Talks Courses Events

SEMESTER 1
January - June 2020
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.

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

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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.
PRESIDENT’S MESSAGE

Welcome to another year in Sydney U3A. This is my last message to you as President, a role I have enjoyed filling for the last three years.

Recently the Sydney U3A Policies and Procedures sub-committee forwarded the document they had been working on for two and a half years to the Board of Management. It is never easy to rewrite an entire document, particularly as operations and responsibilities have changed since the previous document was written. We thank Beverley Peken, Sue Barr, Barbara Burton and Ron Shapiro for their hard work and dedication to Sydney U3A.

I would like to thank Marilyn Noonan for continuing as Acting Treasurer until September when Ivona Kadlec was appointed by the Board of Management. Ivona has settled in well with Marilyn’s support. I would also like to thank Administration Manager, Lynda Cronshaw, and Secretary, Paula Poon for their valuable contribution to the efficient running of Sydney U3A - they are a great addition to the team.

The position of VP Education is a complex one, which involves the production of two course books each year. Dianne Ekert has done a sterling job in this role over the last three years. Not only has she had to supervise the production, but she has had to find new course book editors, proof-readers and new printers. I would like to thank Dianne for her huge contribution to Sydney U3A over the last three years and wish her well for the future.

Many people are involved in developing the courses and talks offered to our members. The most important of these are the leaders and speakers who give their time to share their knowledge and expertise with us.

One member, who had been a speaker for over 15 years, and had prepared over 100 individual talks, mentioned that it took about 200 hours to thoroughly prepare just one talk for U3A. Without the members who volunteer to be leaders and speakers we would not be able to maintain the high standard of programs we offer each semester. They are the backbone of our organisation and on your behalf I extend my thanks to them for the work they do.

Best wishes to you all for the coming year. I am sure you will continue to be inspired by the courses, talks and events contained in this course book.

Barbara Boston, President, Sydney U3A Inc

VP EDUCATION REPORT

This report is my last as my three-year term as VP Education finishes in April 2020.

As I look back over the last three years it has been busy, sometimes frustrating but mostly interesting and fulfilling. I have been privileged to be part of the Executive of the wonderful organisation that is Sydney U3A.

Whilst I have loved it all, the most enjoyable part has been meeting the committees and members from the regions. What an outstanding group of people! I continue to be amazed not only by the depth and breadth of the knowledge and skills of our members, but at their willingness to freely share with others. You are the heartbeat of the U3A movement.

Sydney U3A is one of the few truly self-help organisations where members enjoy lifelong learning and where the retention of their social identity is facilitated. The availability of lifelong learning at low cost and the retention of a social identity are critical component of the 3rd stage of our life’s journey.

I had the privilege of chairing the team that organised the U3A Network NSW Conference in Sydney in 2017. Together with Grahame Marr we re-wrote the Guide to the Conduct of Courses. I’ve been involved in interviews on radio and in promoting Sydney U3A with presentations and have been part of the Board of Management.

Against several odds we managed to produce course books that all involved can be proud of especially as feedback says the course books are now succinct, easy to read and orderly. The current course book is being edited by Gen Healy with the assistance of Patricia Prior. Gen is a brand new member to Sydney U3A. She stepped up when we advertised for an editor and has done a great job. Whilst Gen had editing experience, she knew little about Sydney U3A prior to taking up the role. Fantastic contribution and a mega fast learning curve. Patricia also stepped forward to assist. A big hug and a special thank you to these two ladies. Our proof readers are invaluable.

As the initiator of on-line course bookings that is currently gathering steam under the expert guidance of Stuart Cummings and the pilot program team I am thrilled that we are steadily moving forward into the 21st century. This initiative will ensure that we attract a new demographic of members. We now have a new working committee that will take this project to the next stage with, hopefully, much greater participation from the regions.

Our colourband values continue to 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).

Enjoy S1 2020 courses, talks and events.

Dianne Ekert. Vice President, (Education), Sydney U3A Inc.
ON-LINE BOOKING PILOT

Last semester we commenced our on-line booking pilot. Members who used the system reported that the software is relatively easy to navigate. Many said that the on-line system is preferred to booking courses by phone and/or email. If a place is available a confirming email is automatic to the member – no waiting. This auto confirmation is perceived to be a major benefit.

Leaders who used the system to register members who enrolled by email/phone indicated that the system’s features made their tasks easier particularly when they did not have to complete a course attendance form as the system automatically generated the form which included member number and name.

The number of on-line booking courses offered this semester has been expanded - ten courses, one event and three series of talks. Details are provided in the region’s entries. They are:

City & Inner West - Event March 31 - Paddington Art Crawl page 11


Greater West - Three courses: Australia: Its History, People, Events and Places at Blacktown page 32 - Mandarin Pies at Parramatta page 33 - Our Words at Parramatta page 33 and a Series of Talks at Parramatta (Swinburne University of Technology) page 33

Harbourside North – Series of talks at Watermark Retirement Village page 36 - Series of Talks at Hunters Hill (C A Fairland Hall) page 40

Northern Beaches - Two courses: Balance ’n’ Bones at North Curl Curl page 52 - Singing for the Joy of Singing at Warriewood page 54

Upper North - Truth in History at Turramurra page 62

MEMBERS ARE ENCOURAGED TO BOOK THESE COURSES, TALKS AND EVENTS ONLINE
www.sydneyu3a.org

IMPORTANT INFORMATION – PLEASE READ

- You must book for all courses that you wish to attend, unless otherwise indicated
- Book online, 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
- If required request details of transport including parking availability from the bookings secretary
- 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 course / talk / event advertised in any region subject to availability
- Indexes are arranged alphabetically by specific subject (eg languages under French, German etc) and separately by suburb
- Membership badges must be worn at all events / courses / talks

BIODEGRADABLE WRAPPING ON OUR COURSE BOOK

SYDNEY U3A is mindful of its obligation to the environment. The plastic mailing wrapper used as a mailing envelope for the course book is treated with an organic additive that allows the wrapper to biodegrade.

Members can further assist in helping to protect our environment by disposing of the wrap in a responsible manner - don’t let any plastic item, biodegradable or non-degradable end up in landfill - many supermarkets have plastic recycling drop off bins. A PDF is available instead of a hard copy.

AGM

The AGM is scheduled for April 1, 2020 at Mitchell Theatre, Sydney Mechanics’ School of Arts 280 Pitt Street, Sydney. See enclosed AGM notice for more information.
EVENTS
Semester 1, 2020

TOUR OF SYDNEY’S GOVERNMENT HOUSE (20)
Organised by David Wardle
Friday 28 February 11:00 - 12:00
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.

No charge BUT 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

GUIDED TOUR OF OLD GOVERNMENT HOUSE (15)
Organised by City and Inner West
Tuesday 12 May

Old Government House, designed in an elegant Georgian style, is Australia’s oldest surviving public building. It sits inside 200 acres of parkland, established in 1858 on the former Parramatta Government Domain. Old Government House is one of 11 Australian convict sites inscribed on the UNESCO World Heritage Register.


Cost $10 payable on the day. Combination ticket with Experiment Farm Cottage $15. National Trust members free.
Optional lunch afterwards at café on site at own cost.

Booking essential: from 9:00 Monday 27 April to 5:00 Friday 1 May
Leader unable to process bookings outside that period

Email bookings only: beatricescheepers@gmail.com
Please provide membership and telephone number when booking
THE GREAT SYNAGOGUE, SYDNEY (50)

Organised by David Wardle

Tuesday 18 February 12:00 - 1:00 or Thursday 12 March 12:00 - 1:00

166 Castlereagh St Sydney

The Great Synagogue was first opened in 1878 when two existing congregations joined together. There had been a long-term presence of Jewish people in Australia with sixteen believed to have been on the First Fleet.

The building is known as the Jewish ‘cathedral’ and although its exterior magnificence is less visible due to high-rise buildings on each side, its interior remains spectacular and considered to be one of the most beautiful in the world.

The tour includes a presentation on Jewish history in Australia and an opportunity to visit the on-site museum.

Please arrive ten minutes early. The cost is $10 for adults and $7 for senior citizens.

Bookings are essential: David Wardle: djwardle01@gmail.com
When booking please quote your name, U3A number and telephone number

HOW THE COURTS WORK (15)

Organised by City and Inner West

Leader: Beatrice Scheepers

Part 1
Friday 13 March

Meet 9:30 cnr of Central and George Sts opposite Event 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 20 March

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

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 on Friday 20 March

Bookings essential for both dates: between 9:00 Monday 2 March and 5:00 Friday 6 March
Bookings cannot be processed outside that period

Places will be determined by ballot. Please provide membership and telephone number when booking
Bookings: beatricescheepers@gmail.com

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.
EVENTS
Semester 1, 2020

SYDNEY JEWISH MUSEUM (20)
Organised by David Wardle

Thursday 26 March 1:00 - 2:00 or Tuesday 7 April 1:00 - 2:00

148 Darlinghurst Rd Darlinghurst
The Sydney Jewish Museum is adjacent to St Vincent’s Hospital. It was opened in 1923 as a community centre and known as the Maccabean Hall. Built in the classical style as a memorial to Jewish soldiers who served in World War 1, it became a museum in 1992. Inevitably there is confrontational information relating to the Holocaust but in addition there are artefacts relating to Jewish history and culture.

The cost of the guided tour is $12 each. Please arrive ten minutes early.

Bookings are essential: David Wardle: djwardle01@gmail.com
When booking please quote your name, U3A number and telephone number

ART GALLERY NSW (10)
Organised by David Wardle

Friday 6 March 11:00 - 12:30 or Tuesday 14 April 2:00 - 3:30

Located on Art Gallery Rd in the Domain the gallery has a wide range of artworks from Renaissance to Contemporary, Asian, Aboriginal and Western. The tour will focus on those exhibits that tell the stories of Greek mythology. The tour will meet at the entrance.

No charge BUT bookings are essential: David Wardle: djwardle01@gmail.com
When booking please quote your name, U3A number and telephone number

UTS CAMPUS CRAWL (15)
Organised by City and Inner West

Thursday 11 June

Leader: Beatrice Scheepers

This vibrant young university is home to some cutting-edge educational facilities, dramatic architecture and stunning interior spaces. On this tour we will visit the Faculty of Engineering and Information Technology, the Faculty of Science and Graduate School of Health, the Dr Chau Chak Wing building (designed by Frank Gehry) and UTS Central, a brand-new glass-encased building.

Meet outside Mercure Hotel, Railway Square at 9:30.

Bookings essential: from 9:00 Friday 25 May to 5:00 Friday 5 June
Leader unable to process bookings outside that period

Email bookings only: beatricescheepers@gmail.com; 0402 969 004 (enquiries only)
Please provide membership and telephone number when booking
TOUR OF ST MARY’S CATHEDRAL (20)

Organised by David Wardle

Friday 20 March 10:30 - 12:00

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:** David Wardle: djwardle01@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

GUIDED TOUR OF MUSEUM OF PRINTING (15)

Organised by City and Inner West

Tuesday 17 March

Cost $10 payable on the day. Optional Lebanese lunch afterwards at own cost.


**Bookings essential:** from 9:00 Monday 9 March to 5:00 Friday 13 March
Leader unable to process bookings outside that period

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

WHIST DRIVES

Organised by Harbourside North Region

Wednesdays 15 and 22 January 2020

Mosman Square Seniors Centre

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 leslieduffill@gmail.com
EVENTS
Semester 1, 2020

ENDEAVOUR (SOUTHERN) REGION OF SYDNEY U3A
FIFTH TUESDAY OCCASIONAL PUBLIC LECTURE NO.1

Organised by Endeavour (Southern) Region

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

Tuesday 31 March 2020: 10:15 for 10:30

Guest Speaker: Margaret Durie

High Drama at Bennelong Point
From a dream to a world icon. The story of the Sydney Opera house.

The Concert Hall in the Sydney Opera House will be closed from 2020 until 2022 for a major refit, addressing the ongoing issues the building has had since The Opera House was opened by Queen Elizabeth II on October 20th 1973.

What are the issues? Why was Jørn Utzon forced to resign and was there a curse on Bennelong Point?

No bookings required. Entrance by gold coin donation.
This lecture is open to the public and all U3A members.

GUIDED TOUR OF EXPERIMENT FARM COTTAGE (15)

Organised by City and Inner West

Thursday 28 May

Experiment Farm Cottage is an Indian-style bungalow built in 1835 for Surgeon John Harris. Inside the house is a collection of elegant colonial furniture, the largest of its kind in Australia. The gardens have been designed to reflect the authentic historical setting for the cottage.


Cost $8 payable on the day. Combination ticket with Old Government House $15. National Trust members free.
Optional curry lunch at Harris Park afterwards at own cost.

Booking essential: from 9:00 Monday 27 April to 5:00 Friday 1 May. Leader unable to process bookings outside that period

Email bookings only: beatricescheepers@gmail.com Please provide membership and telephone number when booking
ENDEAVOUR (SOUTHERN) REGION OF SYDNEY U3A
FIFTH TUESDAY OCCASIONAL PUBLIC LECTURE NO. 2

Organised by Endeavour (Southern) Region

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

Tuesday 30 June 2020: 10:15 for 10:30

JAPANESE MIDGET SUBMARINE ATTACK ON SYDNEY HARBOUR - May 1942

Guest Speaker: TBA

Every country tried to have a secret weapon that would give them an edge and help to win the war. Germany had the V1 and V2 rockets and jet planes. Britain had RADAR, the Spitfire and Winston Churchill. The USA had the ultimate secret weapon - the atomic bomb. Australia had brave and courageous men and women. Japan had submarines that could launch planes and carry midget submarines that provided both stealth and surprise. No other Navy had this capability.

What happened in Sydney Harbour in May 1942 is a good example of how people react when the unexpected happens and training and defences are inadequate. If you thought the Americans at Pearl Harbour misinterpreted and ignored warnings and were slow to react wait until you see how we handled the Japanese midget submarine attack on Sydney harbour

No bookings required. Entrance by gold coin donation. This lecture is open to the public and all U3A members.

PADDINGTON ART CRAWL (20)

Organised by City and Inner West

Tuesday 31 March

Leader: Beatrice Scheepers

Paddington is a lively arts precinct, showcasing a wide range of creative talents. Come and enjoy some of the many studios and galleries, as well as Sydney’s most beautiful butchery. Wear sun protection, walking shoes and carry water. Optional coffee/lunch afterwards at café at own cost.

Meet 10:00 at bus stop near cnr of Oxford and William Sts Paddington.

Bookings essential: from 9:00 Monday 23 March to 5:00 Friday 27 March.
Leader unable to process bookings outside that period
We encourage you to book online by going to www.sydneyu3a.org
or
Email bookings: beatricescheepers@gmail.com; 0402 969 004 (no phone bookings, enquiries only)
Please provide membership and telephone number when booking
EVENTS
Semester 1, 2020

NAN TIEN BUDDHIST TEMPLE (51)
Organised by Greater Western Region
Tuesday 7 April

Meet at Fitzwilliam Street, Parramatta at 8:30 for an 8:45 sharp departure. Return to Parramatta by 5:00.

Booking is essential: June Keith 9621 1215 or 0412 040 230 junekeith@optusnet.com.au
Cost: $53 based on 40 participants and payable by Friday 20 March
A small extra charge maybe necessary if numbers are less than 40.

Our destination is the Nan Tien Buddhist Temple at Wollongong. First stop is the Stanwell Tops Park for morning tea. Continuing, we cross the spectacular Sea Cliff Bridge opened in 2005. This Grand Pacific Drive takes us down the coast to the Temple for a guided tour. Named the largest in the Southern Hemisphere it comprises of a number of sections including: pagoda, pilgrim lodge, shrines with interesting exhibits. All sections have wheelchair and walker access.

A delicious two-course lunch will follow at Illawarra Master Builders Club after which our awaiting air-conditioned coach will travel via the Harbour on the return to Parramatta by 5:00.

2020 HOLIDAY: TAMWORTH (49)
Organised by Greater Western Region
Monday 9 March 2020 to Saturday 14 March 2020

Depart Monday 8:00 from Fitzwilliam St, Parramatta and 8:30 from Railway St, Pennant Hills Station

Return Saturday at approximately 4:30 to Railway St Pennant Hills Station and 5:00 to Fitzwilliam St, Parramatta

Please note: Whilst bookings and deposits were taken in September 2019, if interested in this holiday please contact Diana Pine on 4861 3721 to ascertain if any rooms are still available. The itinerary for this holiday is available on the U3A Website.

For those U3A members already booked on this holiday please note:
Full Payment: Balance made payable to Coach Holidays and Tours must be posted to Diana by 4 February 2020. The balance is partly refundable until the time and date of departure. No refund can be made after the time of departure or for any unused portions of the tour. Deposits are non-refundable within 30 days of departure. Eligible deposit refunds prior to this time are subject to a service charge of $50 per person.
EVENTS
Semester 1, 2020

Organised by the Northern Beaches Region

TWO U3A EVENTS FOR THE NSW SENIORS FESTIVAL
FEBRUARY and MARCH 2020

DANCE WITH THE 3RD AGE ROCK ORCHESTRA
TO THE SOUNDTTRACK OF YOUR LIFE

Wednesday 26 February 2:00 - 5:00
Forestville Memorial Hall  3 Starkey Street

An afternoon of Rock and Roll Dancing with nostalgic classic rock music performed by the 3rd Age Rock Orchestra and Singers in cabaret setting. Participants are encouraged to dress in 1950s or 1960s style. A jive competition will be held during the proceedings with prizes awarded. Refreshments served during interval.

No entry fee but bookings essential
Enquiries to rockorchestra42@gmail.com
Tickets 3ARO Seniors Dance in subject line

SING THE SONGS OF YOUR LIFE ALONG WITH
THE 3RD AGE ROCK ORCHESTRA

Wednesday 11 March 2:30 - 5:30
Narrabeen Baptist Church Auditorium
13 Grenfell Avenue

An afternoon singalong concert of popular songs from the 1950s to present day in theatre setting with screen projections and song sheets. The 3rd Age Rock Orchestra and Singers to provide the live music. Refreshments served during interval.

No entry fee but bookings essential
Enquiries to rockorchestra42@gmail.com
Tickets 3ARO Seniors Concert in subject line
VISIT TO NAN TIEN TEMPLE AND EDUCATION INSTITUTE UNANDERRA

Organised by Harbourside North Region

Wednesday 8 April 10:30 - 2:30

Cost $20 per head, includes delicious vegetarian lunch (no refunds).

The Nan Tien Temple, founded in 1965, is the largest Buddhist temple in the Southern Hemisphere. The architecture is distinctly Chinese, incorporating features of several types of Buddhism and is surrounded by beautiful gardens.

Across the highway (via a bridge), the Nan Tien Graduate School of Education, established in 2015, offers Buddhism studies, courses in health and wellbeing, meditation and mindfulness.

**Bookings essential**, between **Tuesday 3 March and Friday 3 April** judyharris2@bigpond.com or 0447 194 510
Payment by bank deposit, details available when booking.

Transport (using Opal card): The South Coast train departs from Central station (platform 25) at 8:13, arriving at Wollongong at 9:55. Bus no. 34 to the Temple leaves Wollongong station. Return to Central at about 4:30.
If arriving by car, meet at the Temple at 10:30.

GUIDED TOUR OF THE FRENCHS FOREST BUSHLAND CEMETERY (35)

Organised by the Northern Beaches Region

Thursday 23 April 9:30 - 12:00

1 Hakea Avenue, Davidson
Meet at the flagpole. Ample parking on site. Wear appropriate footwear for level walking.

Join this walking tour to hear amazing stories of the many heroic diggers who served Australia in all military engagements and who rest peacefully in Frenchs Forest.
You will be enthralled and entertained by the narratives and biographical accounts of heroes and some rascals who volunteered to serve on our behalf and returned to live in the Northern Beaches.

Conducted by historian and researcher Beth Robertson
Gold coin donation on arrival includes morning tea.

**Bookings essential**
Beth Robertson, Phone: 9452 2396 (9:00 - 5:00) or cemeteryresearch@aapt.net.au
When booking provide U3A number, phone number and email address
EVENTS
Semester 1, 2020

SHOWCASE
Organised by the Northern Beaches Region
Wednesday 5 February 10:00 - 12:00
Ted Blackwood Community Centre Cnr Jacksons and Boondah Roads Warriewood
Choose your Northern Beaches courses the easy way
Hear about new and other courses direct from our leaders
Fascinating courses include:
Photography, Science, French, Music, History, Literature, Singing, Yoga, Movies, Art and more.
Join us for refreshments
Take the opportunity to discuss a course with new and continuing leaders
Read more about courses on display around the room
Come along and make an informed decision and book your course(s) on the day!
For catering purposes please RSVP to:
Gaye Pringle gayepringle@gmail.com 0407 248 331 or 9975 3182 by Wednesday 22 January

WELCOME TO NEW MEMBERS SHOWCASE
Organised by the Upper North Region
Monday 10 February from 1:30 - 3:00
Turramurra Uniting Church 10 Turramurra Avenue (behind shopping area car park)
Welcome to a Showcase of Courses where new and current members and non-members can sample what’s on at U3A in Semester 1 this year.
Listen to short lectures on a wide range of topics, including new courses.
Discuss the courses you might be interested in with course leaders.
Meet the Upper North committee members to discuss general U3A matters.
Refreshments provided
BRING YOUR FRIENDS
Bookings: Claudine Parr 9487 2170 c_parr@exemail.com.au
Sue Shaw 9868 4056 ssh84119@bigpond.net.au
Marilyn Pryor 9449 3415 rilynpryor7@gmail.com
Notice is hereby given that the 2020 Annual General Meeting and Election of Office Bearers will be held on

Wednesday 12 February 1:30 – 3:30
Burwood RSL CLUB
96 Shaftesbury Rd Burwood (ample parking available on site)

Guest Speaker: Richard (Dick) Whitaker
Meteorologist and Author
Topic: Of Droughts and Flooding Rains

The meeting will be followed by refreshments and opportunities for members to socialise. Information and committee nomination forms are available from Jenny Waldron 8753 0521 jenniferwaldron2@gmail.com

Please RSVP to Anne Hall 0419 017 364 annenhall@gmail.com
All Sydney U3A members are welcome to attend
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 4 Feb 1:00 - 2:00
(excluding school holidays)
Leader and bookings: Bobbie Kersten 0410 873 605
bobbiekersten@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 4 Feb 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

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 4 Feb 10:30 - 12:30
(excluding school holidays)
Leader and bookings: David Young 0414 249 618;
9569 8167 dy4health@optusnet.com.au

BURWOOD RSL CLUB
92 Shaftesbury Rd Parking available Wheelchair access
Venue Coordinator: Anne Hall 0419 017 364
annenhall@gmail.com

A PLACE IN TIME
Come on a voyage through literature to various countries at a particular time in their history and examine the social and political issues involved in the period. First novel People of the Book by Geraldine Brooks.
Alt Fridays from 7 Feb 10:30 - 12:30
Leader: Iris Ryall 9744 1647
Bookings: Edna May 9797 8202

BEGINNERS JAPANESE (10)
People travelling to Japan would benefit from this course. The first hour is for beginners conversation only. The second hour caters for those with a little more language experience. The course includes conversation, culture, shared travel experiences and hiragana script.
Each Tuesday from 4 Feb 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

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 5 Feb 1:30 - 3:30
Leader: Ross Giannone 0409 382 384
Bookings: Betty Candy 9799 9030 bcandy@bigpond.com

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 31 Jan 10:00 - 12:30
Leader and bookings: Graham Murphy 9713 9730
gramur@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 13 Feb 9:30 - 11:45
Leader and bookings: Greg Buriak 0422 599 417
buriak@optusnet.com.au

BURWOOD: WOODSTOCK COMMUNITY CENTRE
22 Church St Parking available
Venue Coordinator: Anne Hall 0419 017 364
annenhall@gmail.com

A TASTE OF CROQUET
Through drawings, videos, photos, and animation, discover the evolution of croquet, its social ramifications, strategies, skills and potential for helping people stay fit and healthy.
Friday 27 Mar 10:00 - 12:00
Speakers: Bob Phillips, Peter Hall, Ruth Bridger
Bookings: Bob Phillips 9736 3746 bobphillips@bigpond.com

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 5 Feb 10:00 - 12:30
Leader: Hugh Watson 9519 5082
Bookings: Marie Doyle 9558 4223

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 13 Jan 10:00 - 12:00
(public holidays excluded)
Leader and bookings: Michael Holland
mhol1234@gmail.com

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 5 Feb 10:00 - 12:00
Leader and bookings: Nadia Favotto 9705 7217;
0429 060 013
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 30 Jan 1:30 - 3:30**
Leader: Narelle Gerrish 9555 1774
narellegerrish@hotmail.com
**Bookings:** Carol Green 9516 3915 or Rosemary Bollard
rosemaryanne@ozemail.com.au

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 4 Feb 10:00 - 12:00**
Leader and **bookings**: Greg Buriak 0422 599 417
buriak@optusnet.com.au

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

'ISMS' AND 'OLOGIES' IN HISTORY
This course examines some ‘isms’ and discusses the individuals who promoted them: McCarthyism, elitism, sectarianism, feminism, ageism, multiculturalism and monocoluralism, egalitarianism and libertarianism, dynasticism, antidiseasestablishmentarianism, mythology, criminology and penology
**Alt Wednesdays from 5 Feb 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 6 Feb 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 6 Feb 1:30 - 3:30**
Leader and **bookings**: Susanne de Ferranti 0410 603 425
sdeferranti@ozemail.com.au

DRUMMOYNE COMMUNITY CENTRE
10 Cometrowe St. Parking available Wheelchair access
Venue Coordinator: Anne Hall 0419 017 364
annenhall@gmail.com

INTERMEDIATE CONVERSATIONAL SPANISH (10)
Attend if you have already mastered the basics. You must know the three basic tenses and be able to hold a conversation. Class is mostly in Spanish with the objective of increasing fluency and fluidity
**Each Wednesday from 5 Feb 1:15 - 3:15**
Leader and **bookings**: Les Margulis 0421 456 806
lesmarginul@gmail.com

ITALIAN CONVERSATION (10)
Basic knowledge required as class will be conducted in Italian. Emphasis on speaking
**Each Monday from 3 Feb 2:00 - 3:15**
(except school holidays)
Leader and **bookings**: Lori Banham 0409 814 127
lori.b@bigpond.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 6 Feb 10:00 - 12:00**
Leader and **bookings**: Neville Bendall 9660 1873

STRUMMIN’ WITH JEN
We have a ball, singing and strumming our ukuleles and exploring diverse aspects of music. Learning an instrument is a challenge, but so beneficial for memory, concentration, finger dexterity and more! Familiarity with basic open chords is assumed.
**Alt Thursdays from 6 Feb 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 6 Feb 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 Parking available
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 7 Feb 10:00 - 12:00
Leader and bookings: Jan Macindoe 9660 0208; 0424 537 557 jnmacindoe@gmail.com

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 Fridays from 14 Feb 10:00 - 12:00
Leader and bookings: Jacques Goldman 9518 6741

GLEBE: ST. HELEN’S COMMUNITY CENTRE
184 Glebe Point Rd Wheelchair access
Venue Coordinator: Pauline Valentine 0412 595 891 gregory_1947@hotmail.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
Series 1: Each Tuesday from 11 Feb 3:00 - 5:00
Series 2: Each Tuesday from 5 May 3:00 - 5:00
Leader and bookings: Michael Holland mhol1234@gmail.com (email bookings essential)

GLEBE: TOXTETH HOTEL
345 Glebe Point Rd Fireside Lounge ground floor Parking available
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
Series 1: Each Tuesday from 11 Feb 3:00 - 5:00
Series 2: Each Tuesday from 5 May 3:00 - 5:00
Leader and bookings: Michael Holland mhol1234@gmail.com (email bookings essential)

LEICHHARDT MUNICIPAL LIBRARY
23 Norton St Italian Forum Piazza level Parking available
Wheelchair access
Venue Coordinator: Barbara Burton 9798 5620; 0429 090 332 barb.e.bur@gmail.com

FRIDAY MORNINGS AT THE LIBRARY
Bookings: 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. Why We Age: Understand the Biology to Improve Your Health (30)
Our bodies contain billions of cells, each a small ecosystem. Ageing reflects limitations of cell division. Understand the mechanisms and positive actions you can take
Friday 7 Feb 10:30 - 12:30 Speaker: Judy Ford

2. Some Classic, Comic Poems and the Social and Literary Traditions that Shaped them (30)
Focusing on Australian poets: Banjo Patterson, C J Dennis, John O’Brien and Bruce Dawe; and British poets: Hilaire Belloc, Edmund Lear and T S Eliot
Fridays 14 and 21 Feb 10:30 - 12:30 Speaker: Terry Farrell

3. 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 28 Feb 10:30 - 12:30 Speaker: Penny Bishop

4. Lawrence Hargrave: Explorer and Aviation Pioneer (30)
Adventure ran in Hargrave’s veins: engineer, explorer, aeronautical pioneer, he survived shipwreck, explored New Guinea with early missionaries and, in Sydney, interpreted local rock carvings
Friday 6 Mar 10:30 - 12:30 Speaker: Chris Beazley

5. George, Florence, Vince Taylor: Doers of Their Time (30)
Friday 13 Mar 10:30 - 12:30 Speaker: Chris Beazley

6. Aboriginal Rock Art of Northern Australia (30)
Judith provides an insight into the diversity of Aboriginal culture expressed in the rock art of Arnhem Land, the Kimberley and north Queensland.
Friday 20 Mar 10:30 - 12:30 Speaker: Judith Hammond

7. The Development of Australian Agriculture (30)
An exploration of the development of our national agriculture from 1788 to the latest application of high-tech science to food and fibre production
Fridays 27 Mar and 3 Apr 10:30 - 12:30
Speaker: Peter Sloane

8. Edward Trickett: Australia’s First Sporting World Champion (30)
Covering the life and times of Edward Trickett, Australia’s first world champion in any sport: Trickett won the World Single Sculling Championship 1876-1880
Friday 17 Apr 10:30 - 12:30 Speaker: Lyndon Lockrey

Australian Honour Avenues are reminders of patriotism and community spirit. Stuart calls for appreciation, conservation and better management to ensure their future
Friday 24 Apr 10:30 - 12:30 Speaker: Stuart Read

10. Museum of Applied Arts and Sciences/Powerhouse (30)
The Museum claims it is one of the few covering design, arts, technology and science. Stewart describes its history, buildings, collection and important events
Friday 1 May 10:30 - 12:30 Speaker: Stewart Reed

11. State Library of New South Wales (30)
While technically not a museum the State Library has a vast and varied collection (apart from books), especially about Australia, including rare and unique objects
Friday 8 May 10:30 - 12:30 Speaker: Stewart Reed
12. Music, Leisure and Pleasure in C18th London (30)
The Industrial Revolution transformed C18th London. Suddenly the newly enriched middle class indulged in leisure pursuits. How did they spend their free time? Friday 15 May 10:30 - 12:30 Speaker: Nora Hinchen

14. Phoenix From the Ashes (30)
A history of the theatres in Venice, particularly, La Fenice, the opera house destroyed three times by fire. Verdi, Wagner and Britten premiered operas there. Friday 5 Jun 10:30 - 12:30 Speaker: John Flint and Nora Hinchen

17. Why Cryptic Crosswords? (30)
What are cryptic crosswords? Why are fans passionate about solving them, and could you enjoy doing them? Friday 3 Jul 10:30 - 12:30 Speaker: Ron Shapiro

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.

1. Sri Lanka
   Wednesday 5 Feb 10:30 - 12:30 Speaker: Sandy Mower

2. Coastal Norway, Bergen to Kirkenes
   Wednesday 4 Mar 10:30 - 12:30 Speaker: Anne Medlow

3. Part 1: Churchill a Town in Canada and the Polar Bear Capital of the World
   Part 2: Borneo and the Search for the Wild Men
   Wednesday 1 Apr 10:30 - 12:30 Speaker: Jill Yates

4. The Four Corners of India
   Experience the varied states and territories across this fascinating land, each with its own landscapes, historical and religious sites, cities, villages, people and languages.
   Wednesday 6 May 10:30 - 12:30 Speaker: John Hepworth

5. Peru
   Wednesday 3 Jun 10:30 - 12:30 Speaker: Greg Valentine

READING ANCIENT GREEK DRAMA (12)
Participate in the ecstasy and terror of Euripides' The Bacchae. Bring along your best reading-out-loud voices. Plays by Sophocles and Aeschylus also. Reading will be our starting point for discussing ancient Greek theatre, mythology, religion and society. (6 sessions)

Tuesdays 3, 10, 17, 24, 31 Mar and 7 Apr
   Leader: Craig Campbell
   Bookings: Anne Hall 0419 017 364 (text preferred)

THURSDAY MORNINGS AT MILLERS POINT

1. The Enduring Appeal of Ancient Greek Art
   A survey of the figurative sculpture over a 2,000 year period from Cycladic figurines to the dramatic figures of Hellenistic Greece.
   Thursday 6 Feb 10:30 - 12:30 Speaker: Robijna Alexander

2. The Influence of Greek Art in Sydney Public Sculptures
   In the Botanical Gardens, City and Hyde Park are numerous works of art influenced by ancient Greece including Choragic Monument and the Archibald Fountain.
   Thursday 13 Feb 10:30 - 12:30 Speaker: Robijna Alexander

3. Cyber Security
   How to identify a scam; how to keep kids and yourself safe in the wonderful world of cyberspace.
   Thursday 20 Feb 10:30 - 12:30 Speaker: Peter Foye

4. Elizabeth Fry, Angel of the Prisons
   Elizabeth befriended female prisoners at Newgate and reformed the whole prison system. Her love and concern extended to the prison ships and the colonies.
   Thursday 27 Feb 10:30 - 12:30 Speaker: Cate Whittaker

MILLERS POINT COMMUNITY CENTRE
Harry Jensen Centre 17 Argyle St cnr Watson Rd Parking available Wheelchair access
Venue Coordinator: Ian Singleton-Loaney 8753 0521; 0410 314 119 iansingletonloaney@gmail.com

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)

Tuesdays 4, 11, 18, 25 Feb 10:30 - 12:30
   Leader: Ron Shapiro 9810 4490 rmbjs@iinet.net.au (preferred)
   Bookings: Maree Sarsfield 0408 025 260 (text only) mareesarsfield@hotmail.com (preferred)
5. Anne Brontë, the Forgotten Brontë
2020 is Anne’s bicentenary. Discover her short life through her workplaces, places she loved to visit and her home in the parsonage at Haworth
Thursday 5 Mar 10:30 - 12:30 Speaker: Cate Whittaker

6. Update on Climate Change
This talk will give an update on some of the latest research and statistics on what is happening around the globe with a focus on Australia
Thursday 12 Mar 10:30 - 12:30
Speaker: Lea Kannan-Lichtenburger

7. An Artist’s Perspective on Climate Change
This talk will show how different artistic approaches can initiate discussion and generate engagement from the public about climate change
Thursday 19 Mar 10:30 - 12:30
Speaker: Lea Kannan-Lichtenburger

8. The Wit and Wisdom of CJ Dennis and the Times and Rhymes of Henry Lawson
The lives, times and verse of Australia’s two great poets of the people.
Thursday 26 Mar 10:30 - 12:30 Speaker: Jim Haynes

9. Who Invented What When
A study of the history and science behind everyday contemporary objects we take for granted in the home
Thursday 2 Apr 10:30 - 12:30 Speaker: Ian Thompson

10. Evolution of the Universe – From Quarks to Humans
Atoms, stars, planet and life are parts of the process which gave rise to us. The dramatic events shaping our universe are woven into a Big Picture
Thursday 9 Apr 10:30 - 12:30 Speaker: Ian Bryce

11. Iconic Australian Inventions of our Time
A look at the people and science behind some classic Australian discoveries and inventions from the C19th colonial era through to the present time
Thursday 16 Apr 10:30 - 12:30 Speaker: Ian Thompson

12. Seeing Sydney Harbour
The fascinating history of Sydney’s beautiful harbour seen through the eyes of artists who painted and drew it from 1788 till now.
Thursday 23 Apr 10:30-12:30 Speaker: Jim Haynes

13. The Fascinating World of Spiders
A close-up look at the biology and diversity of both dangerous and harmless ground-dwelling and web-spinning spiders found in the home and garden
Thursday 30 Apr 10:30 - 12:30 Speaker: Ian Thompson

14. Frank Briggs: Australian Aviator
Frank was an airman in WWI. In 1919 France, he was Billy Hughes’ personal pilot. In Australia he pioneered commercial flight
Thursday 7 May 10:30 - 12:30 Speaker: Christopher Beazley

15. Lorens Bonney: Australian Aviatrix
Bonney travelled the world solo in a Gipsy Moth in the 1930s surviving mishaps and crashes. So who was she?
Thursday 14 May 10:30 - 12:30
Speaker: Christopher Beazley

Wilkins filmed the 1912 Balkans war, then trekked the Arctic and in 1917 he photographed WWI with Hurley and Bean
Thursday 21 May 10:30 - 12:30
Speaker: Christopher Beazley

17. Sir Hubert Wilkins: Part 2
Wilkins joined Shackleton’s expedition to Antarctica; filmed the 1922 Russian Famine; collected fauna in northern Australia; went to the Arctic
Thursday 28 May 10:30 - 12:30 Speaker: Christopher Beazley

18. Sir Hubert Wilkins: Part 3
Wilkins’ 1929 world tour in Graf Zeppelin and the Hindenburg maiden flight; a trans-Arctic submarine attempt; Antarctic land discoveries
Thursday 4 Jun 10:30 - 12:30 Speaker: Christopher Beazley

19. An Introduction to the Art and Architecture of India
A general survey showing a link from the Indus Valley to the distinctive characteristics of later Buddhist, Hindu and Islamic art and architecture in India
Thursday 11 Jun 10:30 - 12:30 Speaker: Robijnia Alexandra

20. A History of Yoga in Art: Stillness in Action
Yoga is popular in all parts of the world. This talk will look historically when yoga first appeared, why, and how it became acceptable
Thursday 18 Jun 10:30 - 12:30 Speaker: Robijnia Alexandra

21. Sacred Sites
A look at the appeal of certain locations that have become sacred sites in different parts of the world: Uluru, Delphi, Bodhgaya
Thursday 25 Jun 10:30 - 12:30 Speaker: Robijnia Alexandra

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**REVESBY COMMUNITY HALL**

Macarthur Ave Parking available
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 30 Jan 9:30 - 11:00
(Except school holidays)
Leader and bookings: Patrick Brennan 9773 4182

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**REVESBY WORKERS CLUB**

20 Brett St Parking available
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 20 Feb 2:00 - 4:00
(Except school holidays)
Leader and bookings: Joy Pegler 9771 6185
peglerjm@bigpond.com

1. Captives for Freedom
Prof Hill, UN Ambassador to PNG, and two staff were captured by OPM Freedom Fighters and held for five months. How did he handle negotiations, and what future for West Papua?
Thursday 20 Feb 2:00 - 4:00 Speaker: Emeritus Prof Stephen Hill AM
2. Aboriginal Astronomy
The speaker is a member of the Australian Indigenous Astronomy Research Group at the University of NSW and works particularly in the area of cultural awareness
Thursday 19 Mar 2:00 - 4:00
Speaker: Carla Guedes

3. The Convict System in Australia
We examine the background and system operating from 1788 until 1868, which accounted for the transportation of 160,000 men, women and children
Thursday 21 May 2:00 - 4:00
Speaker: Geoff Davidson

4. Misadventures and Miserable Ends
Murder, manslaughter, suicide, mishap: the very public business of determining death in colonial Sydney.
Thursday 18 Jun 2:00 - 4:00
Speaker: Catie Gilchrist

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 6 Feb 2:00 - 3:30
Leader and bookings: Verity Bagot 9810 1730; 0439 489 738 verity.chianea@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 skill. There will be some formal grammar and a few laughs along the way
Each Tuesday from 4 Feb 10:00 - 11:30
Leader and bookings: Alan Rodrick 9819 6579 alan.rodrick@gmail.com

FRENCH FOR POST-BEGINNERS (15)
Suitable for those who have some basic French and wish to consolidate their knowledge. We focus on correct pronunciation, grammar and improving conversational skills to tourist level
Each Tuesday from 4 Feb 2:00 - 3:30
Leader and bookings: Michael Georgeson 9818 2648 michael.georgeson@gmail.com

ROZELLE NEIGHBOURHOOD CENTRE
756 Darling St
Venue Coordinator: Lesley Painter 0401 038 050 painter.lesley@gmail.com

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 5 Feb 10:30 - 12:30
Leader and bookings: Vivian Wolff 0419 630 678

STRATHFIELD CROQUET CLUB
50 Redmyre Rd Parking available
Venue Coordinator: Anne Hall 0419 017 364 annenhall@gmail.com

A TASTE OF CROQUET: PRACTICAL SESSIONS
Accredited croquet coaches will help participants learn the strategies and skills. These will be applied in games of golf croquet. Wear flat soled shoes, sunglasses and hat. Equipment and coaching provided $10 each session
Friday 1, 8, 15 May
Bookings: Bob Phillips 9736 3746 bobphillips@bigpond.com
WOOLLOOMOOLOO: OZANAM LEARNING CENTRE

Level 3 99 Forbes St Parking available Wheelchair access
Venue Coordinator: Lesley Painter 0401 038 050
painter.lesley@gmail.com

LES CHEMINS DE JAZZ ET BLUES

The ‘way’ of jazz and blues, as revealed by the gramophone records of the period 1890 to 1940. No theory, no performances. We listen
Jazz Each Monday from 17 Feb 10:00 - 12:30
Blues Each Monday from 27 Apr 10:00 - 12:30
Leader and bookings: Anton Crouch 9660 2889
anton.crouch@optusnet.com.au

PRIVATE HOMES

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

CLASSICAL BOOK CLUB (Stanmore) (10)

We take turns to read aloud from the text, in this case The Brothers Karamazov, by Fyodor Dostoyevsky continuing from 2019. We read two or three lengthy and challenging books during the year, generating lively discussion during our meeting
Alt Tuesdays from 4 Feb 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 A Gentleman in Moscow by Amor Towles
Every four weeks from Wednesday 5 Feb 2:00 - 4:00
Leader and bookings: Christine Hingerty 0499 887 308
chingerty@internode.on.net

STANMORE BOOK CLUB (Stanmore) (10)

A wide range of books are selected by members who lead a discussion of their choice
First Monday of each month from 3 Feb 2:00 - 4:00
Leader: Wendy Fraser
Bookings: Bernice Lee 0412 969 440
bernicejlee@gmail.com

OUT THERE!

Coordinator: Bobbie Kersten 0410 873 605
bobbiekersten@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. The chef/owner is encouraged to tell us his/her background/menu development. We try to book BYO wine restaurants (corkage charged)
Fourth Tuesday of each month from 25 Feb
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 16 Jan
Leader and bookings: Beatrice Scheepers 0402 969 004
(enquiries only)
beatricescheepers@gmail.com (bookings only)

MY FAVOURITE ETHNIC EATING PLACE

Enjoy good food and conversation at five lunches at inexpensive restaurants accessible by public transport. Members choose venues with cuisines from different cultures, and a talk by the restaurateur, about food/traditions. Members pay for their own meal
Second Wednesday of each month from 12 Feb 12:00 - 2:30
Leader and bookings: Krista Corlis 0400 708 754; 8765
9267 ktcorlis38@gmail.com

VISITING REGIONAL GALLERIES

Using public transport, visit regional art galleries to see a diversity of art. More information supplied when enrolling.
Visit two or three times a month on Saturday (occasional Sunday) depending on exhibition dates beginning
February early am to mid-afternoon
Leader and bookings: Joanne Gordon 0418 224 211
joannegordon@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: Travel in the third train carriage. Timetables subject to change. Check Transport Info Line 13 1500
Last Sunday of each month from 23 Feb
Leader and bookings: Bobbie Kersten 0410 873 605
bobbiekersten@gmail.com

1. Lane Cove River Walk
Sunday 23 Feb 10:00
Chatswood Station Stand G Bus 259 to Lane Cove National Park

2. Manly Dam Circuit Bush Walk
Sunday 29 Mar 9:20
Bus 178 Stand D Carrington St Wynyard

3. Bondi to Coogee Coastal Walk
Sunday 26 Apr 9:30
Bus 333 Stand B Circular Quay

4. Cherrybrook Lake Circuit Bush Walk
Sunday 31 May 9:56
Parramatta Station Bus M60 or 600 to Cherrybrook Lake

5. Meadowbank to Rydalmere River Walk
Sunday 28 Jun 10:00
Meadowbank Station
BONDI JUNCTION: Waverley Library Theatrette

32 Denison St. Parking underneath library. Entrance from Ebley St. Lift available
All sessions 10:30 - 12:15 No bookings required unless specifically stated

MONDAYS AT WAVERLEY LIBRARY

1. Extraordinary Places on Sydney Harbour
A vivid picture of historic visitor destinations including North Head Sanctuary, Headland Park (Mosman), Cockatoo Island, Submarine Base HMAS Platypus, and Macquarie Lightstation
Monday 17 Feb Speaker: Sydney Harbour Trust

2. Sydney’s Green Necklace
A Sydney Harbour foreshores heritage landscape research study where a series of open spaces are linked so as to create a ‘green necklace’
Monday 24 Feb Speakers: Colleen Morris and Christine Hay

3. The Golden Years of Hollywood
A nostalgic journey through the movie industry, the different genres, the movie which started Hollywood’s Golden Age, the glamour, glitz and legendary stars
Monday 2 Mar Speaker: Nitza Lowenstein

4. A Glimpse Into The History Of Rock ‘n’ Roll - Let’s Twist Again!
A rediscovery of the Golden Age of Classic Rock and its many legendary stars and the development of the music industry with the advancement of technology
Monday 16 Mar Speaker: Nitza Lowenstein

5. Cockatoo Island: Heart of the Harbour
The history of the one-time convict penal establishment, reformatory school, shipbuilding yard, and their impact on its inhabitants
Monday 23 Mar Speaker: Sydney Harbour Trust

6. Introduction to Motion Picture Making
An insight into the thousands of hours and meticulous work it takes to make a motion picture, from the screen writing process to the editing
Monday 30 Mar Speaker: Damian Dunstan

7. Photobooks for Absolute Beginners
A fun overview and demonstration on how to make a photobook of holidays, pets, grandchildren. (No need to bring your computer)
Monday 6 Apr Speaker: Jill McLelland

8. Tales From North Head Sanctuary, Manly
An in-depth look into the military, quarantine and social history of this stunning coastal site, as well as its unique flora and fauna
Monday 20 Apr Speaker: Sydney Harbour Trust

9. The Power Of Facebook And Its Impact On Our Lives
Find out everything you wanted to know about Facebook and how to enjoy the benefits
Monday 4 May Speaker: Nitza Lowenstein

10. The Health Revolution in the Internet/Digital Age
The impact of Googling on doctor-patient relationships; the latest medical apps, and how to find credible health information in cyberspace; the impact of Facebook and online support groups
Monday 18 May Speaker: Nitza Lowenstein

11. The Russian Revolutions
The Russian Revolutions from Czar Nicholas II to Lenin had a huge impact on Russia and the world. The 1905 and February and October 1917 revolutions, and the Civil War are covered (4 sessions)
Mondays May 25, Jun 15, 22, 29 Speaker: Colin Smith

FRIDAYS AT WAVERLEY LIBRARY THEATRETTE

32 Denison St. Parking below Lift available
All sessions 10:30 - 12:20 No bookings required unless specifically stated

1. Bush Heritage Australia
Currently caring for over 11 m ha, Bush Heritage has innovative solutions and some success stories on the increasing threats to nature. The importance of conservation and collaboration will be emphasised
Friday 21 Feb Speaker: Matthew Taylor

2. Changes to Old and New Botanic Gardens
A look at recent changes to old and new Botanic gardens in Spain, Sydney and Singapore to keep them relevant, vivid and popular
Friday 28 Feb Speaker: Stuart Read

3. Some Current Issues in Criminal Justice in NSW
Criminal laws and procedures change, driven by the need for more effectiveness and efficiency, and to respond to politics and changes in society. Some of these issues will be discussed
Friday 6 Mar Speaker: Nicholas Cowdery AO, QC

4. From Chocolate to Anzac Biscuits
A story of survival during the Holocaust and building one’s trust in humanity after arriving in Australia as a 21 year-old
Friday 13 Mar Speaker: George Sternfeld

5. Brown, Green, and other Colours and Players – English Landscape Design
A tour through south-west English landscapes, gardens and parks, focusing on ‘Capability’ Brown, his contemporaries, and the ‘gentlemen amateurs’
Friday 20 Mar Speaker: Stuart Read

6. An Antarctic Adventure and Contemporary Issues
An account, with photographs, of a recent visit to Antarctica, and its relationship to Ernest Shackleton. No one nation controls it, but how will climate change affect it?
Friday 27 Mar Speaker: David Rosenwax
7. The Story and Impact of the Wayside Chapel
The story, impact and challenges of the Wayside Chapel and its mission of creating a community with no ‘us and them’
Friday 3 Apr Speaker: Guy Cooper

8. The Panama Canal
A most ingenious engineering feat. Although first considered in the C15th it only came to fruition in 1913. Related historical events in Middle and South America will also be discussed
Friday 17 Apr Speaker: David Rosenwax

9. Good News Stories on Conserving NSW Trees
NSW’s history of planting and loving trees - case studies of campaigns to save public ones under threat, successes, and tactics
Friday 1 May Speaker: Stuart Read

11. Galileo Galilei (1564–1642)
Galileo introduced experiments into science, achieving insights into gravity, telescopes, and the use of mathematics but had a series of unpleasant encounters with authority
Friday 8 May Speaker: Sydney Srinivas

12. Alan Turing
He built Enigma, the machine which broke the German code during WW II and led to the emergence of computers in England. He subsequently suicided when later goaled for homosexuality
Friday 15 May Speaker: Sydney Srinivas

13. Designing and Building Barangaroo Headland Park
The biggest park built in Sydney in 100 years, it had difficult design issues to overcome, and highly complex technical problems to solve - all completed successfully
Friday 22 May Speaker: Adrian Pilton

Larger than any theatre or opera house, the Hall has had an eventful history from its beginning in 1867 with much more than music playing there
Friday 29 May Speaker: Rosemary McCulloch

15. Ethical Complexity in Nursing Practice
Two unavoidable features of nursing are its relative subordination to medical authority and the role of law in shaping its practice. These can cause ethical tensions
Friday 5 Jun Speaker: Michael Carey

16. George Orwell - Poet or Policeman?
His early years featured a conflict between his literary nature and the expectation he would fulfil his duty to the British Empire
Friday 12 Jun Speaker: Patrick Hutchinson

17. George Orwell - Revolutionary or Reactionary?
Orwell claimed to be a socialist who wanted to abolish the Stock Exchange and private schools. So, why did he become a hero of the American right?
Friday 19 Jun Speaker: Patrick Hutchinson

18. George Orwell
Is George Orwell’s lasting influence due to his originality or did he use the ideas of others to capture the mood of the times?
Friday 26 Jun Speaker: Patrick Hutchinson

19. May Gibbs - Her Life, Cartoons and Comics
May Gibbs’ books including Snugglepot and Cuddlepie are only part of her work. This talk describes her fascinating lesser known cartoons and comics
Friday 3 Jul Speaker: Stewart Reed

BONDI JUNCTION: WAVERLEY SENIORS AND COMMUNITY CENTRE
Mill Hill Community Centre 31-33 Spring St
SPANISH INTERMEDIATE
Each Thursday from 20 Feb 12:30 - 2:30
Leader: Marta Moreno 8541 8287; bettymenalabarca@hotmail.com
Bookings: Ian Finck 0405 499 515 ifin55@gmail.com

MAROUBRA: LIONEL BOWEN LIBRARY
669 Anzac Pde (cnr Gale St) Maroubra Junction
CURRENT AFFAIRS 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 11 Feb 10:30 - 12:30
Leader and bookings: Marise Segelov 9363 4023 or 0410 514 866 marisesegelov@gmail.com

FILM DISCUSSION (20)
Do you love 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 4 Feb 10:30 - 12:30
Leaders and bookings: Graham Blazey 9365 1961 gblazey@optusnet.com.au Gail Filetti 9349 5591 rgfii@bigpond.com

PADDINGTON: E.J. 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 7 Feb 10:30 - 12:00
Leader and bookings: Sabina Menczel 9371 5760

FRENCH CONVERSATION
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 Thursdays from 26 Feb 12:00 - 2:00 (to 4 Jun)
Leader and bookings: Max Deutscher; maxjdeutscher@hotmail.com

RECLAIMING WONDER
Genevieve Lloyd’s book Reclaiming Wonder explores the idea and importance of wonder within ancient philosophy; then we discuss the renaissance of scientific enquiry in the C17th; then the C19th Romantic movement and C20th writers
Alt Thursdays from 26 Feb 12:00 - 2:00 (to 4 Jun)
Leader and bookings: Max Deutscher; maxjdeutscher@hotmail.com
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 6 Feb 1:00 - 3:00
Leader and bookings: Sheila Philippou 9152 9445
sheilabunn@yahoo.com.au

WAVERLEY LIBRARY
NORTH BONDI BOOK GROUP
Theory Room Waverley Library. New members welcome
Third Wednesday of each month from 15 Jan 2:00 - 4:00
Leader and bookings: Liza Cohn 9389 1336
liza.cohn@yahoo.com

WOOLLAHRA: GADEN COMMUNITY CENTRE
(Formerly known as the Woollahra Holdsworth Community Centre). Cnr Edgecliff Rd and Queen St
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 from 20 Feb 10:45 - 12:45
Leader and bookings: Jeanette Pham 0409 751 377;
nguyetpham45@yahoo.com.au

ITALIAN ADVANCED
This course is for more advanced students
Alt Wednesdays from 19 Feb 10:30 - 12:30
Leader and bookings: Isabella Franceschini 0439 880 977

PRIVATE HOMES
BRONTE BOOK GROUP (Woollahra)
Moved to Goodwin Village 257/238-290 Jersey Road
Woollahra. No parking. V. limited street parking
First Thursday of each month from 6 Feb 2:00 onwards
Leader and bookings: Janet Sculfer 0427 870 817
sculferandmackenzie@iinet.net.au

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 10 Feb 2:00 - 4:00
Leader and bookings: Julie Reid 8668 5522

ROSE BAY BOOK GROUP (Rose Bay)
First Wednesday of each month from 5 Feb 2:00 onwards
Leader and bookings: Sylvia Bennett 9371 5547
The Annual General Meeting of the Endeavour (Southern) Region of Sydney U3A has been rescheduled to 2:00 on Wednesday 11 March at the Cronulla School of Arts. Details will be published on the U3A website at https://sydneyu3a.org/sydney-u3a/regions/endeavour-southern

PLEASE SEE OUR 2 ENTRIES IN ‘EVENTS’

CRONULLA SCHOOL OF ARTS
A two-story building with two rooms upstairs in 6 Surf Rd - both rooms are lift accessible.

1. UPSTAIRS ACTIVITY ROOM

BRAIN GAMES (24)
Extensive research provides growing evidence that in addition to maintaining physical fitness and eating sensibly, maintaining brain health in older people may assist in reducing the disease which causes dementia. This course is designed to complement a physical exercise program
Second and fourth Fridays of each month from 14 Feb 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 or contact Denis Paulin 0438 594 206 d.paulin@bigpond.com

ENDEAVOUR MALE CHOIR: CRONULLA (30)
This is an opportunity for men who enjoy singing to come together and share their talents. We’ll sing songs that sound particularly relevant for a male choir
Monday 30 Apr 10:00 - 12:00
Leader and bookings: Anita Spinks 0423 532 582 anitaspinks@live.com.au

FILM APPRECIATION AND DISCUSSION
Members of this film group watch contemporary films at the cinema in their own time. We meet for two of the set films once a month. Selection of the films is democratic, but it’s expected that films of a high quality are chosen
Third Thursday of each month from 20 Feb 1:00 - 3:00
Leader and bookings: Anita Spinks 0423 532 582 anitaspinks@live.com.au
Secretary and bookings: Ross Bell 8005 6218 or 0402 285 972 rossbell1952@gmail.com

LOCAL VOCALS: CRONULLA (30)
Do you sing in the shower? Are you a former member of Opera Australia? Either way, you’re bound to fit into this mixed singing group and have a lot of fun in the process
Second and fourth Thursdays from 13 Feb 10:00 - 12:00
Leader and bookings: Anita Spinks 0423 532 582 anitaspinks@live.com.au

OPEN MINDS DISCUSSION GROUP (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 12 Feb 10:00 - 12:00
Leader and bookings: Anita Spinks 0423 532 582 anitaspinks@live.com.au

SINGING FOR FUN: CRONULLA (30)
Do you enjoy singing? Join our social singing group. No need to read music, song sheets supplied. We sing a wide range of popular songs from Medieval to Modern, have fun themed classes and discuss the background of the music
First and third Thursdays from 06 Feb 10:00 - 12:00
Leader and bookings: Barbara Adams 0438 299 108 beejava@outlook.com Co-leader and bookings: Janice Day 0437 696 325 sozuga@bigpond.com

SOLVING CRYPTIC CROSSWORDS - INTERMEDIATE (16)
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 together to crack compiler’s devious yet often delightful clues. Mind stretching enjoyment
First and Third Wednesdays from 05 Feb 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 front of book). To book go to www.sydneyu3a.org or contact Rosemary De Gabriele 0404 015 807 r.degabriele@optusnet.com.au

SPEAKING FRENCH - POST BEGINNERS (15)
This course is for those who have done more than one year of French and who want to move on from beginners French
Each Monday from 03 Feb 1:30 - 3:30
Leader and bookings: Joan Craven 0408 978 435 marjoan4@hotmail.com
2. UPSTAIRS THEATRETTE

ARMCHAIR TRAVELLERS

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

First and third Wednesdays of each month from 05 Feb 10:00 - 12:00 (except school holidays)
Leader: Margaret Durie: 9525 9189 or 0403 391 845
marg2229@bigpond.com

Bookings: Kate Churcher 9523 6990 or 0433 140 900
kchurcher2@hotmail.com

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 11 Feb 10:00 - 12:00
Leader: Beverley Theodore 9532 1141
tpl5@bigpond.com

Bookings: Teresa Lamberton 9502 4420
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 10 Feb 1:00 - 3:00
Leader: Mary Small 9522 9917
Co-leader and bookings: Margaret Durie 0403 391 845
marg2229@bigpond.com (preferred)

AT THE CINEMA - DIRK BOGARDE

Explore the life and career of actor/writer Dirk Bogarde through talks, viewing his major movies and discussion. A program will be available at the first session.

First and third Mondays of each month from 17 Feb 1:30 - 4:30 (approx.)
Sessions start at 1:30, finishing times vary based upon movie shown
Leader and bookings: Robert Englund 8521 7540
r.englund@optusnet.com.au

BALLET ON SCREEN (40)

The proposed program for this semester is:
1. Paquita (Ballet de l'Opera National de Paris)
2. Anastasia (Royal Ballet)
3. Chroma/Infra/Limen (Royal Ballet)
4. The Dream/Symphonic Variations/Marguerite and Armand (Royal Ballet)

Third Monday of each month from 17 Feb 1:30 - 4:00
Leader: Jean Singleton-Turner 9525 6084
jsingleton7@bigpond.com
Secretary and bookings: Marina Saunders 9527 4564
marinthers@gmail.com (preferred)

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 eras. Detailed handouts supplied. Enjoy and be challenged.

Second and fourth Wednesdays of each month from 12 Feb 1:00 - 3:00
Leader: Sam Adams 9522 9386
Bookings: Trevor Campbell 9525 6970

OPERA ON SCREEN (40)

Enjoy screened performances of comic/light opera preceded by a short talk. Screenings are sub-titled and abridged to fit the time when necessary. The proposed program is:
1. Die Fledermaus (The Bat) (Johann Strauss II)
2. Don Giovanni (Mozart)
3. La Vie Parisienne (Parisian Life) (Offenbach)

Tuesdays: 3 sessions on 04 Feb, 18 Feb, 03 Mar 1:00 - 4:00
Leader and bookings: Jean Singleton-Turner 9525 6084
jsingleton7@bigpond.com
Secretary and bookings: Rosemary Backhouse 9546 5373
backhouse.rosemary@gmail.com (preferred)

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 and cruise through centuries of poetry. Members are welcome to present their favourite poems, or their own work.

Second and fourth Thursdays of each month from 13 Feb 2:00 - 4:00
Leader and bookings: Elisabeth Peters 9523 3743 or 0466 893 747
heinzliz@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 03 Feb 2:00 - 3:30
Leader and bookings: Susan Molloy-Johnson 9546 5170
twoteloves@outlook.com

GYMEA COMMUNITY CENTRE

Venue unavailable - course now run in a Private Home.

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 05 Feb 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 10 Feb 10:00 - 12:00
Leader: Ann O’Connor 0424 968 380
as.keller@bigpond.com

Bookings: Sandra Keller 9540 1194 or 0417 134 210
as.keller@bigpond.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 04 Feb 10:00 - 12:00
Leader and bookings: Margaret Wilkes 9523 1614 margiewilkes@live.com.au
Secretary and bookings: Marie Paterson 9524 0279

DRAWING (20)
Member-driven art classes where we employ various styles and mediums. Includes visits to art exhibitions
Each Tuesday from 04 Feb 1:00 - 3:00 (ends 07 April)
Joint leader: Janice Russell 9527 1965 or 0418 422 752 barrie.edgar@bigpond.com
Joint Leader: Stephen Churm 9589 0413 or 0411 500 380 foam33@optusnet.com.au
Bookings: Pam McGrath 9524 4346 mcgrath.ffss@gmail.com

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 03 Feb 1:30 - 3:00
Leader: Faye Green 9521 6575 shalinabd@bigpond.com

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 11 Feb 10:00 - 12:00
Leader and bookings: Jacques Goldman 9518 6741

SOLVING CRYPTIC CROSSWORDS - INTERMEDIATE (12)
This class is ideal for the less experienced solvers who already have basic knowledge of cryptic techniques. Sharpen your cryptic solving skills as we work as a group in cracking compilers’ devious yet often delightful clues. Some mind stretching enjoyment
Each Thursday from 06 Feb 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 front of book). To book go to www.sydneyu3a.org or contact Rosemary De Gabriele 0404 015 807 (preferred) r.degabriele@optusnet.com.au

KOGARAH SENIOR CITIZEN HALL
2 Taylor St

GERMAN CONVERSATION
Intermediate to advanced conversational German
Second and fourth Thursdays of each month from 06 Feb 10:00 - 12:00
Leader and bookings: Helmi Albrecht 9597 6628 or 0412 635 976 helmi.albrecht@gmx.de

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
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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 05 Feb 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

FRENCH CONVERSATION (18)
A small group participates in French conversation with an emphasis on correct pronunciation and fluency
Each Monday from 03 Feb 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

FRENCH INTERMEDIATE (18)
Covers grammar, vocabulary, listening, conversation and dictation. Use will be made of printed and audio material
Each Monday from 03 Feb 10:00 - 12:00
Leader: Bill Leach 9579 1251 or 0413 691 373 billnell2@optusnet.com.au
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HURSTVILLE LIBRARY
Dora Rd. Miles Franklin Room

DISCUSSION GROUP (15)
Attendees from all walks of life meet in a friendly and fun manner to exchange ideas on current topics of interest. Excellent forum to expand upon knowledge and meet new friends
Second and fourth Tuesday of each month from 11 Feb 1:00 - 3:00
Leader: Andrew Maclean 9543 2539 aach.maclean@optusnet.com.au
Bookings: Garry Griffiths 0468 809 332 mrig@ozemail.com.au

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 may suggest topics and otherwise contribute to the group, if they wish to do so
Each Tuesday from 04 Feb 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

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

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Each Monday from 03 Feb 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

FRENCH INTERMEDIATE (18)
Covers grammar, vocabulary, listening, conversation and dictation. Use will be made of printed and audio material
Each Monday from 03 Feb 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

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 may suggest topics and otherwise contribute to the group, if they wish to do so
Each Tuesday from 04 Feb 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
ART FOR ENJOYMENT (16)

We meet weekly 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 08 Jan 2:00 - 4:00
Leader and bookings: Doreen Kellett 9525 0531 or 0407 276 416 doreenkellett@live.com.au

ITALIAN LANGUAGE AND CULTURE

Focuses on speaking, writing, listening and reading Italian at survival level or better. 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 30 Jan 10:00 - 12:00
Leader: John Della Torre 8544 1758
Bookings: Judy Bassford 9527 2931 judybassford7@gmail.com

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 26 Feb, 25 Mar and 08 Apr 1:00 - 2:30
Leader and bookings: Anna Winter 9553 0445 or 0449 673 144 enquiries only. annau3a@gmail.com (preferred)

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
05 Feb 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

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 03 Feb 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 or contact Denis Paulin 0438 594 206 d.paulin@bigpond.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
04 Feb 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

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).
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SOUTH HURSTVILLE LIBRARY

1 Allen St Hurstville

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

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SUTHERLAND CLUB ON EAST

7 East Pde Club Coffee Shop

CRIME READERS GROUP

In depth discussion about listed book and author; all input welcome. The reading list is compiled yearly by the Leader in consultation with members. Authors from all over the world are included. A friendly, social and intelligent group
Second and fourth Tuesdays of each month from
11 Feb 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 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
07 Feb 2:00 - 4:00
Leader and bookings: Mary Armstrong 9567 0995
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 04 Feb 2:00 - 4:00
Leaders: Joan Bolton 9541 3016 or 0416 143 077
boltonjoan@hotmail.com
and Bob Hallahan 9594 0214 jacbob@optusnet.com.au
Bookings: Chris Jenkins 9529 4444
chrisjenk66@hotmail.com

OUT THERE

LUNCH A LOT WITH STYLE (25)
Enjoy eating out? Share good food and conversation? We visit inexpensive restaurants chosen by group members to experience a variety of cuisines. Venues will be close to public transport. Members pay for own meals and corkage; the laughter is free
First Thursday of each month from 06 Feb 12:30 (various venues)
Leader and bookings: Anna Winter 9553 0445 or 0449 673 144 enquiries only annau3a@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 05 Feb - approx. 9:00 start
Leader: Penny Howarth 0411 180 050
pennyhowarth2@gmail.com
Secretary and bookings: Rosanne Burkhart 0413 128 967

U3A ENDEAVOUR CAMPUS WALKERS
Bush Rambles and Sydney by ferry and foot.
Routes previously walked by walk leaders. Walks in our programs indicate degree of difficulty.
Annual administrative fee of $10 applicable
Each Thursday from 06 Feb - variable meeting times
Leader: Jean McInerney 0418 453 508
jraymond.mcinerney@bigpond.com
Bookings: June Symes 9524 2817 jsymes6@gmail.com
(preferred)

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 14 Feb (variable times)
Leader: Wendy Donelan 0402 495 739, wdonelan54@gmail.com
Secretary and bookings: Jennifer Hawkins 9533 6470
jenniferhawkins798@gmail.com (preferred)

WALKING IN SYDNEY AND SURROUNDS (35)
A variety of walks around greater Sydney and surrounds ranging from medium to easier bushwalks, track and street walks, seeing beautiful and interesting places, whilst enjoying good company. We welcome members from all U3A regions to come and join us
Alt Fridays from 07 Feb 8:30 - 3:00 (variable times)
Leader, coordinator and bookings: Sandra Gibson 9543 2377

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 07 Feb 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 04 Feb 1:30 - 3:30
Leader and bookings: Anna Winter 9553 0445 or 0449 673 144 annau3a@gmail.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. The Frogs of Frog Hollow
Rockdale was originally known as Frog Hollow because of the low-lying, swampy ground that contained a multitude of frogs. Hear how the frog habitats changed as Rockdale developed
Thursday 06 Feb Speaker: Arthur White

2. Amazing Tides and Travels
Why do some places like the Bay of Fundy in Canada have extreme tides, and can any use be made of this? Then enjoy a journey from necessary Sea Scout leader training to sailing passion!
Thursday 20 Feb Speakers: Gordon McLelland & Octavia Barrington

3: Iconic Australian Inventions of Our Time
A look at some classic Australian inventions from the colonial era through to our present time, and the people and science behind these discoveries and inventions
Thursday 19 Mar Speaker: Ian Thompson

PHOTOBOOKS FOR ABSOLUTE BEGINNERS (Gymea) (6)
Have you wanted to make a photobook? Learn to use a freely available computer program. We’ll discuss choosing the book type, covers, theme, layouts, text and embellishments. Very basic, so suitable for true ‘photobook beginners’! Basic computer skills are assumed
Monday 02 Apr 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
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

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 4 Feb 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

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 or contact Chris Scott 0412 625 571 chris.don@me.com

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
Bookings: Sue Bailey 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

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

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
georginatuck93@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 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 Rachelle 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 or contact Ann Orel 9638 2547
annorel@hotmail.com or Rachelle Rassaby 9797 2287
rrassaby@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. We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book).

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

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 or contact Sue Brennan
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

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
Booking: 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
Booking: John Brockman
alban.kingslangley@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

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
HARBOURSIDE NORTH

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

HARBOURSIDE NORTH REGION OF SYDNEY U3A

Notice is hereby given that the
Annual General Meeting and Election of Office Bearers
followed by
Afternoon Tea with guest speaker
will be held on
Friday 6 March 2020 at 1:30
Lane Cove Golf Club River Road, Lane Cove
(ample parking available in the grounds)

Bookings: Rosemarie Einstein einstein@starmer.net.au (preferred) or 0412 043 377
Harbourside North members are encouraged to attend.
All Sydney U3A members are welcome.
Invitations will be posted on request.

PLEASE SEE OUR 2 ENTRIES IN ‘EVENTS’

HARBOURSIDE NORTH REGION COMMITTEE

invites you to
MORNING TEA
at 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!

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, or alternatively email officemgr.sydneyu3a@gmail.com. Otherwise book through Venue Coordinator

SHORT COURSES

A HISTORY OF EARLY MUSIC: ROMANTIC AND BEFORE
Western classical music in Europe from the Dark Ages to the end of the C19th includes Medieval, Renaissance, Baroque, Classical and Romantic
Tuesday 4 Feb 10:30 - 12:30
Speaker: Graham Ball

A HISTORY OF 20TH CENTURY MUSIC
A diverse range of musical styles was pioneered by composers ranging from Stravinsky to John Williams, including classical, jazz, film, country and rock and roll
Tuesday 11 Feb 10:30 - 12:30
Speaker: Graham Ball
A CELEBRATION OF THE MUSICAL
The musicals of the western world, from Jacques Offenbach in the C18th to the present, use combinations of songs, spoken dialogue, acting and dance
**Tuesday 18 Feb 10:30 - 12:30**
Speaker: Graham Ball

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. (2 sessions)
**Tuesdays 25 Feb and 3 Mar 10:30 - 12:30**
Leader: Peter Sloane

OUR DYNAMIC EARTH
1. From the Big Bang to the Present - how did we get here and where are we going?
2. The Bountiful Planet - what are everyday things made of?
3. On a Solid Foundation - landscape, climate, and our geological history.
4. Volcanoes, Earthquakes and Tsunamis – the whys and wherefores. (4 sessions)
**Each Tuesday from 10 Mar 10:30 - 12:30**
Leader: Garry Lowder

A TASTE OF OPERA
We outline the composer’s life and career, the story of the opera and scenes from a filmed version.
1. Rossini: *The Italian Girl in Algiers*
2. Humperdink: *Hansel and Gretel*
**Tuesdays 7 and 14 Apr 10:00 - 12:30**
Leader: Nora Hinchin and John Flint

ROSSINI - PRODIGY, CELEBRITY AND WIT
C19th musical genius, a wealthy celebrity in his early twenties, bon viveur, chef, raconteur. A look at his life and works, popular and not so well known
**Tuesdays 21 and 28 April 10:30 - 12:30**
Leader: Nora Hinchin

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, we explore the complexity and depth of China’s culture prior to 1911
(4 sessions)
**Each Tuesday from 5 May 10:30-12:30**
Leader: Bernice Lee

THE NOBEL PRIZE - ITS FOUNDER AND HIS LEGACY
The prestigious Nobel prizes are awarded at a glittering ceremony on Nobel's birthday. We examine the life and character of the man who established the prize and look at the stories behind some of the winners. (2 sessions)
**Tuesdays 2 and 9 Jun 10:30 - 12:30**
Leader: Penny Bishop

RACHEL CARSON AND NATURE
Rachel Carson (1907-1964) celebrated how Nature is intricately and beautifully connected in danger. Why is her message so important to revisit as we confront the global future? (2 sessions)
**Tuesdays 16 and 23 Jun 10:30 - 12:30**
Leader: Janine Kitson

FULL SEMESTER COURSE

FRIDAY FILMS AT CASTLE COVE (24)
Classic movies presented with some analysis and background pertaining to cast, direction and production issues. (11 sessions)
1. *Kind Hearts and Coronets* (1949)
3. *Duck soup* (1933)
4. *Gilda* (1949)
Full program at first session
**Alt Fridays from 7 Feb 10:30 - 12:30**
Leader: Hugh Watson

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

SHORT COURSES

SPACE: THE NEW FRONTIER
Learn about recent developments in the challenges, preparation and prospects for space travel
**Tuesday 25 Feb 10.30 - 12.30**
Speaker: Joan Scott
**Bookings**: Annemarie Moore mooreannemarie1948@gmail.com (preferred) or 0421 716 232

MIND YOUR MIND
With increasing longevity the incidence of dementia, including Alzheimer’s disease, is rising. What can we do to manage it and lessen our personal risk?
**Tuesday 3 Mar 10.30 - 12.30**
Speaker: Christine Lopacinski
**Bookings**: Janice Gentle jlg436@bigpond.com (preferred) or 9439 3801

IRAN: THE ELEPHANT IN THE MOUNTAINS
A history of Iran: extraordinary civilisation with roots in the Iron Age; outstanding imperial power in the ancient world; conquered by Islam, to emerge today as the champion of the Shi’a, with ambitions for Middle Eastern hegemony.
(4 sessions)
**Alt Tuesdays from 10 Mar 10.30 - 12.30**
Leader: Ian de Mellow
**Bookings**: Kathy Vern-Barnett kvernb@internode.on.net (preferred) or 0414 694 925

BUSH POETRY
The musical, informal nature of bush poetry is an excellent medium to express a range of emotions. Enjoy readings of Henry Lawson, Banjo Patterson and others
**Tuesday 17 Mar 10.30 - 12.30**
Speaker: Christine Lopacinski
**Bookings**: Gaye Griffiths gaye.griffiths@gmail.com (preferred) or 9417 4037
SOME CURRENT ISSUES IN CRIMINAL JUSTICE IN NSW

Considerations of effectiveness, efficiency, politics and changes in society result in changes in criminal laws and procedures. We discuss some prominent issues presently being addressed in NSW

Friday 20 Mar 10.30 - 12.30
Speaker: Nicholas Cowdery AO QC
Bookings: Barbara Ellis, bellis58@bigpond.com (preferred) or 9416 3071

ESTONIA

This country is the precious and beloved homeland of my parents. It is smaller than Tasmania, but amazing in its survival, people, history and forward thinking.

Friday 3 Apr 10.30 - 12.30
Speaker: Anne Richardson
Bookings: Max Richardson annesil@hotmail.com (preferred) or message on 9419 8143

WHERE AUSTRALIA COLLIDES WITH ASIA

The epic voyages of Continent Australia: Joseph Banks, Alfred Russel Wallace and Charles Darwin which led to the landmark work On the Origin of Species

Tuesday 14 Apr 10.30 - 12.30
Speaker: Ian Burnet
Bookings: Janice Gentle jlg436@bigpond.com (preferred) or 9439 3801

WILLOUGHBY HISTORICAL SOCIETY

Meet at the Dougherty Centre and take a short walk to the Willoughby Historical Society Museum to learn some of the fascinating history of the Willoughby area

Friday 24 Apr 10.30 - 12.30
Speaker: Paul Storm
Bookings: Janet Douglas janet_away@yahoo.com (preferred) or 9419 5603

HISTORY OF MORAL THOUGHT

Explore how humans in the east and west have decided what is “good” and what is “bad” by listening to Homer, Confucius, Aristotle, Buddha, Thomas Aquinas, Mohammed, Hobbes, Kant, Nietzsche, Sartre and others - not as serious as it sounds! (4 sessions)

Tuesdays from 28 Apr 10.30 - 12.30
Leader and bookings: Peter Nixon
Bookings: Ronda Broadbridge r broadbr@tpg.com.au (preferred) or 9417 1943

HOW THE LIVES OF MEN ARE TREATED IN FICTION

Four novels written in different countries during the C20th. Are there similarities and/or differences in the lives of men described in
1. A Portrait of the Artist as a Young Man - James Joyce
2. Goodbye Columbus - Phillip Roth
3. Waterland - Graham Swift
4. Dirt Music - Tim Winton (4 sessions)

Fridays from 8 May 1:30 - 3:30
Leader: Margaret Little
Bookings: Margaret Parker athena650@yahoo.com.au (preferred) or 9411 5529

TIME

Considers the different ways in which time has been measured throughout history

Tuesday 2 Jun 10:30 - 12:30
Speaker: David Malone
Bookings: Joy Martin joymartin@optusnet.com.au (preferred) or 9888 6465

INTERNATIONAL SPACE STATIONS

An overview of the international space station and some earthly benefits that have come from research carried out in space

Tuesday 9 Jun 10:30 - 12:30
Speaker: David Malone
Bookings: Ronda Broadbridge r broadbr@tpg.com.au (preferred) or 9417 1943

THE DNA REVOLUTION

The latest revolutionary advances in DNA research and gene editing and the many ethical issues that result from them.

Tuesday 16 Jun 10:30 - 12:30
Speaker: Kevin Murray
Bookings: Janet Douglas janet_away@yahoo.com (preferred) or 9419 5603

FULL SEMESTER COURSES

ADVANCED RECORDER

Treble, tenor, bass and descant players welcome. Basic sight-reading is essential. The emphasis is on playing musically

Alt Mondays from 3 Feb 10:30 - 12:30
Leader and bookings: Katie Lucy-Smith 8416 3266

DISCUSSION GROUP 1

Would you like to hear some interesting opinions? 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

Alt Thursdays from 13 Feb 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

Alt Thursdays from 23 Jan 10:30 - 12:30
Leader and bookings: John Yates johnyates80@hotmail.com (preferred) or 0437 394 225

FRENCH FOR NEAR BEGINNERS

Can you remember a little high school French? If so, this course is for you. We will study basic phrases through topics such as likes and dislikes, hotel bookings and asking the way. This course focuses on conversation

Each Monday from 3 Feb 10:30 - 12:30
Leader and bookings: Bridget Miall 9411 7882

GERMAN FOR POST BEGINNERS

We cover simple conversation with some grammar practice. This course is for those who have completed at least one elementary German course

Thursdays from 5 Mar 1:00 - 3:00
Leader and bookings: Bettina Boss 0466 979 460
INTRODUCTORY SPANISH
Planning to travel to a Spanish speaking country? Near beginner? Then join Marta, a Spanish speaker from South America, to have fun learning Spanish

**Mondays from 9 Mar 1.30 - 3.30**
Leader and bookings: Marta Moreno bettymenalabarca@hotmail.com (preferred) or 8541 8287

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)

**Alt Wednesdays from 29 Jan 10:30 - 12:30**
Leader and bookings: Katie Lucy-Smith 8416 3266

THE CLASSICAL ERA IN MUSIC
This course is a freestanding sequel to last year’s Bach and Baroque course and will focus on the remarkable contributions of Haydn and Mozart to our music heritage

**Alt Thursdays from 6 Feb 10:00 - 12:00**
Leader: John Hughes
Bookings: Jan Yeoman janyeoman@bigpond.com (preferred) or 9411 3457

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**CHATSWOOD NAN TIEN BUDDHIST TEMPLE LIBRARY**
4 Spring Street Chatswood. Next door to Westfield
Venue coordinator and bookings: Judy Harris JudyHarris2@bigpond.com or 0447 194 510
Bookings essential for all sessions

SHORT COURSES

MEDITATION: THEORY AND PRACTICE
Meditation is a practice to connect with ourselves and the world. For inner peace and joy, we need the ability to release stress and anxiety

**Thursday 27 Feb 10.30 - 12.30**
Speaker: Ven Miao You

EXAMPLES OF ASIAN TEMPLES
The diverse architectural magnificence of Temples in Bhutan, Myanmar, China and other Asian countries will be explored

**Thursday 26 Mar 10.30 - 12.30**
Speaker: Raymond Lee

GALLIPOLI AND ANZAC DAY
Unravelling the facts from the legends of the Dardanelles campaign. Share some insights and astonishing stories of diggers involved - and the Australian legacy

**Thursday 16 Apr 10.30 - 12.30**
Speaker: Peter Allen

THE KYOTO MANIFESTO FOR GLOBAL ECONOMICS (II)
The power to heal a ‘fractured society’ which lies in the depth of our humanity - our spirituality applied across all business and economic decisions

**Thursday 14 May 10.30 - 12.30**
Speaker: Emeritus Prof Stephen Hill AM

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**THE TWELVE GODS AND GODDESSES OF FLOWERS AND CALLIGRAPHY**
Stuart's art, exhibited in many countries, depicts a specially chosen flower complemented by poetry and calligraphy. Each flower represents a character in Chinese history

**Thursday 11 Jun 10.30 - 12.30**
Speaker: Sze Chiu Leung (Stuart Leung)

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**GREENWICH: THE BAYTREE RETIREMENT RESORT**
6 Ulonga Ave (off Innes Rd)
Program coordinator: Lesley Duffill 9969 9546
leslieduffill@gmail.com
Venue coordinator: Andrew Caro 9433 8056
Bookings essential for all sessions with the listed persons below

SHORT COURSES

IRAN PAST AND PRESENT
1. From Zoroastrianism to Islam trace Iran’s 2,500 yr old history to the beginning of the C20th
2. Iran in the C20th and C21st: Fall of the Shah and the American Hostage crisis

**Tuesdays 4 and 11 Feb 10:00 - 12:00**
Leader: Cindy Davies Broadbent
Bookings: Lesley Duffill leslieduffill@gmail.com (preferred) or 9969 9546

CELEBRATING NATURE
Rachel Carson (1907-1964) celebrated how Nature is intricately and beautifully connected in danger. Why is her message so important to revisit as we confront the global future? (2 sessions)

**Tuesdays 18 and 25 Feb 10.00 - 12:00**
Leader: Janine Kitson
Bookings: Margaret Vermeesch 9433 8048

HISTORY OF THE MEASUREMENT OF TIME
The measurement of time from very early periods to atomic clocks, with some movies and sounds included

**Tuesday 3 Mar 10:00 - 12:00**
Speaker: David Malone
Bookings: Rosalind Lund-Conlon 9807 9956

HISTORY OF THE DEVELOPMENT OF PLASTICS
How the products we know today are processed and manufactured

**Tuesday 10 Mar 10.00 - 12.00**
Speaker: David Malone
Bookings: Rosalind Lund-Conlon 9807 9956

INSIDE PINE GAP
Learn about the history of Pine Gap from an insider who served 18 years in Operations. Discover what Pine Gap does and why it is there

**Tuesday 17 Mar 10:00 - 12:00**
Speaker: David Rosenberg
Bookings: Diana Brooks 9433 8031
THE DEFENCE OF SYDNEY
From the first white settlement, NSW Governors established a plan to defend Sydney against capture by both the Spanish and Napoleon
Tuesday 24 Mar 10:00 - 12:00
Speaker: Don Napper
Bookings: Mary Morrison 9433 8004

HISTORY OF COCKATOO ISLAND
Cockatoo Island was a prison for 70 years, first for convicts then a female reformatory and finally for petty criminals
Tuesday 31 Mar 10:00 - 12:00
Speaker: Don Napper
Bookings: Mary Morrison 9433 8004

AUSTRALIAN POETS
Classic Australian poets and the social environment that produced them. From Patterson to Dawe
Tuesday 7 Apr 10.00 - 12.00
Speaker: Terry Farrell
Bookings: Kate Caro 9433 805

AMERICAN POETS
We consider the different paths taken by T.S. Eliot and Robert Frost, and discuss what impact the modernist movement had on these two poets and their different response to it. (3 sessions)
Each Tuesday from 14 Apr 10.00 - 12.00
Leader: Terry Farrell
Bookings: Kate Caro 9433 8056

OPERA SERIES
We consider operas in the light of the composer’s life and career. Operas discussed are The Turk in Italy (Rossini), Il Seraglio (Mozart), Rigoletto (Verdi) and The Pearlfishers (Bizet). (4 sessions)
Each Tuesday from 5 May 10.00 - 12.30
Leaders: John Flint and Nora Hinchen
Bookings: Christine Blanks frblanks@bigpond.com (preferred) or 9436 3451

HUMANISM: AN ENLIGHTENED LIFE STANCE
Humanism holds the best knowledge is obtained through science, and the best morality motivated by human welfare. With enlightenment we realise humans are responsible for their own welfare
Tuesday 2 Jun 10:00 - 12:00
Speaker: Ian Bryce
Bookings: Mary Morrison 9433 8004

AUSTRALIAN SKEPTICS’ SCIENTIFIC INVESTIGATIONS
Australian Skeptics offers a large prize for real evidence of the paranormal or new science. We investigated many dubious claims and activities challenging the laws of science
Tuesday 9 Jun 10.00 - 12.00
Speaker: Ian Bryce
Bookings: Mary Morrison 9433 8004

TWO ANCIENT DISEASES
Malaria has impacted civilisations for centuries with no vaccine or reliable treatment. Polio is an equally ancient disease causing paralysis and suffering. The successful polio vaccine was a milestone in modern medicine
Tuesdays 16 and 23 Jun 10.00 - 12.00
Leader: Penny Bishop
Bookings: Lesley Duffill leslieduffill@gmail.com (preferred) or 9969 9546

FULL SEMESTER COURSE
FRIDAY FILMS
Classic movies presented with some analysis and background pertaining to cast, direction and production issues
14 Feb: Kind Hearts and Coronets (1949)
28 Feb: Play Misty for Me (1971)
13 Mar: Duck Soup (1933)
27 Mar: Gilda (1946)
8 May: Penthouse (1933)
22 May: The Birds (1963)
5 Jun: Captain Blood (1935)
19 Jun: Kind Lady (1935)
3 Jul: From Here to Eternity (1953)
17 Jul: The Fortune Cookie (1966)
Alt Fridays from 14 Feb 10:00 - 12:00
(Coffee and cakes at 9:30)
Leader: Hugh Watson
Bookings: Margaret Vermeesch 9433 8048

HUNTERS HILL: C. A. FAIRLAND HALL
14 Church St Hunters Hill Ample street parking
Facebook: U3AHunters Hill
Venue Coordinator: Judy Harris 0447 194 510
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 or contact Judy Harris JudyHarris2@bigpond.com or 0447 194 510

SHORT COURSES
STORIES IN AUSTRALIAN STAINED GLASS
An illustrated lecture on Australia’s rich heritage of stained glass in churches, public buildings, institutions and residences. Examples from every state’s rural and urban areas
Monday 20 Jan 10.30 - 12.30
Speaker: Dr Beverley Sherry

WHY WE AGE: UNDERSTAND THE BIOLOGY AND ACTION NEEDED TO IMPROVE OUR HEALTH
Our bodies contain billions of cells. Aging results from limitations in cell division and the side effects of this. Understand the mechanisms and positive actions you can take.
Monday 3 Feb 10.30 - 12.30
Speaker: Dr Judy Ford

COCHLEAR IMPLANTS AND AUSTRALIAN LIONS HEARING DOGS
The latest amazing cochlear technologies and how Sydney, a Lions Hearing Dog, helps in the speaker’s daily life.
Monday 10 Feb 10.30 - 12.30
Speaker: Fay Yarroll (and Sydney)
STEPHEN HAWKING - HIS LIFE, LEGACY AND PHYSICS
The world has lost an inspiring scientist, with a controversial private life, who illuminated the origins of the universe and shone at communicating this to the world
**Monday 17 Feb 10.30 - 12.30**
Speaker: Ian Bryce

DRAWING FOR BEGINNERS (15)
Want to draw? Develop a unique drawing style by studying the elements and principles of design. Learn the basic skills of relaxed seeing and recording and examine various drawing techniques. (6 sessions)
**Each Friday from 21 Feb 10.30 - 12.30**
Leader and bookings: Kate McClelland mclellands@ozemail.com.au 0413 388 959

ET - WHERE ARE YOU?
The possibilities for life existing outside earth and our attempts to discover or make contact with them.
**Monday 24 Feb 10.30 - 12.30**
Speaker: Laurie Wilson

SURVIVING AND THRIVING AS A FIRST TIME TOURIST IN JAPAN
Tokyo is superficially the same as other major cities. Visitors will find life there fascinating and different, reflecting the unique people and culture of Japan
**Monday 2 Mar 10.30 - 12.30**
Speaker: Jeff Burgess

PSYCHOLOGY: SOME KEY CONCEPTS
Who is the real father of psychology? What is the difference between psychology and psychiatry? Details of IQ tests, personality tests, psychosis, neurosis and psychotherapy
**Monday 9 Mar 10.30 - 12.30**
Speaker: Dr Reinhard Ronnebeck

THE HEEL AND TOE OF THE ITALIAN BOOT
Puglia, Calabria and Basilicata: the history, environment and personalities of these southern regions of Italy, illustrated with images and film clips
**Mondays 16 and 23 Mar 10.30 - 12.30**
Speakers: Nora Hinchen & John Flint OAM

SECRETS OF THE IN-GROUP
Six older women realise that without social media skills, they’re becoming irrelevant. Their book club doesn’t cut it anymore, it’s time to go virtual
**Monday 30 Mar 10.30 - 12.30**
Speaker: Loretta Re

HISTORY OF ROYAL REHABILITATION CENTRE AT RYDE
Opened in 1902 as Weemala, for people with disabilities and a home for ‘incurables’, it has developed into a world-class treatment and training centre
**Monday 6 Apr 10.30 - 12.30**
Speaker: Winsome Baker

HUMAN ORGAN REPLACEMENT
Organ transplantation is a highly effective treatment for advanced organ disease, with success rates in Australia among the highest in the world
**Monday 13 Apr 10.30 - 12.30**
Speaker: Punchi (Das) Dassanayake

50 YEARS AT THE ENSEMBLE THEATRE - WHAT FUN
Our speaker will give an insight into her 30 years as Artistic Director at The Ensemble, Australia’s oldest independent theatre
**Monday 20 Apr 10.30 - 12.30**
Speaker: Sandra Bates AM

MARITIME MUSEUM - HEROIC MEN AND FIGHTING SHIPS
In WWII, our Navy were sometimes outnumbered and outgunned, fighting until there was no more ammunition and often until the order to abandon ship was given
**Monday 27 Apr 10.30 - 12.30**
Speaker: Merv Rosen

INSIDE PINE GAP
Learn about the history of Pine Gap from an insider who served 18 years in Operations. Discover what Pine Gap does and why it is there
**Monday 4 May 10.30 - 12.30**
Speaker: David Rosenberg

THESE TRUTHS - A BRIEF HISTORY OF THE USA UP TO THE CIVIL WAR
Using Jill Lepore’s research, we explore the origins of a divided nation from the American experiment based on political equality, natural rights and the sovereignty of the people. (4 sessions)
**Each Monday from 11 May 10.30 - 12.30**
Speaker: Peter Nixon

ETERNAL DESIGN: JAPANESE ART AND ARCHITECTURE THROUGH TIME
Japanese artists have blended traditional with modern to create timeless artistic expression. Kathryn will talk about Niigata to Naoshima and how artists created eternal design
**Monday 8 June 10.30 - 12.30**
Speaker: Kathryn Hunyor
DISCUSSION GROUP 2
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 10 Feb 10:30 - 12:30
Leader and bookings: Barbara Meth 9438 5014

‘ISMS’ IN HISTORY
Examine a number of beliefs and practices that end in ‘ism’
1. 6 Feb: Scholasticism
2. 20 Feb: Monasticism
3. 5 Mar: Fanaticism and Fundamentalism
4. 19 Mar: Mercantilism
5. 2 Apr: Capitalism
6. 16 Apr: Darwinism
7. 30 Apr: Secularism
8. 14 May: Keynesianism
9. 28 May: Consumerism
10. 11 Jun: Feminism
11. 25 Jun: Militarism
Alt Thursdays from 6 Feb (note breaks) 1:30 - 3:30
Leader: Frank Wilson 8021 7059
Bookings: Ann Drysdale 9427 8435

THE MANORS OF MOSMAN RETIREMENT VILLAGE
6 Hale Rd Mosman (off Military Rd). Wheelchair access
Venue coordinator: Lesley Duffill 9969 9546
Bookings through the persons listed below

FULL SEMESTER COURSES
CONTINUE YOUR MEMOIR
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 4 Feb 10:00 - 12:00
Leader and Bookings: Pamela Tilbrook 0413 377 212
pamelatilbrook@optusnet.com.au

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 11 Feb 10:00 - 12:00
Leader: Mary Billing
Bookings: Elisabeth Kingsford Smith 9953 6993

TOPICAL ISSUES DISCUSSIONS
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
Alt Wednesdays from 5 Feb 10:00 - 12:00
Leader: Joan Castle
Bookings: Margaret Kropman 0434 839172

McMAHONS POINT COMMUNITY CENTRE
165 Blues Point Rd
Venue coordinator: Lesley Duffill 9969 9546
leslieduffill@gmail.com
Bookings through the persons listed below

FULL SEMESTER COURSES
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 7 Feb 10.00 - 12:00
Leader and bookings: Toni McLennan 9412 1585

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 4 Feb 10:00 - 12:00
Leader and bookings: Geoff Lucas 9416 7717

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 to Fay Smith providing name, U3A member number, Ph contact, Course name and date
If you withdraw from a course, please advise ASAP so a reserve can take your place

SHORT COURSES
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
Monday 2 Mar OR Wednesday 4 Mar 9:30 - 12.30
Speaker: Margaret Kropman

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 9 Mar 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 11 Mar 9:30 - 12:00
Speaker: Fay Smith
MANAGING PHOTOS (6)
From a camera or android phone, save photos on your computer then organise, perform simple edits, email. For those skilled at creating folders and moving files between folders. Suits Windows 7, 8, 10
**Monday 16 Mar OR Wednesday 1 Apr 9:30 - 12:30**
Speaker: Margaret Kropman

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 23 Mar 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 25 Mar 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 30 Mar 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

SHORT COURSES

AN INTRODUCTION TO SENSORY SCIENCE
How science and industry use the senses - smell, taste, touch, sight, hearing - to discover new information and develop new or better foods and beverages
**Thursday 6 Feb 1:30 - 3:30**
Speaker: Greg Organ
Bookings: Annika Tults aktults@yahoo.com.au 9882 3669

LESSONS OF LIFE – MEDIA, POLITICS AND PERSONAL
Leigh Hatcher reflects back on what he’s learnt through four decades of broadcast journalism, reporting politics and the personal ups and downs of life
**Thursday 13 Feb 1:30 - 3:30**
Speaker: Leigh Hatcher
Bookings: Annika Tults aktults@yahoo.com.au 9882 3669

ARCHIPELAGO - A JOURNEY ACROSS INDONESIA
Indonesia is the most culturally diverse nation on the planet. With Ian’s experience of past travels and knowledge of its history, we journey across the Indonesian Archipelago
**Thursday 20 Feb 1:30 - 3:30**
Speaker: Ian Burnet
Bookings: Annika Tults aktults@yahoo.com.au 9882 3669

DEVELOPING YOUR MEMOIR
Your life is unique. 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. (4 sessions)
**Alt Tuesdays from 25 Feb 1:30 - 3:30**
Leader and bookings: Jenny Rudd O’Neill
jennyruddoneill@optusnet.com.au (preferred) or 9908 392

THE MALARIA ENIGMA
Malaria is an ancient disease but despite advances in medicine, there is still no reliable vaccine or cure
**Thursday 27 Feb 1:30 - 3:30**
Speaker: Dr Penny Bishop
Bookings: Inez Glanger inez.glanger17@gmail.com
9960 1495

THE IMPACT OF CLIMATE CHANGE ON HEALTH AND DISEASE
Increasing temperatures, rising seas and natural disasters are a feature of climate changes. We examine how these impact on the overall health of our community
**Thursday 5 Mar 1:30 - 3:30**
Speaker: Dr Penny Bishop
Bookings: Inez Glanger inez.glanger17@gmail.com
9960 1495

SYMMETRY
Symmetry is a unifying mathematical concept that lies at the heart of many of the arts and sciences, including religious art, crystallography, biology, chemistry and physics
**Thursday 12 Mar 1:30 - 3:30**
Speaker: Laurie Wilson
Bookings: Inez Glanger inez.glanger17@gmail.com
9960 1495

INDIA: ITS JOURNEY FROM ANCIENT CIVILISATION TO MODERN POLITICAL STATE
India experienced ideas, beliefs and practices of a multitude of invaders over the centuries and contributed significantly to world knowledge. We examine its culture, belief systems and ethno-linguistic diversity. (2 sessions)
**Thursdays 19 and 26 Mar 1:30 - 3.30**
Leader: Himanshu Jhala
Bookings: Annika Tults aktults@yahoo.com.au
9882 3669

MY PAST LIFE - THE SOVIET EXPERIENCE
My life in the Soviet Union from postwar childhood until 1975. The predicament of the Jews and how they created jokes to survive physically and spiritually
**Thursday 2 Apr 1:30 - 3:30**
Speaker: Frieda Belakhova
Bookings: Annika Tults aktults@yahoo.com.au
9882 3669

ISLAMIC GOLDEN AGE
A survey of achievements of the Islamic Golden Age, covering a wide spectrum of achievements and their role in bridging the Ancient and Medieval worlds
**Thursday 9 Apr 1:30 - 3:30**
Speaker: Tony McCurdy
Bookings: Annika Tults aktults@yahoo.com.au
9882 3669
MUSIC, LEISURE AND PLEASURE IN C18TH LONDON
The Industrial Revolution transformed C18th London giving
the new enriched middle class time and money to indulge
in leisure pursuits. How did they spend their free time?
Thursday 16 Apr 1:30 - 3:30
Speakers: Nora Hinchen and John Flint
Bookings: Annika Tults aktults@yahoo.com.au 9882 3669

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
Thursday 23 Apr 1:30 - 3:30
Speaker: John Flint
Bookings: Inez Glanger inez.glanger17@gmail.com 9960 1495

SOUTH AFRICA, SWAZILAND, KRUGER NATIONAL
PARK AND ZIMBABWE
Growing up in South Africa: an illustrated talk of the above
regions
Thursday 30 Apr 1:30 - 3.30
Speakers: Bobbie Kerstin, Mervian Dixon and Pam van Zyl
Bookings: Inez Glanger inez.glanger17@gmail.com 9960 1495

IRAN, PAST AND PRESENT
Iran existed 2500 years ago and was not always a Muslim
country. We trace its history from The Ancient Persian
Empire to the present day
Thursday 7 May 1:30 - 3:30
Speaker: Cindy Broadbent
Bookings: Inez Glanger inez.glanger17@gmail.com 9960 1495

DIRTY SECRETS: OUR ASIO FILES
Well known Australians such as Michael Kirby, Anne
Summers and David Stratton discover they have ASIO files
and write about them
Thursday 14 May 1:30 - 3:30
Speaker: Meredith Burgmann
Bookings: Annika Tults aktults@yahoo.com.au 9882 3669

MADAGASCAR HISTORY AND WILDLIFE
Due to its isolation from other landmasses, Madagascar
has plants and animals found nowhere else on earth. Learn
about its amazing wildlife and mixed history
Thursday 21 May 1:30 - 3:30
Speaker: Margaret Szalay
Bookings: Annika Tults aktults@yahoo.com.au 9882 3669

ASHOKA, HISTORY’S GREATEST EMPEROR
Ashoka ruled India’s greatest Empire. He started with
brutality and war, but found Buddhism and redemption.
Why was he exceptional and what has been his legacy?
Thursday 28 May 1:30 - 3:30
Leader: Terry Redmond
Bookings: Annika Tults aktults@yahoo.com.au 9882 3669

DISRUPTION 2
Our modern world is experiencing massive changes with
the introduction of new science and technology products
and systems that are causing disruption to our lives
Thursday 4 Jun 1:30 - 3:30
Speaker: Malcolm Raymond
Bookings: Annika Tults aktults@yahoo.com.au 9882 3669

NAPOLEON AND THE AUSTRALIAN
CONNECTION
A talk on the meteoric rises and falls of Napoleon’s career,
with emphasis on the final years and their importance to
Australia
Thursday 11 Jun 1:30 - 3:30
Speaker: Geoff Davidson
Bookings: Inez Glanger inez.glanger17@gmail.com 9960 1495

THE PLANE THAT WENT AROUND THE WORLD
THE WRONG WAY
The true story about a commercial PAN AM flight that was
diverted on return from New Zealand due to the bombing
of Pearl Harbor
Thursday 18 Jun 1:30 - 3:30
Speaker: Winsome Baker
Bookings: Annika Tults aktults@yahoo.com.au 9882 3669

FULL SEMESTER COURSE
ART: PAINTING AND SKETCHING (12)
Learn to successfully manipulate colours, line and shape.
Painting with acrylics, sketching with charcoal or pencil. A
small amount of theory will help develop skills to create
both classical and abstract art
Alt Tuesdays from 18 Feb 1:30 - 3:30
Leader and bookings: Külliki Poole 9451 3011;
0414 451 636

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

SHORT COURSES
BEHIND THE LYRICS – THE SHOW MUST GO ON
The social and political histories and stories behind a few
popular C20th show songs
Monday 10 Feb 10:30 - 12:30
Speaker: Graham Spindler

BEHIND THE LYRICS - ALL THIS AND WWII
The social and political histories and stories behind some
of the significant songs of WWII
Monday 17 Feb 10:30 - 12:30
Speaker: Graham Spindler

THE EASY CAMINO
Pilgrim numbers on the Camino de Santiago have
skyrocketed. We look at its history, significance and
nature, and an easy walk along The Way
Monday 24 Feb 10:30 - 12:30
Speaker: Graham Spindler
NATIONAL POPULISM
An exploration of the origins of the C21st revolt against Liberal Democracy. We need to look at Trump and Brexit but the influence of National Populism stretches much further. (5 sessions)
Each Monday from 2 Mar 10:30 - 12:30
Speaker: Peter Nixon

THE WILDERNESS SOCIETY
A brief history of The Wilderness Society and the impact of their campaigns, including the New Laws For Nature campaign
Monday 6 Apr 10:30 - 12:30
Speaker: A member of the Wilderness Society

AUSTRALIAN AGRICULTURE
An exploration of the development of our national agriculture from 1788 to the latest application of high-tech science to food and fibre production. (2 sessions)
Mondays 20 and 27 Apr 10:30 - 12:30
Leader: Peter Sloane

INDUSTRIAL REVOLUTIONS
Mechanisation of cottage industries and their powering by steam engines was the first revolution. The second was based on science, resulting in electricity, pharmaceuticals and mass production. The third was the digital age and the fourth may be AI. (2 sessions)
Mondays 4 and 11 May 10:30 - 12:30
Leader: Emeritus Prof Don Napper

PSYCHOLOGY: SOME KEY CONCEPTS
The real father of psychology, the difference between psychology and psychiatry, IQ tests, personality tests, psychosis, neurosis, psychotherapy and more!
Monday 18 May 10:30 - 12:30
Speaker: Dr Reinhard Ronnebeck

THE SNOWS OF KILIMANJARO
Thinking of setting out on the great trek? Learn about the trials and tribulations of attempting this adventure
Monday 25 May 10:30 - 12:30
Speaker: Fay Smith

ARTISTIC CONNECTIONS
Our Art Gallery guide will talk about connections of artists to family, place (particularly in Mosman) and time
Monday 1 Jun 10:30 - 12:30
Speaker: Ruth McGeechan

THE A TO Z OF AGING
Aging starts at conception and without remedial actions, from 40 onwards it can all be downhill. Learn 'what' you should do, and 'why' in order to stay healthy
Monday 15 Jun 10:30 - 12:30
Speaker: Dr Judy Ford

THE TASMAN MAP
Abel Tasman, the Dutch East India Company and the first Dutch discoveries of Australia
Monday 22 Jun 10:30 - 12:30
Speaker: Ian Burnet

STORIES FROM THE MARITIME MUSEUM
Ken Warby, racing in the Spirit of Australia, still holds the world water speed record that he set in October 1978
Monday 29 Jun 10:30 - 12:30
Speaker: Noel Phelan (Maritime Museum)

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

SHORT COURSES
SIR HUBERT WILKINS
Aviator, explorer, photographer, soldier. In the modern age of exploration and discovery, Sir Hubert topped the list, but who was he? (3 sessions)
Each Wednesday from 5 Feb 10:00 - 12:00
Speaker: Chris Beazley

THE FIRST FLEET: VOYAGES BACK TO ENGLAND
The First Fleet ships returned to England - scurvy and tragedy abounded. However, the Lady Penrhyn's voyage was a magical mystery tour of exotic places. Seen through the eyes of Arthur Bowes Smyth. (2 sessions)
Wednesdays 26 Feb and 4 Mar 10:00 - 12:00
Speaker: Malcolm Robertson

RELIGION AND SCIENTIFIC THINKING
The remarkable role of religion in scientific thinking and discovery; and the reverse…the role of scientific discovery in religion
Wednesday 11 Mar 10:00 - 12:00
Speaker: Rachel Kohn

DNA: HOW DID IT BUILD YOU AND ME
The structure and function of DNA and genes and the process of Inheritance of human characteristics
Wednesday 18 Mar 10:00 - 12:00
Speaker: Punchi Dassanayake

EPIGENETICS
Those factors outside of our genes, which influence not only our lives, but those of succeeding generations
Wednesday 25 Mar 10:00 - 12:00
Speaker: Punchi Dassanayake

THESE TRUTHS: A BRIEF HISTORY OF THE USA
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. (4 sessions)
Wednesdays from 1 Apr 10:00 - 12:00
Speaker: Peter Nixon
THE 7 LIVES OF EMPRESS JOSEPHINE
From obscurity on the island of Martinique to the heady heights of Napoleon’s Empire, Josephine overcame enormous odds and survived.
Wednesday 29 Apr 10:00 - 12:00
Leader: Terri Nixon

CAROLINE CHISHOLM
Caroline Chisholm was once on our $5 note. Far from being passé, she was really a harbinger of Modern Australia.
Wednesday 6 May 10:00 - 12:00
Leader: Sarah Goldman

MUSIC THAT HELPED WIN THE WAR
The role that music and songs played in helping to maintain morale at home and abroad during wartime.
Wednesday 13 May 10:00 - 12:00
Speaker: Graham Ball

THE SAVOY OPERAS
A tribute to the Victorian Era theatrical partnership of W.S Gilbert and Arthur Sullivan and to the works they jointly created.
Wednesday 20 May 10:00 - 12:00
Speaker: Graham Ball

THE SURVIVOR’S STORY
Being blonde and blue eyed saved the speaker and her family from the Nazis in World War II; the story of a family in Budapest and their journey to Australia.
Wednesday 27 May 10:00 - 12:00
Speaker: Kathy Bradley

STAGES OF AMERICA’S CHINA POLICY SINCE THE OPIUM WARS
2. The development of the ‘China Mirage’: Christian missionaries, the Soong family, Time magazine and the China Lobby.
4. F D Roosevelt’s balancing act before, during and after World War II. Korea and its consequences.
(4 sessions)
Wednesday 3 Jun 10:00 - 12:00
Leader: Terry Farrell

ROSEVILLE NEW CHURCH
4 Shirley Rd.
Venue coordinator: Sheila Caldwell 9498 1197

FULL SEMESTER COURSE
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 10 Feb 10:00 - 12:00
Leader and bookings: Sheila Caldwell 9498 1197 or Judy Faulkner 9416 4733
Regional Course Coordinator: Runa Schmidt-Muller
runasm@ihug.com.au Enquiries only

NORTHERN BEACHES REGION OF SYDNEY U3A

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

Thursday 26 March commencing at 11.00 am
at
North Curl Curl Community Centre
Corner of Griffin and Abbott Roads North Curl Curl

Guest Speaker: Daniel Angus, Deputy Commissioner, Psychosocial Support Manager at CanTeen Australia

Doors will be open from 10:30 for examination of reports and minutes from last year’s meeting
Election of: President, Treasurer, Secretary, Course Coordinator plus committee members
Nomination forms will be included in the U3A Northern Beaches newsletter and on our website
Signed and completed forms should be returned to Olivia Kesby
5/30 Evans St, Freshwater 2096 no later than 18 March

For catering purposes please note that lunch will be $25 payable in advance, soft drinks provided, or BYO.
Please respond by Wednesday 11 March to Gaye Pringle gayepringle@gmail.com 0407 248 331 or 9975 3182

PLEASE SEE OUR 4 ENTRIES IN ‘EVENTS’

AVALON RECREATION CENTRE
Activity Rm 3 59 Old Barrenjoey Rd. Street parking
Wheelchair access

ART GROUP
Enjoy the company of other artists with varying levels of skill.
Bring your own equipment (any medium). No tuition given
Each Monday from 13 Jan
Session 1 9:30 - 12:15, Session 2 12:15 - 3:00
Leader: Gen Watts 0423 213 273 genwatts@hotmail.com
Bookings: Eve Lane 0455 948 864 evelane222@gmail.com

BALGOWLAH: CLUB TOTEM
Washaway Rm Lvl 3 195 Condamine St Parking available,
from car park. Wheelchair access
Venue Coordinator: Maureen Smith 9982 7985
maureensmith2099@gmail.com

LITERATURE
A wide range of authors and their books are discussed.
These include Too Much Lip by Melissa Lucashenko,
The Butcherbird Stories by A S Patric and Boy Swallows
Universe by Trent Dalton
Alt Wednesdays from 5 Feb 11:00 - 1:00
Leader: Maureen Smith 9982 7985
maureensmith2099@gmail.com
Bookings: Helen Moore 9975 5203 helen.moore@iinet.net.au

BELROSE: GLENAEON RETIREMENT VILLAGE
207 Forest Way Village Community Centre. Parking
available inside village. Wheelchair access
Venue Coordinator: Margaret Robinson 0417 496 912
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 4 Feb 9:00 - 12:00
Leader: Penny Bright
Bookings: Margaret Robinson 0417 496 912
merobinson2@bigpond.com

COLLAROY: WARRINGAH PLACE RETIREMENT VILLAGE
Activities Rm 1039 Pittwater Rd Street Parking.
Wheelchair access
Venue Coordinator: Mary Comber 9948 4064
(No school and public holidays)
ISSUES FOR DISCUSSION (12)
The topics are debated in a friendly inclusive atmosphere, so do come and enjoy the company of other U3A members.
Alt Thursdays from 30 Jan 2:00 - 4:00
Leader: Terry Ryan
Bookings: Mary Comber 9948 4064
marycomber1@iinet.net.au

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 10 Feb 10:30 - 12:00
Leader and bookings: Colleen Russell 9918 3817

COLLAROY PLATEAU: RSL ANZAC VILLAGE ‘THE WAR VETS’
Veterans Pde Limited on-site parking. Wheelchair access

ART: PAINTING AND DRAWING IN ANY MEDIUM (14)
Montgomery Hall. 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 3 Feb 1:00 - 4:00 (No public holidays)
Leader: June Rodden 9402 4550
Bookings: Shirley Jensen 9982 4395

CREATIVE PHOTOGRAPHY (20)
Colooli Conference Rm. Photography is best learned by experience, so in this group we will alternate outings to interesting photographic locations with feedback sessions learning from one another, rather than formal lectures. Participants in our previous tutorial-based courses are welcome to re-join. (10 sessions)
Alt Fridays from 21 Feb 10:00 - 12:00
Leaders: Laurie Wilson and Ian Thompson
Bookings: Laurie Wilson 9938 1454
laurie.wilson@optusnet.com.au (preferred)

FORESTVILLE: FOREST COMMUNITY ARTS CENTRE
Darley St. Parking available. Wheelchair access
Venue Coordinator: Terri Nixon 0414 358 318
thenixons23@optusnet.com.au

CANASTA - BOLIVIA VERSION
Join us and take the opportunity to learn the intricate strategies of this version of Canasta. Tuition will be provided on 11 and 18 February.
Each Tuesday from 11 Feb 10:30 - 11:30
Leader and bookings: Jen Hill jenhill949@gmail.com

CREATIVE WRITING (12)
Lorikeet Rm. This course does not teach writing. We edit, advise and discuss each member’s current work. We work through the school holidays.
Alt Mondays from 10 Feb 1:00 - 4:00
Leader and bookings: June McKimmie
junemckimmie@gmail.com

FOREST HISTORY
A great opportunity to find out more about the history of our Forestville area. Please join us to hear about it with the NeathernBeaches Local History librarian. Heather Flawith Rm
Tuesday 12 May 10:00 - 12:00
Leader: Michelle Rowland
Bookings: Terri Nixon thenixons23@optusnetcom.au

HISTORY OF THE USA: MODERN TIMES
Studio. These four talks explore themes in US History for the period after the Civil War to today. They follow on from the talks given in Semester 2, 2019 on the early days of the USA.
Each Tuesday from 10 Mar 10:00 - 12:00
Leader: Peter Nixon
Bookings: Terri Nixon thenixons23@optusnet.com.au

LAUGHTER WELLNESS
Heather Flawith Rm. Join us each fortnight for the happiest wellbeing program ever. You will enjoy interactive laughter exercises combined with deep yoga breathing that together create and sustain positive energy and wellbeing. Suitable for everyone. No ability needed just comfortable clothing.
Each Tuesday from 11 Feb 10:30 - 11:30
Leader: Jane Broadbere 0407 667 534
jane.broadbere@gmail.com
Bookings: Jen Hill jenhill949@gmail.com

FORESTVILLE: RSL CLUB
22 Melwood Ave Bistro

CRAFT IN THE FOREST
Join an inspirational group of craft enthusiasts for a relaxing morning of chat and the sharing of new skills. All crafts and art genres welcomed. No prior knowledge expected or assumed but the love of learning new creative ideas is mandatory.
Alt Fridays from 7 Feb 10:00 - 12:00
Leader and bookings: Beth Robertson 9452 2396
bethrobertson@aapt.net.au

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE
93-95 Blackbutts Rd Parking available
Venue Coordinator: Rosemary McCulloch
ramcull@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
28 Feb 10:00 - 12:00
Leader: Rosemary McCulloch 0448 095 958
ramcull@gmail.com
1. Abraham Lincoln
Of all the great statesmen of the C19th few equal and none surpass this man in wisdom, humour, character and in achievement
Friday 28 Feb Speaker: Rosemary McCulloch

2. Northern Beaches Council
Michael Regan was the first popularly elected Mayor of Warringah in 2008 and was re-elected in 2012 and 2019. He was the first Mayor of Northern Beaches Council
Friday 27 Mar Speaker: Mayor Michael Regan

3. Starring at the Stadium
Remember those great shows at Sydney’s Stadium? Enjoy memories with great video clips of yester years and learn about what ever happened to these stars
Friday 24 Apr Speaker: John Watt

4. Iran - Past and Present
An illustrated talk tracing the 2,500-year history of Iran to the present day
Friday 29 May Speaker: Cindy Broadbent

5. Lady Hamilton and Lord Nelson
Emma Hamilton became the confidante of the Queen of Naples, the lover of the national hero, Horatio Nelson and the muse of a fashionable English painter
Friday 26 Jun Speaker: Jim Murray

MONA VALE MEMORIAL HALL
Meeting Rm 1606 Pittwater Rd Parking available
Venue Coordinator Elizabeth Waring elizabethwaring5@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 4 Feb 10:00 - 12:00
Leader and bookings: Olivia Kesby 9938 3028 olivia.kesby@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 Mondays from 10 Feb 2:30 - 4:30
Leader and bookings: Sarita Wright 9970 5906 saritawright35@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 Mondays from 3 Feb 2:30 - 4:30
Leader and bookings: Sarita Wright 9970 5906 saritawright35@gmail.com

HISTORY OF PHILOSOPHY 3
We cover the philosophical system of Hegel, including his metaphysics philosophies of history and politics. No previous knowledge of philosophy is required
Alt Tuesdays from 11 Feb 1:00 - 3:00
Leader and bookings: John Lauricella 9918 2142 jml1010@yahoo.com

NARRABEEN: BAPTIST CHURCH
13 Grenfell Ave (cnr Wakehurst Parkway) Parking available Wheelchair access
Venue Coordinator: Barbara Larkin 9913 3481 jeddasm1@bigpond.com

ACOUSTIC GUITAR GROUP
Rm 2, Lvl 1 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
First three Wednesdays in each month from 5 Feb 10:30 - 12:30
Leader and bookings: Harvey Broadbent 0414 486 675 harveybroadbent1915@gmail.com

ADVANCED FRENCH
Rm 2 Lvl 1. Focusing on grammar and dictation, reading and conversation
Alt Mondays from 3 Feb 10:00 - 12:00
Leader and bookings: Sarita Wright 9970 5906 saritawright35@gmail.com

CREATIVE PAINTING WORKSHOP
Education Centre, Gnd Fl. A relaxed group with varying levels of skill, we work on our own projects and are self-directed. If you love your art join our group where we commonly share techniques, ideas and information
Each Thursday from 9 Jan 1:00 - 4:00
Leader: Susan Davies 0414 799 324
Bookings: Suzanne Allan 0458 712 033 zanne07@gmail.com (preferred)

FRENCH POST BEGINNERS (15)
Rm 2 Lev 1. On-going gentle paced course for people wishing to further their knowledge of the French language. Basic grammar and vocabulary required. Book used is French Made Simple by Pamela Rose Haze
Alt Fridays from 14 Feb 10:00 - 12:00
Leader and bookings: Olivia Kesby 9938 3028 olivia.kesby@gmail.com

GENEALOGY AND FAMILY HISTORY
Education Centre, Gnd Fl. Find your ancestors, discover your family history, grow your family tree. Learn how to preserve the past for future generations. Suitable for beginners and intermediate researchers. Internet searching skills essential. Notes provided. Bring your Wi-Fi enabled laptop or tablet (8 sessions)
Alt Fridays from 7 Feb 10:00 - 12:00
Leader and bookings: Leigh Haines 0417 212 424 haines.avalon@bigpond.com

HISTORY OF PHILOSOPHY 2
Education Centre Gnd Fl. We cover the critical philosophy of Kant, including his master work A Critique of Pure Reason, as well as his ethical works. No previous knowledge of philosophy is required
Alt Fridays from 14 Feb 10:00 - 12:00
Leader and bookings: John Lauricella 9918 2142 jml1010@yahoo.com
INTERMEDIATE SPANISH
Education Centre Gnd Fl. Aims at developing confidence in Spanish speaking skills, whilst revising and expanding grammar, vocabulary and cultural content. For those with language skills equivalent to one-two years of Spanish. Newcomers welcome. Please contact course leader for expected previous knowledge.
Each Monday from 24 Feb 2:00 - 4:00
Leader and bookings: Alexis Tabensky 0424 983 618 a.tabensky@unsw.edu.au

LATIN FOR BEGINNERS (20)
Education Centre Gnd Fl. This course introduces classical Latin grammar, sentence patterns and vocabulary through exercises and readings with the objective of introducing you to Latin literary text. No prior knowledge required. Text: Oxford Latin Course Part 1 - Student Book (ISBN 9780199122264)
Alt Fridays from 7 Feb 1:30 - 3:30
Leader and bookings: Felicity Davis 9979 8633 felicity@sciencefilms.com.au

LAUGHTER WELLNESS
Education Centre, Gnd Fl. Join us each fortnight for the happiest wellbeing program ever. You will enjoy interactive laughter exercises combined with deep yoga breathing that together create and sustain positive energy and wellbeing. Suitable for everyone. No ability needed just comfortable clothing
Alt Tuesdays from 4 Feb 9:30 - 11:00
Leader and bookings: Jane Broadbere 0407 667 534 jane@broadbere@gmail.com

THE 3RD AGE ROCK ORCHESTRA
Church. The group will continue building a repertoire of classic rock music. Bring own instrument and music stand.
Each Wednesday from 5 Feb 2:00 - 5:00
Leader and bookings: Harvey Broadbent 0414 486 675 harveybroadbent1915@gmail.com

TRIVIA FOR SENIORS
Education Centre, Gnd Fl. 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.
Alt Fridays from 14 Feb 1:00 - 3:00
Leader and bookings: Janet Atkinson 9970 6019 sophie@easy.com.au

UKULELE FOR BEGINNERS
Rm 2 Lvl 1. If you have always wanted to play something and never got around to it, the ukulele is your answer. No previous knowledge of music is needed. It is great fun and pretty easy to learn.
Each Tuesday from 4 Feb 1:30 - 2:30
Leader and bookings: Felicity Davis 9979 8633 felicity@sciencefilms.com.au

UKULELE - INTERMEDIATE / ADVANCED
Education Centre Gnd Fl. If you have learnt six basic chords, now is the time to move on to join this group. Lots of fun, strumming, singing and an opportunity to learn how to lead a song and microphone technique.
Each Tuesday from 7 Jan 1:30 - 3:30
Leader and bookings: John Peters 0412 161 069 jayefpe@hotmail.com

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE
Lakeview Hall 1395A Pittwater Rd Limited off-street parking Wheelchair access
Venue Coordinator: Rosemary McCulloch 0448 095 958 ramccull@gmail.com

MUSIC TO REMEMBER
Each session will concentrate on one particular classical composer with examples of legendary performances from the past as well as recordings by artists of today. Relax and enjoy listening.
Alt Tuesdays from 11 Feb 11:00 - 1:00
Leader and bookings: Rosemary McCulloch 0448 095 958 ramccull@gmail.com

OPERA AND BALLET ON SUNDAYS
This highly successful series has been expanded to include ballet as well as opera. We shall watch, on DVD, outstanding performances from opera houses around the world. Break between acts for lunch.
Alt Sundays from 16 Feb (except 12 April) 11:00 - 3:00
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)
Bookings not required

1. Weird and Not So Wonderful Histories
Join Harvey Broadbent for a look at the lighter side of history that feature the bizarre, the eccentric, the ridiculous and the just plain hilarious.
Tuesday 4 Feb Speaker: Harvey Broadbent

2. Songs of a Life
Baby Boomer Harvey traces a life with music and song in an engaging morning of live music as he performs songs that have influenced his life.
Tuesday 3 Mar Speaker: Harvey Broadbent

3. Five Steps to Improve your Memory and Brain Health
Find out the many causes of memory problems and what you can do to improve your memory.
Tuesday 7 Apr Speaker: Louise Hallinan

4. Have Fun Write Away
Anyone can write a word, a list, a sentence, a poem or a short story. We look at language and words through interactive games and discussions.
Tuesday 5 May Speaker: Sue Greenfield

5. Charlotte Bronte’s Jane Eyre
This illustrated talk analyses the enduring popularity of this novel with a little swarthy governess for a heroine and a middle-aged ruffian for a hero.
Tuesday 2 Jun Speaker: Cindy Broadbent
NARRABEEN NORTH: COASTAL ENVIRONMENT CENTRE

Pelican Path Lake Park Rd Parking available
Wheelchair access
Venue Coordinator: Barbara Larkin 9913 3481
jeddasam1@bigpond.com

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 3 Feb, 2 Mar, 6 Apr, 4 May, 1 Jun, 10:00 - 12:00. No school holidays
Leader: Heather Leggat
Bookings: Alan Leggat 9997 3183 ahleggat@bigpond.com (preferred)

NARRABEEN NORTH: NARRABEEN RSL CLUB
116 Nareen Pde Parking available

CROQUET
Teaching available on request. No partner required. Mallets supplied. Games are organised to accommodate on a first come basis
Each Tuesday from 14 Jan 8:30 - 12:00
Leader: Bob Hunter 9970 7352 hunterdeb@bigpond.com
Bookings: Jill Barrett 9982 2387 jillb45@hotmail.com

INTERMEDIATE FRENCH
Activities Rm. 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. Bookings essential
Alt Wednesdays from 29 Jan 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 and learn basic editing. As this is a new revised course, previous students welcome. Course is 3 sessions each in February and May.
Bookings essential
Mondays 3 Feb, 10 Feb, 24 Feb, 2 May, 11 May, 18 May from 9:00 - 12:00
Leader and bookings: Tony Clark 0416 060 148 tony.clark.48@gmail.com

TABLE TENNIS
Main Hall. Table tennis stimulates physical and mental performance. We offer the opportunity to revive a dormant skill and to socialise with new friends in an air-conditioned venue that is ideal for year-round play Bookings essential
Each Thursday from 30 Jan 1:15 - 4:15
Leader: Neil Mitchell 0405 123 521 pnmcons@tpg.com.au
Bookings: Carole Young caroleyoung@me.com

TOPICS OF INTEREST AT NEWPORT
Main Hall. Come and join a friendly group to experience ten separate presentations by people who are experts in, or have enthusiasm for their subjects, covering a wide variety of topics from science, history, travel, the arts, social justice and some quirky topics (10 sessions), Bookings not required
First Wednesday of each month from 5 Feb 1:30 - 3:30
Fourth Tuesday of each month from 25 Feb 1:30 - 3:30
Leader: Margaret White marg.whiteu3@gmail.com

1. Keeping Women out of Prison (KWOOP)
KWOOP Coalition came together to address some of the systemic failures of human rights which impact women in NSW prisons. What about their children?
Wednesday 5 Feb Speaker: Rosalind Strong

2. The Norfolk Island Story - From Hell to Paradise
The British used the island as a source of shipbuilding materials using convict labour with countless brutal floggings and public executions! Now, it’s tranquil and majestic!
Tuesday 25 Feb Speaker: Patrick Dodd

NARRABEEN NORTH: NARRABEEN RSL CLUB
116 Nareen Pde Parking available

ART CLASS WITH DENISE BARRY
Activities Rm. This course will be working mostly in acrylic paint. The leader comes from a background as a practising artist (painter), art teacher and therapist.
Bookings essential
Each Thursday from 30 Jan 1:00 - 4:00
Leader: Denise Barry 9974 5335 powerfulowl2@gmail.com
Bookings: Terry Bickerton 9970 7161 terry.bickerton@bigpond.com

ART CLASS WITH KAYE DEXTER
Activities Rm. This acrylics course is for advanced painters, who need to bring own equipment. Bookings essential
Each Monday from 3 Feb 1:00 - 4:00
Leader: Kaye Dexter
Bookings: Robyn Mayman 9918 2941 peter@maymans.com (preferred)

DRAMA ACTIVITIES THROUGH MOVEMENT, MIME AND IMPROVISATION (20)
Activities Rm. 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 to music, also mime, improvisation and roleplaying
Bookings essential
Alt Wednesdays from 5 Feb 1:30 - 4:00
Leader: Helen Rosenkranz 0405 060 727 helenrosenkranz@gmail.com
Bookings: Claire Kennedy 0402 832 611 eurobin10@hotmail.com

TOPICS OF INTEREST AT NEWPORT
Main Hall. Come and join a friendly group to experience ten separate presentations by people who are experts in, or have enthusiasm for their subjects, covering a wide variety of topics from science, history, travel, the arts, social justice and some quirky topics (10 sessions), Bookings not required
First Wednesday of each month from 5 Feb 1:30 - 3:30
Fourth Tuesday of each month from 25 Feb 1:30 - 3:30
Leader: Margaret White marg.whiteu3@gmail.com

1. Keeping Women out of Prison (KWOOP)
KWOOP Coalition came together to address some of the systemic failures of human rights which impact women in NSW prisons. What about their children?
Wednesday 5 Feb Speaker: Rosalind Strong

2. The Norfolk Island Story - From Hell to Paradise
The British used the island as a source of shipbuilding materials using convict labour with countless brutal floggings and public executions! Now, it’s tranquil and majestic!
Tuesday 25 Feb Speaker: Patrick Dodd
3. Reconstructing the Past - What are Today’s Young Archaeologists Working On and Where?
Animal remains are used to reconstruct past social and economic practices of the people who occupied these sites and the conditions with which they interacted
Wednesday 4 Mar Speaker: Kate Woo

4. Discoveries and Inventions That Have Shaped Our World
A look at some of the top discoveries and inventions that have changed the world in which we live and the science and patents behind these inventions
Tuesday 24 Mar Speaker: Ian Thompson

5. Behind the Scenes
A behind the scenes description of how musicals are chosen, cast, rehearsed and staged and how it is now a big business not just a hobby
Wednesday 1 Apr Speaker: Tom Sweeney

6. Genetics - Why We Age
Teasing out facts and making sense of science. Interesting and provocative. Developmental biology and human genetics. Inspiring, vibrant, witty
Tuesday 28 Apr Speaker: Dr Judy Ford

7. A Voyage To The Arctic
Follow this pictorial journey of intrepid travellers traversing the Northwest Passage sea route from the North Atlantic through the Canadian Arctic Archipelago to the Pacific Ocean
Wednesday 6 May Speaker: Greg Ross

8. So, What is Genealogy?
Learn the fundamentals of finding your ancestors, start growing your family tree, learn how to preserve the past for future generations and stay safe online
Tuesday 26 May Speaker: Leigh Haines

9. The Fenian Convicts in Australia
In 1868, sixty-two Irish Fenian rebels arrived at Fremantle aboard ‘Hougoumont’, the last convict ship ever sent to Australia. This presentation explores their convict experiences
Wednesday 3 Jun Speaker: Dr Keith Amos

10. The History Of Plastics
This talk covers the development of the materials, the explosion in uses and the many processing techniques. It will also discuss a little about recycling
Tuesday 23 Jun Speaker: David Malone

YOGA AND RELAXATION 1
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
Each Wednesday, except First Wednesday of each month, from 29 Jan 2:00 - 3:30
Leader: Louise Matthews louisemtws@yahoo.com.au
Bookings: Joy Cook joy.e.cook@gmail.com

YOGA AND RELAXATION 2
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 either Monday or Friday
Each Friday from 31 Jan 12:30 - 2:00
Each Monday from 3 Feb 12:30 - 2:00
Bookings: Pamela Frei 0415 603 906 pamelannfrei@icloud.com (preferred)

NEWPORT: PITTWATER
PRESBYTERIAN CHURCH
Cnr Robertson Rd and Ocean Ave

RECODER 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. No public holidays
Each Wednesday from 8 Jan 10:30 - 12:30
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

A TASTE OF ITALIAN FOOD
The presentation will give an introduction to Italian Food. Recipes for several popular dishes will be introduced, discussed and made available for tasting
Thursday 23 Jan 10:00 - 12:00
Leader and bookings: Jim Murray 9938 2847 jimmurray2@mac.com

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 7 Feb 1:30 - 3:30 No school holidays
Leader: Barbara Martin
Bookings: Susan Ascher 0439 912 512 sues2512@tpg.com.au

AT THE CINEMA - ORSON WELLES
Explore the life and career of actor/director Orson Welles through talks, viewing his major movies and discussion. A program will be available at the first session.(9 sessions)
First and third Tuesdays from 4 Feb: 1:15 - 3:45
Leader and bookings: Robert Englund 8521 7540 r.englund@optusnet.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. No public holidays
Each Monday from 13 Jan 9:30 - 10:20 and 10:30 - 11:20
Each Friday from 10 Jan 9:30 - 10:20 and 10:30 - 11:20
Leader: Ruth Buchanan
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 or contact Ruth Buchanan ruth.buchanan@bigpond.com

BEHIND THE NEWS
Media outlets summarise important issues - political, economic or scientific - in a few catch phrases. These discussions will focus on topics that have been in the public eye recently with a view to examining them in greater depth. (3 sessions)
Thursdays 30 Apr, 14 May, 28 May 10:00 - 12:00
Leader: Peter Nixon
Bookings: Virginia Lawrence virginialaw@bigpond.com
CANASTA (BOLIVIA VERSION) 1
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 weeks of the course
Each Monday from 13 Jan 12:45 - 3:45
Leader and bookings: Jacki Bateman 9913 8559
jackibateman@optusnet.com.au

CANASTA (BOLIVIA VERSION) 2 (30)
Take the opportunity to learn the intricate strategies of this version of Canasta. Tuition will be provided on 6, 13 and 20 Feb
Each Thursday from 6 Feb 12:45 - 3:45
Leader and bookings: Eve Lane 0455 948 864
evelane222@gmail.com

CAPTAIN COOK IN AUSTRALIA 250 YEARS AGO
Captain Cook was a brilliant explorer and innovator who sailed along the East Australian coast 250 years ago. He introduced chronometers to measure longitude and innovations in diet and health to eliminate scurvy and typhus.
Thursday 16 Jan 10:00 - 12:00
Leader and bookings: Jim Murray 9938 2847
jimmurray2@mac.com

COOKING FOR HOPELESS MEN (12)
Learn how to cook the simple and healthy way in small groups. Limited positions available
Second and fourth Tuesdays from 11 Feb: 1:15 - 3:45
Leader and bookings: Jim Murray 9938 2647
jimmurray2@mac.com

DISCUSSION GROUP
Small meeting rm. 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
Alt Mondays from 3 Feb 1:30 - 3:30
Leader and bookings: Duba Skelton 0403 494 667

ECLECTIC MUSIC
A mix of easy listening, Rock and Roll, Jazz and Soul Music favourites Various leaders
First Thursday of the month from 6 Feb 10:00 - 12:00
Enquiries: Ruth Buchanan ruth.buchanan@bigpond.com

FROM SANDSTONE PAGODAS TO OCEAN CORALS, BEACHES AND SHORES
An update on what is happening to Sydney’s internationally unique pagoda landscape, known as the Gardens of Stone near Lithgow
Thursday 25 Jun 10:00 - 12:00
Leader: Janine Kitsen 0428 860 623
Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

LADY HAMILTON AND LORD NELSON
Born into poverty and with a murdered father, Emma Hamilton became the confidante of the Queen of Naples, the lover of the national hero, Horatio Nelson, and the muse of a fashionable English painter
Thursday 30 Jan 10:00 - 12:00
Leader and bookings: Jim Murray 9938 2847
jimmurray2@mac.com

MAH JONG - THE WESTERN GAME
Learn and play Mah Jong in a friendly atmosphere. Patient teaching is provided
Each Thursday from 16 Jan 12:45 - 3:45
Leader: Judith Bennett email@narrabeenlagoon.org.au
Bookings: Rosalie Howard 9982 8130
rosaliehoward@bigpond.com

QUIET GAMES SESSION
Games, chess, cards, scrabble etc. Quiet space to play your own choice of game is available. You must have your own partners and equipment. You must arrive and depart at the correct times so as not to disturb others
Each Monday from 13 Jan 12:45 - 3:45
Leader and bookings: Jacki Bateman 9913 8559
jackibateman@optusnet.com.au

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 14 Jan: 9:15 - 1:00
Leader and bookings: Rosemary MacDonald 0429 702 997
rjmac148@gmail.com

SOLVING CRYPTIC CROSSWORDS BASIC INTRODUCTION (16)
Cryptic crosswords conform to a set of rules which once you are aware of them will help you unravel those tricky clues. A basic course intended for those who would like to learn some strategies and techniques to get started. (6 sessions)
Thursdays 13 Feb, 27 Feb, 12 Mar, 19 Mar, 9 Apr, 23 Apr 10:00 - 12:00
Leader and bookings: Eve Lane 0455 948 864
evelane222@gmail.com

THE HALVORSEN STORY
The Halvorsen family showed extraordinary commitment to boat building and excellent craftsmanship and boat design skills. Their yachts achieved great success in classic ocean racing, including Sydney to Hobart and closed water racing
Thursday 11 Jun 10:00 - 12:00
Leader: Noel Phelan
Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

WOMEN WHO DID NOT KNOW THEIR PLACE
Traditionally, women have been allocated a specific ‘place’ in society. Over the past three centuries individuals in the English-speaking world have fought for increased rights and freedoms, including equality with men. What has been gained or lost?
Thursdays 20 Feb, 16 Apr, 21 May, 18 Jun 10:00 - 12:00
Leader and bookings: Joan Giumelli 9981 7509
jgiumelli@ozemail.com.au

WARRIEWOOD: NELSON HEATHER SENIOR CITIZENS CENTRE
Cnr Jacksons and Boondah Rds. Parking available
Wheelchair access
Venue Coordinator Marcia Andrews 9979 8707
marciaandrews711@hotmail.com
AN OVERVIEW OF SCIENCE
Banksia Rm. 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 (9 sessions) Bookings not required
Alt Fridays from 14 Feb 1:30 - 3:30
Leader: Ian Thompson collaroyplateau@hotmail.com
Enquiries: Merryn Farnell 9999 3414 merryn21@hotmail.com

1. History and Present use of Alcohol, Ice, Ecstasy and Cocaine - Part 1
These substances are causing problems in society today. How do they affect the body and the mind? Both legal and illicit drugs will be considered
Friday Feb 14 Speaker: Dr Rosemarie Einstein

2. History and Present use of Alcohol, Ice, Ecstasy and Cocaine - Part 2
We continue the discussion on the history and present use of both legal and illicit drugs and why are they used
Friday Feb 28 Speaker: Dr Rosemarie Einstein

3. Anatomy of Trees and Wood
Learn about the chemical equation of photosynthesis, the chemical composition of wood, Australian forests types and locations and the production and uses of forest products
Friday Mar 13 Speaker: Leigh Haines

4. Space: the Next Frontier
Challenges and preparation needed in facing future space travel
Friday Mar 27 Speaker: Joan Scott

5. The Alarming Rise and Rise of Blood Cancers
The rate of ‘blood cancers’ (lymphoma and leukaemia) are increasing. What should you know about them? How can you minimize your risks?
Friday Apr 24 Speaker: Dr Judy Ford

6. Violin Making
What goes into the making of a beautiful sounding instrument like the violin? You’ll have a greater respect for it after this talk
Friday May 8 Speaker: Raymond Howes

7. Art Meets Mathematics, plus the Irrational Number Pi - Π
Art Meets Mathematics: Tessellations and the remarkable work of M.C. Escher, plus a study of the fascinating mathematical constant Pi
Friday May 22 Speaker: Dick Whitaker

8. Nuclear Power - Australia’s Answer to Climate Change?
Should nuclear power be part of Australia’s 2050 clean energy commitments? We weigh up the nuclear option
Friday Jun 5 Speaker: Martin Thomas AM

9. The First Million Years of Human Communication
Communication between humans defines our species. The Internet is the most recent and possibly most far-reaching innovation following speech, writing and the printing press
Friday Jun 19 Speaker: Dr Laurie Wilson

CONTEMPORARY ISSUES (25)
Banksia Rm. 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
Alt Thursdays from 9 Jan 1:45 - 3:45
Leader: Lynn Grierson 9913 3964
Bookings: Marianne van de Voorde 9913 7968 marmovan@hotmail.com

CONVERSATIONAL GERMAN
Waratah Rm. Do you want to improve your German? Participants should have medium knowledge of German. Emphasis of the classes will be on conversation and grammar. Not for beginners
Alt Thursdays from 9 Jan 9:30 - 11:30
Leader and bookings: Inge Kohl ingekohl@gmail.com

FRENCH CONVERSATION (16)
Waratah Rm. Advanced conversation in French based on a text and tape
Alt Fridays from 7 Feb 10:00 - 12:00
(No public holidays)
Leader: Wendy Clark
Bookings: Maureen Black 9982 7149 maureenbg192@gmail.com

PSYCHOLOGY
Angophora/Waratah Rms (alternate weeks). The course will look at perception, learning, cognition, memory, beliefs and values. It will be interactive and require attendees to participate in various activities to support the ideas presented. The course is sourced from Psychology and Neuro-Linguistic programming material. (8 sessions)
Each Friday from 7 Feb 9:45 - 12:15
Leader and bookings: Mike Williams 0413 878 567 mikews@optusnet.com.au

PURE CLASS WRITING
Waratah Rm. If you like to write poetry, memoirs, short stories or novels, bring your work along for opportunities to read your work, receive constructive feedback, enjoy meeting with other writers and complete a short writing challenge each time
Alt Mondays from 17 Feb 1:30 - 3:30
Leader and bookings: Diane Harding 9944 0886 dianeharding@optusnet.com.au

SINGING FOR THE JOY OF SINGING
Angophora Rm. 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
Alt Fridays from 31 Jan 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 or contact Elizabeth Rush 0423 104 682 elizabethrush646@gmail.com (preferred)
Leader: Lynne Wasinski

RUSSIAN FOR BEGINNERS
Banksia Rm. This course is for those with no knowledge of Russian. Learn Russian in a relaxed and enjoyable manner. The course book is Learn Russian the Fast and Fun Way by Thomas R Beyer available on-line and at Abbey’s Language Bookshop
First and third Wednesdays in each month from 5 Feb 2:00 - 4:00
Leader: Tim Coyle 0449 120 346 m.coyle@iinet.net.au
Bookings: Mary May 8959 4995 maryamay@tpg.com.au
TOPICS OF OUR TIMES (25)
Banksia Rm. Discussions about a wide spectrum of contemporary issues with the aim to deepen our knowledge and understanding. Members are encouraged to submit topics and actively participate in the discussions; however, you are welcome to simply listen
Alt Tuesdays from 14 Jan 2:00 - 4:00
Leader: Antoine van de Walle 8090 2884; 0401 095 797 antoinevdwalle@gmail.com
Bookings: Peggy Crocker 9975 6828 fripeg@optusnet.com.au

YOU NEED NOT AGREE (16)
Waratah Rm. A small group for discussion of topical, local, national, international or general matters where all opinions are welcome
Alt Mondays from 20 Jan 10:00 - 12:00
Leader and bookings: Kevin Murray 9997 6078, 0413 306 146 kevandglenny@gmail.com (preferred)

PRIVATE HOMES
Note: Bookings essential for all private homes

ANDROID TABLET COMPUTER WORKSHOPS
(Frenchs Forest) (4)
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 6 Feb 1:00 - 3:00
Leader and bookings: Antoine van de Walle 8090 2884; 0401 095 797 antoinevdwalle@gmail.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 7 Feb 9:30 - 11:30
Leader and bookings: Delvene Lawrence 9975 3788 delveneml@bigpond.com

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 suggest topics for future study
Alt Fridays from 24 Jan 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 3 Feb 12:30 - 4:30
Each Wednesday from 5 Feb 9:30 - 11:30
Leader and bookings: Delvene Lawrence 9975 3788 delveneml@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 6 Feb 1:00 - 3:00
Leader: Bernie Gibson 0416 231 513 bernieanddavid@hotmail.com
Bookings: Shirley Carruthers 9486 3657
UPPER NORTH

Regional Course Coordinators: Pauline Holbrook 9484 8335 holbrookj@bigpond.com Grahame Marr 9487 3806 gwmarr1@bigpond.com Enquiries only

PLEASE SEE OUR 1 ENTRY IN ‘EVENTS’

BEROWRA: COMMUNITY CENTRE
The Gully Rd Balcony Room. Parking available
Venue Convener: Anne Lycett j_alyckett@optusnet.com.au

AFFAIRS OF INTEREST
A series of talks by specialists in their field
Second and fourth Mondays of the month from
10 Feb 10:00 - 12:00
1. May Gibbs - Cartoons and Comics
10 Feb Speaker: Stewart Reed
2. The History of Atheism
24 Feb Speaker: Frank Wilson
3. Small Europe - Monaco, San Marino, Vatican, Liechtenstein, Andorra
9 Mar Speaker: Graham Spindler
4. Abraham Lincoln
23 Mar Speaker: Rosemary McCulloch
5. Mines Beneath Newcastle Harbour
27 Apr Speaker: Ed Tonks
11 May Speaker Peter Sloane
7. Afghanistan Part 2
25 May Speaker: Peter Sloane
Leader and bookings: Anne Lycett j_alyckett@optus.com.au

CURRENT WORLD (single sessions)
A series of five 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
Mondays 10:00 - 12:00
1. Volcanoes
Can’t live with ‘em, can’t live without ‘em
17 Feb Speaker: Garry Lowder
2. Hazardous chemicals
Dealing with dangerous chemicals
16 Mar Speaker: Joan Scott
3. Sensory Science
How industry uses the senses to develop new and better foods
20 Apr Speaker: Greg Organ
4. The Inconvenient Truth Revisited
The uncomfortable world of climate change and its effect on man and the environment
18 May Speakers: Joan Scott and Jackie Wilson

CASTLE HILL: WARRINA VILLAGE ARV
Alix Scott Community Centre Langshaw Circuit.
Parking available
Venue Convener: Jim Gray 9680 2873

ISSUES AND IDEAS
In this lively, long-surviving group we research papers (on a voluntary basis) on a wide variety of contemporary issues. We then discuss one per session
Alt Tuesdays from 28 January 10:00 - 12:00
Leaders: Jim Gray and John Brockman
Bookings: Jim Gray: jcgray01@optusnet.com.au 9680 2873
John Brockman: alban.kingslangley@gmail.com

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 which examines the impacts on human health of weapons of mass destruction, hazardous domestic chemicals, recycling of materials, rapid changes in technology, medical quackery, early medical instruments and balance and symmetry in our lives
Alt Wednesdays from 19 Feb 10:00 - 12:00
Leader and bookings: David Malone 0418 440 828 dymalone@bigpond.net.au

EPPING: LEISURE AND LEARNING CENTRE
1 Chambers Court off Pembroke St beneath Library.
Limited parking available accessible by boom gate Wheelchair access
Venue Convener: Ian De Mellow 9487 1908 ian.mellow@bigpond.com
IRAN: THE ELEPHANT IN THE MOUNTAINS
A history of Iran: extraordinary civilization with roots in the Iron Age, outstanding imperial power in the ancient world; conquered by Islam, to emerge today, as the champion of the Shi'a, with ambitions towards Middle Eastern Hegemony
Alt Wednesdays from 26 Feb 1:00 – 3:00
Leader and Bookings: Ian De Mellow 9487 1908
ian.mellow@bigpond.com

TAI CHI (20)
The art of Tai Chi. 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 19 Feb 1:00 - 3:00
Leader and bookings: Siang Tan 9888 7874

EPPING: UNITING CHURCH
Small hall. Cnr Chester and Oxford Sts. Short walk from station and bus interchange
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. First book for discussion will be advised on registering
Alt Thursdays from 6 Feb from 10:00 - 12:00
Leader: Sandra Luntz
Bookings: Sandra Luntz on 9874 3382
sandra.luntz@gmail.com

GORDON: LIBRARY
799 Pacific Highway 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 6 Feb 10.00 - 12.00
Leaders: Michael Wong and Rose Pettett
Bookings: Margaret Harragon gordontaichi@hotmail.com

THE WORLD OF CLASSICAL MUSIC
Meeting Room 2. Continuing excursions into the world of classical music in all its forms, where you will meet familiar and not-so-familiar composers. (10 sessions)
Alt Wednesdays from 12 Feb 10:15 - 12:15
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

MEDIUM TO ADVANCED RECORDER GROUP
This is a friendly and relaxed group whose purpose is the enjoyment of making beautiful music together. We meet in the front room at Wallarobba
Alt Wednesdays from 5 Feb 10:00 - 12:30
Leader and bookings: Annette Salt 0407 873 455
saltnacl@bigpond.net.au

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 30 Jan 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 6 Feb 9:30 - 12:00
Leader and bookings: Ildy Turner 9488 9114
ipturner@bigpond.net.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 from 5 Feb (except school holidays) 6:15 - 7:15
Leader and bookings: Graham Marshall 0400 098 756
graham.marshall3@outlook.com

HISTORICAL AND OTHER INTERESTING TOPICS
A lecture series on variety of topics given by people with expertise in, and enthusiasm for their subjects. 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

KILLARA: LOURDES RETIREMENT VILLAGE
95 Stanhope Rd Village Auditorium. Parking available. Wheelchair access
Venue Convener and leader: Lesley Ransley
9880 9949 ellar1@bigpond.com

THE WORLD OF CLASSICAL MUSIC
Meeting Room 2. Continuing excursions into the world of classical music in all its forms, where you will meet familiar and not-so-familiar composers. (10 sessions)
Alt Wednesdays from 12 Feb 10:15 - 12:15
Leader: John Yates
Bookings: Nancy Sinden nsinden@ihug.com.au

HORNSBY CENTRAL LIBRARY
No bookings due to proposed closure for renovations in 2020. See Gordon Library for The World of Classical Music. See Turramurra Uniting Church for Australian History Seminars, Italian for Travellers, Travelling Ladies. See Waitara Girl Guides Hall for Poetry Appreciation
1. Meeting Sydney’s Freshwater Needs
Learn why Sydney has seemingly unlimited clean, fresh water
6 Feb Speaker: David Robinson

2. Weather and the Animal Kingdom
We look at evolution and climate, and how members of the animal kingdom around the world, including insects, adapt to changing weather throughout the year
5 Mar Speaker: Ian Thompson

3. Celebrating Sydney’s ‘Destination Pagoda’
Discover Sydney’s spectacularly beautiful pagoda landscape near Lithgow not found anywhere else in the world that has the potential to transform Lithgow into an eco-tourist destination
2 Apr Speaker: Janine Kitson

4. Cockatoo Island
Hear about the island’s convict and shipbuilding past and more with historic and current photos and tales of hardship, escape and triumph
7 May Speaker: Marie Palmer from The Harbour Trust

5. Signs and Symbols: Their History and Significance
Symbols are a universal language, an ancient method of expression predating alphabets and are increasingly prevalent in today’s world
4 Jun Speaker: John Flint

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. Early Ku-Ring-Gai
27 Feb Speaker: Jo Harris

2. How to care for your Cells and Chromosomes to Minimise the Effects of Aging
26 Mar Speaker: Dr Judy Ford

3. The Ghosts of Everest
23 Apr Speaker: Tony McCurdy

4. The Impact of Weather on the Animal Kingdom
28 May Speaker: Ian Thompson

5. Sydney Trams of Yesteryear
25 Jun Speaker: Peter Kahn

LINDFIELD: SENIOR CITIZENS RESOURCE CENTRE
271 Pacific Hwy Behind Library; limited on-site parking available. Wheelchair access
Venue Convener: Marika McLachlan
marikamclachlan@bigpond.com 9988 3199

GERMAN ADVANCED
Students need to have a sound knowledge of German. New members welcome
Each Friday from 14 Feb 9:30 - 11:00
Leader and bookings: Marika McLachlan 9988 3199 or 0411 151 722

GERMAN INTERMEDIATE
Each Friday from 14 Feb 11:00 - 12:30
Leader and bookings: Marika McLachlan 9988 3199 or 0411 151 722

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 5 Feb 2:00 - 4:00 in the Senior Citizen Resource Centre Hall
Leader and bookings: Dawn Nettheim 9869 0451
dawn@bigpond.net.au

LATIN INTERMEDIATE
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 5 Feb 1:45 - 3:45
Leader and bookings: Helen Ledwidge 9489 7161
hledwidge@iprimus.com.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 first term are The Fortunes of Richard Mahoney, Henry Handel Richardson, and Machines like me, Ian McEwan
Alt Thursdays from 6 Feb 10:15 - 12:15
Leader and bookings: Maurice O’Donovan 9411 8717
odonovan.1@bigpond.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. Continuing course
Alt Mondays from 10 Feb 2:00 - 4:00
Leader and bookings: Jenny Brady 9966 8510
jennybry03@hotmail.com

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 changes did the city undergo? What sort of lives did the inhabitants live?
Alt Mondays from 16 Mar 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
Alt. Mondays from 10 Feb 10:00 - 12:00
Bookings: Dr. Richard Brettell 0423 488 023
richardbrettell@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 4 Feb 2:00 - 4:00
Leader: Maria Criado 0424 939 767
Bookings: Jenny Brady 9966 8510

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 12 Feb 1:30 - 3:30
Leader and bookings: Peter Rennie 9451 8538

PENNANT HILLS: COMMUNITY CENTRE
Cnr Yarrara Rd and Ramsay 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 5 Feb 1:00 - 3:00
Leader: Chimene Hortense
Bookings: Jenny Beadell 9683 6145
Helen Reed 9680 4548

ST. IVES: UNITING CHURCH
Cnr Douglas St and Mona Vale Rd, St. Ives. Entrance to car park in Douglas Street. Wheelchair accessible
Courses are in the Calvin Room unless otherwise indicated
Venue Convener: Vicky Davies 0422 522 550
vdavies710@gmail.com

5000 THOUSAND YEARS OF CHINESE HISTORY
In a world growing increasingly smaller, China still seems a faraway and exotic land, with secrets and mysteries of ages past. For most of its 5000 year existence China has been the largest, most populous, wealthiest and mightiest nation on earth.
Alt Wednesdays from 12 Feb 1:00 - 3:00
Leader and bookings: Barrie Heath 0450 405 526
foxv217@gmail.com

CURRENT AFFAIRS FORUM 1
We provide an opportunity and encouragement to each member to participate in discussion and exchange of views and opinions on a wide range of domestic and international topics chosen by our members as of being particular interest to them.
Alt Thursdays from 13 Feb 10:00 - 12:00
Leader and bookings: Derrick Heywood 0402 240 189
dsheywood1@gmail.com

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 6 Feb 10:00 - 12:00
Leader and bookings: Alan Barge 0478 663 930
barge.alan@gmail.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 7 Feb 1:00 - 3:00
Leader and bookings: Susanne Hledik 0414 497 512
hledik@bigpond.net.au

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
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 5 Feb 1:30 - 3:30
Leader and bookings: Peter Rennie 9451 8538

1. What you Eat Today, Walks and Talks Tomorrow
7 Feb
2. What’s on your Plate
21 Feb
3. Food Labels Demystified
6 Mar
4. Allergy or Intolerance
20 Mar
MONDAY AT ST IVES

This is a series of separate presentations by talented speakers on topics of general interest
Alt Mondays from 3 Feb 10:00 - 12:00
Leader and bookings: Joy Liddell 9449 5193 jjliddell@bigpond.com

1. The Australian Museum
Sydney’s major natural history museum dates from 1827. The session covers the museum’s objectives, its collection (almost 20,000,000 items), buildings, people and important events during its 190 year history
3 Feb Speaker: Stewart Reed

2. The Brontes of Haworth - Session 1
The bicentenary of the birth of Charlotte Bronte in 2016 marked the beginning of celebrations for this remarkable Yorkshire family. Cindy’s illustrated talk looks at the lives of the Bronte sisters
17 Feb Speaker: Cindy Broadbent

3. The Brontes of Haworth - Session 2
A close reading of Charlotte’s novel, Jane Eyre
2 Mar Speaker: Cindy Broadbent

4. Plastic Free Living
Every week the average person ingests one teaspoon of microplastic in the air we breathe and the water we drink. Most is not recycled and so released into the environment. Learn about alternatives to help make a difference
16 Mar Speaker: Val de Rome

5. Hornsby Ku-Ring-Gai Women’s Shelter
A look inside the women’s shelter. Find out about the wonderful work done there for women in the community
30 Mar Speaker: Sallianne McClelland

6. My Mind’s made up. Don’t Confuse me with Facts!
An interactive and challenging presentation where we look at popular perceptions about the world and contrast them with reality. Prepare to be surprised
27 Apr Speaker: Tony McCurdy

7. Should Nuclear Power be Part of Australia’s 2050 Clean Energy Commitment?
11 May Speaker: Martin Thomas

8. Phoenix from the Ashes
The Venetian theatre La Felice, destroyed three times by fire, re-opened in 2003, has premiered operas by Rossini, Verdi, Wagner and Britten. Musical extracts, film clips and pictures accompany this outline of its history
25 May Speakers: John Flint and Nora Hitchen

9. Gore Hill Memorial Cemetery
The heritage listed cemetery at St Leonards is the resting place of about 14,000 people, many noteworthy in their walks of life. Hear who is buried here and issues involved in its preservation
22 Jun Speaker: John Flint

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 4 Feb 10:30 - 12:00
Leader and bookings: Liz Lazlett 0410 498 621

TUESDAY WORDSMITHS

Wesley Room. 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.
Alt Tuesdays from 4 Feb 10:00 - 12:00
Leader and Bookings: Gary Tyrell talk2gary@gmail.com

UKULELE FOR FUN

Knox Room. Have a lot of fun with a friendly group
Each Wednesday from 5 Feb 9:00 - 12:00
Leader: Dennis Simmonds
Bookings: Barrie Heath 0450 405 526 fox217@gmail.com

TURRAMURRA: ROHINI VILLAGE

53 Rohini St Cowper Place. Parking available
Venue Convener: Marilyn Pryor 0414 493 415 marilynpryor7@gmail.com

MIND- BODY PHILOSOPHY

A DVD course (Great Courses series Mind-Body Philosophy Prof. Patrick Grim, Stony Brook University) will be presented and discussed in 24 separate lectures exploring how the brain produces the phenomena of consciousness, memory, emotion, perception and our sense of ourselves
Alt Mondays from 3 Feb 10:00 - 12:00
Leader: Jock Buselli 9484 7041 jockbuselli@tpg.com.au
Bookings: Stanis Osterly 9487 6634 stanisosterly@hotmail.com

ROMAN HISTORY: CHRISTIANITY IN LATE ANTIQUITY

Wesley Room. By the end of the C4th the Roman Empire was officially Christian. What changes in lifestyle did this have upon its inhabitants? What effect did it have on the church and its relationship with the state?
Alt Wednesdays from 18 Mar 10:00 - 12:00
Leader Leonie Hayne 9417 2894
Bookings and Secretary Geoff Wicks 9451 7277 gcandjawicks@optusnet.com.au

SCIENCE AND TECHNOLOGY; GLIMPSES OF OUR PAST, PRESENT AND FUTURE

Wesley Room. Covers a full range of scientific disciplines (physics, medical, biological, climate, engineering and others). Remain relevant and be informed by the quality of lectures offered. We have run for 15 well subscribed years
Alt. Wednesdays from 26 Feb 10:00 - 12:00
Leader: Howard Ferrer
Bookings: Andrew Bean 9983 1225 andrewrosbean@bigpond.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 14 Feb 10:00 - 12:30
Leader and bookings: Gary Tyrell talk2gary@gmail.com
MUSIC WE HAVE GROWN UP WITH

Moves into 5th semester. We look at modern popular composers from the 50's and 60's but now include light opera, classical-variety and the great American Song Book. Delivered using music videos. You will need to reserve your place

Alt Thursdays from 6 Feb 10:00 - 12:00
Leader: Howard Ferrer
Bookings: Ros Markham 9416 8486
roslyn.markham@bigpond.com

TURRAMURRA NORTH: THE LANDINGS

440 Bobbin Head Rd North Turramurra Clubhouse.
Parking available in village
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 auditorium

Second and fourth Tuesday of each month Feb - Jun 10:00 - 11:15
No bookings required

1. Hypnotherapy
   11 Feb Speaker: Dr Leon Cowan

2. The Evolution of the Universe
   25 Feb Speakers: Kevin & Glenys Murray

3. Poetry
   10 Mar Speaker: Kathy Bradley

4. Cracking the Enigma Code of WW11
   24 Mar Speaker: Ross Clements

5. Gallipoli 1915
   14 Apr Speaker: Peter Headley

6. The Vietnam War
   28 Apr Speaker: David Wilkins

7. Current issues in Criminal War in NSW
   12 May Speaker: Nick Cowdery

8. The History of Nursing
   26 May Speaker: David Malone

9. My Mind’s Made Up: Don’t Confuse me with the Facts
   9 Jun Speaker: Tony McCurdy

10. The Fatal Fire at Adams Hotel and the Day the Ferries Broke Free
   23 Jun Speaker: Kevin Murray

FRENCH PRE-INTERMEDIATE (18)

For those who have completed at least two 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 required. (Phone leader for details)

Each Tuesday from 4 Feb 1:00 - 3:00
Leader and bookings: Shirley Beck 9634 4214

FRENCH INTERMEDIATE (18)

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Each Thursday from 6 Feb 1:00 - 3:00
Leader and bookings: Shirley Beck 9634 4214

FRENCH INTERMEDIATE/ADVANCED (12)

This course aims to develop skills in understanding, reading, writing, and speaking French

Each Wednesday 5 Feb 10:00 - 12:00
Leader and bookings: Ethleen Low 9476 4259
ethlow@bigpond.net.au

TURRAMURRA: UNITING CHURCH

Turramurra Ave Parking available Wheelchair access
Venue Convener: Margaret Marshall 0418 253 949
shalldo15@gmail.com

AUSTRALIAN HISTORY SEMINARS

Chapel. Historians, academics and family historians present topics dealing with a diverse range of subjects. Speakers encourage debate and questions on each topic

Alt Tuesdays from 4 Feb 10:00 -12:00
Leader: Garry Smith
Bookings: William Davies 0404 072 562
dtiger@optusnet.com.au

CURRENT AFFAIRS DISCUSSION GROUP

Garden Room. 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. New members welcome

Alt Tuesdays from 28 Jan 10:00 - 12:00
Leader and bookings: Jan Martin 9456 7774

FRENCH CONVERSATION (12)

Garden Room. We discuss current affairs, articles of interest from magazines and journals, also topics previously agreed on. Members with a good knowledge of French are welcome

Alt Fridays from 7 Feb 2:00 - 4:00
Leader and bookings: Mary Lambert 9440 2531

FUN PROBLEM SOLVING TO KEEP OUR MINDS ACTIVE

Garden Room. Challenge our brains and keep mentally young and agile by learning how to solve geometric puzzles like tangrams and pentominoes, as well as space problems, number puzzles, word problems and logic problems. (Please bring paper, pencils, scissors and an eraser.)

Alt Tuesdays from 4 Feb 9:30 - 11:30
Leader and bookings: Sandra Sadler 9484 5513
spsadler@dodo.com.au

TURRAMURRA SOUTH: UNITING CHURCH

Vestry. Cnr Chisholm and Vernon St South Turramurra.
Parking available
Venue Convener: Grahame Marr 9487 3806
gwmarr1@bigpond.com

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shalldo15@gmail.com

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Alt Tuesdays from 4 Feb 9:30 - 11:30
Leader and bookings: Sandra Sadler 9484 5513
spsadler@dodo.com.au
GERMAN BEGINNERS (Continuing)

Garden Room. For those with an elementary understanding of German grammar and have a vocabulary including commonly-used words and expressions. Students should be able to make themselves understood in simple, routine situations. The course aims to develop reading, writing, listening and speaking skills

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

Leader and bookings: Michael Hummel 9869 1023
michael.hummel48@gmail.com

ITALIAN FOR TRAVELLERS

Garden Room. 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

**Every Tuesday from 4 Feb 1:00 - 3:00 (20 sessions)**

Leader and bookings: Paddy Gunning 9456 1291
gunnosp@gmail.com

TRAVELLING LADIES

Lounge Room. Be enthralled by the experiences of adventurous ladies whose forgotten stories we retell of journeys made a century ago to little-known parts of the world, including Siam, Tibet, Mauretania, Sudan, Madagascar and Japan

**First and Third Tuesdays from 4 Feb to 21 Apr. 1:00 - 3:00**

Leader: Nola Bramble
Bookings: Lynette Trupp 9484 2641
roblyntrupp@bigpond.com.au

TRUTH IN HISTORY

Garden Room. Join us in discovering some fascinating facts as we explore historical topics and discuss new revelations. This is a light-hearted course backed by solid research

**Alt Thursdays from 13 Feb 9:30 - 11:30**

Leader: Phil Pryor

**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 or contact Marilyn Pryor 0414493415 9449 3415 marilynpryor7@gmail.com

WAITARA GIRL GUIDES HALL

Behind Willow Park, Sherbrook Rd

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!

**Alt Wednesdays from 5 Feb: 1:00 - 3:00**

Leader and bookings: Robert Plumbe 0407 160 835
robert.plumbe@gmail.com

PRIVATE HOMES

Venue Convener: Marjorie Perry 9440 7131
marjorieperry@iinet.net.au

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. Close to bus stop and Pymble Station. Street parking

**Alt Thursdays from 20 Feb 10:00 - 12:00**

Leader: Margaret Thomason 9488 8960
Bookings: Margot Taverne 9449 2923
margottaverne@gmail.com

INDONESIAN BEGINNERS (Wahroonga)

Learn the language of our closest neighbours. Textbook: Colloquial Indonesian by Sutanto Atmosumarto

**Alt Tuesdays from 17 Mar 1:30 - 3:30**

Leader and bookings: Tina Vander Heyden 0414 473 712
albertinav@icloud.com

INDONESIAN BEYOND BEGINNERS (Wahroonga)

Progress your knowledge of Indonesian with a small group of like-minded people in a relaxed atmosphere. Textbook: continuing with Colloquial Indonesian by Sutanto Atmosumarto

**Alt Mondays from 9 Mar 1:30 - 3:30**

Leader and bookings: Tina Vander Heyden 0414 473 712
albertinav@icloud.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 21 Feb 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 C20th poets and poetry from all over the world. Material is distributed before each meeting. The atmosphere is relaxed and convivial

**Alt Thursdays from 13 Feb 10:30 - 12:30**

Leader and bookings: Gisela Nittel 9873 1857
gisela.nittel@gmail.com

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 3 Feb 10:00 - 12:00**

Leader and bookings: Dorothee Schifter 9487 2578
dorothee.schifter@bigpond.com

WAHROONGA: THE WONIORA

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albertinav@icloud.com

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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.