

# GREATER WESTERN

**Regional Course Coordinator:** Sue Bailey  
sueb0356@gmail.com **Enquiries only**

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## GREATER WESTERN REGION OF SYDNEY U3A

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

**Friday 21 February at 2pm**  
**SWINBURNE UNIVERSITY OF TECHNOLOGY**

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

All office bearers' positions are open for election.

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

**Nomination forms** must be returned to  
Secretary Ann Orel annorel@hotmail.com OR posted to 4 Kenworthy St Dundas 2117 before **Friday 7 February 2020**

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## PLEASE SEE OUR 2 ENTRIES IN 'EVENTS'

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### 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 4 Feb 10:00 - 12:00**

Leader: Roslyn McMullen rmrfm12@gmail.com

**Bookings:** Marie Donaldson

mariedonaldson@optusnet.com.au

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### BLACKTOWN: WESTPOINT

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

#### 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 6 Feb 10:00 - 12:00**

Leader: Chris Scott

**Bookings are essential.** We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to [www.sydneyu3a.org](http://www.sydneyu3a.org) or contact Chris Scott 0412 625 571 [chris.don@me.com](mailto:chris.don@me.com)

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### EMERGING SCIENCE

Presentations by UNSW researchers in their area of study and how that will relate to us. Details of individual presentations in the GW website

**Alt Fridays from 14 Feb 10:00 - 1:00**

Leader Michael Du Plessis [michael@greenice.com.au](mailto:michael@greenice.com.au)

**Bookings:** Sue Bailey [sueb0356@gmail.com](mailto:sueb0356@gmail.com)

### FUN AND GAMES

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

**Alt Fridays from 7 Feb 10:00 - 1:00**

Leader and **bookings:** June Keith 9621 1215

[junekeith@optusnet.com.au](mailto:junekeith@optusnet.com.au)

### 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 13 Feb 10:00 - 12:00**

Leader and **bookings:** Margaret Bacon 9622 7874

[margaretbacon8@gmail.com](mailto:margaretbacon8@gmail.com)

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### 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 5 Feb 1:30 - 3:30**

Leader and **bookings:** Glennis Henning 9872 5042  
k.henning@optusnet.com.au

## PARRAMATTA: SWINBURNE UNIVERSITY OF TECHNOLOGY

Level 2 1-3 Fitzwilliam St adjacent to Library and rail station  
Wheelchair access and lift available

(Enter through glass doors left of library entrance)

Check with leaders for sessions during the school holidays

### BOOK OF THE MONTH (20)

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

**Every fourth Monday from 3 Feb 10:00 - 12:00**

Leader and **bookings:** Isabel Halton 9872 4467

### CALLIGRAPHY (18)

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

**Alt Thursdays from 6 Feb 1:00 - 3:00**

Leader and **bookings:** Georgie Tuck 9626 1334  
georinatuck93@gmail.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 4 Feb 1:00 - 3:00**

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

### 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

**Every Monday from 3 Feb 10:00 - 12:00**

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 practice and improve their listening and speaking skills. Activities range from basic everyday conversation to role plays and discussions facilitated by native Mandarin speakers

**Every Friday from 7 Feb 1:00 - 3:00**

Leader and **bookings:** Stanley Yan

**Bookings are essential.** We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to [www.sydneyu3a.org](http://www.sydneyu3a.org) or contact Stanley Yan 0408 544 925 stanyan100@hotmail.com (preferred)

## 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 12 Feb 1:00 - 3:00**

Leaders: Ann Orel and Rachele Rassaby

**Bookings are essential.** We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to [www.sydneyu3a.org](http://www.sydneyu3a.org) or contact Ann Orel 9638 2547 [annorel@hotmail.com](mailto:annorel@hotmail.com) or Rachele Rassaby 9797 2287 [rassaby@gmail.com](mailto:rassaby@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. Fortnightly personalities will be on the Greater Western webpage

**Alt Thursdays from 30 Jan 2:00 - 4:00**

Leader: Barry Hanlon

**Bookings are essential.** Rex Broadbent 0433 000 556  
[rexpatoptusnet.com.au](mailto:rexpatoptusnet.com.au)

## 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 11 Feb 10:00 - 12:00**

Leader and **Bookings:** Helen Reardon 9631 7241  
[helsjr@bigpond.com](mailto:helsjr@bigpond.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 are essential.** We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to [www.sydneyu3a.org](http://www.sydneyu3a.org) or contact Sue Brennan [suebrennan88@gmail.com](mailto:suebrennan88@gmail.com)

### 1. Beating the Blues

We can all benefit from simple strategies to improve our psychological wellbeing. Keeping a positive frame of mind makes us happier and healthier

**Tuesday 4 Feb**

Speaker: Dr Christine Lopacinski

### 2. Preventing Falls

Fall - the consequence can be serious, even the ability to stay in your own home. Learn what you can do to reduce your risk of falling

**Tuesday 18 Feb**

Speaker Dr Christine Lopacinski

### 3. The Shitbox Rally

Melbourne-Birdsville-Townsville and beyond in a \$425 car on a Cancer Council fundraiser as one of 250 cars. Did we succeed? Come and find out

**Tuesday 3 March**

Speaker Derry and Jane Thomas

#### 4. Love, Loss & Yearning: The two Wives of Lachlan Macquarie

Jane Jarvis and Elizabeth Campbell transformed Lachlan Macquarie's life. Who were they and how did they shape Macquarie's life in India, Australia, Britain 1793-1824?

**Tuesday 17 March**

Speaker Robin Walsh

#### 5. Finding Aliens On Exoplanets Using Absorption of Light by Molecules

Planets around stars other than our own, and how modern technology is allowing us to understand their characteristics. How I do chemistry using a computer

**Tuesday 31 March**

Speaker: Dr Laura McKemmish

#### 6. Sydney Harbour Trust

Extraordinary places on Sydney Harbour-past, present and future. Includes past and current photos of the Harbour's hidden gems

**Tuesday 14 April**

Speaker Marie Palmer

#### 7. Australian National Maritime Museum

"Wooden Boats and Iron Men" the Halvorsen Story and the story of the Japanese Midget Submarine attack on Sydney

**Tuesday 28 April**

Speaker: Noel Phelan

#### 8. Science and the use of Commercial Explosives in Australia

Presentation on how explosives work and their use in mining, quarrying and civil construction in Australia. Will include videos of blasting in mines and quarries

**Tuesday 12 May**

Speaker Michael du Plessis

#### 9. Weather

(1) From Gods to Gigabytes – A Brief History of Weather Forecasting

(2) Demons of the Shoreline - East Coast Lows

**Tuesday 26 May**

Speaker Richard Whitaker

#### 10. Civilising the Dark Continent

Intense Anglo-French global rivalries led to an agreement between the European nations to carve up Africa to "Civilise, Christianise, conduct Commerce and to Colonise"

**Tuesday 9 June**

Speaker Himanshu Jhala

#### 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 fourth Monday from 24 Feb 1:00 - 3:00**

Leader and **bookings:** Dorothy Johnson 0402141005  
djohnson8231@gmail.com

## PARRAMATTA: HARRY TODD BAND HALL

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

#### 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 7 Feb 10:00 - 12:00**

Leader: Robert Russell 0410028475  
dawnrobert58@yahoo.com

**Bookings:** Dorothy Johnson 0402141005  
djohnson8231@gmail.com

#### STALIN'S RUSSIA

Joseph Stalin is one of the most notorious figures in history. He ordered the systematic killing of people on a massive scale. He also turned Russia into a superpower. Explore this personality and why he created terror, in eight talks

**Alt Fridays from 14 Feb 10:00 - 12:00**

Leader: Colin Smith

**Bookings:** John Brockman  
alban.kingslanglely@gmail.com

## TOONGABBIE: ST. ANTHONY'S CHURCH HALL

Aurelia St Parking available Wheelchair access

#### BALLROOM DANCING

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

**Every Thursday from 12 Mar 1:00-3:00**

Leader and **bookings:** Cecilia Padlan 0415 965 325  
cbeauty023@gmail.com

#### GENTLE EXERCISE AND DEEP RELAXATION (15)

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

**Every Tuesday from 4 Feb 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

**Every Wednesday from 5 Feb 1:00 - 3:00**

**No classes school holidays**

Leader and **bookings:** Vicky Fitzgibbon 0427 240 583  
vickyfitzgibbon47@gmail.com

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

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

**Every Monday from 3 Feb 1:00 - 3:30**

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

## GWN WRITERS ONLINE

Write a story or poem using one, two or three of the prompts announced monthly in GWN, the Greater Western Newsletter. Submissions received via email will be included in the following issue. See the current newsletter for prompts and deadlines

**Venue: Your place, any time**

Leader and Newsletter Editor Carmel Liddell  
editor.gwn@bigpond.com

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## PRIVATE HOMES

### **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 5 Feb 10:00 - 12:30**

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

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

Bridge for advanced players in a non-competitive atmosphere

**Alt Wednesday from 5 Feb 10:00 - 12:00**

Leader and **bookings:** Liz Sobolewski 9630 7592

### **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 11 Feb 1:30 - 3:30**

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

### **EXPLORING THE PAST (South Wentworthville) (10)**

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

**Alt Thursdays from 13 Feb 10:00 - 12:00**

Leader and **bookings:** Bev Cockburn 9635 7802  
bevco4@bigpond.com

### **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 12 Feb 10:00 - 12:00**

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 26 Feb 10:00 - 12:00**

Leader and **bookings:** Suzanne Su 9872 1230