00**

Speaker: Himanshu Jhala

## VIRGINIA WOOLF

A life of illness, sadness and tragedy. Her life and work - particularly *The Waves* and *To the Lighthouse* - will be considered.

**Wednesday 20 Nov 10:00 - 12:00**

Speaker: Jenny Rudd O'Neill

## WRITING YOUR MEMOIRS

You have lived through history! Enjoy reminiscing and discovering how recollections can become a story for future generations to treasure.

**Wednesday 27 Nov 10:00 - 12:00**

Speaker: Jenny Rudd O'Neill

---

## ROSEVILLE NEW CHURCH

4 Shirley Rd.

**Venue coordinator: Sheila Caldwell 9498 1197**

### INTERMEDIATE RECORDER

Play the recorder with a keen group, meeting in a hall not far from Roseville station. New intermediate-level students are welcome. (11 sessions)

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

Leader and bookings: Sheila Caldwell 9498 1197 or Judy Faulkner 9416 4733

---

## OUT THERE!

### THIRD FRIDAY LUNCH GROUP

We meet for lunch at restaurants that serve a variety of cuisines. We go everywhere in Sydney, except the North Shore. We try to book BYO wine venues where there is a small corkage charge, which attendees are required to pay.

**Third Friday of each month from 19 July**

Leader and bookings: Sarah Fennamore 9955 1962  
sfennamore@yahoo.com

### FOOD FOR THOUGHT (12)

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

**Alt Fridays from 26 July**

Leaders and bookings: Sissi Stewart sicken@bigpond.com  
(preferred) 9908 2045; or Lyn Honey 9997 3292

# NORTHERN BEACHES

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

---

**Leader Harvey Broadbent and U3A invite you to come along  
and enjoy the songs of your life with our own**

## THIRD AGE ROCK ORCHESTRA



**Narrabeen Baptist Church**  
13 Grenfell Avenue North Narrabeen

**Wednesday 10 July at 2 pm**

An entertaining afternoon to sway along and tap your feet  
Entry: Gold Coin Donation

**Bookings essential during June**  
**Please quote your name and membership number**  
**Gaye Pringle gayepringle@gmail.com**

---

## ANNUAL GOURMET PICNIC

**Manly Dam Reserve (Area 3)**

**Friday 25 October 12 noon to 3 pm**

Enjoy the tranquil environment of one of the largest freshwater lakes in the Sydney metropolitan area.  
The bushland is rich in plant life and birds.  
All food, plates and cutlery will be provided. Bring a chair and something to drink

**There will be a surprise speaker to entertain us all**

Vehicle access via King Street, off Condamine Street, Manly Vale.  
If wet, the event takes place in Manly Vale Community Centre, 2 Innes Road, Manly Vale  
(opposite the end of King Street across Condamine Street)

**Tickets \$20 from Rosemary McCulloch: ramcull@gmail.com**

---

## BALGOWLAH: CLUB TOTEM

195 Condamine St, Level 3 Washaway Room. Parking available. Lift from car park. **Wheelchair access**  
**Venue Coordinator: Maureen Smith 9982 7985**  
[maureen.i.smith@bigpond.com](mailto:maureen.i.smith@bigpond.com)

### LITERATURE

A wide range of authors and their books are discussed. These include *Milkman* by Anna Burns, *Bridge of Clay* by Markus Zusak and *The Shepherd's Hut* by Tim Winton.

**Alt Wednesdays from 24 July 11:00 - 1:00**

Leader: Maureen Smith 9982 7985

[maureen.i.smith@bigpond.com](mailto:maureen.i.smith@bigpond.com)

Bookings: Helen Moore 9975 5203 [helen.moore@iinet.net.au](mailto:helen.moore@iinet.net.au)

## BELROSE: GLENAEON RETIREMENT VILLAGE

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

**Venue Coordinator: Margaret Robinson 9486 3528**  
[merobinson2@bigpond.com](mailto:merobinson2@bigpond.com)

### MAH JONG WESTERN STYLE

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

**Each Tuesday from 2 July 9:00 - 12:00**

Leader: Penny Bright

Bookings: David Bright 0404 446 326 [dfbright@bigpond.com](mailto:dfbright@bigpond.com)

## COLLARROY: WARRINGAH PLACE RETIREMENT VILLAGE

1039 Pittwater Rd, Activities Room. Street parking, **Wheelchair access**

**Venue Coordinator: Mary Comber 9948 4064**  
**(No school and public holidays)**

### PLAY THE RECORDER (12)

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 22 July 10:30 - 12:00**

Leader and bookings: Colleen Russell 9918 3817

### ISSUES FOR DISCUSSION (15)

The topics are debated in a friendly inclusive atmosphere, so do come and enjoy the company of other U3A members.

**Alt Thursdays from 1 Aug 2:00 - 4:00**

Leader: Terry Ryan

Bookings: Mary Comber 9948 4064

[marycomber1@iinet.net.au](mailto:marycomber1@iinet.net.au)

## COLLARROY PLATEAU: RSL VETERANS' RETIREMENT VILLAGE

Veterans Pde, Montgomery Hall. Street parking.

**Wheelchair access**

## ART: PAINTING AND DRAWING 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.

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

**(No public holidays)**

Leader: June Rodden 9402 4550

Bookings: Bronwyn Hale 9979 4481

## FORESTVILLE: FOREST COMMUNITY ARTS CENTRE

Darley St. Parking available. **Wheelchair access**

**Venue Coordinator: Terri Nixon 0414 358 318**

[thenixons23@optusnet.com.au](mailto:thenixons23@optusnet.com.au)

### DRAWING FOR BEGINNERS

This class, for beginners ONLY, will continue practising basic drawing skills and will also look at various artists' techniques to broaden their skills. As drawing skills progress, lessons on colours will be introduced later in the term. Classroom 2.

**Second and fourth Tuesday of the month from 11 June 12:30 - 2:30**

Leader and bookings: Kathleen Wilson 0400 348 818

### CREATIVE WRITING (12)

This course does not teach writing. We edit, advise and discuss each member's current work. We work through the school holidays. Lorikeet Room

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

Leader and bookings: June McKimmie

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

### ART PAINTING GROUP

Our group is a mix of very experienced artists who paint in acrylic and/or water colour. No tuition will be given but friendly advice is always available. We occasionally have special workshops. Classroom 2

**First and third Tuesday of the month from 2 July 1:00 - 4:00**

Leader and bookings: Kathleen Wilson 0400 348 818

### THESE TRUTHS: A BRIEF HISTORY OF THE USA

Relying on Jill Lepore's research, we explore the origins and rise of a divided nation from the American experiment based on political equality, natural rights and the sovereignty of the people to the mighty state machine of today. Has it delivered on its early promises? (4 sessions) Studio

**Each Tuesday from 6 Aug 10:00 - 12:00**

Leader: Peter Nixon

Bookings: Terri Nixon [thenixons23@optusnet.com.au](mailto:thenixons23@optusnet.com.au)

### ROMAN HISTORY: THE CITY OF ROME

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? How did its inhabitants live? Heather Flawith Room

**Alt Thursdays from 8 Aug 2:00 - 4:00**

Leader and Bookings: Leonie Hayne 9417 2894

## CRAFT IN THE FOREST

If you like to knit, crochet, draw, embroider, paint, do beading or colour with pencils, come along. For venue contact leader.

**First and third Friday of the month from 5 July 10:00 - 12:00**

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

---

## FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Rd. Parking available

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

### FRIDAYS IN THE FOREST

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 26 July 10:00 - 12:00**

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

#### 1. Entomology and the study of the cockroach

A close-up look at the biology and habitat of cockroaches, their life-cycle and feeding habits and the diseases they may carry.

**Friday 26 July** Speaker: Ian Thompson

#### 2. Inside Pine Gap – the true story

Pine Gap has been controversial since it was established by treaty with the US in 1966. Learn its history from an insider who served there for 18 years

**Friday 30 Aug** Speaker: David Rosenberg

#### 3. Is poverty history yet?

Bridge of Hope Indonesia partners with Australians to help families out of poverty, with micro-loans, training in self-reliance, giving dignity to thousands. Hear some heart-warming stories.

**Friday 27 Sept** Speaker: Barbara Watt

#### 4. The Australian Light Horse

Using videos and photos, Peter will take you on an amazing journey from the story of the extraordinary 'walers' of the Australian Light Horse to the present day.

**Friday 25 Oct** Speaker: Peter Allen

#### 5. Danger was my business

Critical incidents attended by Gary include the Christmas Day hotel fire in Kings Cross, Granville Train Disaster and the Christchurch Earthquake in New Zealand

**Friday 29 Nov** Speaker: Gary Raymond

---

## MONA VALE MEMORIAL HALL

1606 Pittwater Rd. Meeting Room. Parking available

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

## FRENCH LEVEL 3

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 3 July 2:00 - 4:00**

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

## FRENCH INTERMEDIATE ONGOING

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* by R de Roussy de Sales

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

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

## FRENCH LEVEL 4

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 10 July 2:00 - 4:00**

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

## HISTORY OF PHILOSOPHY 4

The philosophies of Hegel and Nietzsche will be explored. This course is designed as a continuation of the course History of Philosophy 3. New students are welcome, but they would be best served by completing History of Philosophy 3 first.

**Alt Tuesdays from 16 July 1:00 - 3:00**

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

## PHILOSOPHICAL THEMES – DESCARTES TO DERRIDA

This course will continue to 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 23 July 2:00 - 4:00**

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

---

## NARRABEEN: BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway). Parking available.

**Wheelchair access**

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

## UKULELE FOR BEGINNERS

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. Room 2, Level 1

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

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

## UKULELE - INTERMEDIATE / ADVANCED

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 2 July 1:30 - 3:30**

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

## UNPLUGGED ACOUSTIC GUITAR GROUP 1 and 2

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 3 July 10:30 - 1:00**

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

## THE 3RD AGE ROCK ORCHESTRA

Playing classic rock and pop is for good singers and post-beginners on all instruments except ukuleles. 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 3 July Feb 2:00 - 5:00**

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

## CREATIVE PAINTING WORKSHOP

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 4 July 1:00 - 4:00**

Leader: Susan Davies 0414 799 324  
Bookings: Suzanne Allan 0458 712 033  
zanne07@gmail.com (preferred)

## FRENCH POST BEGINNERS (15)

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 5 July 10:00 - 12:00**

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

## TRIVIA FOR SENIORS

Interesting and tricky questions and topics well suited to the U3A age group. 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 5 July 1:00 - 3:00**

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

## ADVANCED FRENCH

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

**Alt Mondays from 8 July 10:00 - 12:00**

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

## PHILOSOPHICAL THEMES - DESCARTES TO DERRIDA

This course will continue to explore modern and contemporary Western philosophy of reality (metaphysics) and knowledge (epistemology). Format: DVD and YouTube lectures combined with group discussions. No prior knowledge of philosophy required. Room 2, Level 1

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

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

## SOLVING CRYPTIC CROSSWORDS : BASIC INTRODUCTION (16)

This course is intended for those with little or no knowledge of solving cryptic clues. (6 sessions) This is followed by working through full crosswords together where you will reinforce and build upon strategies and tactics learned. (4 sessions) Education Centre Ground floor. Bookings essential

**Alt Fridays from 12 July 1:30 - 3:30**

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

## HISTORY OF PHILOSOPHY 3

An introduction to philosophy via a survey of the philosophers of the 17th and 18th centuries, including Hume, Locke, Spinoza, Leibniz and Kant. These philosophers think within the context of the scientific revolution which undermined 2000 years of tradition. Room 2, Level 1

**Alt Fridays from 19 July 10:00 - 12:00**

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

## POST-INTRODUCTORY SPANISH B

Continuation of the Post-Introductory Spanish course taught in Semester 1. Aims at further developing spoken and written communication skills. Also covers grammar, pronunciation and an initiation into Spanish-speaking cultures. Previous knowledge equivalent to one Introductory Spanish course is required. Education Centre, Ground floor

**Each Monday from 12 Aug 2:00 - 4:00**

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

## NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE

1395A Pittwater Rd. Limited off-street parking.

**Wheelchair access**

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

## OPERA ON SUNDAYS

Continuing our very successful opera series, we shall watch, on DVD, outstanding performances from opera houses around the world. Break between acts for lunch overlooking Narrabeen Lagoon (8 sessions). Lakeview Hall.

**Alt Sundays from 4 Aug 11:00 - 3:00**  
**except 10 and 24 Nov No school holidays**

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

## TUESDAYS AT THE TRAMSHED

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 6 Aug 11:00 - 1:00**

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

### 1. Cleopatra VII, last ruler of Ptolemaic Egypt

Femme fatale? Astute Politician? Can we see the real woman behind 2000 years of propaganda?

**Tuesday 6 Aug** Speaker: Leonie Hayne

### 2. The criminal process

When a police investigation leads to a person being charged, the matter goes to the Local Court. I will explain what happens in court, who does what and why.

**Tuesday 3 Sept** Speaker: Val de Rome

### 3. Iconic Australian inventions and discoveries

A look at the people and science and some classic Australian discoveries and inventions from the 19<sup>th</sup> century colonial era through to our present time.

**Tuesday 1 Oct** Speaker: Ian Thompson

### 4. Horses for the Olympics

Chosen to train and coordinate all the horses in the opening ceremony, he choreographed the tribute to the stock horse in the Sydney Olympic Games.

**Tuesday 5 Nov** Speaker: Don Eyb

### 5. The evolution of humans

After presenting a novel way of thinking about our origins, we then detail humanity's more recent evolution as revealed by fossil and DNA evidence.

**Tuesday 3 Dec** Speaker: Kevin Murray

## MUSIC TO REMEMBER

Each session will concentrate on one particular great orchestra with examples of legendary performances from the past as well as recordings by artists of today. Lakeview Hall (9 sessions)

**Alt Tuesdays from 13 Aug 11:00 - 1:00**

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

## NARRABEEN NORTH: COASTAL ENVIRONMENT CENTRE

Pelican Path, Lake Park Rd. Parking available.

**Wheelchair access**

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

### CREATIVE PHOTOGRAPHY (20)

By sharing knowledge, we will improve our photographic techniques. Continuing from Semester one, each session will consist of a mixture of tutorials and interactive workshops, with members encouraged to share their knowledge and images.

**Alt Thursdays from 4 July 10:30 - 12:30 No public holidays**

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

## MONDAY AT THE MOVIES (MAM)

For those who enjoy current movies, 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.

**Mondays 22 July, 12 Aug, 2 Sept, 14 Oct, 4 Nov, 2 Dec 10:00 - 12:00 No school holidays**

Leader: Heather Leggat

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

## MAGIC OF POETRY

Enjoy poetry? Then come along and share your favourite poems and hear the magic of others in a fun relaxed atmosphere.

**Wednesdays 24 July, 14 Aug, 11 Sept, 16 Oct, 13 Nov, 11 Dec 10:45 - 12:45 No school holidays**

Leader: Alan Leggat

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

## LAUGHTER WELLNESS

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

**Alt Mondays from 5 Aug 9:00 - 10:30**

Leader and bookings: Jane Broadbere 0407 667 534  
jane.broadbere@gmail.com

## NARRABEEN NORTH: NARRABEEN RSL CLUB

116 Nareen Pde. Parking available

### CROQUET (20)

Teaching available on request. No partner required. Mallets supplied. Games are organised to accommodate on a first come basis.

**Each Tuesday from 2 July 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. Parking available.

**Wheelchair access**

**No courses at Newport during school holidays**

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

### WEDNESDAY AFTERNOON 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**

**1<sup>st</sup> Wednesday of each month from 3 July 1:30 - 3:30**

Leader: Margaret White marg.whiteu3@gmail.com

### 1. The Garvan Institute

The history of Garvan. The areas of research that we focus on and some background on genomics, which unite all of our research disciplines.

**Wednesday 3 July** Speaker: Brad Timms

## 2. Science, myths and misconceptions

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

**Wednesday 7 Aug** Speaker: Kevin Murray

## 3. Military fortification of West Head

Learn about the WW II design and construction of West Head Battery, the first line defence of Pittwater, Hawkesbury rail bridge and Woy Woy rail tunnel.

**Wednesday 4 Sept** Speaker: Ross Clements

## 4. Travelling with the richest man in the world

Graham managed the travel arrangements of the Sultan of Brunei and his family. His story embraces changes that occurred when the current Sultan assumed power.

**Wednesday 6 Nov** Speaker: Graham Sellick

## 5. Life in late medieval England

This presentation brings to life Medieval England including dress, habits, diets, buildings, wars, plagues, education, beliefs, the church and what survived to this day.

**Wednesday 4 Dec** Speaker: Peter Headley

## YOGA AND RELAXATION

Each class consists of basic yoga practice, breathing and deep relaxation, which will help improve joint mobility, increase muscle flexibility and bone density. Main Hall.

Bookings essential for one nominated class only.

**Each Monday from 22 July 12:30 - 2:00**

**Each Friday from 26 July 12:30 - 2:00**

Bookings: Pamela Frei 0415 603 906  
ciesta@tpg.com.au (preferred)

## ART CLASS WITH KAYE DEXTER

This acrylics course is for advanced painters, who need to bring own equipment. Activities Room. Bookings essential

**Each Monday from 22 July 1:00 - 4:00**

Leader: Kaye Dexter

Bookings: Robyn Mayman 9918 2941  
peter@maymans.com (preferred)

## OUTSTANDING TOPICS AND SPEAKERS

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

**Fourth Tuesday of each month from 23 July 1:30 - 3:30**

Leader: Margaret White marg.whiteu3@gmail.com

### 1. Diving for oil

Tales of underwater mishaps and misadventures on North Sea gas and oil platforms in the early Seventies, by a former Royal Navy diver.

**Tuesday 23 July** Speaker: David Strike

### 2. The use of 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?

**Tuesday 27 Aug** Speaker: Dr Rosemarie Einstein

### 3. Time travel

Travelling in time is a favourite theme for speculative fiction, but despite some paradoxes is not entirely ruled out by speculative theories in physics.

**Tuesday 24 Sept** Speaker: Dr Laurie Wilson

### 4. Mick's way

When Mick, a sports coach to elite athletes, returned from his usual morning swim, little did he realise his life was to change forever.

**Tuesday 22 Oct** Speaker: Mick Miller

## 5. Behind the lyrics

Graham will share the secret history of a few good Twentieth Century songs with stories about their history and unexpected tales behind popular tunes.

**Tuesday 26 Nov** Speaker: Graham Spindler

## DRAMA ACTIVITIES THROUGH MOVEMENT, MIME AND IMPROVISATION (20)

Looking for fun and an enjoyable activity that extends you? Join our drama activities where you will meet new people and have fun along the way. We do drama exercises to music, also mime and improvisation. Activities Room

**Bookings essential**

**Alt Wednesdays from 24 July 1:45 - 3:45**

Leader: Helen Rosenkranz 0405 060 727

helenrosenkranz@gmail.com

Bookings: Ann Hardiman 0406 921 476

hardimanja@gmail.com (preferred)

## YOGA AND RELAXATION

The class consists of easy yoga postures which include stretching, joint mobility exercises, breathing practices and deep relaxation. The practice of yoga has many benefits including reducing stress by balancing the nervous system and helping to reduce blood pressure. Main Hall.

**Bookings essential for one nominated class only.**

**Each Wednesday, except first Wednesday of each month from 24 July 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

This course will be working mostly in acrylic paint. The leader comes from a background as a practising artist (painter), art teacher and therapist. Activities Room

**Bookings essential**

**Each Thursday from 25 July 1:00 - 4:00**

Leader: Denise Barry 9974 5335

powerfulowl2@gmail.com

Bookings: Terry Bickerton 9970 7161

terry.bickerton@bigpond.com

## TABLE TENNIS

We offer the opportunity to revive a dormant skill and to socialise with new friends. Main Hall. **Bookings essential**

**Each Thursday from 25 July 1:15 - 4:30**

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

Bookings: Carole Young 0421 356 493

caroleyoung@me.com (preferred)

**First and third Tuesday from 6 Aug 1:15 - 4:30**

Leader: Richard Hughes 69ingleside@gmail.com

Bookings: Barbara Tuna btunaruby@yahoo.com.au (preferred)

## INTERMEDIATE FRENCH

A good knowledge of French grammar required. The 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 31 July 1:30 - 3:30**

Leader: Danina Anderson

Bookings: Frances Buchan 0412 127 182

francesandtonybuchan@gmail.com



## PHOTOGRAPHY

Learn to take stunning photographs on your mobile phone or SLR covering composition and lighting. The course will comprise 3 sessions in either August or November.

### Bookings essential

**Mondays 5 Aug, 12 Aug, 19 Aug and 4 Nov, 11 Nov, 18 Nov from 9:00 - 12:00**

Leader and Bookings: Tony Clark 0416 060 148  
tony.clark.48@gmail.com

---

## NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Cnr Robertson Rd and Ocean Ave.

### RECORDER CONSORT

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.  
Church Hall.

**Each Wednesday from 3 July 10:30 - 12:30**

Leader and bookings: Colleen Russell 9918 3817

### CREATIVE WRITING

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 10 July 1:00 - 2:30**

Leader and bookings: Colleen Russell 9918 3817

---

## NORTH CURL CURL COMMUNITY CENTRE

Cnr Griffin and Abbott Rds. Parking available inside the venue grounds

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

### CHRISTMAS PARTY

End of Year Celebration with a Rock 'n' Roll Dance Party, including sing along to Christmas Carols.

Guests welcome. The kitchen is closed - bring your own food and drink.

**Saturday 7 December from 6:00 pm - 9:00 pm**

### ACTIVE SENIORS DANCE CLASSES

Learn social dances i.e. waltz, tango, rumba, rock, cha cha, sequence. Enjoy afternoon tea and meet new friends.

**Each Friday from 28 June 1:30 - 3:30**

Leader: Barbara Martin

Bookings: Susan Ascher 0439 912 512 [sues2512@tpg.com.au](mailto:sues2512@tpg.com.au)

### BALANCE 'N' BONES EXERCISE

Conditioning exercises for all major muscle groups and balancing to improve posture. Instruction by the Beth Denny DVD. Easy program at 9:30 followed by a slightly more advanced program at 10:30.

**Each Monday from 1 July 9:30 - 10:20 and 10:30 - 11:20**

**Each Friday from 5 July 9:30 - 10:20 and 10:30 - 11:20**

Leader and bookings: Ruth Buchanan  
[ruth.buchanan@bigpond.com](mailto:ruth.buchanan@bigpond.com)

## DISCUSSION GROUP

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. Small meeting room

**Each Monday from 1 July 1:30 – 3:30**

Leader and bookings: Duba Skelton 0403 494 667

### CANASTA (BOLIVIA VERSION)

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 in July.

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

Leader and bookings: Jacki Bateman 9913 8559  
[jackibateman@optusnet.com.au](mailto:jackibateman@optusnet.com.au)

### MAH JONG - THE WESTERN GAME

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

**Each Thursday from 4 July 12:45 - 3:45**

Leader: Judith Bennett [email@narrabeenlagoon.org.au](mailto:email@narrabeenlagoon.org.au)  
Bookings: Rosalie Howard 9982 8130  
[rosaliehoward@bigpond.com](mailto:rosaliehoward@bigpond.com)

### CANASTA (BOLIVIA VERSION) (30)

These sessions provide the opportunity for experienced players to play the game in a friendly environment.

**Each Thursday from 4 July 12:45 - 3:45**

Leader and bookings: Eve Lane 0455 948 864  
[evelane222@gmail.com](mailto:evelane222@gmail.com)

### MUSIC – THE SOUNDTRACK OF OUR LIVES

Together we will share the memories that only a special piece of music can evoke. This is the Soundtrack of our Lives.

**First Thursday of each month from 4 July 10:00 - 12:00**

Leader and bookings: Brian Delgaty 0402 312 082  
[briandelgaty@gmail.com](mailto:briandelgaty@gmail.com)

### SOCIAL SEQUENCE DANCING

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 5 July 10:00 - 1:45**

Leader and bookings: Rosemary MacDonald 9905 3851

### READING AND DISCUSSING SHAKESPEARE

Read aloud Shakespeare's plays beginning with a comedy *Much Ado About Nothing*. Discuss his plots, characters and language. Consider his plays against his life and times. Bring a copy of the play.

**Second and fourth Tuesday of each month from 9 July 2:00 - 4:00**

Leader and bookings: Robert Englund  
[r.englund@optusnet.com.au](mailto:r.englund@optusnet.com.au)

### A TASTE OF FRENCH CUISINE

The presentation will give an introduction to French Cuisine. Recipes for several popular dishes will be introduced, discussed and made available for tasting.

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

Leader: Jim Murray

Bookings: Ruth Buchanan [ruth.buchanan@bigpond.com](mailto:ruth.buchanan@bigpond.com)

## MUSICAL MEMORIES

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 18 July 10:00 - 12:00**

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

## THE BRITISH INDUSTRIAL REVOLUTION

During the Industrial Revolution Britain experienced a consistent growth in population. This three-part series will identify both the nature and origin of the changes as well as the remarkable individuals driving change.

**Thursdays 8 Aug, 12 Sept and 31 Oct 10:00 - 12:00**

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

## THEATRE TALKS

**Fourth Thursday of each month from 22 Aug 10:00 - 12:00**

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

### 1. Who wrote the first sitcom?

Are we still laughing at the same jokes as the ancient Greeks and Romans? And where did theatre begin in Britain?

**Thursday 22 Aug**

### 2. Shakespeare

His world, his Influence and his genius.

**Thursday 26 Sept**

### 3. Society and sexuality

Actresses on stage. The glorious Restoration Theatre.

**Thursday 24 Oct**

### 4. Manners to melodrama

The Sheridan phenomenon and the rise of actors and acting.

**Thursday 28 Oct**

## HISTORY OF JOHN MONASH

Brief introduction and his background, concentration on tactics he developed as seen in the Battle of Hamel and how these turned around the war for the Allies.

**Thursday 29 Aug 10:00 - 12:00**

Speaker: Carolyn Zietsch  
Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

## BEHIND THE NEWS

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. (3 sessions)

**Thursday 10 Oct, 14 Nov, 12 Dec 10:00 - 12:00**

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

## WARRIEWOOD: NELSON HEATHER SENIOR CITIZENS CENTRE

Cnr Jacksons and Boondah Rds. Parking available

**Wheelchair access**

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

## TOPICS OF OUR TIMES (25)

These issues may be local, national or international. Members are encouraged to submit topics and actively participate; however, you are welcome to simply listen. Banksia Room

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

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

## ELEMENTARY RUSSIAN

The course studies grammar and translations to achieve an ability to converse in daily situations and translate texts such as newspaper articles. Basic knowledge required.

Banksia Room

**First and third Wednesday of the month from 3 July 2:00 - 4:00**

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

## SINGING FOR THE JOY OF SINGING

Come along and sing well-known songs from all genres. Anyone who enjoys singing, irrespective of ability, is welcome to join our friendly group to sing, hum along or just sit and listen. Angophora Room

**Alt Fridays from 5 July 10:00 - 12:00**

Leader: Lynda Cronshaw  
Bookings: Elizabeth Rush 0423 104 682  
elizabethrush646@gmail.com (preferred)

## YOU NEED NOT AGREE (16)

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

**Alt Mondays from 8 July 10:00 - 12:00**

Leader and bookings: Kevin Murray 9997 6078; 0413 306 146 kevandglenny@gmail.com (preferred)

## PURE CLASS – A CREATIVE WRITING CLASS

Participants 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 8 July 1:30 - 3:30 (no public holidays)**

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

## CONTEMPORARY ISSUES (25)

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. Banksia Room

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

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

## FRENCH CONVERSATION (16)

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

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

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

## AN OVERVIEW OF SCIENCE

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 19 July 1:30 - 3:30**

Leader: Ian Thompson collaroyplateau@hotmail.com

Enquiries: Merryln Parnell 9999 3414 merryln21@hotmail.com

### 1. Iconic Australian inventions of our time - part 1

A look at the people and science some classic Australian discoveries and inventions from the 19th century colonial era through to our present time.

**Friday July 19** Speaker: Ian Thompson

### 2. Signs and symbols: their history and significance

Symbols are a universal language and their use to portray a message, warning or information is an ancient method of expression, predating alphabets.

**Friday Aug 2** Speaker: John Flint

### 3. Evolution of the universe

We outline our current understanding of the evolution of the universe from the big bang to the present, including the appearance of life on earth.

**Friday Aug 16** Speaker: Kevin Murray

### 4. Impact of climate change on health and disease

Increasing temperatures, rising seas and natural disasters are a feature of climate change. We examine how these impact on the overall health of our community

**Friday Aug 30** Speaker: Dr Penny Bishop

### 5. Iconic Australian inventions of our time - part 2

A further look at the people and science some classic Australian discoveries and inventions, following on from the July 19 presentation.

**Friday Sept 13** Speaker: Ian Thompson

### 6. Blood, blood products, transfusion and equipment

Blood is a complex fluid running inside our arteries and veins, supplying nourishment and oxygen to all the body cells, essentially giving us life.

**Friday Sept 27** Speaker: Dr Punci (Das) Dassanayake

### 7. Building the HMB Endeavour replica

Learn about this Bicentennial project, the genesis, funding difficulties, sourcing materials and see rare photos of building the replica of James Cook's ship at Fremantle.

**Friday Oct 11** Speaker: Leigh Haines

### 8. A study in cryptozoology

Mysterious critters such as the Bunyip, Yeti and Bigfoot that, either temporarily or continually defy logic as to what they are ... whether they are ... why they are.

**Friday Oct 25** Speaker: Grahame Sims

### 9. Science and technology disruption

Our modern world is experiencing massive changes with new technology causing disruptions to our lives. We examine some new initiatives in a number of fields.

**Friday Nov 8** Speaker: Malcolm Raymond

### 10. End of certainty: the decade that re-invented physics

Bookended by the two relativity theories, the decade from 1905 to 1915 revolutionised our thinking about time, space and the fundamental structure of matter.

**Friday Nov 22** Speaker: Dr Laurie Wilson

## BOOK DISCUSSION GROUP

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 26 July 1:30 - 3:30**

**(no school or public holidays)**

Leader and bookings: Marcia Andrews 9979 8707

marciaandrews711@hotmail.com (preferred)

## CONVERSATIONAL GERMAN

Do you want to improve your German? Participants should have medium knowledge of German. Emphasis of the classes will be on conversation and grammar. No beginners Waratah Room

**Alt Thursday from 8 Aug 9:30 - 11:30**

Leader and bookings: Inge Kohl 0450 704 662

ingekhol@gmail.com

## PRIVATE HOMES

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

### BACH TO THE FUTURE (Avalon) (20)

During each session we analyse a topic related to classical music, with examples of great recordings of the music being studied. Class members are encouraged to discuss the music and may suggest topics for future study.

**Alt Fridays from 28 June 2:00 - 4:00**

Leader and bookings: Roger Pratt 9918 9277

a.and.r.pratt2@bigpond.com

### MAH JONG - THE WESTERN GAME (Belrose) (8)

Learn and play Mah Jong in a friendly atmosphere.

**Each Monday from 1 July 12:30 - 4:30**

**Each Wednesday from 3 July 9:30 - 11:30**

Leader and bookings: Delvene Lawrence 9975 3788

box142@bigpond.com

### ART - OILS, PASTELS, ACRYLICS (Belrose) (10)

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

**Each Friday from 5 July 9:30 - 11:30**

Leader and bookings: Delvene Lawrence 9975 3788

box142@bigpond.com

### WENDY'S BOOK CLUB (Forestville) (10)

We 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

Bookings: Shirley Carruthers 9486 3657

### ANDROID TABLET COMPUTER 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 18 July 1:00 - 3:00**

Leader and bookings: Antoine van de Walle 8090 2884

antoinevdwalle@gmail.com

# UPPER NORTH

**Regional Course Coordinators:** Pauline Holbrook 9484 8335 holbrookj@bigpond.com  
Grahame Marr 9487 3806 gwmarr1@bigpond.com **Enquiries only**

## UPPER NORTH REGION OF SYDNEY U3A

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

will be held on

**Monday 18 November from 1:30 - 3:30**

at

### **Turrumurra Uniting Church**

10 Turrumurra Ave (behind shopping area car park)

The meeting will include reports by the President Grahame Marr and Treasurer Jane Cooper, followed by the election of office bearers for 2020

Guest speakers will be announced at a later date.

Members are very welcome to join the committee to assist with the running of our wonderful organisation

Information and nomination forms may be obtained and returned to

Secretary Marilyn Pryor 9449 3415 marilynpryor7@gmail.com by Friday 25 October

### **Refreshments provided**

**Please RSVP by Monday 11 November to**

Claudine Parr 9487 2170 c\_parr@exemail.com.au or

Marilyn Pryor 9449 3415 marilynpryor7@gmail.com

## BEROWRA: COMMUNITY CENTRE

The Gully Rd. Balcony Room. Parking available.

**Venue Convener: Anne Lycett j\_alycett@optusnet.com.au**

### **AFFAIRS OF INTEREST**

A series of talks by specialists in their field

**Second and fourth Mondays of the month from 29 July 10:00 - 12:00**

- July 29** From Hell to Paradise -  
The Norfolk Island Story
- Aug 12** The History of Atheism
- Aug 26** Early Aviation History, War Memorials,  
and G.C.W. Story
- Sept 9** The Halvorsen Story
- Sept 23** The Secret Life of Teeth
- Oct 14** The Iron Ships
- Oct 28** Chemistry in the Home
- Nov 11** The Islamic Golden Age
- Nov 25** The Great Barrier Reef

Leader and bookings:

Anne Lycett j\_alycett@optus.com.au

### **CURRENT WORLD**

A series of talks looking at what is happening in the current world viewed through the eyes of scientists and technologists. These talks are suitable for scientists and non-scientists alike and will look at our environment and life in today's world.

#### **1. Time**

The measurement of time throughout history

**Monday 19 Aug 10:00 – 12:00** Speaker: David Malone

#### **2. Raging Skies**

Severe thunderstorms around Sydney

**Monday 16 Sept 10:00 – 12:00** Speaker: Richard Whitaker

#### **3. Inventions**

**Monday 30 Sept 10:00 – 12:00** Speaker: Ian Thompson

#### **4. Secrets of the Snowys**

A unique, iconic ecosystem that could be under threat

**Monday 21 Oct 10:00 – 12:00** Speaker: Jackie Wilson

#### **5. Epigenetics**

**Monday 18 Nov 10:00 – 12:00**

Speaker: Punci Dassanayake

Leader and bookings:

Joan Scott djscott@tpg.com.au

## CASTLE HILL: WARRINA VILLAGE ARV

Alix Scott Community Centre, Langshaw Circuit.  
Parking available.

**Venue Convener: Jenny Trimboli 96861954**

### ISSUES AND IDEAS

In this lively, long-lived group, newcomers are very welcome. We research papers (on a voluntary basis) on a wide variety of contemporary issues. We then discuss one per session.

**Alt Tuesdays from 2 July 10:00 – 12:00**

Leader and bookings: Jenny Trimboli 96861954

### GREAT BOOKS OF THE WESTERN WORLD

This course commences with *How Green Was my Valley* by Richard Llewellyn followed by the play *The Dolls House* by Heinrich Ibsen.

**Alt Tuesdays from 9 July 10:00 – 12:00**

Leader and bookings: Jenny Trimboli 9686 1954

---

## EPPING: COMMUNITY CENTRE

9 Oxford St. Meeting room. Parking available.

**Wheelchair access.**

**Venue Convener: Ian De Mellow 9487 1908**

**ian.mellow@bigpond.com**

### MORE BIG MOMENTS IN SCIENCE

A scientific series of general interest including the science of the human body, epigenetics, and drugs. This also includes: the science of the oceans, the search for life on other planets, spiders and Australian inventions.

**Alt Wednesdays from 24 July 10:00 – 12:00**

Leader and Bookings: David Malone 0418 440 828  
dymalone@bigpond.net.au

### SYDNEY'S MEDICAL MUSEUMS

Sydney has a number of medical museums attached to hospitals or in special areas that are open to the public and show the diversity of medicine in Australia.

**Wednesday 14 Aug 10:00 – 12:00**

Leader: Stewart Reed

Bookings: Ian De Mellow 9487 1908

### MACQUARIE UNIVERSITY MUSEUMS

Macquarie University has created a number of outstanding museums and collections on its campus, open to the public. This course describes each museum's highlights.

**Wednesday 28 Aug 10:00 – 12:00**

Leader: Stewart Reed

Bookings: Ian De Mellow 9487 1908

---

## EPPING: LEISURE AND LEARNING CENTRE

1 Chambers Court, off Pembroke St, beneath Library.  
Parking available. **Wheelchair access.**

**Venue Convener: Ian De Mellow 9487 1908**

**ian.mellow@bigpond.com**

## THE INDO-PACIFIC ASCENDANCY

We look at concepts of world order since the Pax Romana and introduce the Indo-Pacific Regional Order beginning with Japan's 'strategic imbecility' in 1941, the collapse of colonial empires, the Maoist/Soviet challenges, America's miscalculations and China's challenges.

**Alt Wednesdays from 17 July 1:00 – 3:00**

Leader and Bookings: Ian De Mellow 9487 1908  
ian.mellow@bigpond.com

### TAI CHI (20)

Gain health benefits through its gentle exercises and relaxation, ideal for Third Agers. Tai Chi's graceful, fluid movements combine three forms of exercise: strength, stretching and breathing. Participants should provide fitness assurance.

**Alt Wednesdays from 10 July 1:00 – 3:00**

Leader and Bookings: Siang Tan 9888 7874

---

## EPPING: UNITING CHURCH

Cnr Chester and Oxford Sts. Small hall.

**Venue Convener: Sandra Luntz 9874 3382**

**sandra.luntz@gmail.com**

### BOOK DISCUSSION GROUP

A reading and discussion group with an occasional classic text but with the emphasis on contemporary literature.

*Mothering Sunday*, by Graham Swift for discussion on 11 July.

**Alt Thursdays from 11 July 10:00 - 12:00**

Leaders: Sandra Luntz and Jane Harris

Bookings: Jane Harris 9516 3828 / 0449 887 601  
janeandjames@bigpond.com

---

## GORDON: LIBRARY

799 Pacific Hwy. Parking available. **Wheelchair access.**

**Venue Convener: Margaret Harragon**

**gordontaichi@hotmail.com**

### TAI CHI (15)

Learn the ancient art of tai chi and qi gong and gain health benefits through gentle strength, stretching and breathing exercises. Participants should provide assurance from their GP that they are medically fit to undertake an exercise course.

**Each Thursday from 11 July to 5 Dec 10:00 – 12:00**

Leaders: Michael Wong and Rose Pettett

Bookings: Margaret Harragon gordontaichi@hotmail.com

---

## HORNSBY: CENTRAL LIBRARY

28-44 George St (entry in Hunter Lane opposite Hornsby Station). Parking available.

**Venue Convener: Marjorie Perry 9440 7131**

**marjorieperry@inet.net.au**

### AUSTRALIAN HISTORY SEMINARS

Historians, academics and family historians present topics dealing with a diverse range of subjects ranging from Australian artists, convicts, bushrangers and our military history. Speakers encourage debate and questions on each topic. **Meeting Room**

**Alt Tuesdays from 9 July 10:00 – 12:00 (10 sessions)**

Leader: Garry Smith Bookings: William Davies  
0404 072 562 dtiger@optusnet.com.au

## AUSTRALIAN WORLD HERITAGE SITES

Australia's involvement in the World Heritage process. A brief look at each of Australia's nineteen World Heritage sites (e.g. Kakadu, Lord Howe Island, Convict Sites) and why they have been accepted for listing. Possible future nominations under consideration.

### Meeting Room

**Alt Wednesdays from 10 July to 13 Nov 10:15 – 12:00**

Leader and Bookings: Graeme Aplin  
graemeaplin@optusnet.com.au

## HISTORY OF ROMAN WALL PAINTING

1. Introduction. Greek and Etruscan ancestors.
2. Triumphant painting in Rome and the so-called First Pompeian Style.
3. Second Pompeian Style.
4. Augustus' residence on the Palatine and Third Style.
5. Domus Aurea and the Fourth Pompeian Style.
6. Post-Pompeian wall-painting (special emphasis on Ostia)

### Meeting Room

**Alt Tuesdays from 10 Sept to 19 Nov 10:00 – 12:00**

Leader: Emeritus Prof /Assoc. Prof Jean-Paul Descoedres  
Bookings: Graeme Marshall 9489 8648  
g.marshall1@bigpond.com

## ITALIAN FOR TRAVELLERS

Are you planning to visit Italy or having been there, are you longing to return? I assume no prior knowledge of Italian and deal with everyday travel situations. With the language basics, I cover cultural topics to enhance your travel experience.

### Meeting Room (20 sessions)

**Each Tuesday from 9 July 12:45 – 3:15**

Leader and bookings: Paddy Gunning 9456 1291  
gunnosp@gmail.com

## POETRY APPRECIATION

Listen to and discuss a wide range of poets and their work including some of your old favourites. There will be occasional references to literary terms used in poetry. Please bring your poems of pleasure!

### Esther Waite Room

**Wednesday 10 July will be 2:00 – 4:00**

**Alt Wednesdays from 24 July 1:00 – 3:00**

Leader and bookings: Robert Plumbe  
robplumbe@outlook.com

## THE WAY OF ST. JAMES - CAMINO DE SANTIAGO IN SPAIN

- 16 July** The Where-Why-When-How of the Camino. Extensive look at its history.
- 30 July** History continues. Art - Architecture - Myth and Legends along the way.
- 13 Aug** My personal experience of the CAMINO FRANCÉS. Preparation, equipment, with photo presentation.
- 27 Aug** My personal experience of the CAMINO del NORTE and The CAMINO de la PLATA with photo presentation.

### Meeting Room

**Alt Tuesdays 10:00 – 12:00**

Leader: Bernhard (Ben) Adolphs  
Bookings: Graeme Marshall g.marshall1@bigpond.com

## THE WORLD OF CLASSICAL MUSIC

Continuing excursions into the world of classical music in all its forms, where you will meet familiar and not-so-familiar composers.

### Meeting Room

**Alt Wednesdays from 17 July 10:00 – 12:15 (10 sessions)**

Leader: John Yates

Bookings: Nancy Sinden nsinden@ihug.com.au

## HORNSBY: LEISURE AND LEARNING CENTRE AND WALLAROBBA ARTS AND CULTURAL CENTRE

25 Edgeworth David Ave. Parking available.

**Venue convener: Pam Morpeth 0415 393 987**

**pam.morpeth@optusnet.com.au**

## YOGA

Yoga for everybody: beginners to the experienced will enjoy the benefits of correct breathing, bending, stretching, twisting, balance, mind control and relaxation. Yoga is about health and wellbeing so start now with an experienced, certified and practicing yoga teacher.

**Each Wednesday evening from 24 July  
(except school holidays) 6:15 – 7:15**

Leader and Bookings: Graham Marshall 0400 098 756  
graham.marshall3@outlook.com

## PAINTING IN ACRYLICS

Come and join our friendly class. Encouraging basic lessons are given to beginners and guidance and assistance provided when needed, whatever your skill level.

**Alt Thursdays from 1 Aug 9:30 – 12:00**

Leader and Bookings: Janny Drayer 9144 1741  
jannydrayer@gmail.com

## WATERCOLOUR PAINTING

Discover the magic of watercolour painting in this friendly group whatever your skill level. Different techniques will be discussed and encouraged. Assistance and suggestions will be given from beginners to more experienced levels. Everyone attending should bring their own materials.

**Alt Thursdays from 25 July 9:30 – 12:00**

Leader and Bookings: Ildy Turner 9488 9114  
ipturner@bigpond.net.au

## MEDIUM TO ADVANCED RECORDER GROUP

This is a group meeting regularly to enjoy playing music. We meet in the front room at Wallarobba.

**Alt Wednesdays from 24 July 10:00 – 12:30**

Leader and bookings: Annette Salt 0407 873 455  
saltnacl@bigpond.net.au

## KILLARA: LOURDES RETIREMENT VILLAGE

95 Stanhope Rd. Village Auditorium. Parking available.

**Wheelchair access.**

**Venue Convener and Leader: Lesley Ransley 9880 9949  
ellar1@bigpond.com**

## HISTORICAL AND OTHER INTERESTING TOPICS

A lecture series on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject. The auditorium is equipped for audio-visual presentations. Comments and questions are encouraged.

**Bookings not required. First Thursday of each month 10:00 – 12:00**

### 1. Stem Cell Research

This research is a topical and fast-moving field and the speaker will explain what stem cells are and how they are being used.

**Thursday 4 July** Speaker: Tamara Treleaven

### 2. Some Current Issues in Criminal Justice in NSW

The speaker will share some controversial cases, issues arising and areas of law reform pursued.

**Thursday 1 Aug** Speaker: Nicholas Cowdery

### 3. Sir Henry Parkes - my great, great, grandfather

How the events of Henry Parkes' early life influenced his drive for social reform and his early promotion of a Federation.

**Thursday 5 Sept** Speaker: Ian Thom

### 4. The History of Time-keeping Devices

Explores the long history of attempts to measure the passing of time, from ancient sundials to atomic clocks and how they all work.

**Thursday 3 Oct** Speakers: Kevin and Glenys Murray

### 5. Captain / Governor / Sir William Bligh

**Thursday 7 Nov** Speaker to be advised

### 6. Walking the Camino de Santiago in Spain

What and where is it? How long is it and how do you walk it? An amazing experience shared with wonderful people from many countries.

**Thursday 5 December**

Speakers: Rosemarie Einstein and Jane Barnes

---

## LINDFIELD GARDENS

2 Ulmarra Place, Lindfield. Meetings held at the village centre. Parking available.

Book through the office 9416 8466. **Thursdays 10:00 – 12:00**

### 1. Anecdotes from a Sydney Airport Ambassador

**25 July** Speaker: Rhonda Miller

### 2. The Black Death

**22 Aug** Speaker: Tony McCurdy

### 3. Men, Machines and Medicine in World War II

**26 Sept** Speaker: Das Dassanayake

### 4. Beersheba and the ALH Walers

**24 Oct** Speaker: Peter Allen

### 5. Fifty Secrets of Surry Hills & Redfern

**28 Nov** Speaker: Graham Cousens

---

## LINDFIELD: SENIOR CITIZENS RESOURCE CENTRE

271 Pacific Hwy, behind Library. Parking available.

**Wheelchair access.**

**Venue Convener: Marika McLachlan**

**marikamclachlan@bigpond.com 9988 3199**

## ROMAN HISTORY: LIFE IN THE PROVINCES

The Roman Empire was acquired by conquering tribes and cities with different cultures and backgrounds. By the second century AD a concept of Romanness had developed, but with local differences

**Alt Mondays from 5 Aug 10:00 – 12:00**

Leader and bookings: Leonie Hayne 9417 2894

Secretary: Jenny Johnston 94163639

jennyj37@bigpond.com

## RUSSIAN ADVANCED CONVERSATION

This is a continuing course where new members with an adequate level of Russian are very welcome.

**Each Monday from 8 July 12:00 – 2:00**

Leader: Olga Petlevanny 99396871

Bookings: Natalia Chapanis Sidhu 9887 1735

chapanisidhu@optusnet.com

## PRE-INTERMEDIATE SPANISH

For those who have already completed some study of the language, this is a course offering instruction in basic grammar with the introduction of useful phrases and opportunities for conversation. A variety of teaching methods will be used.

**Alt Mondays from 8 July 2:00 – 4:00**

Leader and bookings: Jenny Brady 9966 8510

jennybry03@hotmail.com

## SPANISH CONVERSATION

Most of the time we discuss current affairs, cultural events or a subject previously decided upon. Spanish is spoken 90 percent of the time. Good knowledge of the language is required.

**Alt Tuesdays from 9 July 2:00 – 4:00**

Leader: Maria Criado 0424 939 767

Bookings: Jenny Brady 9966 8510

## LATIN INTERMEDIATE A

This continuing course will proceed to Stage 54 of the *Oxford Latin Course Part III* and more complex grammar enhanced by passages of prose and poetry from classical authors.

**Each Wednesday from 24 July 1:45 – 3:45**

Leader and bookings: Helen Ledwidge 9489 7161

hledwidge@iprimus.com.au

## HOW TO READ AND WRITE MUSIC (BEGINNERS)

How to understand and create those black dots. Class will write and perform own rhythm and melody work for a variety of instruments and voice in various styles.

**Alt. Wednesday 24 July 2:00 – 4:00 in the Senior Citizen Resource Centre Hall**

Leader and Bookings Dawn Nettheim 9869 045

dawn@bigpond.net.au

## MODERN AND CLASSIC NOVELS

A literary discussion group studying 10 or 11 books each semester in a friendly and informal setting. All enthusiastic readers welcome. The first two books for second semester are *Unsheltered* by Barbara Kingsolver and *Bright Air Black* by David Vann.

**Alt Thursdays from 11 July 10:15 – 12:15**

Leader and bookings: Maurice O'Donovan 94118717

odonovan.1@bigpond.com

## GERMAN INTERMEDIATE

Text book: *em neu 2008 Deutsch als Fremdsprache – Niveaustufe B2. \*Hauptkurs Kursbuch Hueber Verlag ISBN9 783195016957 Sechs Bausteine: Lesen, Sprechen, Hören, Schreiben, Grammatik, Wortschatz.* Basic German grammar required. New members welcome

**Each Friday from 26 July 11:00 – 12:30**

Leader and bookings: Marika McLachlan 9988 3199 or 0411 151 722

## GERMAN ADVANCED

Students need to have a sound knowledge of German. New members welcome.

**Each Friday from 26 July 9:30 – 11:00**

Leader and bookings: Marika McLachlan 9988 3199 or 0411 151 722

---

## PENNANT HILLS: COMMUNITY CENTRE

Cnr Yarrara Rd and Ramsey St. small hall (lower level, library building). Parking available.

**Venue Convener: Graeme Marshall 9489 8648**  
**g.marshall1@bigpond.com**

## FRENCH INFORMAL CONVERSATION GROUP

This group aims to encourage conversation in modern French in a relaxed atmosphere, with correction of grammar and usage. Topics for discussion include shared experiences, literature, music and current affairs.

**Alt Wednesdays from 24 July 1:00 – 3:00**

Leader: Chimène Hortense

Bookings: Mary Ferguson 0421 830 035

---

## PENNANT HILLS: LEISURE AND LEARNING CENTRE

8 Warne St. Parking available.

**Venue Convener: Graeme Marshall 9489 8648**  
**g.marshall1@bigpond.com**

## ART PRACTICE GROUP

Love art? Then join this fun, relaxed class. Whether you are good at art or want to be good, this is the place for you. Experiment with any media, explore your own style and develop your creative expression by learning to look. Beginners are welcome. (Bring your own materials).

**Alt Mondays from 22 July 1:00 – 4:00**

Leader and Bookings: Bob Talbot 0412 470 854  
btalbot6@gmail.com

---

## PYMBLE: UNITING CHURCH

Cnr Pacific Hwy and Livingstone Ave, opposite station. Downstairs classroom. Parking available.

**Venue Convener: Graeme Marshall 9489 8648**  
**g.marshall1@bigpond.com**

## FRENCH READING AND WRITING INTERMEDIATE (10)

For those having completed at least three years of a preliminary course. The aim of this course is to develop skills in reading, writing and speaking French.

**Alt Wednesdays from 17 July 1:30 – 3:30**

Leader and bookings: Peter Rennie 9451 8538

## FRENCH READING AND WRITING ADVANCED (10)

For those with a good basic knowledge of French grammar and pronunciation. The aim of the course is to develop students' skills in reading, writing and speaking French.

**Alt Wednesdays from 24 July 1:30 – 3:30**

Leader and bookings: Peter Rennie 9451 8538

---

## ST IVES: UNITING CHURCH

Cnr Douglas St and Mona Vale Rd, St. Ives. **Courses are in the Calvin Room unless otherwise indicated.**

Parking available. **Wheelchair access.**

**Venue Convener: Vicky Davies 0422 522 550**  
**vdavies710@gmail.com**

## PHILOSOPHY

We research and study philosophers and the issues they raised. Are they still valid today? How and why? Members of the group choose topics. There are no formal lectures but lots of discussion.

**Alt Tuesdays from 9 July 10:30 – 12:30**

Leader and bookings Margot Taverne 9449 2923  
margottaverne@gmail.com

## TUESDAY WORDSMITHS

Everyone has a story to tell. Our friendly interactive group will help you find the key to unlock the door to your imagination. Leaders will rotate. (Wesley Room)

**Alt Tuesdays from 23 July 10:00 – 12:00**

Bookings: Barry Lloyd 9449 2202

## ROMAN HISTORY: THE CITY OF ROME

Founded in fratricide, peopled by outlaws and rapists, the small settlement of Rome grew over the centuries to rule most of Western Europe. What physical changes did the city undergo? What sort of lives did its inhabitants live? (Wesley Room)

**Alt Wednesdays from 7 Aug 10:00 – 12:00**

Leader and bookings: Leonie Hayne 9417 2894

Secretary: Jenny Johnston 9416 3639

jennyj37@bigpond.com

## UKULELE FOR FUN

Have a lot of fun with a friendly group.

**Each Wednesday from 24 July 9:00 – 12:00**

Leader and bookings: Roscoe Behrmann 0425 163 031

roscoe.behrmann@bigpond.com

## SCIENCE AND TECHNOLOGY: GLIMPSES OF OUR PAST, PRESENT AND FUTURE

Science and Technology St Ives brings qualified lecturers who present things scientific and/or technology based. Done in an easy to understand format, we are in our 14<sup>th</sup> consecutive year presenting these courses. Each lecture is self-contained and informative. (Wesley Room)

**Alt. Wednesdays from 17 July 10:00 – 12:00**

Leader: Howard Ferrer howardf@optusnet.com.au

Bookings: Andrew Bean 9983 1225



### 1. The Science and Politics of Climate Change

**Wednesday 17 July** Speaker: Brian Spies

### 2. Digital Disruption in Medicine

**Wednesday 31 July** Speaker: Punchi Dassanayake

### 3. From Gods to Gigabytes

**Wednesday 14 Aug** Speaker: Dick Whitaker

### 4. Water Management Sydney

**Wednesday 28 Aug** Speaker: Michael Clarke

### 5. The Cracking of the Enigma Code in WWII

**Wednesday 11 Sept** Speaker: Ros Clements

### 6. The Science of Brewing Beer

**Wednesday 25 Sept** Speaker: Greg Organ

### 7. How Advanced Nuclear Technology Could Be a Vital Part of Australia's Clean Energy Future

**Wednesday 9 Oct** Speaker: Barry Murphy

### 8. Advances in Stem Cell Technology

**Wednesday 23 Oct** Speaker: Tamara Treleaven

### 9. What has the first moon landing got to do with the 'Wireless Revolution'?

**Wednesday 6 Nov** Speaker: Trevor Bird

### 10. Bringing Biology's 'code of life' to Life with Proteomics

**Wednesday 20 Nov** Speaker: Mark Molloy

### MENDELSSOHN – THE COMPOSER

Felix Mendelssohn was a brilliant all-round musician, composer, conductor and pianist, who became tremendously influential during the first half of the nineteenth century. Over 9 sessions we will cover his life story with examples of his finest works. (Wesley Room)

**Alt Thursdays from 1 Aug 10:00 – 12:00**

Leader John Hughes (enquiries 9449 3416). No booking required. Register on arrival.

### CURRENT AFFAIRS FORUM 1

We discuss and debate actively current events of importance in this friendly and lively group. New members welcome.

**Alt Thursdays from 18 July 10:00 – 12:00**

Leader and bookings: Arthur Lith 9144 3541  
arthurlith@optusnet.com.au

### CURRENT AFFAIRS FORUM 2

We discuss and debate actively, current news topics on which our members have strong and often different views. New members welcome.

**Alt Thursdays from 11 July 10:00 – 12:00**

Leader and bookings: Alan Barge 0478 663 930  
barge.alan@gmail.com

### THE GOLDEN AGE OF CINEMA

Films were made to be seen by an audience, so why not get this great feeling again by joining our group? Interesting films from a great range of sources will be screened, notes and information are provided. (7 sessions)

**Alt Fridays from 30 Aug 10:00 – 12:30**

Leader and bookings: Alan Saunders 9997 6670  
ajsanders54@bigpond.com

### HEALTHY EATING FOR ONE

This course covers the signs of good health in mature years; nutritional needs of mature adults to prevent age-related disease, healthy food choices and meals, together with demystifying food labels. (4 sessions)

**Alt Fridays from 26 July 1:00 – 3:00**

Leader and bookings: Susanne Hledik 0414 497 512  
phledik@bigpond.net.au

## THORNLEIGH: HILLCREST UNITING CHURCH

1 Paling St, Thornleigh

**Venue Convener: James Stowe 9484 6064**

### BRIDGE FOR BEGINNERS

If you have ever wondered what the game of bridge is all about, here is your opportunity to find out. Learn to play both social (Rubber) and club (Duplicate) bridge in a relaxed and social setting.

**Alternate Tuesdays 10 sessions from 2 July 10:00 – 12:00**

Leader and bookings: James Stowe 9484 6064

## TURRAMURRA: ROHINI VILLAGE

53 Rohini St, Cowper Place. Parking available.

**Venue Convener: Marilyn Pryor 0414 493 415**  
marilynpryor7@gmail.com

### GREAT IDEAS OF PHILOSOPHY

Continuation of Great Courses on DVD, comprising 36 half hour lectures exploring Western Philosophy from 17-20<sup>th</sup> century. *The Modern Intellectual Tradition: from Descartes to Derrida* by Prof. L. Cahoone, College of the Holy Cross, USA.

**Alt Mondays from 22 July 10:00 – 12:00**

Leader: Jock Buselli 9484 7041 jockbuselli@tpg.com.au  
Bookings: Stanis Osterly 9487 6634  
stanisosterly@hotmail.com

### SPEAKERS FOR A VARIETY OF TOPICS

**Second Wednesday of each month from 10 July 10:30 – 12:00**

#### 1. NSW Fair Trading

Know your shopping rights and be scam aware  
**Wednesday 10 July**

#### 2. The Golden Years of Wireless

Memories, interests and recorded histories  
**Wednesday 14 Aug** Speaker: Graham Sims

#### 3. Volcanoes

Their impact on human history and climate  
**Wednesday 11 Sept** Speaker: Dr Garry Lowder (Geologist)

#### 4. Handbells

History and demonstrations  
**Wednesday 9 Oct** Speaker: Phil Allen

#### 5. State Library of NSW

Its vast collection, many rare & iconic objects  
**Wednesday 13 Nov** Speaker: Stewart Reed  
Leader and Bookings: Margaret Waldock 0419 740 181  
margaretwaldock@outlook.com

## TURRAMURRA: UNITING CHURCH

Turrumurra Ave. Parking available. **Wheelchair access.**  
**Venue Convener: Margaret Marshall 0418 253 949**  
**shalldo15@gmail.com**

### CURRENT AFFAIRS DISCUSSION GROUP

We discuss current affairs and associated ideas based on media reports in an informal and objective manner. Subjects for discussion by a leader who is rostered on a voluntary basis in each session.

**Alt Tuesdays from 30 July 10:00 – 12:00**

Leader and bookings: Jan Martin 9456 7774

### TRUTH IN HISTORY

There is some mystery, myth, revelation, magic, murkiness in history as it unfolds. Modern science and research can help us in revision and reassessment. Done by readings, discussions and inputs, using a few main texts and other research materials.

**Alt Thursdays from 1 Aug 10:00 – 12:00**

Leader: Phil Pryor

Bookings: Margaret Marshall 0418 253 949

### GERMAN BEGINNERS (CONTINUING)

This course is for those who have an elementary understanding of German grammar and who have a vocabulary including commonly-used words and expressions.

**Each Monday from 22 July 10:00 – 12:00. Finishing**

**Monday 16 Sept**

Leader and bookings: Michael Hummel 9869 1023  
michael.hummel48@gmail.com

### FRENCH CONVERSATION (12)

We discuss current affairs, articles of interest from magazines and journals, also topics previously agreed on. New members with a good knowledge of French are welcome.

**Alt Fridays from 26 July 2:00 – 4:00**

Leader and bookings: Mary Lambert 9440 2531

### FUN PROBLEM SOLVING TO KEEP OUR MINDS ACTIVE

Let's challenge our brains and keep mentally young and agile by learning how to solve geometric puzzles such as tangrams and pentominoes, as well as space problems, number puzzles, word problems and logic problems. Please bring along pencils, scissors and an eraser.

**Alt Tuesdays from 6 Aug 10:00 – 12:00**

Leader and bookings: Sandra Sadler 9484 5513  
spsadler@dodo.com.au

## TURRAMURRA NORTH: THE LANDINGS

440 Bobbin Head Rd, North Turrumurra Clubhouse.  
Parking available.

**Venue Convener: Wendy Bull 9488 5268**  
**thelandingsvilla@gmail.com**

### TOPICS OF INTEREST

A variety of speakers lecture on their favourite subjects in the comfortable and well-equipped Clubhouse. auditorium.

**Second and fourth Tuesdays of each month July to Nov incl. 10:00 – 11:30 No Bookings required**

### 1. Surviving and Thriving as a First time Tourist in Japan

**Tuesday 9 July** Speaker: Jeff Burgess

### 2. Bush Rangers: Surviving the Bushranger Menace in NSW Country Towns

**Tuesday 23 July** Speaker: Garry Smith

### 3. Medieval Heroines in History and Legend

**Tuesday 13 Aug** Speaker: Tony McCurdy

### 4. 1st Maori War 1845-1848

**Tuesday 27 Aug** Speaker: Peter Headley

### 5. Spooks, Spectres & Spirits in Aussie Folklore

**Tuesday 10 Sept** Speaker: Graham Sims

### 6. Flight into Hell

**Tuesday 24 Sept** Speaker: Graham Sims

### 7. Art Gallery of NSW 1874 - 2012 (Session 1)

**Tuesday 8 Oct** Speaker: Stewart Reed

### 8. Art Gallery of NSW 1874 - 2012 (Session 2)

**Tuesday 22 Oct** Speaker: Stewart Reed

### 9. The Real Squizzy and Ida Story

**Tuesday 12 Nov** Speaker: Garry Smith

### 10. Forgotten Australians

**Tuesday 26 Nov** Speaker: Tony McCurdy

## TURRAMURRA SOUTH: UNITING CHURCH

Cnr Chisholm and Vernon Sts, South Turrumurra. Vestry.  
Parking available.

**Venue Convener: Grahame Marr 9487 3806**  
**gwmarr1@bigpond.com**

### FRENCH INTERMEDIATE/ADVANCED (12)

This course is for those having completed at least four years of preliminary courses. It aims to develop skills in understanding, reading, writing, and speaking French.

**Each Wednesday 24 July 10:00 – 12:00**

Leader and bookings: Ethleen Low 9476 4259  
ethlow@bigpond.net.au

### FRENCH PRE-INTERMEDIATE (18)

This course is for those who have completed at least 2 years of a preliminary French course. Develop your skills in speaking, listening to, reading and writing French in a relaxed and friendly atmosphere. Two text books are required. (Phone leader for details)

**Each Thursday from 25 July 1:00 – 3:00**

Leader and bookings: Shirley Beck 9634 4214

### FRENCH POST BEGINNERS (18)

This course is for those who have completed at least one year of a preliminary French course. It will involve vocabulary, role plays and grammar to develop skills in speaking, listening to, reading and writing French. Two text books are required. (Phone leader for details)

**Each Tuesday from 23 July 1:00 – 3:00**

Leader and bookings: Shirley Beck 9634 4214

## WAHROONGA: THE WONIORA

9 Woniora Ave. Wheelchair access.

**Venue Convener: Tina Vander Heyden 0414 473 712**  
albertinav@icloud.com

### GERMAN INTERMEDIATE (12)

This course assumes that students have studied German in the past and want to brush up on their speaking, reading skills and basic grammar. The emphasis is on oral German and some necessary grammar.

**Each Monday from 8 July 10:00 – 12:00**

Leader and bookings: Dorothee Schifter 9487 2578  
dorothee.schifter@bigpond.com

---

## PRIVATE HOMES

**Venue Convener: Marjorie Perry 9440 7131**  
marjorieperry111@gmail.com.au

### INDONESIAN BEGINNERS (Wahroonga)

Learn the language of our closest neighbours. Textbook: *Colloquial Indonesian* by Sutanto Atmosumarto

**Alt Tuesdays from 20 Aug to 12 Nov 1:30 – 3:30**

Leader and bookings: Tina Vander Heyden 0414 473 712  
albertinav@icloud.com

### INDONESIAN INTERMEDIATE (Wahroonga)

Expand your knowledge of Indonesian with a small group of like-minded people in a relaxed atmosphere.

Textbook: *Bahasa Tetanggaku and Keren* by Ian J. White.

**Wednesday 21 Aug, 4 Sept, 30 Oct 1:30 – 3:30**

Leader and bookings: Tina Vander Heyden 0414 473 712  
albertinav@icloud.com

### WRITING MEMOIRS (St Ives)

A course for people who want a more structured approach to writing their memoirs (don't know where to begin?). The aim is to hold your own book in your hands.

**Alt Fridays from 5 July 10:00 – 12:00**

Leader and bookings Colleen McMillan 0447 365 900  
colleenmcmillan11@gmail.com

### PLAY READING (Wahroonga)

No need for acting skills, just an interest in reading plays with a friendly group.

**Third Friday of each month from 19 July 1:30 – 3:30**

Leader and bookings: Jill Baxter 9487 5972

### WITH RHYME AND REASON (Eastwood) (10)

We are a group of published poets and poetry lovers who meet together to study and discuss 20<sup>th</sup> century poets and poetry from all over the world. Material is distributed before each meeting. The atmosphere is relaxed and convivial.

**Alt Thursdays from 25 July 10:30 – 12:30**

Leader and bookings: Gisela Nittel 9873 1857  
gisela.nittel@gmail.com

### A WAY WITH WORDS (Pymble)

Join our writing group in a motivating and supporting environment. Knowledgeable feedback is given to help you develop your writing skills. Parking available.

**Alt Thursdays from 25 July 10:00 – 12:00**

Leader: Margaret Thomason 9488 8960  
Bookings: Margot Taverne 9449 2923  
margottaverne@gmail.com

# COURSE INDEX

<b>City and Inner West Region</b> .....	<b>Pages 14 to 21</b>
<b>Eastern Region</b> .....	<b>Pages 22 to 24</b>
<b>Endeavour (Southern) Region</b> .....	<b>Pages 25 to 30</b>
<b>Greater Western Region</b> .....	<b>Pages 31 to 33</b>
<b>Harbourside North Region</b> .....	<b>Pages 34 to 43</b>
<b>Northern Beaches Region</b> .....	<b>Pages 44 to 52</b>
<b>Upper North Region</b> .....	<b>Pages 53 to 60</b>

## A

Archaeology	29,30
Art	Appreciation 16, 21, 26, 27, 34, 55 Drawing / Painting 17, 27, 28, 29, 37, 40, 45, 47, 49, 52, 55, 57

## B

Book Groups	17, 20, 24, 25, 29, 30, 31, 32, 38, 39, 45, 52, 54, 56
Bushwalking	See Outdoor/Outings

## C

Calligraphy	32
Cinema / Movies / Film	14, 15, 16, 19, 20, 23, 24, 27, 33, 34, 36, 42, 48, 58
Computers / Tablets	16,39,40,52
Cooking	50
Craft	30, 31, 46
Creative Writing / Publishing	27, 29, 31, 39, 40, 41, 43, 45, 50, 51, 57, 60
Croquet	20, 29, 48
Crosswords	16, 25, 27, 47
Current Affairs	15, 20, 28, 37, 41, 43, 51, 58, 59

## D

Dance	14, 27, 33, 50
Desktop Flying	33
Discussion Groups	14, 15, 16, 19, 20, 23, 24, 26, 27, 28, 33, 35, 38, 39, 45, 50, 51, 54, 58, 59
Drama / play reading / theatre	16, 22, 23, 40, 49, 50, 51, 60

## E

Eating out	See Outdoor / outings
Economics / Investment	37, 42
Environment	18, 19, 28, 35, 58
Exercise	14, 19, 33, 50

## F

Facebook	See Computers / Tablets
Famous People	16, 32, 33, 35, 40, 41, 42, 43, 56, 58
French	17, 19, 20, 23, 24, 25, 27, 28, 37, 46, 47, 49, 51, 57, 59

## G

Games	Brain Games 26, 31, 59 Bridge 14, 33, 58 Canasta 31, 33, 50 Mah Jong 33, 45, 50, 52 Scrabble 31
Genealogy / Family History	Including memoirs 18, 31, 32, 36, 38, 39
German	27, 36, 52, 57, 59, 60

## H

Health / Nutrition / Human Body	18,48,58
History	Australia 16, 18, 26, 27, 28, 31, 35, 37, 38, 40, 42, 43, 54, 55, 56 Ancient 26,28,35,40,45,55,56,57 Britain 36, 51 China 35 War / Military 23, 33, 35, 38, 40, 51 World / General 15, 18, 22, 23, 28, 33, 35, 36, 38, 39, 40, 41, 42, 43, 55, 59

## I

Indonesian	60
Italian	15, 17, 19, 24, 28, 55

## J

Japanese	15, 17
----------	--------

## L

Language	English / ESL 14, 32, 42
Languages	See individual language
Latin	56
Legal matters	7, 56
Literature	British 15, 37, 41, 42, 43 Chinese 34 Crime 29 General 28, 37, 41 Poetry 26, 31, 39, 48, 55, 60 Shakespeare 18, 50

## M

Mandarin	31
Marine conservation	18
Medical matters	32, 37, 52, 54, 56, 58
Meditation	30
Music	Appreciation 23, 24, 26, 29, 35, 36, 38, 40, 42, 43, 48, 50, 51, 52, 55, 58 Ballet 26 Opera 26, 42, 47 Performance 14, 35, 38, 43, 44, 45, 47, 50, 55, 56 Singing 26, 33, 51 Ukulele 17, 46, 47, 57

## N

Outdoor / Outings	Eating Out 20, 21, 30, 43 Museums / Galleries 21, 54 Walks / Bushwalking 21, 29, 30
-------------------	---

## P

Philosophy	17, 18, 37, 42, 43, 46, 47, 57, 58
Photography	41, 48, 49, 50
Poetry	See Literature
Politics	43
Psychology	19, 42

## Q

QiGong	14
--------	----

## R

Relaxation	30, 33, 49
Russian	51, 56

## S

Science and Technology	Astronomy 30, 36 General 18, 30, 35, 36, 37, 38, 40, 41, 49, 52, 53, 54, 57, 58 Mathematics / Physics 42 Nature 40 Series 52, 53
Singing	See Music
Spanish	17, 23, 36, 47, 56
Storytelling	32

## T

Table Tennis	49
Tai Chi	14, 19, 54
Theatre / Drama / Play Reading	See Drama
Travel	15, 25, 26, 35, 36, 37, 38, 41, 42, 55, 56, 59
Trivia	16, 30, 47

## U

Ukulele	See Music
---------	-----------

## W

Walking	See Outdoor / Outings
Writing	See Creative Writing

## Y

Yoga	49, 55
------	--------

## Single Session Series

Monday	22, 23, 53, 58
Tuesday	32, 48, 49, 59
Wednesday	48, 58
Thursday	16, 32, 33, 56
Friday	18, 23, 46

# SUBURBS INDEX

<b>A</b>	
<b>Ashfield</b>	Cardinal Freeman Village ..... 14 Civic Centre ..... 14 Club Ashfield ..... 14
<b>Avalon</b>	Private Home ..... 52
<b>B</b>	
<b>Balgowlah</b>	Club Totem ..... 45
<b>Belrose</b>	Glenaeon Retirement Village ..... 45 Private Home ..... 52
<b>Berowra</b>	Community Centre ..... 53
<b>Blacktown</b>	City Library ..... 31 Westpoint ..... 31
<b>Bondi Junction</b>	Waverley Library ..... 22, 23 Waverley Community & Seniors Centre ..... 23
<b>Bronte</b>	Private Home ..... 24
<b>Burwood</b>	Club Burwood ..... 15 RSL Club ..... 14, 15 Woodstock Community Centre ..... 15
<b>C</b>	
<b>Carlingford</b>	Private Home ..... 33
<b>Castle Cove</b>	Watermark Retirement Village ..... 34, 35
<b>Castle Hill</b>	Warrina Village ARV ..... 54
<b>Chatswood</b>	Dougherty Community Centre ..... 35, 36
<b>Collaroy</b>	Warringah Place Retirement Village ..... 45
<b>Collaroy Plateau</b>	RSL Veterans' Retirement Village ..... 45
<b>Cronulla</b>	Community Hall ..... 27 School of Arts ..... 25, 26, 27
<b>D</b>	
<b>Drummoyne</b>	Community Centre ..... 17
<b>E</b>	
<b>Eastwood</b>	Private Home ..... 60
<b>Epping</b>	Community Centre ..... 54 Leisure and Learning Centre ..... 54 Uniting Church ..... 54
<b>F</b>	
<b>Forestville</b>	Forest Community Arts Centre ..... 45, 46 Private Home ..... 52
<b>Frenchs Forest</b>	Lionel Watts Community Centre ..... 46 Private Home ..... 52
<b>G</b>	
<b>Glebe</b>	Library - Benledi Room ..... 17 Nag's Head Hotel ..... 17 St Helen's Community Centre ..... 17 The Old Town Hall ..... 17 Toxteth Hotel ..... 18
<b>Gordon</b>	Library ..... 54
<b>Greenwich</b>	The Baytree Retirement Resort ..... 36, 37
<b>Guildford</b>	Hewitt House ..... 31
<b>Gymea</b>	Community Hall ..... 27 Community Centre ..... 27 Private Home ..... 30
<b>H</b>	
<b>Hornsby</b>	Central Library ..... 54, 55 Leisure and Learning Centre ..... 55
<b>Hunters Hill</b>	C A Fairland Hall ..... 37, 38
<b>Hurstville</b>	Hurstville Library ..... 27 South Hurstville Library ..... 28, 29
<b>K</b>	
<b>Killara</b>	Lourdes Retirement Village ..... 55, 56
<b>Kogarah</b>	Private Home ..... 30 Senior Citizen Hall ..... 27
<b>L</b>	
<b>Lane Cove</b>	Living and Learning Centre ..... 38, 39
<b>Leichhardt</b>	Municipal Library ..... 18, 19
<b>Lilli Pilli</b>	Private Home ..... 30
<b>Lindfield</b>	Lindfield Gardens ..... 56 Senior Citizens Resource Centre ..... 56, 57
<b>M</b>	
<b>Maroubra</b>	Lionel Bowen Library ..... 23
<b>McMahons Point</b>	Community Centre ..... 39 Community Centre Computer Education ..... 39, 40
<b>Merrylands West</b>	
<b>Merrylands West</b>	Private Home ..... 33
<b>Millers Point</b>	Millers Point Community Centre ..... 16, 17
<b>Miranda</b>	Community Centre ..... 28 Westfield ..... 28
<b>Mona Vale</b>	Memorial Hall ..... 46
<b>Mosman</b>	Art Gallery ..... 34, 41, 42 Art Gallery Melody Room ..... 40, 41 Mosman Square Seniors Centre ..... 34, 42, 43 The Manors Retirement Village ..... 39
<b>N</b>	
<b>Narrabeen</b>	Baptist Church ..... 44, 46, 47 Tramshed Arts and Community Centre ..... 47, 48
<b>Narrabeen North</b>	Coastal Environment Centre ..... 48 Narrabeen RSL Club ..... 48
<b>Newport</b>	Community Centre ..... 48, 49, 50 Pittwater Presbyterian Church ..... 50
<b>North Bondi</b>	Private Home ..... 24
<b>North Curl Curl</b>	Community Centre ..... 50, 51
<b>O</b>	
<b>Oatley</b>	Library ..... 28
<b>P</b>	
<b>Paddington</b>	EJ Ward Community Centre ..... 23
<b>Parramatta</b>	Raffles Building Fitzwilliam Street ..... 31, 32, 33 Harry Todd Band Hall ..... 33
<b>Parramatta North</b>	Private Home ..... 33
<b>Pennant Hills</b>	Community Centre ..... 57 Leisure and Learning Centre ..... 57
<b>Pymble</b>	Private Home ..... 60 Uniting Church ..... 57
<b>R</b>	
<b>Randwick</b>	Margaret Martin Library ..... 24 Private Home ..... 24
<b>Revesby</b>	Community Hall ..... 19 Workers Club ..... 19
<b>Rose Bay</b>	Private Home ..... 24
<b>Roseville</b>	New Church ..... 43
<b>Rozelle</b>	Hannaford Centre ..... 19, 20 Neighbourhood Centre ..... 20
<b>S</b>	
<b>Sans Souci</b>	Library ..... 28
<b>St Ives</b>	Private Home ..... 60 Uniting Church ..... 57, 58
<b>Stanmore</b>	Private Home ..... 20
<b>Strathfield</b>	Croquet Club ..... 20
<b>Sutherland</b>	Club on East ..... 25, 29 Croquet Club ..... 29 Leisure Centre ..... 29 Library ..... 29
<b>Sydney City</b>	Customs House Library ..... 15, 16
<b>T</b>	
<b>Thornleigh</b>	Hillcrest Uniting Church ..... 58
<b>Toongabbie</b>	St Anthony's Church Hall ..... 33
<b>Turramurra</b>	Rohini Village ..... 58 Uniting Church ..... 53, 59
<b>Turramurra North</b>	The Landings ..... 59
<b>Turramurra South</b>	Uniting Church ..... 59
<b>W</b>	
<b>Wahroonga</b>	Private Home ..... 60 The Woniora ..... 60
<b>Warriewood</b>	Nelson Heather Senior Citizens Centre ..... 51, 52
<b>Wentworthville</b>	Private Home ..... 33
<b>Woollahra</b>	Gaden Community Centre ..... 24
<b>Woolloomooloo</b>	Ozanam Learning Centre ..... 20
<b>Y</b>	
<b>Yowie Bay</b>	Waterbrook Lifestyle Resort ..... 29



SYDNEY  
U3A

**OUR COLOUR BRAND  
VALUES EXPLAINED:**

**KINGFISHER BLUE = SHARING**

We share our knowledge

**GREEN = GROWING**

Together we grow our minds

**YELLOW = SOCIALISING**

We interact and connect with others

**RED = PASSION**

Our passion is for education

Sydney U3A is a not-for-profit volunteer based organisation providing continuing education opportunities for people who are no longer in full time employment. The courses and talks are conducted in a relaxed environment; are stimulating and interesting across a wide variety of topics. Participating members are provided with the opportunity to form enduring friendships through socialisation and community interaction whilst learning something new.