

GREATER WESTERN

Regional President: Linley Bartlett linleyb@hotmail.com
Regional Course Coordinator: Sue Bailey 0416 027 049
sueb0356@gmail.com (preferred) **Enquiries only**

IMPORTANT INFORMATION: You must book to attend a course. Refer to "Booking a Course" on page 4. of the main course book

GREATER WESTERN REGION OF SYDNEY U3A

Annual General Meeting and Election of Office Bearers

will be held on: **Friday 19 February at 2:00**

at: **SWINBURNE UNIVERSITY OF TECHNOLOGY or ZOOM (depending on restrictions)**

Address: Level 2 Room 'A' 1-3 Fitzwilliam Street

Adjacent to Parramatta rail station. Enter through door to left of Library entrance

Please consider standing for committee.

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 **5th February 2020**

BLACKTOWN CITY LIBRARY

Level 1 cnr Alpha St and Flushcombe Rd
Wheelchair access

History Family

FAMILY TREE MYSTERIES SOLVED (max 10)

Alternate Tuesdays from 2 Feb 10:00 - 12:00

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.

Leader and **bookings:** Roslyn McMullen 0416 926 032
rmrfm12@gmail.com (preferred)

BLACKTOWN: WESTPOINT

Community Room Fourth Floor up Alpha St
Ramp Parking available. Wheelchair access
Jubilee Lane (approach from Jubilee Park on Parkes St)
Parking available

History Australia

AUSTRALIA: ITS HISTORY, PEOPLE, EVENTS AND PLACES (max 20)

Alternate Thursdays from 4 Feb 10:00 - 12:00

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

Leader and **bookings:** Alan Smith 0418 112 771
boxvalecoal@hotmail.com (preferred)

Games

FUN AND GAMES (max 20)

Fridays from 5 Feb 10:00 - 12:00

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

Leader and **bookings:** June Keith 9621 1215
junekeith@optusnet.com.au

Poetry

POETRY AND PROSE FOR EVERYONE (max 15)

Alternate Thursdays from 11 Feb 10:00 - 12:00

Bring your poems or prose to read, or just relax and listen to the reading of established authors, or members' own work.

Leader and **bookings:** Margaret Bacon 9622 7874
margaretbacon8@gmail.com

PARRAMATTA: HARRY TODD BAND HALL

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

Discussion Group

A LIVELY DISCUSSION GROUP (max 15)

Alternate Fridays from 5 Feb 10:00 - 12:00

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

Leader and **bookings:** Robert Russell 0410028475
dawnrobert58@yahoo.com

History General

USA FROM VERSAILLES TO PEARL HARBOR

Alternate Fridays from 12 Feb 10:00 - 12:00

After World War 1 the USA went through isolationism, the Jazz Age, prohibition, the Great Depression, Roosevelt and the New Deal before Pearl Harbor thrust the USA into World War 2. Join us as we explore this period.

Leader: Colin Smith

Bookings: John Brockman alban.kingslangley@gmail.com

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 Group

BOOK OF THE MONTH (max 20)

Every Fourth Monday from 1 Feb 10:00 - 12:00

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

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

Language Mandarin

MANDARIN (max 30)

Every Monday from 1 Feb 10:00 - 12:00

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.

Leader: Ying Mei Zhang

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

Presentations

TEN SINGLE SESSION TUESDAYS (max 30)

Alternate Tuesdays from 2 Feb 10:00 - 12:00

A series of separate presentations on subjects of general interest.

Bookings: Sue Bailey sueb0356@gmail.com (preferred) 0416 027 049

History Australia

1. Love, Loss and Yearning: The Two Wives of Lachlan Macquarie

2 Feb

Jane Jarvis and Elizabeth Campbell transformed Macquarie's life. Who were they and how did they shape his life in India, Australia and Britain in the years 1793-1824? Speaker: Robin Walsh

Medical Matters

2. Vision Australia

16 Feb

Vision Australia provides vision loss support & services to clients of all ages, to help understand their eye condition, learn different ways to do daily tasks, mobilise confidently, access technology, equipment and library services.

Speaker: TBA

History Travel

3. & 4. Along the Incense and Monsoon Routes

2 & 16 Mar

Less well known than the Spice Route but just as lucrative, hear about these routes and the emporia through which they passed.

Speaker: John Tidmarsh

Psychology

5. An introduction to the Myers-Brigg Type Indicator (MBTI) 30 Mar

For over 70 years, this instrument has helped millions of individuals throughout the world gain awareness about themselves and how they interact with others.

Speaker: Diana DuPlessis

Agriculture

6. Bees and Beekeeping

13 Apr

What do you want to know about bees local and foreign? Is beekeeping possible if you live with close neighbours? We'll look at both.

Presenter: Shaun Garvey

Climate

7. Hot Air Pollution

27 Apr

Hot Air: The earth's atmosphere, pollution, 'air' on other planets.

Presenter: Joan Scott

Travel

8. Travelling Ladies

11 May

Hear about the experiences of adventurous ladies who travelled to remote parts of the world last century.

Speaker: Nola Bramble

Maritime

9. Women Sailors

25 May

Stories of many women sailors, young and old, from Australia and other countries.

Speaker: Noel Phelan

Legal Matters

10. Legal Life Planning

8 Jun

Advice (general) as to end of life documents.

Recommendations to give you the most control of end of life.

Speaker: Jill Yates

Genealogy Family History

GROWING YOUR FAMILY TREE (max 15)

Alternate Tuesdays from 2 Feb 1.00 - 3:00

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

Leader and **bookings:** John Venables 8542 6241 john_venables@yahoo.com

Calligraphy

CALLIGRAPHY (max 18)

Alternate Thursdays from 4 Feb 1:00 - 3:00

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

Leader: Georgie Tuck 9626 1334 georginatuck93@gmail.com

Bookings: Deborah Gracic

deb.gracic@gmail.com (preferred) 9636 6512

Language Mandarin

MANDARIN PIES (Practice in Everyday Speaking Chinese) (max 45)

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

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.

Leader and **bookings**: Stanley Yan 0408 544 925
stanyan100@hotmail.com (preferred)

Storytelling

STORYTELLERS PARRAMATTA (max 14)

Alternate Tuesdays from 9 Feb 10:00 - 12:00

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.

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

Music Opera

MAGIC MOMENTS IN OPERA (max 10)

Alternate Wednesdays from 10 Feb 1:00 - 3:00

Share and learn more of the meaning and magic of classical music and particularly opera. Hear the stories of some of the great operas and then listen to some of the music.

Leader and **bookings**: Peter Anderson oeuvres@tpg.com.au

Famous People

PEOPLE AND EVENTS THAT CHANGED THE WORLD (max 30)

Alternate Thursdays from 11 Feb 2:00 - 4:00

A look at personalities and events with significant influence on the social/economic development of humanity. Our focus is psychological. We will consider people and events and how they affected people's lives.

Bookings: Rex Broadbent rexpatt@optusnet.com.au (preferred) 0433 000 556

11 Feb Napoleon I. French Emperor.

Presenter: Geoff Davidson

25 Feb Charles Kingsford-Smith (1897 - 1935).

Australian aviator. Presenter: Con Bugden

11 Mar Isaac Newton and Albert Einstein. English physicist and mathematician and German theoretical physicist. Presenter: Punchi Dassanayake

25 Mar Fiona Wood. Perth based burns plastic surgeon. Presenter: Rex Broadbent

8 Apr Banjo Paterson. Australian bush poet, journalist and author. Presenter: Geoff Davidson

6 May Howard Florey. Australian scientist who refined penicillin. Presenter: Punchi Dassanayake.

20 May Peter FitzSimons. Australian author, journalist, radio and television presenter. Presenter: Con Bugden

3 Jun Arthur Phillip. Led the First Fleet to New South Wales as Governor designate. Presenter: Geoff Davidson

17 Jun John Flynn. Australian Presbyterian minister who founded the Royal Flying Doctor Service. Presenter: Rex Broadbent

Book Group

THRILLERS AND MYSTERIES (max 8)

Every 4th Monday from 22 Feb 1.00 - 3:00

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.

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

TOONGABBIE: ST. ANTHONY'S CHURCH HALL

Aurelia St Parking available Wheelchair access

Games Canasta Mah Jong

MONDAY CANASTA AND MAH JONG (WESTERN STYLE) (max 25)

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

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

Leader and **bookings**: Jon Hendrikse 0434 160 554
earnout.hendrikse80@gmail.com

Exercise

GENTLE EXERCISE AND DEEP RELAXATION (max 23)

Every Tuesday from 2 Feb 1:00 - 3:00

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.

Leader and **bookings**: Warwick Pitt: 9727 8415
warwickjpitt@hotmail.com

Dance

LINE DANCING

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

"Kick-up-your-heels" to Country and Modern music with many a laugh in a friendly relaxed easy Line Dance class. Enjoy keeping fit, improving your balance while using your memory skills.

Bookings: Sue Bailey sueb0356@gmail (preferred)
0416 027 049

Dance

BALLROOM DANCING (max 30)

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

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

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

PRIVATE HOMES

Cinema Movies

ANYONE FOR MURDER? (South Wentworthville) (max 9)

Alternate Wednesdays from 3 Feb 10:00 - 12:30

Participants offered a selection of DVDs and videos of murder mysteries featuring well-known fictional sleuths such as Morse, Barnaby, Miss Marple & Hercule Poirot. Episodes of 'Endeavour', 'Lewis' and 'Vera' will be included.

Leader and **bookings**: Bev Cockburn 0408 489 804
bevco4@bigpond.com (preferred)

Game Bridge

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

Alternate Wednesday from 3 Feb 10:00 - 12:00

Bridge for advanced players in a non-competitive atmosphere.

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

Desktop Flying

DESK-TOP FLYING FOR SENIORS (Carlingford)
(max 8)

Alternate Tuesdays from 9 Feb 1:30 - 3:30

Frustrated aviators can learn to fly/navigate/enjoy scenery, on a large screen, from some of 22,000 airports around the world using a stable of 180 aircraft (Wright Brothers to an A380). No flying experience necessary.

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

Discussion Group

LET'S TALK ABOUT IT (South Wentworthville)
(max 9)

Alternate Wednesdays from 10 Feb 10:00 - 12:00

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.

Leader and **bookings**: Bev Cockburn 0408 489 804
bevco4@bigpond.com (preferred)

History

EXPLORING THE PAST (South Wentworthville)
(max 9)

Alternate Thursdays from 11 Feb 10:00 - 12:00

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

Leader and **bookings**: Bev Cockburn 0408 489 804
bevco4@bigpond.com (preferred)

Music Appreciation

MUSIC AND SONG (Carlingford) (max 8)

Fourth Wednesday of each month from 24 Feb 10:00 - 12:00

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.

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

ZOOM MEETINGS

Psychology

CONFLICT RESOLUTION (max 10) (zoom)

Mondays from 1 Feb 1:00-3:00

Most people believe there are only three solutions to conflict: compromise, win or lose. But there are better ways. During these 10 weeks you will discover handy tools that will enable you to view conflict as an opportunity. This course will also almost certainly help enhance your personal growth.

Presenter Dr Mimi Wellisch mimi.wellisch@bigpond.com

Bookings: sydneyu3a.org

Book Group

READING GROUP WITH A TWIST (max 20) (zoom)

Alternate Mondays from 8 Feb 10:00 - 11:00

Instead of relying on a particular genre or author, it can be good to explore a range of books that are different to what you usually read. Explore fictional interpretations of different themes. A reading list will be provided.

Suggestions for themes will be very welcome.

Leader: Judy Buhagiar judybuh@outlook.com

Bookings: sydneyu3a.org

Presentations

TUESDAY SESSIONS (zoom)

Alternate Tuesdays from 9 Feb 10:00 - 12:00

A series of separate presentations on subjects of general interest

Leader: Sue Bailey sueb0356@gmail.com

Bookings: sydneyu3a.org

History

The Achaemenids 4 Sessions

Tuesday 9 Feb, 23 Feb, 9 Mar, 23 Mar

Before the arrival of Islam in the 7th century CE, Iran had been the centre of several of the world's greatest empires. The Achaemenids was the most extensive.

Examine the rise and fall of this powerful empire

Speaker: John Tidmarsh

Maritime

HMAS Melbourne and the HMAS Voyager

Tuesday 6 Apr

Australia's worst peace time accident.

What have we learnt?

Speaker: Noel Phelan

Science and Technology

Weapons of Mass Destruction Part 1&2

Tuesday 20 Apr, 4 May

The story of making and dropping of Atomic Bombs over the Japanese cities of Hiroshima and Nagasaki, and the subsequent Nuclear Weapons race.

Speaker: Punchi Dassanayake

Legal Matters

Ethics

Tuesday 18 May

What's it all about Alfie? Where do ethics come from?

What about the law?

Speaker: Brian Bailey

Legal Matters

Business Ethics

Tuesday 1 Jun

The wonders of the market: bringing ethics and sustainability to the table.

Speaker: Brian Bailey

Travel

TRAVEL AND HISTORY TOGETHER (zoom)

Alternate Tuesdays from 9 Feb 2:00 - 4:00

As we can't travel at the moment, discover some of the history of places that have been visited. Hear the travel stories and see the photos! See the GW website for dates of individual presentations.

Leader: Con Bugden bugdenc@gmail.com

Bookings: sydneyu3a.org

Computers

SENIORS MAKING THINGS (max 10) (zoom)

Alternate Wednesdays from 10 Feb 10:00 - 12:00

Hands on course about making things like a weather station, electronic organ and digital watch using small computers. Experience how your grandchildren are learning this in STEM. Five sessions and you will be required to purchase your own small computer at a small cost.

Presenter: Philip Mallon philip.mallon@live.com.au

Bookings: sydneyu3a.org

Language

OUR WORDS (zoom)

Alternate Wednesdays from 10 Feb 1:00 - 3:00

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.

Leaders and **bookings:**

Ann Orel 9638 2547 annorel@hotmail.com

Rachelle Rassaby 9797 2287 rrassaby@gmail.com

EMAIL COURSES

Creative Writing

WRITING CREATIVELY

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

Leader and **Bookings:** Glennis Henning 9872 5042

k.henning@optusnet.com.au