

# 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: Punchi 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 Pompeiian Style.
3. Second Pompeiian Style.
4. Augustus' residence on the Palatine and Third Style.
5. Domus Aurea and the Fourth Pompeiian Style.
6. Post-Pompeiiian 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 Descoeudres  
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. Cahoon, 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