



SYDNEY
U3A

sharing growing socialising

passion

Talks Courses Events

SEMESTER 1

January - June 2020

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

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

SYDNEY U3A INC.

U3A ethos is to promote and foster the melding of lifelong learning, creativity, exercise and community interaction so that the third age, which occurs immediately after full-time employment, is truly the age of reinvention, rejuvenation, renewal, redirection.

Editor: Genevieve Healy

Email: editor.sydneyu3a@gmail.com

Asst Editor: Patricia Prior

Email: priors@inet.net.au

Course book printed and distributed by:

Kwik Kopy Circular Quay

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

Office Hours: Monday to Friday 10:00 – 1:00

Phone 02 9267 9056

Email: mail@sydneyu3a.org

Web: www.sydneyu3a.org

ENQUIRIES

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

SYDNEY U3A OFFICE BEARERS

President	Barbara Boston	president.sydneyu3a@gmail.com	0439 995 427
VP (Education)	Dianne Ekert	vpeducation.sydneyu3a@gmail.com	0419 245 756
VP (Public Relations)	TBA		
Treasurer	Ivona Kadlec	sydu3a.treasurer@gmail.com	0438 529 915
Secretary	Paula Poon	secretary.sydneyu3a@gmail.com	0423 258 591
Admin Manager	Lynda Cronshaw	officemgr.sydneyu3a@gmail.com	0411 041 537

Regional Presidents

City and Inner West	Jennifer Waldron	jenniferwaldron2@gmail.com	8753 0521
Eastern	Warwick Mayne-Wilson	warwick@maynewilson.com.au	0423 770 558
Endeavour	Ian McLeod	spotmcleod@gmail.com	0433 587 567
Greater Western	Colin Smith	colinsmith1@bigpond.com	0408 180 051
Harbourside North	Judy Harris	judyharris2@bigpond.com	0447 194 510
Northern Beaches	Rosemary McCulloch	ramcull@gmail.com	0448 095 958
Upper North	Grahame Marr	gwmarr1@bigpond.com	9487 3806

INSURANCE

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

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

CONTENTS

EVENTS	6
COURSE BOOK	
CITY AND INNER WEST	16
EASTERN	24
ENDEAVOUR	27
GREATER WESTERN	32
HARBOURSIDE NORTH	36
NORTHERN BEACHES	47
UPPER NORTH	56
INDEXES	63

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

Endeavour - Four courses: **Brain Games** at Cronulla, page 27 - **Solving Cryptic Crosswords - Intermediate** at Cronulla page 27 - **Solving Cryptic Crosswords - Intermediate** at Gymea page 29 - **Discussion Group** at South Hurstville, page 30.

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.

Train 10:35 from Central Platform 18 to Parramatta. Arrive 11:03. Meet at exit barrier on Liverpool-Parramatta Transitway. Travel in second carriage. Parking on site. Start time 11:30.

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

EVENTS

Semester 1, 2020

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

EVENTS

Semester 1, 2020

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.

Train 9:18 from Central Platform 5 to Penrith. Arrive 10:06. Travel in second carriage. Meet at exit barrier on southern side of station. Museum at cnr Mulgoa Rd and Ransley St Penrith. Parking on site.

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.

Train 10:35 from Central platform 18 to Harris Park. Arrive 11:08. Meet at exit barrier on eastern side of the station. Travel in second carriage. Parking on site. Start time 11:30.

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

EVENTS

Semester 1, 2020

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 SOUNDTRACK 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

EVENTS

Semester 1, 2020

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

Turrumurra Uniting Church 10 Turrumurra 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

CITY AND INNER WEST

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

CITY AND INNER WEST REGION OF SYDNEY U3A

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

PLEASE SEE OUR 6 ENTRIES IN 'EVENTS'

ASHFIELD: CARDINAL FREEMAN RETIREMENT VILLAGE

137 Victoria St. Parking available Wheelchair access
Venue Coordinator: Lesley Painter 0401 038 050
painter.lesley@gmail.com

BRIDGE FOR THE LESS COMPETITIVE

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

Each Tuesday from 7 Jan 1:00 - 4:00
Each Saturday from 11 Jan 1:00 - 4:00

Leader and **bookings:** Cherie Lucas 9799 1716
cherielucas97@yahoo.com

CLUB ASHFIELD

5-7 Charlotte St 2nd level (lift available). Parking available
Venue Coordinator: Jennifer Waldron 8753 0521
jenniferwaldron2@gmail.com

COLLABORATIVE QI GONG (15)

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

Each Friday from 7 Feb 10:00 - 11:30
(excluding school holidays)

Leader: Alan Avanzado

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

COOPERATIVE RELAXATION AND STRETCHING ACTIVITIES (20)

This course is for exercise in a collaborative atmosphere
**Each Wednesday from 5 Feb 10:00 - 12:00 (excluding
school holidays)**

Leader and **bookings:** Margaret Quinn
marg.terry@bigpond.com

ENGLISH AS A SECOND LANGUAGE (14)

The focus of this course is on building vocabulary, improving
pronunciation and increasing confidence. We have group
conversations and exercises on vocabulary, spelling and
grammar. We read from material agreed on by the class. This
is a friendly supportive group.

**Each Thursday from 6 Feb 10:30 - 12:30 (excluding
school holidays)**

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

FOR THE LOVE OF DANCE (40)

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

Each Tuesday from 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 bjcandy@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 monoculturalism, egalitarianism and libertarianism, dynasticism, antidisestablishmentarianism, 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
lesmargulis@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

GLEBE: ST. HELEN'S COMMUNITY CENTRE

184 Glebe Point Rd Wheelchair access
Venue Coordinator: Pauline Valentine 0412 595 891
gregory_1947@hotmail.com

PATHWAYS TO THE GODS

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: 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)

Taylor's recorded Australia's first flight at Narrabeen Beach in 1909. George: journalist, artist, inventor, aeroplane builder: Florence: first female graduate in architecture.

Vince: death-defying aeronaut and stuntman

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

9. Avenues of Honour in the Landscape: Australia's Living Memorials (30)

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 Hinchin

13. The Heel and Toe of the Italian Boot (30)

Puglia, Calabria and Basilicata: the history, environment and personalities of these southern regions of Italy, illustrated with images and film clips

Fridays 22 and 29 May 10:30 - 12:30 Speakers: John Flint and Nora Hinchin

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 Speakers: John Flint and Nora Hinchin

15. Pi and Art Meets Mathematics (30)

1. The fascinating number Pi: a source of wonder to mathematicians throughout history
2. History of tessellation and its influence on Dutch artist Maurits Cornelis Escher (1898 -1972)

Friday 12 Jun 10:30 - 12:30 Speaker: Richard Whitaker

16. The Arab World: A Fascinating Story (30)

C7th Nomads from the Arabian Desert, conquered the old Roman and Persian Empires, founded and spread Islam and gave the world a legacy of a rich culture and old world's preserved knowledge

Fridays 19 and 26 Jun 10:30 - 12:30

Speaker: Himanshu Jhala

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

FRIDAY AFTERNOONS AT THE LIBRARY

INTERMEDIATE ITALIAN (20)

A convivial and welcoming group who enjoy practicing the four linguistic skills of speaking, listening, reading, writing; and revising grammar, mostly from online websites, to consolidate our knowledge

Each Friday from 7 Feb 1:30 - 3:30

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

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)

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

Leader and **bookings:** Bobbie Kersten 0410 873 605
bobbiekersten@gmail.com (preferred)

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

Thursdays on dates indicated 10:30 - 12:30

Bookings: Maree Sarsfield 0408 025 260 (text only)
mareesarsfield@hotmail.com (preferred)

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

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 Alexandra

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 Alexandra

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

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 Kannar-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 Kannar-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. Lores Bonney: Australian Aviatix

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

16. Sir Hubert Wilkins: Australia's Polar Explorer 1888 – 1958

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: Robijna 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: Robijna 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: Robijna Alexandra

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

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

FILM DISCUSSION GROUP (25)

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

Fourth Tuesday of each month from 28 Jan 10:00 - 12:00

Leader and **bookings:** Robyn Deane 9726 4279

rdeanee@optusnet.com

MINDFULNESS (25)

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

Thursdays 6 Feb, 5 Mar, 2 Apr 2:00 - 3:30

Leader and **bookings:** Grace Thomas 0424 229 742

gracethom066@gmail.com

ROZELLE: HANNAFORD CENTRE

608 Darling St cnr Nelson St Wheelchair access

Venue Coordinator: Barbara Burton 9798 5620;

0429 090 332 barb.e.bur@gmail.com

ADVANCED FRENCH CONVERSATION (15)

A reasonable background in French is necessary. Focus is on conversational French to improve fluency with occasional grammar. Members are expected to be actively involved in contributing ideas and material for discussion.

Leaders are facilitators, not teachers

Each Tuesday from 4 Feb 11:30 - 1:00

Leaders: Rhonda Stien and Sue Tronser

Bookings: Sue Tronser 9818 3268

suetronser@gmail.com

DISCUSSION GROUP (15)

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

Each Monday from 3 Feb 10:30 - 12:30

Leader and **bookings:** Yvonne Wingrave 9797 9237;

0437 000 684 yvonnewingrave@gmail.com

DISCUSSION GROUP IN ADVANCED FRENCH (10)

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

Each Thursday from 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
joanegordon@bigpond.com (preferred) Please supply phone and U3A membership number

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

Medium grade walks. You are responsible for your own safety. Bring hat, water, morning tea and lunch. Wear shoes with a safe walking tread. **NOTE**: 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

EASTERN

Regional Course Coordinator: Position Vacant
Sandra See 0412 044 811 sandra.l.see@gmail.com **Enquiries only**

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 on-line 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 WWII 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

14. The Royal Albert Hall, London

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 *Snugglypot 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 rgfil@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

Lively discussion group debating topical subjects (in lounge area). This is a popular course and bookings are essential

Each Thursday from 6 Feb 9:30 - 11:00

Leader and **bookings:** Michael Sullivan 0422 347 344 nemtchinov@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

ENDEAVOUR (SOUTHERN)

Regional Course Coordinator: Jim Sloan 0404 060 633
jsloan@sloan.id.au **Enquiries only**

**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 Thursdays of each month from 06 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
heinzlizz@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
twotwelves@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 annoc@tpg.com.au

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

Bookings and Secretary: Wendy Lobwein 9527 4696

wendy.rae.lob@hotmail.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

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

margig@ozemail.com.au

KOGARAH SENIOR CITIZEN HALL

2 Taylor St

GERMAN CONVERSATION

Intermediate to advanced conversational German

Second and fourth Thursdays of each month from 06 Feb 10:00 - 12:00

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

MIRANDA COMMUNITY CENTRE

93 Karimbla Rd

AUSTRALIAN HISTORY DISCUSSION GROUP

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

First and third Wednesdays of each month from 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

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

OATLEY LIBRARY

26 Letitia St

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

SANS SOUCI LIBRARY

104 Russell Ave

MINDFULNESS (25)

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

Wednesdays 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)

SOUTH HURSTVILLE LIBRARY

1 Allen St Hurstville

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

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

SUTHERLAND LIBRARY

Belmont St. Committee Room

ART - SKETCHING (20)

Learn quick observational urban sketching. Illustrate your journal of Sutherland Shire sights and occasions. Using only pencil, pen and watercolours, we also venture outdoors on Saturday mornings or join other sketch groups. We are the ShireSketchers, sharing and helping each other

Every Thursday from 06 Feb 10:00 - 12:00

Leader: Peggy Annabel 0402 354 968 or 9528 3391
peggy.annabel@bigpond.com

Co-Leader and **bookings:** Julie Dunno 9526 2640
juliedonno@yahoo.com.au

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 jacobob@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. A 4-5 day social walking holiday held annually. Members encouraged to participate as much as possible. Annual administrative fee of \$10 applicable

Each Thursday from 06 Feb - variable meeting times

Leader: Jean McInerney 0418 453 508

jaymond.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

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

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
georinatuck93@gmail.com

GROWING YOUR FAMILY TREE

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

Alt Tuesdays from 4 Feb 1:00 - 3:00

Leader and **bookings:** John Venables 9484 0526
john_venables@yahoo.com

MANDARIN

This continuing course is intended for the Third Age people who want to learn Mandarin by means of learning Chinese characters and sentences using alphabetic transliteration. Your class level will determine alternate Monday session access

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

Leader: Ying Mei Zhang

Bookings: Ying Mei Zhang 8872 7569 or Nicole Liu 9311 2480

MANDARIN PIES (Practice in Everyday Speaking Chinese)

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

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

Leader and **bookings:** Stanley Yan

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

OUR WORDS

Interested in the origin of language? Words and sayings can be fun. Bring a word and we'll use it in an 'on-the-spot' writing task. Hone your writing skills with a friendly, like-minded group and let your talent emerge

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

Leaders: Ann Orel and Rachele Rassaby

Bookings are essential. We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to www.sydneyu3a.org or contact Ann Orel 9638 2547 annorel@hotmail.com or Rachele Rassaby 9797 2287 rassaby@gmail.com

PEOPLE WHO CHANGED THE WORLD

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

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

Leader: Barry Hanlon

Bookings are essential. Rex Broadbent 0433 000 556
rexpatoptusnet.com.au

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

PARRAMATTA: HARRY TODD BAND HALL

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

A LIVELY DISCUSSION GROUP

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

Alt Fridays from 7 Feb 10:00 - 12:00

Leader: Robert Russell 0410028475

dawnrobert58@yahoo.com

Bookings: Dorothy Johnson 0402141005

djohnson8231@gmail.com

STALIN'S RUSSIA

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

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

Leader: Colin Smith

Bookings: John Brockman

alban.kingslanglely@gmail.com

TOONGABBIE: ST. ANTHONY'S CHURCH HALL

Aurelia St Parking available Wheelchair access

BALLROOM DANCING

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

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

Leader and **bookings:** Cecilia Padlan 0415 965 325

cbeauty023@gmail.com

GENTLE EXERCISE AND DEEP RELAXATION (15)

This course aims to promote a depth of consciousness below the stressful surface. Discover the joy of deep relaxation and the health benefits of some very easy stretching. Please bring your own exercise mat and pillow

Every Tuesday from 4 Feb 1:00 - 3:00

Leader and **bookings:** Warwick Pitt: 9727 8415

warwickjpitt@hotmail.com

LINE DANCING

Come along as a beginner and learn Line Dancing or further your skills with this enjoyable, healthy activity to Country or Modern music

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

No classes school holidays

Leader and **bookings:** Vicky Fitzgibbon 0427 240 583

vickyfitzgibbon47@gmail.com

MONDAY CANASTA AND MAH JONG (WESTERN STYLE)

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

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

Leader and **bookings:** Jon Hendrikse 0411 472 633

jhendrikse39@hotmail.com

GWN WRITERS ONLINE

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

Venue: Your place, any time

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

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@starmar.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@starmar.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 Apr 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)
2. *Play Misty for Me* (1971)
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: Peter Nixon

Bookings: Ronda Broadbridge rbroadbr@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 rbroadbr@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

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

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)

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 Hinchin

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)

24 Apr: *The Guilty* (2018)

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 Hinchin & 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

LANE COVE: LIVING AND LEARNING CENTRE

180 Longueville Rd

Venue coordinator: Robert Lynn 9433 8066

Bookings for all sessions through the persons listed below

FULL SEMESTER COURSES

BOOK DISCUSSION GROUP

A group centred on literary fiction. Our book for the first session is When the Night Comes by Favell Parrett

Every fourth Monday from 6 Jan 10:30 - 12:30

Leader and **bookings:** Janice Gentle 9439 3801

DISCUSSION GROUP 1

Join this happy group to air your views and discuss a variety of interesting topics selected by group members

Alt Thursdays from 6 Feb 10:30 - 12:30

Leader: Beatrice Blanks 8068 9393

Bookings: Val Kaley 9427 0786

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 leslieduffill@gmail.com
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 Hitchen 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

1. America's involvement in the opium trade and its consequences. Theodore Roosevelt and Japan.
2. The development of the 'China Mirage': Christian missionaries, the Soong family, Time magazine and the China Lobby
3. The struggle for the 'Heavenly Mandate: Sun Yat-sen, Chiang Kai-shek and Mao Zedong. Opposing American views and interests
4. F D Roosevelt's balancing act before, during and after World War II. Korea and its consequences

(4 sessions)

Wednesdays from 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

OUT THERE!

FULL SEMESTER COURSES

3RD FRIDAY LUNCH GROUP

We meet for lunch at restaurants that serve a variety of cuisines. We go everywhere in Sydney, except the North Shore. We try to book BYO wine venues where there is a small corkage charge, which attendees are required to pay

Third Friday of each month from 21 Feb

Leader and **bookings:** Sarah Fennamore 9955 1962
sfennamore@yahoo.com

FOOD FOR THOUGHT (12)

We meet to sample the cuisine of different nationalities all over Sydney. Friendliness, fun and food are the basis for finding out about different cultures.

Alt Fridays from 21 Feb

Leaders and **bookings:** Sissi Stewart sissen@bigpond.com (preferred) or 9908 2045; or Lyn Honey 9997 3292

NORTHERN BEACHES

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

NORTHERN BEACHES REGION OF SYDNEY U3A

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

COLLARROY: 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@inet.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

COLLARROY 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 1:30 (prompt) - 4:30

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 Northern Beaches Local History librarian. Heather Flawith Rm

Tuesday 12 May 10:00 - 12:00

Leader: Michelle Rowland

Bookings: Terri Nixon thenixons23@optusnet.com.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

Alt Tuesdays from 11 Feb 10:30 - 11:30

Leader: Jane Broadbere 0407 667 534

jane.broadbere@gmail.com

Bookings: Jen Hill jenhill949@gmail.com

ROMAN HISTORY: CHRISTIANITY IN LATE ANTIQUITY

Heather Flawith Rm. By the end of the C4th, the Roman Empire was officially Christian. What changes in lifestyle did this have on its inhabitants? What effect did it have on its relationship with the State?

Alt Thursdays from 19 Mar 2:00 - 4:00

Leader: Leonie Hayne 9417 2894

Bookings: Sonia Jenner sonia.jenner@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

ramccull@gmail.com 0448 095 958

FRIDAYS IN THE FOREST

A monthly program of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject. Something for everyone.

(5 sessions) **Bookings not required**

Last Friday in each month commencing

28 Feb 10:00 - 12:00

Leader: Rosemary McCulloch 0448 095 958

ramccull@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

jeddassam1@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:** Gail Sadler 0420 989 170
gailasadler@gmail.com

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 to or 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

Monthly from Tuesday 4 Feb 11:00 - 1:00

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

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

NEWPORT COMMUNITY CENTRE

11-13 The Boulevard. Parking available.
Wheelchair access
No courses at Newport during school holidays
Venue Coordinator Elizabeth Waring
elizabethwaring5@gmail.com

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

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, 17 Feb and 4 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

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

RECORDER CONSORT

A small group playing descant, treble, tenor and bass recorders, playing music from Renaissance to Bach through to Modern and Jazz. New players always welcome. Church Hall. 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 Kitson 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: Merry Parnell 9999 3414 merry21@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
marmonvan@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 ingekhol@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
maurengb192@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_alycett@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

6. Afghanistan Part 1 - A Fascinating Country with a Long History

11 May Speaker Peter Sloane

7. Afghanistan Part 2

25 May Speaker: Peter Sloane

Leader and **bookings:** Anne Lycett j_alycett@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

5. Cosmology

Alternative concepts and how they may be evaluated

15 Jun Speaker: Terry Freeman

Leader and **bookings:** Joan Scott djscott@tpg.com.au

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.kingslangle@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 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**

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

KILLARA: LOURDES RETIREMENT VILLAGE

95 Stanhope Rd Village Auditorium. Parking available. Wheelchair access

Venue Convener and leader: Lesley Ransley
9880 9949 ellar1@bigpond.com

HIISTORICAL 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

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

Text book: *em neu 2008 Deutsch als Fremdsprache - Niveaustufe B2. *Hauptkurs Kursbuch Hueber Verlag ISBN9 783195016957 Sechs Bausteine: Lesen, Sprechen, Hören, Schreiben, Grammatik, Wortschatz.* Basic German grammar required. New members welcome

Each Friday from 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

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

PENNANT HILLS: LEISURE AND LEARNING CENTRE

8 Warne St Parking available

Venue Convener: Graeme Marshall 9489 8648

g.marshall1@bigpond.com

ART PRACTICE GROUP

Love art? Join this fun, relaxed class whether you are good at art or want to be good. Experiment with any media, explore your own style and develop your creative expression by learning to look. Beginners welcome.

(Own materials needed)

Alt Mondays from 3 Feb 1:00 - 4:00

Leader and **bookings:** Bob Talbot 0412 470 854

btalbot6@gmail.com

PYMBLE UNITING CHURCH

Cnr Pacific Hwy and Livingstone Ave, opposite station.

Downstairs classroom. Parking available

Venue Convener: Graeme Marshall 9489 8648

g.marshall1@bigpond.com

FRENCH READING AND WRITING

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

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

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

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 - 12:30

Leader and **bookings:** Margot Taverne 9449 2923
margottaverne@gmail.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

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:** Liz Lazlett 0410 498 621

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

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 Turrumurra 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

TURRAMURRA SOUTH: UNITING CHURCH

Vestry. Cnr Chisholm and Vernon St South Turrumurra.

Parking available

Venue Convener: Grahame Marr 9487 3806

gwmarr1@bigpond.com

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)

This course is for those who have completed at least three years of a preliminary French course. Develop your skills in speaking, listening to, reading and writing French in a relaxed and friendly atmosphere. Two text books are required. (Phone leader for details)

Each Thursday from 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

Turrumurra 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

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

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

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

COURSE INDEX

City and Inner West Region	Pages 16 to 23
Eastern Region	Pages 24 to 26
Endeavour (Southern) Region	Pages 27 to 31
Greater Western Region	Pages 32 to 35
Harbourside North Region	Pages 36 to 46
Northern Beaches Region	Pages 47 to 55
Upper North Region	Pages 56 to 62

A

Archaeology/Anthropology	21, 30
Art	Appreciation 20, 21, 25, 28, 29, 30, 39, 41, 45 Drawing / Painting 18, 29, 30, 41, 44, 47, 48, 49, 51, 54, 57, 59
	Indigenous 19

B

Book Groups	19, 23, 26, 30, 31, 33, 34, 41, 42, 55, 57
Bushwalking	See Outdoor/Outings

C

Calligraphy	33
Cinema / Movies / Film	17, 18, 22, 24, 25, 26, 27, 28, 35, 37, 40, 51, 52, 60
Computers / Tablets	Cyber Security 20 Using Software/Apps 24, 31, 35, 42, 43, 54
Cooking	52, 53
Craft	48
Creative Writing / Publishing	28, 30, 33, 35, 42, 48, 50, 54, 60, 62
Croquet	17, 22, 51
Crosswords	20, 27, 29, 53
Current Affairs	17, 22, 25, 29, 30, 35, 38, 42, 43, 52, 54, 55, 56, 59, 60, 61

D

Dance	17, 29, 34, 52, 53
Desktop Flying	35
Discussion Groups	21, 22, 25, 26, 27, 29, 30, 34, 35, 38, 41, 42, 47, 51, 53, 55, 56, 59
Drama / play reading / theatre	20, 41, 51, 62

E

Eating out	See Outdoor / outings
Economics / Investment	17, 39
Environment	21, 24, 25, 34, 43, 45, 56, 57, 58, 60
Exercise	Relaxation 16, 34, 52, 53

F

Facebook	See Computers / Tablets
Famous People	20, 21, 25, 33, 34, 37, 41, 44, 45, 46, 48, 50, 53, 60
French	22, 25, 26, 27, 28, 29, 38, 48, 49, 51, 54, 59, 61

G

Games	Brain Games 27, 32, 61 Bridge 16, 35 Canasta 32, 34, 48, 53 Mah Jong 34, 47, 53, 55 Scrabble 32, 53
Genealogy / Family History	Including memoirs 32, 33, 42, 43, 49, 52
German	29, 38, 54, 58, 62

H

Health / Nutrition / Human Body	19, 24, 33, 37, 40, 45, 48, 50, 52, 58, 59
History	Australia 19, 21, 22, 24, 25, 28, 29, 32, 34, 37, 38, 39, 40, 41, 44, 45, 48, 52, 53, 57, 58, 60, 61 Ancient 20, 29, 48, 58, 60 China 59 USA 48 War / Military 24, 25, 39, 41, 46, 61 World / General 18, 20, 22, 24, 25, 34, 35, 37, 38, 39, 39, 40, 41, 43, 44, 45, 46, 48, 50, 51, 52, 56, 57, 58, 62

I

Indonesian	17, 62
Italian	18, 20, 26, 30, 62

J

Japanese	17, 18
----------	--------

L

Language	English / ESL 16
Languages	See individual language
Latin	50, 58
Legal matters	24, 38, 51
Literature	Chinese 37 General 17, 22, 38, 42, 47, 58

M

Mandarin	33
Medical matters	25, 40, 41, 43, 45, 61
Meditation	30, 31, 39
Music	Appreciation 20, 23, 24, 28, 31, 35, 36, 37, 39, 44, 46, 50, 52, 53, 55, 57, 58, 60 Ballet 28, 50 Guitar 49 Opera 20, 25, 28, 37, 40, 46, 50, 60 Performance 50 Recorder 16, 17, 38, 39, 46, 48, 57 Ukulele 18, 50, 60

N

O

Outdoor / Outings	Eating Out 23, 31, 46 Museums / Galleries 18, 23, 38 Walks / Bushwalking 23, 31
-------------------	---

P

Philosophy	18, 22, 25, 29, 38, 40, 42, 45, 48, 49, 60
Photography	24, 31, 48, 51
Poetry	19, 21, 28, 37, 42, 61, 62
Politics	21, 25, 39, 43, 45, 46, 53
Psychology	41, 45, 46, 54

Q

QiGong	16, 17
--------	--------

R

Relaxation	16, 22, 30, 31, 34
Russian	54, 58

S

Science and Technology	Astronomy 25, 34, 37, 41, 56 General 21, 31, 34, 37, 38, 39, 40, 43, 44, 45, 52, 53, 54, 56, 60 Mathematics/Physics 20, 25, 43 Nature 21, 31, 37, 39, 54 Series 32, 54, 56
Singing	27, 35, 54
Spanish	18, 25, 39, 50, 58, 59

T

Table Tennis	51
Tai Chi	21, 57
Theatre/Drama/Play Reading	See Drama
Travel	18, 20, 28, 41, 43, 44, 45, 52, 62
Trivia	50

U

Ukulele	See Music
---------	-----------

W

Walking	See Outdoor / Outings
Writing	See Creative Writing

Y

Yoga	52, 27
------	--------

Single Session Series

Monday	24, 44, 56, 60
Tuesday	33, 36, 39, 51, 61
Wednesday	20, 45, 51
Thursday	20, 21, 39, 43, 50, 57, 58
Friday	19, 20, 24, 37, 40, 48, 54

SUBURBS INDEX

A			
Ashfield	Cardinal Freeman Village	16	
	Club Ashfield	16, 17	
Avalon	Avalon Recreation Centre	47	
	Private Homes	55	
B			
Balgowlah	Club Totem	47	
Belrose	Glenaeon Retirement Village	47	
	Private Homes	55	
Berowra	Community Centre	56	
Blacktown	City Library	32	
	Westpoint	32	
Bondi Junction	Waverley Library	24, 25, 26	
	Waverley Community & Seniors Centre	25	
Bronte	Private Homes	26	
Burwood	Club Burwood	18	
	RSL Club	17	
	Woodstock Community Centre	17	
C			
Carlingford	Private Homes	35	
Castle Cove	Watermark Retirement Village	36, 37	
Castle Hill	Warrina Village ARV	56	
Chatswood	Dougherty Community Centre	37, 38, 39	
	Nan Tien Buddhist Temple	39	
City	Customs House Library	18	
Collaroy	Warringah Place Retirement Village	47, 48	
Collaroy Plateau	RSL Veterans' Retirement Village	48	
Cronulla	Community Hall	27	
	School of Arts	27, 28	
D			
Drummoyne	Community Centre	18	
E			
Eastwood	Private Homes	62	
Epping	Community Centre	56	
	Leisure and Learning Centre	56, 57	
	Uniting Church	57	
F			
Forestville	Forest Community Arts Centre	48	
	RSL Club	48	
	Private Homes	55	
Frenchs Forest	Lionel Watts Community Centre	48, 49	
	Private Homes	55	
G			
Glebe	Library - Benledi Room	18	
	Nag's Head Hotel	19	
	St Helen's Community Centre	19	
	The Old Town Hall	18	
	Toxteth Hotel	19	
Gordon	Library	57	
Greenwich	The Baytree Retirement Resort	39, 40	
Guildford	Hewitt House	32, 33	
Gymea	Community Hall	28, 29	
	Community Centre	28	
	Private Homes	31	
H			
Hornsby	Central Library	57	
	Leisure and Learning Centre	57	
Hunters Hill	C A Fairland Hall	40, 41	
Hurstville	Hurstville Library	29	
	South Hurstville Library	30	
K			
Killara	Lourdes Retirement Village	57, 58	
Kogarah	Private Homes	31	
	Senior Citizen Hall	29	
L			
Lane Cove	Living and Learning Centre	41, 42	
Leichhardt	Municipal Library	19, 20	
Lindfield			
	Lindfield Gardens	58	
	Senior Citizens Resource Centre	58, 59	
M			
Maroubra	Lionel Bowen Library	25	
McMahons Point	Community Centre	42	
	Community Centre Computer Education	42, 43	
Millers Point	Millers Point Community Centre	20, 21	
Miranda	Community Centre	29	
	Westfield	29	
Mona Vale	Memorial Hall	49	
Mosman	Art Gallery	44, 45	
	Art Gallery Melody Room	43, 44	
	Mosman Square Seniors Centre	45, 46	
	The Manors Retirement Village	42	
N			
Narrabeen	Baptist Church	49, 50	
	Tramshed Arts and Community Centre	50	
Narrabeen North	Coastal Environment Centre	51	
	Narrabeen RSL Club	51	
Newport	Community Centre	51, 52	
	Pittwater Presbyterian Church	52	
North Curl Curl	Community Centre	52, 53	
O			
Oatley	Library	30	
P			
Paddington	EJ Ward Community Centre	25	
Parramatta	Swinburn University of Technology	33, 34	
	Harry Todd Band Hall	34	
Parramatta North	Private Homes	35	
Pennant Hills	Community Centre	59	
	Leisure and Learning Centre	59	
Pymble	Private Homes	62	
	Uniting Church	59	
R			
Randwick	Margaret Martin Library	26	
	Private Homes	26	
Revesby	Community Hall	21	
	Workers Club	21, 22	
Rose Bay	Private Homes	26	
Roseville	New Church	46	
Rozelle	Hannaford Centre	22	
	Neighbourhood Centre	22	
S			
Sans Souci	Library	30	
St Ives	Uniting Church	59, 60	
Stanmore	Private Homes	23	
Strathfield	Croquet Club	22	
Sutherland	Club on East	30	
	Leisure Centre	30	
	Library	30	
T			
Toongabbie	St Anthony's Church Hall	34	
Turrumurra	Rohini Village	60, 61	
	Uniting Church	61	
Turrumurra North	The Landings	61	
Turrumurra South	Uniting Church	61, 62	
W			
Wahroonga	Private Homes	62	
	The Woniara	62	
	Waitara Girl Guides Hall	62	
Warriewood	Nelson Heather Senior Citizens Centre	53, 54, 55	
Wentworthville South	Private Homes	35	
South			
Woollahra	Gaden Community Centre	26	
Woolloomooloo	Ozanam Learning Centre	23	
Y			
Yowie Bay	Waterbrook Lifestyle Resort	31	

NOTES

NOTES



SYDNEY
U3A

**OUR COLOUR BRAND
VALUES EXPLAINED:**

KINGFISHER BLUE = SHARING

We share our knowledge

GREEN = GROWING

Together we grow our minds

YELLOW = SOCIALISING

We interact and connect with others

RED = PASSION

Our passion is for education

Sydney U3A is a not-for-profit volunteer based organisation providing continuing education opportunities for people who are no longer in full time employment. The courses and talks are conducted in a relaxed environment; are stimulating and interesting across a wide variety of topics. Participating members are provided with the opportunity to form enduring friendships through socialisation and community interaction whilst learning something new.