

4/1/2021 by Keith Crowe

TOPICS OF INTEREST AT NEWPORT

9. Dorothea Mackellar at Pittwater

22 Jun (not 24 Jun)

26/1/2021 by Keith Crowe

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Region page Change

east 11 replace Lionel Bowen Library with COA in Bondi Junction, Thursday afternoons only
 HN 28 Verdi& Pucchini was on Monday 8 March will now be Tuesday 9 March all other details are the same
 UN 45 The Science and Technology Course will now begin on 10th February NOT 24th as previously indicated.

UN 45 SCIENCE AND TECHNOLOGY: GLIMPSES OF

UN 45 OUR PAST, PRESENT AND FUTURE (This course will now be delivered on zoom)

UN 45 Alternate Wednesday from 10 Feb 10:00 - 12:00 (log on 9.45 for 10 am start)

UN 43 TUESDAY WORDSMITHS (max 12) (This course will now be delivered on zoom)

UN 43 MIND BODY PHILOSOPHY (This course will now be delivered on zoom)

UN 43 THE WORLD OF CLASSICAL MUSIC (This course will now be held via email)

UN 44 CURRENT AFFAIRS FORUM 2 (This course is now being delivered on zoom)

UN 45 UKULELE FOR FUN (This course will now be delivered on zoom)

UN 46 ISSUES AND IDEAS (This course will be delivered on zoom)

UN 45 SCIENCE AND TECHNOLOGY: GLIMPSES OF

UN 45 OUR PAST, PRESENT AND FUTURE (This course will now be delivered on zoom)

UN 45 Alternate Wednesday from 10 Feb 10:00 - 12:00

UN 46 GERMAN BEGINNERS (Continuing) (This course will now be delivered on zoom)

UN 46 FUN PROBLEM SOLVING TO KEEP OUR MINDS: now by zoom

UN 46 TRUTH IN HISTORY (This course will now be delivered on zoom)

UN 47 MUSIC WE HAVE GROWN UP WITH (zoom)

UN 47 Leader and bookings Howard Ferrer howardf@optusnet.com.au,

UN 47 MORE BIG MOMENTS IN SCIENCE (zoom) time now 1:30 to 3:30

UN 42 CONFRONTING THE FOUR HORSEMEN IN HUMAN HISTORY: now also email

UN Cancelled Courses

UN 44 MONDAY AT ST IVES

UN 45 CURRENT AFFAIRS FORUM 1

UN 45 HEALTHY EATING FOR OVER 55s

UN 46 FRENCH CONVERSATION

UN 47 POETRY APPRECIATION. THIS COURSE IS ON HOLD UNTIL A NEW VENUE IS FOUND

HSN 31 page 31 .. (MOSMAN ART GALLERY)

HSN 31 WELCOME THE NEW YEAR AND NEW MEMBERS

HSN 25 and on page 25 .. (DOUGHERTY COMMUNITY CENTRE)

HSN 25 WELCOME THE NEW YEAR AND NEW MEMBERS

NB 40 Pure Class writing group - cancelled

EN 14 AGM time changed - 10am - 12 noon and the location - to be advised

HSN 26 Estonia change date to 23 Apr

HSN 25 cancel Classical era in music

HSN 26 Laughter Yoga change email to gaye.griffiths@gmail.com

CIW 6 AGM now by zoom

CIW 6 Recorder Group on hold till further notice

CIW 7 Cinema Discussion Group on zoom till further notice

CIW 7 The Sonnet correct phone number 0425 284 869

CIW 8 Strummin with Jen on hold till next term

CIW 9 Millers Point not reopening so all classes moved to U3A City Office

CIW 10 Advanced French Discussion change time to 11:15-12:45

CIW 10 Classical Book Club move to U3A City Office and change start date to 11 Feb

HSN 30 1000 Miles from care date changed to 24 Jun

E 11 before important information, add you do not need to book to attend a COA Eastern region presentation at 25 Rowe street

E 11 AGM changes in Warwick's email

E 11 bold "proposed presentation

E 11 agm remove after morning teas "" if covid ...

E 11 presentations remove (max 30), time changed to 1:30 to 3:00

E 11 #10, presenter: Unity Super Community Speaker

E 12 #21 change in front of title: The Importance of a First Nations Peoples Voice to Parliament, presenter Prof. Megan Davis

E 12 Film discussion group and Current affairs now at Lionel Bowen Library 669 Anzac Parade Maroubra

E 12 Current affairs change mobile 0410514866

E 12 delete Paddington Bonython Café, replace with replace Bonython café with E J Ward Community Centre Paddington, 189 Underwood St

E 12 French Conversation change to each Thursday from 4 Feb, leader Michelle Scheibmair 0414 978917 email

E 12 spanish intermediate change time to 11:00 to 12:30

E 12 French Advanced is cancelled

E 12 venue to be advised: delete including course

E 12 change Bronte book group to Woollahra Book group (remove brackets)

E 12 Woollahra add to address, change Sculfer

E 13 #1 is 10 Feb

E 13 French for Beginners change 10:30 to 12:30

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SYDNEY U3A INC.

The colours of the U3A logo reflect our vision of

SHARING - GROWING - SOCIALISING - PASSION

SYDNEY U3A OVERVIEW

The ethos of Sydney U3A is to promote and foster the melding of lifelong learning, exercise and community interaction, so that the third age - the time when full time employment has ended - is truly the age of reinvention, rejuvenation, renewal and redirection.

Sydney University of the Third Age (Sydney U3A) offers hundreds of intellectually stimulating courses, across **seven** regions of metropolitan Sydney and across a wide spectrum of topics, including the arts, sciences, history, leisure, language, computing, discussion groups, literature, travel, philosophy, music, cinema, economics, writing, family history, theatre, and fitness.

7 REGIONS

CITY AND INNER WEST	Ashfield, Burwood, City, Glebe, Leichhardt, Millers Point, Revesby, Rozelle, Strathfield
EASTERN	Bondi, Maroubra, Paddington, Randwick, Waverley, Woollahra
ENDEAVOUR	Cronulla, Gymea, Hurstville, Kogarah, Miranda, Oatley, Sans Souci, Sutherland, Yowie Bay
GREATER WESTERN HARBOURSIDE NORTH	Blacktown, Parramatta, Toongabbie Castle Cove, Chatswood, Greenwich, Hunters Hill, Lane Cove, Mosman, McMahons Point, Roseville
NORTHERN BEACHES	Avalon, Balgowlah, Belrose, Collaroy, Forestville, Frenchs Forest, Mona Vale, Narrabeen, Newport, North Curl Curl, Warriewood
UPPER NORTH	Berowra, Castle Hill, Epping, Gordon, Hornsby, Killara, Lindfield, Pennant Hills, Pymble, St Ives, Turramurra, Wahroonga, Waitara.

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GENERAL ENQUIRIES

Central Office Suite 10.2, 31 Market St, Sydney NSW
Monday to Friday 10:00 - 1:00
Ph: 02 9267 9056 or email: mail@sydneyu3a.org
Web: www.sydneyu3a.org

SPECIFIC ENQUIRIES

Related to regional activities and/or courses can be made to Regional Presidents or Regional Course Coordinators listed in this book.

This Course Book provides details of the wide variety of courses, presentations, events, and other information, that is available to all U3A members. Courses are offered in different ways; some are single presentations, others go for several weeks or through the entire semester.

Thank you to the Regional Coordinators and their teams, for compiling the information for this book; to the editor Keith Crowe, and to Kwik Kopy Circular Quay for the printing.

COURSE LISTING ORDER

Courses are listed within regions - in alphabetical order of location/suburb - and then by start date.

COURSE DELIVERY

The COVID-19 pandemic has reduced our ability to provide all courses face to face at physical venues. Consequently, we need to deliver some courses online, mainly using Zoom. Details of course delivery and locations may change after this book is printed. Once you have registered for a course, you will be advised of any changes to the location or delivery method.

BOOKING A COURSE

The starting point to book a course is included in each course listing. It will either be a person to contact, or reference to a website, where you can book online.

In order to book and attend a course, please note the following:

- Contact the person whose name/email/phone number is given as the booking secretary, OR, go to the website indicated in the listing
- If there is a problem with this - contact the venue or course coordinator
- Provide your name, membership number (see note below) and phone number, if booking by email or phone
- Use the MyU3A booking facility - where indicated - membership number and password are required
- Some courses have a maximum number of attendees, which will be indicated in brackets after the course or event; e.g. (max 10). If you are unable to attend a course after you have booked, please notify the booking secretary, or cancel online - as there can be waiting lists
- Wear your membership badge at all times for face to face meetings.

Note:

If you are not a member, you may book a course, and then attend up to two sessions, before you need to become a member.

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 members understand the insurance cover, before being accepted into one of these courses.

PRINCIPAL OFFICERS

President	Judy Harris	president.sydneyu3a@gmail.com
VP Education	Anne Richardson	vpeducation.sydneyu3a@gmail.com
VP Public Relations	TBA	
Treasurer	Ivona Kadlec	sydu3a.treasurer@gmail.com
Secretary	Pamela Frei	secretary.sydneyu3a@gmail.com
Admin Manager	Lynda Cronshaw	officemgr.sydneyu3a@gmail.com

REGIONAL PRESIDENTS

City and Inner West	Jennifer Waldron	jenniferwaldron2@gmail.com
Eastern	TBA	
Endeavour	TBA	
Greater Western	Linley Bartlett	linleyb@hotmail.com
Harbourside North	Michael Suckling	mwsing@tpg.com.au
Northern Beaches	Rosemary McCulloch	ramcull@gmail.com
Upper North	Grahame Marr	gwmarr1@bigpond.com



PRESIDENT MESSAGE

It's been an extraordinary year. We all have adapted to new challenges. The great thing for U3A is that we did adapt, and continued to provide learning for our members.

A huge thank you to all our members who continued to support U3A, and to the dedicated people who kept our wheels turning: our committees, speakers, leaders, and everyone behind the scenes.

I'm looking forward to a more stable year in 2021, with your support, and ongoing enjoyment from our courses.

Judy Harris

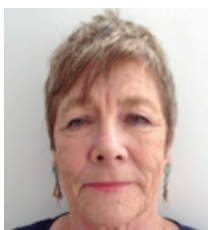


VP EDUCATION MESSAGE

My short time in this role since April 2020 has really been a fascinating experience in resilience and cooperation. With the support of every volunteer across all regions we have survived - using Zoom and whatever technology was available.

The Semester 1 2021 Course Book will once again provide an extensive list of courses and activities that will enable members to engage in those wonderful experiences of lifelong learning, for which U3A is so famous. Enjoy them whether you are a face to face participant or one via Zoom.

Anne Richardson



VP PUBLIC RELATIONS MESSAGE

Big publicity plans! Membership retention and new member recruitment drive ready to launch. Facebook up and running, website being streamlined, contacts for radio, urban magazines and newspapers compiled plus a lot more. Along came COVID-19! Murdoch Press also closed many publications. Plans shelved until early 2021 when we have more to offer. *Stay Connected*

Dianne Ekert

Dianne Ekert passed away on 24 November 2020. She will be missed by her many friends and colleagues. Dianne's contribution to U3A over many years was enormous, and truly appreciated by the many committees, members, and all who worked with her.

Rest in peace Dianne; we miss you.

Judy Harris President

AGM

The AGM is scheduled for 24th March, 2021, at The Mitchell Theatre, Sydney Mechanic's School of Arts, 280 Pitt Street, Sydney. See details on page 51.

CITY AND INNER WEST

President: Jennifer Waldron jenniferwaldron2@gmail.com

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

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

CITY AND INNER WEST REGION OF SYDNEY U3A

Annual General Meeting and Election of Office Bearers

will be held on **Wednesday 10 February 1:30 - 3:30**

at ~~Burwood RSL Club~~ **via zoom**

~~96 Shaftesbury Rd Burwood Parking on site~~

Guest Speaker: Laurie Wilson Post Retirement Fellow at CSIRO, Adjunct Professor at the Uni of Technology and Western Sydney University.

Topic: Symmetry: which underlies aspects of human creativity from maths, art/architecture, biology and developments in particle physics.

Refreshments afterwards.

Nomination forms from Jenny Waldron 8753 0521 jenniferwaldron2@gmail.com

RSVP by 2 Feb to Anne Hall 0419 017 364 annenhall@gmail.com

ASHFIELD: CARDINAL FREEMAN RETIREMENT VILLAGE

137 Victoria St Parking available Wheelchair access

Venue Coordinator: Joy Pegler 9771 6185

peglerjm@bigpond.com

Games Bridge

BRIDGE FOR THE LESS COMPETITIVE ON HOLD

Each Tuesday from 5 Jan 1:00 - 4:00

Each Saturday from 9 Jan 1:00 - 4:00

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

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

Music Recorder

RECORDER GROUP **ON HOLD**

Each Tuesday from 2 Feb 10:30 - 12:30

(excluding school holidays)

An established group, we perform a wide variety of music at intermediate level (not for beginners). Opportunity to lunch afterwards.

Leader and **bookings:** David Young 0414 249 618;

9569 8167 dy4health@optusnet.com.au

Qi Gong Tai Chi

QI GONG, FAN, AND COLLABORATIVE

TAI CHI (max 15)

ON HOLD

Each Tuesday from 2 Feb 10:30 - 12:00

(excluding school holidays)

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.

Leader: Deborah Gracic 9639 6512

deb.gracic@gmail.com

Bookings: Lois Knight 9798 6525

lknight60@bigpond.com

Relaxation Exercise

COOPERATIVE RELAXATION AND STRETCHING

ACTIVITIES (max 20)

ON HOLD

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

(excluding school holidays)

This course is for exercise in a collaborative atmosphere.

Leader and **bookings:** Margaret Quinn

marg.terry@bigpond.com

Qi Gong

COLLABORATIVE QI GONG (max 15) **ON HOLD**

Each Friday from 5 Feb 10:00 - 11:30

(excluding school holidays)

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

Leader: Alan Avanzado

Bookings: Denise Yuen 0410 570 188

sdyuen@gmail.com

BURWOOD RSL CLUB

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

Current Affairs

SOCIAL ISSUES AND CURRENT AFFAIRS DISCUSSION GROUP (max 15)

Alternate Fridays from 12 Feb 10:00 - 12:30

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.

Leader and **bookings**: Graham Murphy 9713 9730
gramur@bigpond.com

Language Japanese

BEGINNERS/TRAVELLERS JAPANESE (max 10)

Each Tuesday from 2 Feb 10:00 - 12:00 (excluding school holidays)

People travelling to Japan would benefit from this course. The course caters for complete beginners and also those with a little more language experience. The course includes conversation, culture, shared travel experiences and hiragana script.

Leader: Haruko Tanaka 0424 225 863
haruko@aae.edu.au

Bookings: Gayle Osborne 0429 459 443
gmosborne153@bigpond.com

Literature General

A PLACE IN TIME

Alternate Fridays from 5 Feb 10:30 - 12:30

Come on a voyage through literature to various places in the world at a particular time in their history and examine the social and political issues involved in the period. First novel *Cry the Beloved Country* by Alan Paton.

Leader: Iris Ryall 9744 1647

Bookings: Edna May 9797 8202

Economics investment

INVESTMENT DISCUSSION GROUP

Alternate Thursdays from 11 Feb 9:30 - 11:45

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.

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

Language Italian

ITALIAN CONVERSATION INTERMEDIATE (max 10)

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

Improve your conversational skills; for students who have knowledge of Italian grammar. Note: no handouts will be supplied.

Leader and **bookings**: Nadia Favotto 9705 7217; 0429 060 013

Cinema Movies

CLASSIC MOVIES (max 12)

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

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.

Leader: Hugh Watson 9519 5082 0466 910 680

CLUB BURWOOD

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

Current Affairs

DISCUSSION GROUP CURRENT AFFAIRS

Each Monday from 11 Jan 10:00 - 12:00

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.

Leader and **bookings**: Michael Holland mhol1234@gmail.com

History France

THE FRENCH REVOLUTION THEN AND NOW ON HOLD

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

As an introduction: the 60s, a trip down memory lane. Next: The French Revolution is a huge mirror image of much of what we have become.

Leader: Frank Wilson 8021 7059

Bookings: Betty Candy 9716 4775 bjcandy@bigpond.com

Cinema Movies

CINEMA DISCUSSION GROUP (max 20) (ZOOM)

Alternate Wednesdays from 3 Feb 1:30 - 3:30

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.

Leader and **Bookings**: Ross Giannone
0409 382 384

CITY: U3A OFFICE

Suite 10.2 31 Market St Opposite QVB
Venue Coordinator: Jennifer Waldron 8753 0521
jenniferwaldron2@gmail.com

Poetry

THE SONNET: A CLOSE READING

Each Wednesday 3,10,17,24 Feb 3 Mar 2:00 - 3:00

An exquisite art form, we will read from the great age of sonnets, Renaissance, Romantic, Victorian and Early Modern.

Leader and **bookings**: Patricia Loughlan 0425 284 869
patricia.loughlan@ymail.com

Art Outdoor Outings

DECONSTRUCTING CONTEMPORARY ART (max 25)

Each Thursday from 4 Feb 1:30 - 3:30

Alternate weeks 1:30 - 3:30 gallery visits

Visit contemporary art shows in Sydney galleries fortnightly. On alternate weeks, meet at U3A Office 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.

Leader and **bookings:** Wendy Fraser 9569 7942; 0408 711 672 barrieandwendy@gmail.com

Cinema Movies

FILM APPRECIATION (max 20)

Alternate Mondays from 8 Feb 1:30 - 3:30

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.

Leader and **bookings:** Susanne de Ferranti 0410 603 425 sdferranti@ozemail.com.au

DRUMMOYNE COMMUNITY CENTRE

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

Language Italian

ITALIAN CONVERSATION (max 10)

Each Monday from 1 Feb 2:00 - 3:15 (except school holidays)

Basic knowledge required as class will be conducted in Italian. Emphasis on speaking.

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

Art Drawing

DRAWING (max 12)

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

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.

Leader and **bookings:** Neville Bendall 9660 1873

Music Ukulele

~~STRUMMIN' WITH JEN~~ CANCELLED

~~**Alternate Thursdays from 4 Feb 2:00 - 3:30**~~

~~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.~~

~~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

Language Japanese

JAPANESE

Each Thursday from 4 Feb 10:00 - 12:00

Knowledge of hiragana, katakana and some kanji will be helpful. We use a textbook, *Japanese for Busy People II*, twice per month and a few articles printed from topics of current Japanese interests.

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

Book Group

FIRST FRIDAY BOOK GROUP (max 12)

First Friday of each month from 5 Feb 11:00 - 1:00

Favourite books are chosen by members for discussion by the group. Venue and starting time may vary, depending on Covid restrictions.

Leader and **bookings:** Jan Macindoe 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

Philosophy

PATHWAYS TO THE GODS

2nd and 4th Fridays from 12 Feb 10:00 - 12:00

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?

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

PHILOSOPHY IN THE PUB (max 10)

Series 1: Alternate Tuesday from 9 Feb 3:00 - 5:00

Series 2: Alternate Tuesday from 4 May 3:00 - 5:00

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.

Leader and **bookings:** Michael Holland mhol1234@gmail.com (email bookings essential)

LEICHHARDT MARKET PLACE COMMUNITY ROOM

1/122-138 Flood St Leichhardt
Venue Coordinator: Barbara Burton 0429 090 332
barb.e.bur@gmail.com

Current Affairs

DISCUSSION GROUP TOPICAL ISSUES

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

Are you interested in the state of the world? Come join a welcoming and lively group to discuss local and global issues, including social, political, economic and environmental concerns.

Leader and **bookings**: Vivien Wolff 0419 630 678

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

Presentations

FRIDAY MORNINGS AT LEICHHARDT LIBRARY

VIA ZOOM Each Friday from 5 Feb 10:30 - 12:30

IN THE LIBRARY Each Friday from 9 Apr 10:30 - 12:30

Presentations will continue as above. Speakers and Topics will be announced in advance in the monthly C&IW Newsletter and the web site. No bookings required

ZOOM meetings: Enquiries only: Barbara Burton 0429 090332
barb.e.bur@gmail.com

LIBRARY meetings: Convenor and bookings: Janice Millard
0419 203 361 rjmillard5@icloud.com

Language Italian

INTERMEDIATE ITALIAN (max 20)

Each Friday from 5 Feb 1:30 - 3:30

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.

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

~~MILLERS POINT~~ **U3A CITY OFFICE** ~~COMMUNITY CENTRE~~ **Suite 10.2 St Martins Tower** **31 Market Street**

~~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~~

Education

WHERE DID THE MODERN SCHOOL COME FROM?

Tuesdays 2, 9, 16, 23, 30 Mar 6 Apr 1:30 - 3:30

How did the NSW school system evolve? What was an accomplished education for girls? What did Dr Arnold do at Rugby School that influenced our schools? How did the Wyndham Plan for secondary schooling fare and why are there more selective schools in NSW than all the other states combined?

Leader: Craig Campbell

Bookings: Maree Sarsfield 0408 025 260 (text only)

Drama Play Reading

READING ANCIENT GREEK DRAMA

Tuesdays 4, 11, 18, 25 May 1, 8 Jun 1:30 - 3:30 Participate in reading out loud Sophocles' *Oedipus The King* and *Antigone* and maybe plays by Euripides and Aeschylus. How can it be that you can only see when you have been blinded? The plays will be our starting point for discussing ancient Greek theatre, mythology, religion and society. Leader: Craig Campbell

Bookings: Maree Sarsfield 0408 025 260 (text only)

Crosswords

~~CRACKING CRYPTIC CROSSWORDS (max 12) CANCELLED~~

Tuesdays 2, 9, 16, 23 Feb 10:30 - 12:30

Get into the mind of cryptic crossword compilers and learn how to solve their devious clues. Have fun while keeping your brain active.

Leader and **bookings**: Ron Shapiro 4225 0270
rmbjs@iinet.net.au (preferred)

Crosswords

~~MASTERING CRYPTIC CROSSWORDS (max 12) CANCELLED~~

Fridays 29 Jan, 26 Feb, 26 Mar, 30 Apr, 28 May, 25 Jun 12:30 - 2:30

Guided practice sessions for members who have already done *Cracking Cryptic Crosswords* or who have other relevant experience.

Leader and **bookings**: Ron Shapiro 4225 0270
rmbjs@iinet.net.au (preferred)

REVESBY COMMUNITY HALL

Macarthur Ave Parking available
Venue Coordinator: Joy Pegler 9771 6185
peglerjm@bigpond.com

Tai Chi

TAI CHI (max 20)

Each Thursday from 28 Jan 9:30 - 11:00 (except school holidays)

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.

Leader and **bookings**: Patrick Brennan 9773 4182

REVESBY WORKERS CLUB

20 Brett St Parking available
Venue Coordinator: Joy Pegler 9771 6185
peglerjm@bigpond.com

Discussion Group History

AUSTRALIAN PERSPECTIVES VIA ZOOM

Third Thursday of each month from 18 Feb 2:00 - 4:00 (except school holidays)

An informal discussion group during which the guest speaker introduces us to their varied ethnic, cultural and historical experiences. The sessions will continue until further notice on zoom with the speakers and topics being announced in advance in the monthly C&IW Newsletter and on the web site.

Leader and **bookings**: Joy Pegler 9771 6185
peglerjm@bigpond.com

Cinema Movies

FILM DISCUSSION GROUP (max 10)

Fourth Tuesday of each month from 23 Feb 10:00 - 12:00

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.

Leader and **bookings:** Robyn Deane 9726 4279
rdeanee@optusnet.com.au

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

Discussion Group Literature History Philosophy

DISCUSSION GROUP (max 10)

Each Monday from 1 Feb 10:30 - 12:30

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

Leader and **bookings:** Barry Bidwell 0408 607 434
barry_bidwell@yahoo.com.au

Language French

ADVANCED FRENCH CONVERSATION (max 15)

Each Tuesday from 2 Feb 11:00 - 12:30

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. Leader and facilitator not teacher.

Leader and **bookings:** Sue Tronser 0418 673 670
suetronser@gmail.com

Language French

FRENCH-FOR POST-BEGINNERS (max 10)

Each Tuesday from 2 Feb 2:00 - 3:30

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.

Leader and **bookings:** Michael Georgeson 0412 163 844
michael.georgeson@gmail.com

Language French

DISCUSSION GROUP IN ADVANCED FRENCH (max 10)

Each Thursday from 4 Feb 2:00 - 3:30

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.

Leader and **bookings:** Verity Bagot 9810 1730;
0439 489 738 verity.chianea@gmail.com

PRIVATE HOMES

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

Book Group

STANMORE BOOK CLUB (Stanmore) (max 10)

First Monday of each month from 1 Feb 2:00 - 4:00

A wide range of books are selected by members who lead a discussion of their choice.

Leader: Wendy Fraser

Bookings: Bernice Lee 0412 969 440 bernicejlee@gmail.com

Book Group

CLASSICAL BOOK CLUB

~~101 St Martins Tower~~
Suite 10.2 St Martins Tower

Alternate Tuesdays from 11 Feb 10:30 - 12:30 31 Market Street

We take turns to read aloud from the text, in this case *Fortunes of Richard Mahoney* by Henry Handel Richardson. We read two or three challenging books generating lively discussion during our meeting.

Leader and **bookings:** Sondra Griffiths 9332 4490
sondragriffiths135@gmail.com

Book Group

INNER WEST BOOK GROUP (various locations) (max 12)

Every four weeks from Wednesday 3 Feb 2:00 - 4:00

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 *I'll be Gone in the Dark* by Michelle McNamara (and Gillian Flynn).

Leader and **bookings:** Christine Hingerty 0499 887 308
chingerty@internode.on.net

OUT THERE!

Coordinator: Bobbie Kersten 0410 873 605
bobbiekersten@gmail.com

Outdoor Outings Eating out

MY FAVOURITE ETHNIC EATING PLACE

Second Wednesday of each month from 10 Feb 12:00 - 2:30

Enjoy good food and conversation 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.

Leader and **bookings:** Krista Corlis 0400 708 754;
8765 9267 ktcorlis@bigpond.com (preferred)

Outdoor Outings Eating out

MUNCH ON BRUNCH

Third Thursday of each month from 21 Jan

Step out and come brunching at a slick café somewhere in the inner city, or perhaps a bit further afield, but mostly close to public transport. Our venues are picked for their enticing food offerings, sharp design and quality coffee.

Leader and **bookings:** Beatrice Scheepers 0402 969 004
(enquiries only) beatricescheepers@gmail.com (bookings only)

Outdoor Outings Galleries

VISITING REGIONAL GALLERIES

Saturday two or three times a month (occasional Sunday) depending on exhibition dates beginning Feb early am to mid-afternoon.

Using public transport, visit regional art galleries to see a diversity of art. More information supplied when enrolling. Leader and **bookings:** Joanne Gordon 0418 224 211
joannegordon@bigpond.com (preferred)

EASTERN

Regional President: TBA

Regional Course Coordinator: Mary Healy-North maryhealynorth1@bigpond.com **Enquiries only**

Bookings not required for Presentations at COA Hall

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

EASTERN REGION OF SYDNEY U3A

Annual General Meeting and Election of Office Bearers

will be held on **Thursday 25 March commencing at 1:30**

at COA hall (terrace house) 25 Rowe Street Bondi Junction

Two hours free parking is available in the Westfield Centre

No bookings for the AGM are necessary, but nominations for positions on the Eastern Region Committee should be lodged beforehand with Mary Healey North maryhealynorth1@bigpond.com.

Prior presentation by Nitza Lowenstein on the Power of Facebook and its Impact on our Lives.

Afternoon tea will be available.

COA HALL

25 Rowe Street Woollahra (terrace house)

Two hour free parking is available within the Westfield Centre

Bookings: Mary Healy-North maryhealynorth1@bigpond.com

PRESENTATIONS (BOOKINGS NOT REQUIRED)

Thursday afternoons, sessions 1:30 - 3:00 with a social

interaction break half way

Agriculture

1. Fabulous at Forty - The Australian Garden History Society - looking back and looking forward

4 Feb

Presenter: Stuart Read

Human Body

2. Age-related macular degeneration - how to help preserve your sight through simple techniques

11 Feb

Presenter: Dilini Manthilaka

Crime

3. Keeping Women out of Prison

18 Feb

Presenter: Rosalind Strong

Human Body

4. In-Home Care - What does it offer, how does it work, and how do you access it?

25 Feb

Presenter: Speaker from Council of the Ageing (COTA)

Human Body

5. Preventing falls - some advice, and techniques

4 Mar

Presenter: Christine Lopacinski

History - Ancient

6. Who was the Queen of Sheba - and what did she do?

11 Mar

Presenter: Barry Hanlon

Computers

7. Using online retail

18 Mar

Bring your own laptop if possible.

Presenter: Margaret Kropman

Social Communication

8. The Power of Facebook and its Impact on our Lives.

25 Mar

Followed by our AGM and refreshments

Presenter: Nitza Lowenstein

Human Body

9. Navigating My Aged Care

1 Apr

Presenter: Prestige In-home Care's Amanda Keogh

Economics Investment

10. How to manage your superannuation in retirement

8 Apr

Presenter: Unity Super Community Speaker

Literature

11. May Gibbs - Her Life and Work

15 Apr

Presenter: Stewart Reed

Literature

12. May Gibbs - Cartoons and Comic Collection

22 Apr

Presenter: Stewart Reed

History

13. The Great Irish Famine - how it affected Australia

29 Apr

Presenter: Volunteer from the Great Irish Famine Commemoration Committee

Current Affairs

14. The Quad - Asia's response to the expansion of China's power

6 May

Presenter: Thomas J Delisii

Famous People

15. Sir Hubert Wilkins The Australian Polar Explorer

13 May

Presenter: Christopher Beazley

Music

16. Opera - its origins and development through the centuries

20 May

Presenter: Dr John Carmody

Medicine

17. The Contribution of Australian Doctors to Public Life

27 May

Presenter: Dr John Carmody

History

18. Before the French: Guriwal, later, La Perouse

3 Jun

Presenter: Stuart Read

Technology

19. The Impact of Technology on our Future

10 Jun

Presenter: Alec Rubinstein

Medical Matters

20. The future of Medicine - an exploration of what lies ahead for us

17 Jun

Presenter: Alec Rubinstein

Current Affairs

21. The Importance of a First Nations Peoples Voice to Parliament

24 Jun

Presenter: Prof. Megan Davis

Lionel Bowen Library 669 Anzac Parade Maroubra

Discussion Group Movies

FILM DISCUSSION GROUP (max 20)

Alternate Tuesdays from 16 Feb 10:00 - 12:00

Share your opinions on the acting, characters, plot and

cinema photography on two pre-nominated movies.

Leaders and **Bookings:** Graham Blazey 9365 1961

gblazey@optusnet.com.au

or Gail Filetti 9349 5591 rgfil@bigpond.com

Discussion Group Current Affairs

CURRENT AFFAIRS DISCUSSION GROUP

Alternate Tuesdays from 23 Feb 10:00 - 12:00

If you are interested in the world around you, combined

with occasional debate and social interaction, join us

Bookings: Marise Segelov 9363 4023, 0410 514 866 or

marisesegelov@gmail.com

EJWARD CENTRE

189 Underwood Street Paddington

Language French

FRENCH CONVERSATION

Each Thurs from 4 Feb 10:30 - 12:00

Leader Michelle Scheibmair 0414 978917

Bookings: Michael Sullivan 0422 347 344

nemtchinov@hotmail.com

Language Spanish

SPANISH INTERMEDIATE

Each Thursday from 11 Feb 11:00 - 12:30

Leader to be advised, sessions may become fortnightly

Bookings: Ian Finck 0405 499 515 ifin55@gmail.com

Language French

FRENCH (ADVANCED) CANCELLED

~~**Alternate Fridays from 12 Feb 12:30 - 2:00**~~

~~Leader and **bookings:** Sabina Menczel 9371 5760 or~~

~~jmenczel@bigpond.net.au~~

~~VENUE TO BE ADVISED~~

~~Address to be advised~~

~~Venue Coordinator: to be advised~~

Discussion Group Movies

~~**FILM DISCUSSION GROUP NO.2 (max 10)**~~

~~**Alternate Thursdays from 11 Feb 1:00 - 3:00**~~

~~Share your opinions on the acting, characters, plot and~~

~~cinema photography on two pre-nominated movies~~

~~**Bookings:** Sheila Philippou 9152 9445~~

~~sheilabunn@yahoo.com.au~~

PRIVATE HOMES

Book Group

Woollahra Book Group

First Thursday of each month from 4 Feb

Goodwin Village apt 257, 238-290 Jersey Road Woollahra

Leader and **bookings:** Janet Sculfer 0427 870 817

jsculferandmackenzie@iinet.net.au

Book Group

ROSE BAY BOOK GROUP

First Wednesday of each month from 3 Feb at 2:00

At participants' homes

Leader and **bookings:** Sylvia Bennett 9371 5547

Music Appreciation

MUSIC, COFFEE & CAKE (Randwick)

Every second Monday from 8 Feb 2:00 - 4:00

We listen to compositions from the great masters,

focussing on less often heard works and masters.

Group participation is warmly welcomed.

Leader and **bookings:** Julie Reid 0411 575 157

julievreid@gmail.com

ZOOM MEETINGS

Presentations (zoom)

Wednesday mornings 10:00 - 11:45

Bookings need to be made 3 days in advance with

Mary Healy-North maryhealynorth1@bigpond.com

Human Body

1. The evolution of humans - recent fossil and DNA evidence

10 Feb

Speaker: Kevin Murray

Human Body

2. Coronavirus - The Unseen Enemy

17 Feb

Presenter: Punci Dassanayake

Human Body

3. Beating Depression and Developing Resilience

24 Feb

Presenter: Dr Christine Lopacinski

Human Body

4. Healthy Brain ageing

17 Mar

Presenter: Dr Christine Lopacinski

The Human Body

5. DNA - How did it build you and me?

14 Apr

Presenter: Punci Dassanayake

The Human Body

6. Epigenetics

21 Apr

The mechanisms by which the lifestyles of our parents and grandparents could influence our health and wellbeing.

Presenter: Punci Dassanayake

History

7. The Arab World: a Fascinating Story - Part I

5 May

Presenter: Himanshu Jhala

History

8. The Arab World: a Fascinating Story - Part II

12 May

Presenter: Himanshu Jhala

Language Italian

~~**ITALIAN (ADVANCED) (zoom)**~~ CANCELLED

~~Every fortnight, alternate Wednesdays from~~

~~**10 Feb 10:30 - 12:30**~~

~~Leader and **bookings:** Barbara Bertini~~

~~meeting_art@yahoo.com.au~~

Language French

FRENCH FOR BEGINNERS (zoom)

Thursdays from 11 Feb 10:30 - 12:30

Full year course, Each zoom class will have 3 sessions of 40 minutes each with a 5 minute break between each session

Leader and **bookings:** Jeanette Pham 0409 751 377

nguyetpham45@yahoo.com.au

ENDEAVOUR (SOUTHERN)

Regional President: TBA

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

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

ENDEAVOUR (SOUTHERN) REGION OF SYDNEY U3A

Annual General Meeting and Election of Office Bearers

will be held on **Thursday 11 March commencing at 11:00 10:00 to 12:00**

at: ~~Cronulla School of Arts~~

LOCATION TO BE ADVISED

~~Address: 6 Surf Rd, Cronulla NSW 2230.~~

Details will be published on the U3A website at
<https://sydneyu3a.org/sydney-u3a/regions/endeavour-southern>

CRONULLA SCHOOL OF ARTS

A two-story building with two rooms upstairs in 6 Surf Rd - both rooms are lift accessible. **Bookings are essential** and we encourage you to book these courses online.

UPSTAIRS ACTIVITY ROOM

Language French

SPEAKING FRENCH - POST BEGINNERS (max 10)

Each Monday from 1 Feb 1:30 - 3:30 (except school holidays)

This course is for those who have done more than one year of French and who want to move on from beginners French. Leader and **bookings:** Joan Craven 0408 978 435 marjoan4@hotmail.com

Book Group

BOOK BANTER (max 10)

First Friday of each month from 9 Feb 1:30 - 3:00

A wide variety of books are chosen by the members of the group and one book is discussed each month. Leader and **bookings:** Vicki Hann 0419 482 254 vickihann@hotmail.com

Discussion Group

OPEN MINDS DISCUSSION GROUP (max 10)

Second and fourth Wednesdays from 10 Feb 10:00 - 12:00 (except school holidays)

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. Leader and **bookings:** Anita Spinks 0423 532 582 anitaspinks@live.com.au

Games

BRAIN GAMES (max 10)

Second and fourth Fridays from 12 Feb 10:00 - 12:00

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. Leader and **bookings:** contact Denis Paulin 0438 594 206 d.paulin@bigpond.com or go to www.sydneyu3a.org

Cinema

FILM APPRECIATION AND DISCUSSION (max 10)

Third Thursday of each month from 18 Feb 1:00 - 3:00

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.

Leader and **bookings:** Anita Spinks 0423 532 582 anitaspinks@live.com.au

Secretary and **bookings:** Ross Bell 9586 4061 or 0402 285 972 rossbell1952@gmail.com

UPSTAIRS LECTURE ROOM

Creative Writing

CREATIVE WRITING

First and third Mondays from 1 Feb 10:00 - 12:00

Fun with words. From a selection of topics, express yourself in the format of your choice in either prose, poetry or essay.

Leader: Ann O'Connor 0424 968 380 annoc@tpg.com.au

Bookings: Sandra Keller 9540 1194 or 0417 134 210 as.keller@bigpond.com

History Ancient

THE RISE AND FALL OF ANCIENT CIVILISATIONS AND EMPIRES (max 20)

First and Third Tuesday from 2 Feb 10:00 - 12:00

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.

Leader: Olga Bondarenko 0432 882 560 olgab@ozemail.com.au

Co-Leader: Jean Burton bellaburton@gmail.com

Bookings: Dorothy Dalyell 9520 5563 ddalyell@bigpond.com

Literature

SHAKESPEARE: MYTHS, FACTS & UNCOMFORTABLE TRUTHS (max 20)

First Tuesday of each month from 2 Feb 1:30 - 2:30 (approx.)

A series of monthly, one hour, talks about the Bard of Stratford-upon-Avon. They will cover:

- The England he was born into.
- His career and a wider life.
- The rise and rise of Bardology

Leader and **bookings**: Robert Englund 8521 7540 or 0406 3786 334 r.englund@optusnet.com.au

Travel

ARMCHAIR TRAVELLERS (max 20)

First and third Wednesdays of each month from 3 Feb 10:00 - 12:00 (except school holidays)

We come together with the common interest of sharing our travel experiences and use the audio-visual equipment in the upstairs Lecture Room. Some members choose not to present and enjoy the presentations as the audience. There is a lift available to access upstairs if needed.

Leader: Ketty Crossley 0405 245 315
crossleyks@optusnet.com.au

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

Language Italian

ITALIAN LANGUAGE AND CULTURE (max 15)

Each Thursday from 4 Feb 10:00 - 12:00

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.

Leader: John Della Torre 8544 1758
jrdellatorre@gmail.com

Bookings: Judy Bassford 9527 2931
judybassford7@gmail.com

Cinema

AT THE CINEMA - BILLY WILDER (max 20)

First and third Thursdays of each month from 4 Feb 1:30 - 4:30 (approx.)

Explore the life and career of writer/director Billy Wilder through talks, viewing his major films and discussion.

A program will be available at the first session.

Sessions start at 1:30, finishing times vary based upon movie shown.

Leader and **bookings**: Robert Englund 8521 7540
r.englund@optusnet.com.au

Art Appreciation

ART HISTORY (max 20)

Second and fourth Tuesdays of each month from 9 Feb 10:00 - 12:00 (except school holidays)

This course looks at the works of world-famous artists over the centuries. Members of the class present biographies with DVD and computer presentation.

Leader: Margaret Kingston 95229868
m.kingston1@bigpond.com

Bookings: Teresa Lamberton 0414 425 353
teresalamberton@hotmail.com

Bookings: Carol Cook 0488 286 324
carolcook39@optusnet.com.au

Music Appreciation

EXPLORATIONS IN MUSIC (max 20)

Second and fourth Wednesdays of each month from 10 Feb 1:00 - 3:00

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. Leader: Sam Adams 9522 9386

Bookings: Trevor Campbell 9525 6970

Poetry

POETRY IS ALIVE (max 20)

Second and fourth Thursdays of each month from 11 Feb 1:30 - 3:30

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.

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.

Language French

FRENCH FOR INTERMEDIATE SPEAKERS (max 12)

Each Monday from 1 Feb 2:00 - 3:30

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.

Leader and **bookings**: Susan Molloy-Johnson 9546 5170
twotwelves@outlook.com

GYMEA COMMUNITY HALL

31-33 GyMEA Bay Rd. Enter from Talara Rd.

Dance

MIDDLE EASTERN DANCING

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

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.

Leader: Faye Green 9521 6575 shalinabd@bigpond.com
Bookings and Secretary: Wendy Lobwein 9527 4696 or 0404 348 974 wendy.rae.lob@hotmail.com

Art Appreciation

DISCOVERING ART

First and third Tuesdays of each month from 2 Feb 10:00 - 12:00

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.

Leader and **bookings**: Marie Paterson 9524 0279
littlenan38@icloud.com

Secretary and **bookings**: Margaret Wilkes 0407 958 924
9523 1614 margiewilkes@live.com.au

Art Drawing

DRAWING (max 20)

Each Tuesday from 9 Feb 1:00 - 3:00

Member-driven art classes where we employ various styles and mediums. Includes visits to art exhibitions.

Leader: Christine Horrocks 0438 614 087

christine.anne7@bigpond.com

Co-leader Diana Smith 0439 780 732

dianams44@gmail.com

Bookings: Pam McGrath 0490 046 988

mcgrath.ffss@gmail.com

JANNALI UNITING CHURCH

527 Box Road Jannali NSW.

Art Drawing

ART - SKETCHING (max 20)

Every Thursday from 4 Feb 10:00 - 12:00

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.

Leader: Peggy Annabel 0402 354 968 or 9528 3391

peggy.annabel@bigpond.com

Bookings: John Wu 0413 694 883 j54316@hotmail.com

KOGARAH SENIOR CITIZEN HALL

2 Taylor St

Language German

GERMAN CONVERSATION

Second and fourth Thursdays of each month from 11 Feb 10:00 - 12:00

Intermediate to advanced conversational German.

Leader and **bookings:** Helmi Albrecht 9597 6628 or

0412 635 976 helmi.albrecht@gmx.de

MIRANDA COMMUNITY CENTRE

93 Karimbla Rd

Discussion Group History

AUSTRALIAN HISTORY DISCUSSION GROUP (max 18)

First and third Wednesdays of each month from 3 Feb 1:30 - 3:30

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

Leader: Janice Stokes 9543 1296 or 0418 415 249

stokesj@optusnet.com.au

Bookings: Elizabeth Donovan 9524 9488

OATLEY LIBRARY

26 Letitia St

Art

ART FOR ENJOYMENT (max 16)

Each Wednesday from 3 Feb 2:00 - 4:00

The name says it all. Join our group and spend 2 hrs of enjoyment doing any kind of art or craft with a very friendly social group.

Leader and **bookings:** Doreen Kellett 0407 276 416

doreenkellett@live.com.au

SOUTH HURSTVILLE LIBRARY

1 Allen St Hurstville

Discussion Group

DISCUSSION GROUP (max 15)

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

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.

Bookings: www.sydneyu3a.org or contact

Denis Paulin 0438 594 206 d.paulin@bigpond.com

Book Group

AWARD-WINNING NOVELS (max 15)

First Wednesday of each month from 3 Feb 10:30 - 12:30

Friendly group meeting, to discuss award-winning novels, or novels any one of the group thinks should have won an award!

Leader and **Bookings:** Pat Copping 9529 6791 or 0432 345 501 18gingie@gmail.com

SUTHERLAND CLUB ON EAST

7 East Pde Club Coffee Shop.

Book Group

CRIME READERS GROUP

First and third Tuesdays of each month from 2 Feb 10:15 - 12:00

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.

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

Rawson Avenue Sutherland, Committee Room.

Archaeology

ASPECTS OF ARCHAEOLOGY (16)

First and third Fridays of each month from 5 Feb 2:00 - 4:00

There is a video each meeting on archaeology followed by reading from articles relating to archaeology.

Leader and **bookings:** Mary Armstrong 9567 0995

YOWIE BAY: ARDENCY AROONA LIFESTYLE RESORT

19 Wyralla Rd.

Music Appreciation

MUSIC FOR PLEASURE: THE CLASSICAL ROMANTICS (max 10)

**First and third Tuesdays of each month from
2 Feb 2:00 - 4:00**

Music appreciation: classical and romantic periods.

Leader: Bob Hallahan 9594 0214 jacobob@optusnet.com.au

Bookings: Chris Jenkins 9529 4444 chrisjenk66@hotmail.com

OUT THERE

Outdoor Outings Bushwalking

U3A SYDNEY STRIDERS (max 35)

Alternate Wednesdays from 3 Feb - approx. 9:00 start

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.

Leader: Penny Howarth 0411 180 050

pennyhowarth2@gmail.com

Secretary and **bookings:** Rosanne Burkhart 0413 128 967

rburkhart@bigpond.com

Outdoor Outings Eating Out

LUNCH A LOT WITH STYLE (max 25)

**First Thursday of each month from 4 Feb 12:30
(various venues)**

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.

Leader and **bookings:** Anna Winter 9553 0445 or

0449 673 144 (enquiries only) annau3a@gmail.com (preferred)

Outdoor Outings Bushwalking

U3A ENDEAVOUR CAMPUS WALKERS (max 35)

Each Thursday from 4 Feb - variable meeting times

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.

Leader: Jean McInerney 0418 453 508

jraymond.mcinerney@bigpond.com

Secretary and **Bookings:** June Symes 9524 2817 or

0408 077 900 jsymes6@gmail.com (preferred)

Outdoor Outings Bushwalking

WALKING IN SYDNEY AND SURROUNDS (max 35)

**Alternate Fridays from 5 Feb 8:30 - 3:00
(variable times)**

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.

Leader, coordinator and **bookings:** Sandra Gibson

9543 2377 or 0414 543 237 (text only)

sandygibson54@gmail.com

Outdoor Outings Bushwalking

WALKING AROUND SYDNEY (max 40)

**Alternate Fridays from 12 Feb
(variable times)**

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.

Leader: Wendy Donelan 0402 495 739

wdonelan54@gmail.com

Secretary and **bookings:** Jennifer Hawkins 9533 6470

jenniferhawkins798@gmail.com (preferred)

PRIVATE HOMES

Meditation

HEALTHY RELAXATION MEDITATION (Kogarah) (max 12)

**First and Third Tuesdays of each month from
2 Feb 1:30 - 3:30 (except school holidays)**

Healthy life, relaxation through meditation. Learn to sit in the stillness and find your inner place to unfold your blueprint for life 'know thyself'.

Leader and **bookings:** Anna Winter 9553 0445 or

0449 673 144 (enquiries only) annau3a@gmail.com

(preferred)

Literature

AUSTRALIA OUR LAND (GyMEA) (max 10)

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

Using books and videos from the library we study and discuss the environmental, geographical, historical and cultural aspects of our wonderful country.

Leader: Angela Balding 9524 2018

Bookings: Trevor Campbell 9525 6970

Creative Writing

WRITING CREATIVELY

(various Sutherland Shire Homes) (max 12)

**Third Tuesdays of each month from 16 Feb
1:30 - 3:30**

Come share your stories and life experiences through the written word.

Leader: Yvonne Tracey 9587 3245 or 0415 327 313

yvonne.calling1@bigpond.com

Bookings: Patricia Skinner 9547 0406

donleyton10@gmail.com

ZOOM MEETINGS

Language French

FRENCH INTERMEDIATE (max 10) (zoom)

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

Small group refreshing their grammar, vocabulary, listening and pronunciation skills. We will use some downloaded material.

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

Language French

FRENCH CONVERSATION (max 10) (zoom)

Each Monday from 1 Feb 12:30 - 1:30

Small group participating in French conversation with an emphasis on fluency and correct pronunciation.

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

Crosswords

SOLVING CRYPTIC CROSSWORDS - INTERMEDIATE (max 15) (zoom)

First and Third Wednesdays from 3 Feb 2:00 - 3:30

Ideal class for the less experienced solvers who already have some basic knowledge of cryptic techniques. A crossword and theme sheet will be emailed out a day prior to the Zoom class for participants to attempt. During class we will analyse all clues and solve.

Leader and **bookings**: Rosemary De Gabriele 0404 015 807 r.degabriele@optusnet.com.au

Music Singing

SINGING FOR FUN (max 20) via Skype

First and third Thursdays from 4 Feb 10:00 - 12:00

Do you enjoy singing? Then join our social 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.

Leader and **bookings**: Barbara Adams 0438 299 108 beejaya@outlook.com

Co-leader and **bookings**: Janice Day 0437 696 325 sozuga@bigpond.com

Travel

TRAVELLERS on ZOOM (max 20) (zoom)

First Thursday of the month from 4 Feb 2:00 - 4:00 (except school holidays)

The goal is for people with a common interest to share their travel experiences with a PowerPoint or Keynote Presentation of their photographs and use the 'shared screen' with the Leader who hosts and organises the meeting. Some members may choose not to present and enjoy the presentations as the audience.

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

Discussion Group

DISCUSSION GROUP (max 15) (zoom)

Second and fourth Tuesday of each month from 9 Feb 2:00 - 4:00

The Group's purpose is to provide information and insight into matters of current social interest and importance. Each attendee gives a five-minute presentation on a previously agreed topic. Research (homework) is generally necessary.

Covid arrangements

- 2nd Tuesday - 2 hour Zoom meeting at 2.00
- 4th Tuesday - face-to-face meeting over lunch 1:00 - 3:00

Venues - various

Leader: Andrew Maclean 9543 2539 waach.maclean@optusnet.com.au

Bookings: Garry Griffiths 0468 809 332 margig@ozemail.com.au

Presentations

ENDEAVOUR MONTHLY TUESDAY TALK (zoom)

Last Tuesday each month from 23 Feb 10:30 - 12:30

Once a month we host a talk on general interests. Our speakers will present on a variety of topics ranging from archaeology to zoology. If you have a good topic and think others in your community would like it, please contact us and we will try to arrange it.

Leader and **bookings**: Jim Sloan 0404 060 633 jsloan@sloan.id.au

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.

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)

now at Parramatta Swinburne (see page 20)

Alternate Mondays from 8 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
rfrm12@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) SUSPENDED

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 **SUSPENDED**

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) (zoom)

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) (zoom)

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) (zoom)

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) (ZOOM)

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) (ZOOM)

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: Punci 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: Punci 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 Thursday from 25 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)~~ SUSPENDED

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)~~ SUSPENDED

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~~ SUSPENDED

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)~~ SUSPENDED

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~~

CANCELLED

~~**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)

Every 4th Tuesday from 23 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

HARBOURSIDE NORTH

Regional President: Michael Suckling mwsing@tpg.com.au
Regional Course Coordinator: Rosemarie Einstein 0412 043 377
einstein@starmer.net.au **Enquiries only**

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

HARBOURSIDE NORTH REGION OF SYDNEY U3A

Annual General Meeting and Election of Office Bearers

will be held on: **Friday 5 Mar 2021 at 1:30**

at: **Lane Cove Golf Club**

River Road, Lane Cove (ample parking available in the grounds)

followed by **Afternoon Tea with guest speaker**

Bookings: Rosemarie Einstein einstein@starmer.net.au (preferred) or 0412 043 377

Harbourside North members are encouraged to attend. All Sydney U3A members welcome. Invitations will be posted on request.

WELCOME THE NEW YEAR AND NEW MEMBERS

A welcome back to U3A for members and friends plus new and potential members. Come share your ideas, suggestions and experiences of life in U3A! See and hear what U3A has in store for you in 2021.

Members are encouraged to bring a friend. **Booking is essential** for members and friends.

Because of restrictions on numbers, welcome sessions will be held at two venues:

Monday 1 Feb at 10:30

Mosman Art Gallery

Cnr Myahgah Rd and Art Gallery Way.

Parking available. Wheelchair access.

Enquiries: Eve Klein cyeve@tpg.com.au (preferred) or 9969 7994

Bookings: Trish Dawson

trish.dawson@hotmail.com (preferred) or 0423 321 210

Friday 5 Feb at 10:30

Dougherty Community Centre

7 Victor Street, Chatswood. Parking available.

Wheelchair access.

Enquiries and **bookings:** Janet Douglas

janet_away@yahoo.com (preferred) or 0423 947 411

OR

WHIST DRIVES

Wednesdays 20 and 27 Jan 10:00 - 12:00

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 leslieduffill@gmail.com (preferred) or 9969 9546

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: contact Venue Coordinator

History World

THE MOGUL EMPIRE

Each Tuesday from 2 Feb 10:30 - 12:30 (12 sessions)

This DVD course is about the Moguls, who, in the 13th and 14th Centuries, constructed the largest empire in the world. By the time they had finished their campaigns, Chinggis Khan and his successors ruled over one-sixth of the world's land surface.

Leader: Barbara Boston

History World

A HISTORY OF THE MIDDLE EAST

Each Tuesday from 27 Apr 10:30 - 12:30 (5 sessions)

The nations of the Middle East as we know it today were largely created after the First World War. How did it occur and what have been its consequences?

Leader: Peter Nixon

Music Appreciation

ROSSINI - PRODIGY, CELEBRITY AND WIT

Tuesdays 1 and 8 Jun 10:30 - 12:30

19th Century musical genius, wealthy celebrity in his early twenties, bon viveur, chef, raconteur. Rossini's life and works, popular and not so well known, will be considered.

Leader: Nora Hinchin

Politics

WOMEN AND POLITICS IN AUSTRALIA

Each Tuesday from 15 Jun 10:30 - 12:30 (3 sessions)

This series looks at the struggle to gain women's suffrage in Australia; the first female member of the House of Representatives, Enid Lyons; and the developing role of women as federal ministers through the last third of the 20th Century.

Leader: Barbara Boston

CHATSWOOD: DOUGHERTY COMMUNITY CENTRE

7 Victor St. Parking available. Wheelchair access
Venue coordinators: Janet Douglas janet_away@yahoo.com (preferred) or 0423 947 411 and Ursula Schappi ursulasch@bigpond.com (preferred) or 0407 995 578

Discussion Group **WELCOME THE NEW YEAR AND DISCUSSION GROUP 2 NEW MEMBERS - refer page 24**

Alternate Thursdays from Jan 21 10:30 - 12:30 (11 sessions)

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.

Leader and **bookings:** John Yates johnyates80@hotmail.com (preferred) or 0437 394 225

Music

LEARN THE RECORDER

Alternate Wednesdays from 27 Jan 10:30 - 12:30 (10 sessions)

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).

Leader and **bookings:** Katie Lucy-Smith 8416 3266

Language French

FRENCH FOR NEAR-BEGINNERS

Each Monday from 1 Feb 10:30-12:30 (8 sessions)

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

Leader and **bookings:** Bridget Miall 9411 7882

Music

ADVANCED RECORDER

Alternate Mondays from 1 Feb 10:30 - 12:30 (10 sessions)

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

Leader and **bookings:** Katie Lucy-Smith 8416 3266

Music appreciation

THE CLASSICAL ERA IN MUSIC CANCELLED

~~**Alternate Thursdays from 4 Feb 10:00 - 12:00 (10 sessions)**~~

~~This course will focus on the remarkable contributions to our music heritage of the two foundational classical composers - Haydn and Mozart. It's a fascinating story of how our music evolved in the second half of the 18th century.~~

~~Leader: John Hughes~~

~~**Bookings:** Ursula Schappi ursulasch@bigpond.com (preferred) or 0407 995 578~~

Music

INTERMEDIATE RECORDER

Alternate Mondays from 8 Feb 10:00 - 12:00 (11 sessions)

Play the recorder with a keen group. New intermediate-level students are welcome.

Leader and **bookings:** Shelia Caldwell 9498 1197 or Judy Faulkner 9416 4733

Discussion Group

DISCUSSION GROUP 1

Alternate Thursdays from 11 Feb 10:00 - 12:00 (12 sessions)

Would you like to hear some interesting opinions? Do you want to 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.

Leader and **bookings:** Margaret Thomason 9488 8960

Language German

GERMAN FOR POST BEGINNERS

Each Thursday from 11 Feb 1:00 - 3:00 (14 sessions)

Simple conversation with some grammar practice for learners who have studied elementary German.

Leader and **bookings:** Bettina Boss b.boss@unsw.edu.au (preferred) or 0466 979 460

History World

FIJI - AN INSIDER'S PERSPECTIVE

Tuesdays 23 Feb and 2 Mar 10:30 - 12:30

Fiji in the 1800's: tribal warfare, cannibalism, Cession, early Colonial era, arrival of the Indians. Independence: political adolescence, the coups and the rebuilding - as experienced personally by a local Fiji European.

Speaker: Andrew Drysdale

Bookings: Janet Douglas janet_away@yahoo.com (preferred) or 9419 5603

History World

INDIA: THE INCLUSIVE CIVILISATION

Alternate Tuesdays from 9 Mar 10:30 - 12:30 (4 sessions)

The Indus Civilisation of 3300 BC, the Indo-Aryan migrations, the coming of Islam, the Europeans, the British Raj and the Indian Republic's 'Tryst with Destiny'.

Leader: Ian de Mellow

Bookings: Kathy Vern-Barnett kvernb@internode.on.net (preferred) or 0414 694 925

Poetry

BUSH POETRY

Tuesday 16 Mar 10:30 - 12:30

The musical, informal nature of bush poetry is an excellent medium to express a range of emotions. Let's enjoy readings of Henry Lawson, Banjo Paterson and others.

Speaker: Dr Christine Lopacinski

Bookings: Barbara Ellis bellis58@bigpond.com (preferred) or 9416 3071

Legal matters

SOME CURRENT ISSUES IN CRIMINAL JUSTICE IN NSW

Friday 19 Mar 10:30 - 12:30

Criminal laws and procedures are constantly changing, driven by considerations of effectiveness, efficiency, politics and changes in society. We discuss some current prominent issues in NSW.

Speaker: Nicholas Cowdery AO QC

Bookings: Joy Martin joymartin@optusnet.com.au (preferred) or 0421 158 663

Science and Technology General

LIVING IN THE ANTHROPOCENE

Tuesday 30 Mar 10:30 - 12:30

Why the environmental impact of humans is so profound that it warrants being labelled as a whole new geological era.

Speakers: Kevin Murray and Glenys Murray

Bookings: Janet Douglas janet_away@yahoo.com (preferred) or 9419 5603

History

ESTONIA

Friday 23 Apr 10:30 - 12:30

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

Speaker: Anne Richardson

Bookings: Max Richardson annesil@hotmail.com (preferred) or leave message 9419 8143

History Australia

THE TASMAN MAP

Tuesday 13 Apr 10:30 - 12:30

The first map of Australia (1606-1644 shows a recognisable outline that was not to change until James Cook charted the east coast in 1770.

Speaker: Ian Burnett

Bookings: Annemarie Moore mooreannemarie1948@gmail.com (preferred) or 0421 716 232

History

CAPTIVES FOR FREEDOM 2017

Tuesday 27 Apr 10:30 - 12:30

Former UN Ambassador in Indonesia talks about his negotiations with West Papuan Freedom Fighters to release UN staff taken hostage, providing the historical background.

Speaker: Emer Prof Stephen Hill

Bookings: Barbara Ellis bellis58@bigpond.com (preferred) or 9416 3071

Agriculture

AUSTRALIAN AGRICULTURE

Tuesdays 4 and 11 May 10:30 - 12:30

An exploration of our national agriculture from 1788 to the latest application of high-tech science to food and fibre production.

Speaker: Peter Sloan

Bookings: Ronda Broadbridge rbroadbr@tpg.com.au (preferred) or 9417 1943

Literature General

HOW THE LIVES OF MEN ARE TREATED IN FICTION

Each Friday from 7 May 1:30 - 3:30 (4 sessions)

Considering 4 novels written in different countries during the 20th Century: *A Portrait of the Artist as a Young Man* (James Joyce), *Goodbye Columbus* (Philip Roth), *Waterland* (Graham Swift), *Dirt Music* (Tim Winton).

Leader: Margaret Little

Bookings: Margaret Parker Athena650@yahoo.com.au (preferred) or 9411 5529

Yoga

LAUGHTER YOGA

Tuesday 18 May 10:30 - 12:30

Enjoy and explore the health benefits of Natural Laughter with a combination of laughter exercises and Yoga breathing techniques (Pranayama). Shake off COVID restrictions!

Speaker: Robyn Colleran

Bookings: Ursula Schappi ursul.sch@gmail.com (preferred) or 0407995578

Medical matters

PUTTING ALTERNATIVE MEDICINE TO THE TEST

Tuesday 25 May 10:30 - 12:30

The evolution of the clinical trial and how alternative medicine fares when subjected to modern clinical trials.

Speakers: Kevin Murray and Glenys Murray

Bookings: Janet Douglas janet_away@yahoo.com (preferred) or 9419 5603

Health

STRATEGIES FOR MAINTAINING YOUR BRAIN

Tuesday 8 Jun 10:30 - 12:30

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?

Speaker: Dr Christine Lopacinski

Bookings: Ronda Broadbridge rbroadbr@tpg.com.au (preferred) or 9417 1943

GREENWICH: THE BAYTREE RETIREMENT RESORT

6 Ulonga Ave (off Innes Rd). Wheelchair access.

Venue coordinator: Andrew Caro 9433 8056

kxcaro@gmail.com

TUESDAYS AT GREENWICH

Each Tuesday from 2 Feb 10:00 - 12:00

Science and Technology General

1. Science and Society

2 Feb

Scientific ideas have not always sat comfortably within the society that spawned them. We consider historic examples leading to analysis of the current debate on Climate Change.

Speaker: Bill Dixon

Bookings: Kate Caro 9433 8056

Science and Technology General

2. The first million years of human communication

9 Feb

Communication between humans defines our species. The internet is the most recent and possibly the most far-reaching innovation, following speech, writing and the printing press.

Speaker: Laurie Wilson

Bookings: Andrew Caro 9433 8056

Medical matters

3. The use of animals in medical research

16 Feb

How have past experiments on animals contributed to our current medical knowledge? What laws control such experiments today? And what of the future?

Speaker: Rosemarie Einstein

Bookings: Margaret Vermeesch 9433 8048

Literature British

4. J M Synge and Irish Drama

23 Feb

Synge was an Irish playwright and a key figure in the Irish literary revival of the early 20th Century.

Speaker: John Flint

Bookings: Dianna Brookes 9433 8031

Literature British

5. G B Shaw

2 Mar

Shaw was a playwright, a Socialist and much more.

Speaker: Nora Hitchen

Bookings: Dianna Brookes 9433 8031

Cinema

6. Writing the biography of Judith Anderson

9 Mar

Judith Anderson (1897-1992), born and raised in Australia, became one of Broadway's greatest actresses making a lasting name as the chilling Mrs Danvers in *Rebecca*.

Speaker: Desley Deacon

Bookings: Kate Caro 9433 8056

Politics

7. Brexit, Boris and beyond

16 Mar

Why did the UK join the Common Market? Why did the UK leave the EU? What is the future for the UK, the EU and Australia?

Speaker: Jenny Sansom

Bookings: Kate Caro 9433 8056

Literature British

8. Shakespeare's plays

23 Mar *The Merchant of Venice*

30 Mar *Richard III*

6 Apr *King Lear*

13 Apr *The Tempest*

Prior to the Tuesday discussion, each play will be screened at 10:30 on Sundays at the Baytree Cinema, with free access to all booked members.

Speaker: Andrew Caro

Bookings: Kate Caro 9433 8056

Current Affairs

9. North Korea

20 Apr

North Korea from the inside: trying to read the mind of its leader in guiding the country over the next decade.

Speaker: John Yates

Bookings: Marianne Thiering 9433 8059

Music appreciation

10. Music as a vehicle for humour

27 Apr

Speaker: John Yates

Bookings: Marianne Thiering 9433 8059

Poetry

11. Four Irish poets

4 May

Yeats, MacNeice, Kavanagh, Heaney. Different attitudes to landscape and relationships in families of these poets, and their similarities, illustrate the changing nature of the 'Irish Question'.

Speaker: Margaret Little

Bookings: Marianne Thiering 9433 8059

Science and Technology General

12. Hot air

11 May

The evolution of the Earth's atmosphere; pollution and greenhouse gases; the atmospheres of other planets.

Speaker: Joan Scott

Bookings: Andrew Caro 9433 8056

Medical matters

13. Why we age

18 May

Starting as one cell, we end up as billions. Aging results from reaching the limits for cell division. Understand the mechanisms and actions to limit aging.

Speaker: Dr Judy Ford

Bookings: Mary Morrison 9433 8004

History World

14. Four Dictators

from 25 May (4 sessions)

Four monsters of the last century: Stalin, Hitler, Mao Tse Tung and Pol Pot. Their societies, their development and their rise to power.

Speaker: Kate Caro

Bookings: Andrew Caro 9433 8056

Cinema

CINEMA

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

Join us for interesting pre-film discussions about the planning and shooting of major films; learn the history of some of our great actors and actresses and enjoy the film.

Leader: Hugh Watson 9519 5082

Bookings: Margaret Vermeesch 9433 8048

HUNTERS HILL: C A FAIRLAND HALL

14 Church St. Parking available.

Venue coordinator: Judy Harris 0447 194 510

JudyHarris2@bigpond.com

Facebook: U3AHunters Hill

Bookings: online at www.sydneyu3a.org or with

Venue Coordinator Judy Harris, unless indicated below.

Music appreciation

YOU MUST REMEMBER THIS

Mondays 1 and 8 Feb 10:30 - 12:30

A history of early music, Romantic and before. The background of songs between 1914 and 1945 with lyrics reflecting the times - Prohibition, the Depression, War.

Some familiar, many not, all tuneful.

Speaker: Nora Hinchin

Science and Technology

THE NEW INVENTORS

Monday 15 Feb 10:30 - 12:30

Chris is an agricultural scientist and for many years was a judge on the ABC's *The New Inventors*.

Speaker: Chris Russell AM

Art Drawing

DRAWING FOR BEGINNERS (max 15)

Each Friday from 19 Feb 10:30 - 12:30

(6 sessions)

Want to draw? Develop a unique drawing style by studying the elements, the basic skills of relaxed seeing and principles of design. Learn the basic skills of recording and examine various drawing techniques.

Leader and **bookings:** Kate McClelland
mclellands@ozemail.com.au 0413 388 959

Art Appreciation

ART GALLERY OF NSW

Mondays 22 Feb and 1 Mar 10:30 - 12:30

These talks cover the creation, collection development, exhibitions, architecture, directors, artists, audience, government relationships, controversies and major aspects of AGNSW.

Speaker: Stuart Reed

Music appreciation

VERDI AND PUCCINI

Tuesday 9 Mar

Monday 8 Mar 10:30 - 12:30

The lives and music of these giants of opera in the period in history when opera composers began to produce music that expressed their deepest feelings.

Speaker: Graham Ball

History

HISTORY OF ROYAL RYDE REHABILITATION CENTRE

Monday 15 Mar 10:30 - 12:30

Opened in 1902 as *Weemala* for people with disabilities and as a home for 'incurables', RRRRC has developed into a world-class treatment and training centre.

Speaker: Winsome Baker

Health

MANAGEMENT OF STRESS: AN INTEGRATED APPROACH

Monday 22 Mar 10:30 - 12:30

Examines acute and chronic anxiety from an anatomical and physiological perspective and provides some ways to deal with it without the use of medication.

Speaker: Patrick De Mentior

Music Appreciation

CELEBRATION OF THE MUSICALS

Monday 29 Mar 10:30 - 12:30

Presenting the mainstream musical stages of the western world from the world of Jacques Offenbach in the 18th Century until the present day.

Speaker: Graham Ball

Health

EMERGING SCIENCE: BEATING DEPRESSION AND RESILIENCE

Monday 5 Apr 10:30 - 12:30

Many find depression has increased during this difficult time. What does science indicate we can do to help ourselves?

Speaker: Dr Christine Lopacinski

History Australia

GALLIPOLI AND ANZAC DAY

Monday 12 Apr 10:30 - 12:30

Unravelling the facts from the legends of the Dardanelles campaign. Share some insights and astonishing stories of diggers involved and the Australian legacy.

Speaker: Peter Allen

History Ancient

THE ETRUSCANS

Monday 19 Apr 10:30 - 12:30

The Etruscans' origins and their language are still somewhat mysterious. This presentation explores their history, their rich culture and their influence on the Romans.

Speaker: John Flint OAM

History Italy

VENICE UNDER THE HAPSBURGS

Monday 26 Apr 10:30 - 12:30

In 1797 Venice surrendered to Napoleon and was subsequently transferred to Austrian control. This presentation explains how Venice fared socially and environmentally under foreign rule.

Speaker: John Flint OAM

History USA

HISTORY OF THE USA: MODERN TIMES

Mondays from 3 May 10:30 - 12:30 (4 sessions)

Explore themes in USA history after the Civil War to today. These talks follow on from a previous course on the early days of the USA.

Speaker: Peter Nixon

Famous People

FIVE IRISH ACTORS

Monday 31 May 10:30 - 12:30

Highlights of the lives and loves of five famous Irish actors: Maureen O'Hara, Pierce Brosnan, Liam Neeson, Colin Farrell and Saoirse Ronan.

Speaker: Anne Richardson

Art Appreciation

ETERNAL DESIGN, JAPANESE ART AND ARCHITECTURE

Monday 7 Jun 10:30 - 12:30

Japanese artists have blended traditional with modern to create timeless artistic expression. Kathryn will talk about Niigata to Naoshima and how artists create eternal design.

Speaker: Kathryn Hunyor

LANE COVE LIVING AND LEARNING CENTRE

180 Longueville Rd.

Venue coordinator: Robert Lynn 9433 8066

Book Group

BOOK GROUP

Every fourth Monday from 11 Jan 10:30 - 12:30

A group centred on literary fiction. The book for the first session is *This is Happiness* by Niall Williams.

Leader and bookings: Janice Gentle 9439 3801.

Discussion Group

DISCUSSION GROUP

Alternate Thursdays from 4 Feb 10:30 - 12:30

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

Leader: Beatrice Blanks 8068 9393

Bookings: Val Kaley 9427 0786

History

SOME SURPRISING HISTORIES

Alternate Thursdays from 4 Feb 1:30 - 3:30

4 Feb Tools of Homo erectus and Homo sapiens

18 Feb The inventive Middle Ages (500 - 1500AD)

4 Mar The printing press of 1448 - a distant mirror

18 Mar How enlightened was the Enlightenment of the 18th century?

1 Apr Karl Marx and descendants

15 Apr Scurvy

29 Apr Development of the State, Rule of Law and Accountability

13 May Alcohol

27 May Standardisation

10 Jun Childhood and adolescence

24 Jun Diplomacy

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

Discussion Group

TOPICAL ISSUES DISCUSSION GROUP

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

At each meeting we discuss two topics that were chosen by the group at the previous meeting. We cover local and international topics in the news, hear short introductions by volunteers, and keep our mental engines running in a friendly and diverse group.

Leader and **Bookings:** Margaret Kropman 0434 839 172

Discussion Group

LITERARY DISCUSSION GROUP

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

This friendly group meets once a fortnight to discuss a variety of demanding literature including poetry, drama and non-fiction. New members welcomed.

Leader: Mary Billing

Bookings: Elisabeth Kingsford Smith 9953 6993

McMAHONS POINT COMMUNITY CENTRE

165 Blues Point Rd.
Venue coordinator: Lesley Duffill 9969 9546
leslie.duffill@gmail.com

Poetry Writing

WRITING POETRY (max 12)

Alternate Tuesdays from 2 Feb 10:00 - 12:00 (10 sessions)

This group explores the magic of poetry in its various forms through reading, appreciating and writing. We give and receive friendly, positive feedback.

Leader and **bookings:** Geoff Lucas 9416 7717

Book Group

BOOK GROUP

Alternate Fridays from 5 Feb 10.00 - 12:00 (10 sessions)

This group reads 10 novels per semester (both classics and modern) chosen by the members who enjoy a lively discussion on books read.

Leader and **bookings:** Toni McLennan 9412 1585

McMAHONS POINT COMPUTER EDUCATION UNIT

McMahons Point Community Centre, 165 Blues Point Road.

Bookings: Margaret Kropman computeru3a@gmail.com 0434 839 172. Please apply via email and provide: Name, U3A number, Phone contact, Course name and date, your version of Windows (7 or 8 or 10). If you cancel a course please let me know ASAP so a reserve can take your place.

Computers Software Apps

WINDOWS FILES (max 6)

Monday 8 Feb 9:30 - 12:30

Find, save, move and rename files and folders on your hard drive or memory sticks. Learn more about storage, retrieval, file types and folders. Suits Windows 7, 8 or 10 desktops and laptops.

Leader: Margaret Kropman

Computers Software Apps

WINDOWS CONTROLS (max 6)

Monday 15 Feb 9:30 - 12:30

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 desktops and laptops.

Leader: Margaret Kropman

Computers Software Apps

MANAGING PHOTOS (max 6)

Monday 22 Feb 9:30 - 12:30

From a camera or android phone, save photos on your computer then organise, perform simple edits, email. You will already be skilled at creating folders and moving files between folders. Suits Windows 7, 8 or 10 desktops and laptops.

Leader: Margaret Kropman

Computers Software Apps

TEXT FORMATTING (max 6)

Wednesday 1 Mar 9:30 - 12:30

Make your emails more interesting: learn how to use different fonts, indented text, numbered paragraphs and clip art. Suits Windows 7, 8 or 10 desktops and laptops.

Leader: Margaret Kropman

Computers Online retail

ONLINE RETAIL (max 6)

Monday 8 Mar 9:30 - 12:30

Explore buying and selling on Gumtree, eBay, major online outlets and smaller vendors. Tips on security, privacy and payment. Suits Windows 7, 8 or 10 desktops and laptops.

Leader: Margaret Kropman

MOSMAN ART GALLERY: MELODY ROOM

Cnr Myahgah Rd and Art Gallery Way. Parking available. Wheelchair access.

Venue coordinator: Annika Tults 0404 254 009
annikatults@gmail.com

THURSDAYS AT THE MELODY ROOM

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

Bookings: Annika Tults annikatults@gmail.com 0404 254 009

Philosophy

1. Humanism - an Enlightened Life Stance 4 Feb

What do the growing non-religious believe? Humanism holds that the best knowledge is obtained through science, and the best morality by human welfare.

Speaker: Ian Bryce

Current Affairs

2. Danger was my business

11 Feb

Critical incidents attended by Gary include the Christmas Day hotel fire in Kings Cross, Granville train disaster and the Christchurch earthquake in New Zealand.

Speaker: Gary Raymond

Current Affairs

3. Plastic Free Living

18 Feb

Our environment is infiltrated by plastic. Learn easy and cost-effective ways to reduce our plastic footprint.

Speaker: Val de Rome

History Australia

4. Mathew Flinders, who named Australia

25 Feb

The village lad who ran away to sea. Tales of war at sea, shipwrecks, intrigue, and a love story of the ages.

Speaker: Jim Haynes

History Asia

5. India: Its journey from ancient civilisation to modern political state

4 and 11 Mar

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.

Speaker: Himanshu Jhala

Bookings: Inez Glanger inez.glanger17@gmail.com

0431 272 399

Politics

6. Dirty Secrets: Our ASIO Files

18 Mar

Well-known Australians such as Michael Kirby, Anne Summers and David Stratton discover they have ASIO files and write about them.

Speaker: Meredith Burgmann

History Australia

7. Seeing Sydney Harbour

25 Mar

A presentation showcasing art by convicts, naval officers, scientists, explorers and artists who depicted 'the finest harbour in the world' from 1788.

Speaker: Jim Haynes

Medical matters

8. Genetics - Why we age

1 Apr

Teasing out the facts and making sense of science. Interesting and provocative. Developmental biology and human genetics. Inspiring, vibrant and witty.

Speaker: Dr Judy Ford

History World

9. History of timekeeping devices

8 Apr

Explores the long history of attempts to measure the passing of time, from ancient sundials to atomic clocks and how they all work.

Speakers: Kevin and Glenys Murray

History Australia

10. 1000 miles from care

24 Jun

A nostalgic presentation about 'the finest harbour in the world', the forgotten pleasure gardens, the ferries and the trams.

Speaker: Jim Haynes

History Middle East

11. The Story of Iran

22 and 29 Apr

Iran's imperial, cultural and religious legacies have shaped cultures and histories of the West, Central and South Asian nations. Its religious rivalry with Saudi Arabia is a major source of geopolitical tension between Iran and the US and its allies.

Speaker: Himanshu Jhala

Science and Technology

12. The DNA Revolution

6 May

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

Speaker: Kevin Murray

History World

13. A Personalised View of History

13 and 20 May

Two examples of how events in the past capture your imagination and potentially trigger more interests than others: the discovery of Troy, Mycenae and Knossos and the birth of modern archaeology (first session); and the turbulent times of the Tudors and the Stuarts in England (second session).

Speaker: Paul Wait

Bookings: Inez Glanger inez.glanger17@gmail.com

0431 272 399

Famous People

14. Five Irish Actors

27 May

Highlights of the lives and loves of Irish actors across the centuries - Maureen O'Hara, Pierce Brosnan, Liam Neeson, Colin Farrell and Saoirse Ronan.

Speaker: Anne Richardson

Politics

15. Legacy of Colonisation and Challenges of Humanitarian Intervention: A Case Study

3 and 10 Jun

An overview of the newly independent South Sudan and the causes and damaging effects of the civil war in 2014, based on personal impressions gained during periods of working with a teaching NGO.

Speaker: Terry Farrell

History War

16. The Plane That Went Around the World the Wrong Way

17 Jun

The true story about a commercial PAN AM flight that was diverted on return from New Zealand due to the bombing of Pearl Harbor.

Speaker: Winsome Baker

Art Painting Drawing

ART: PAINTING AND SKETCHING (max 12)

Alternate Tuesdays from 16 Feb 1:00 - 3:00

Learn how to successfully manipulate colours, line and shape in a friendly group. Painting with acrylics, sketching with charcoal or pencil. All interested members are welcome. A small amount of theory will help develop skills to create both classical and abstract art.

Leader and **bookings:** Kulliki Poole 9451 3011 or

0414 451 636

Writing

DEVELOPING YOUR MEMOIR

Every Wednesday from 3 Mar 12:30 - 2:30 (6 sessions)

Everyone has a unique life. We will use practical exercises to build a story step-by-step for future generations.

Beginners welcome.

Leader and **bookings**: Jenny Rudd O'Neill
jennyruddoneill@optusnet.com.au (preferred) 9908 3925

Publishing

PUBLISHING YOUR BOOK: WORKSHOP

Wednesdays 14 and 21 Apr 12:30 - 2:30

Family or local history, memoir or biography, novel or cookbook: are you ready to publish?

Week 1: formatting your manuscript, layout, book size, photos, charts, maps and editing.

Week 2: cover design, registering your book, preparing specifications, quotes, quantities, marketing.

Leader and **bookings**: Margaret Szalay
margaret@cremorne1.com 9904 1829

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)

Bookings: Trish Dawson trish.dawson@hotmail.com
0423 321 210

WELCOME THE NEW YEAR AND NEW MEMBERS - please refer to page 24

History World

THE MIDDLE EAST TODAY

Each Monday from 8 Feb 10:30 - 12:30

(5 sessions) The Middle East nations were largely created by the big powers after the First World War. How did this occur and what have been its consequences?

Leader: Peter Nixon

History World

SMALL EUROPE

Monday 15 and 22 Mar 10:30 - 12:30

Putting the microscope on Europe's micro-nations: Andorra, Liechtenstein, Monaco, San Marino, The Vatican - and some other oddities - relics of Europe's complex history which still survive.

Leader: Graham Spindler

Music Appreciation

BEHIND THE BEATLES

Monday 29 Mar 10:30 - 12:30

Listen to some of the Beatles' music and find out the unexpected stories behind these songs.

Leader: Graham Spindler

History General

INDUSTRIAL REVOLUTIONS

Monday 12 and 19 Apr 10:30 - 12:30

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.

Leader: Emer Prof Don Napper

Science and Technology Nature

AN INTRODUCTION TO THE FUNGI KINGDOM

Monday 26 Apr 10:30 - 12:30

We examine what separates members of the fungi kingdom - including mushrooms, toadstools, mildews, smuts, moulds, and yeasts - from the plant and animal kingdoms.

Leader: Ian Thompson

Music Appreciation

A HISTORY OF EARLY MUSIC: ROMANTIC AND BEFORE

Monday 3 May 10:30 - 12:30

The development of western classical music from the Dark Ages until the end of the 19th Century, including the Medieval, Renaissance, Baroque, Classical and Romantic eras.

Leader: Graham Ball

Science and Technology Nature

GRAIN OF SAND

Monday 10 May 10:30 - 12:30

We look at beach and desert sand and how it has transformed our world, including the hidden social and environmental costs of sand mining.

Leader: Ian Thompson

Music Appreciation

WOLFGANG AMADEUS MOZART: HIS LIFE AND MUSIC

Monday 17 May 10:30 - 12:30

Presenting one of the most influential, popular and prolific composers of the classical period. His compositions include symphonic, chamber, operatic, and choral music.

Leader: Graham Ball

Music Appreciation

A HISTORY OF 20TH CENTURY MUSIC

Monday 24 May 10:30 - 12:30

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.

Leader: Graham Ball

Literature British

EDNA O'BRIEN: LOVE AND EVIL

Monday 31 May 10:30 - 12:30

Often said to be Ireland's greatest living writer, famous for The Country Girls, Edna O'Brien has recently written about some of the world's most horrific events.

Leader: Jenny Rudd O'Neill

Art appreciation

THE MOSMAN ART GALLERY

Monday 7 Jun 10:30 - 12:30

An aspect of Art.

Leader: Mosman Art Gallery Guide

Agriculture

AUSTRALIAN AGRICULTURE

Monday 21 and 28 Jun 10:30 - 12:30

An exploration of the development of our national agriculture from 1788 to the latest application of high-tech science to food and fibre production.

Leader: Peter Sloane

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

Bookings: online at www.sydneyu3a.org or by calling Rose White 9999 2218.

History Ancient

THE WORLD OF AEGEAN GREECE - FROM MINOS TO AGAMEMNON

Each Wednesday from 3 Feb 10:00 - 12:00 (4 sessions)

This series of four talks will explore the rise and fall of both the brilliant Minoan civilisation, with its opulent palaces and wonderfully naturalistic art, and the powerful Mycenaean kingdoms renowned for their imposing walled citadels and monumental tombs.

Leader: John Tidmarsh

Music Appreciation

MUSIC OF VIENNA

Each Wednesday from 3 Mar 10:00 - 12:00 (4 sessions)

More great composers have lived and worked here than in any other city on earth. Almost every street can recount stories of famous composers. In this series of four talks we will concentrate on eight of them.

Leader: Rosemary McCulloch

Current Affairs

COVID - MORE THAN AN EPIDEMIC: A GLOBAL CATALYST FOR CHANGE?

Each Wednesday from 31 Mar 10:00 - 12:00 (4 sessions)

How has COVID affected the economic and social fabrics of countries throughout the world? Have democratic countries fared better? Will COVID force major changes globally? We try to answer these and related questions.

Leader: Peter Nixon

Marine Science

SECRETS OF THE DEEP SEA

Wednesday 28 Apr 10:00 - 12:00

Humans have explored the landmass of the Earth extensively, but the sea still remains a mystery to a great extent. Let us unravel some unknowns.

Leader: Punchi Dassanayake

Music Appreciation

BACH, CITIZEN OF TWO WORLDS

Wednesday 5 and 12 May 10:00 - 12:00

Bach's music has been described as 'deliberately summing up the past - unknowingly influencing the future'. Bach spent his whole life in northern Germany, employed in the church or in small noble courts, yet his powerful legacy reaches into the present century.

Leader: John Flint

History World

THE RULE OF LAW AND MAGNA CARTA

Wednesday 19 and 26 May 10:00 - 12:00

The Rule of Law is a cornerstone of Australian democracy. It arrived with the First Fleet. What does it mean? We examine the Rule of Law and the role the Magna Carta played in its evolution.

Leader: Malcolm Robertson

Medical Matters

DIGITAL DISRUPTION IN MEDICINE

Wednesday 2 Jun 10:00 - 12:00

Medical Science has been revolutionised to incredible levels in the past two decades. What has digitalisation done to this centuries-old Science?

Leader: Punchi Dassanayake

Poetry

BUSH POETS

Wednesday 9 Jun 10:00 - 12:00

The musical, informed nature of bush poetry is an excellent medium to express a range of emotions. Enjoy readings of Henry Lawson, Banjo Patterson and others.

Leader: Dr Christine Lopacinski

History World

EUROPEANS IN ASIA: LAST 500 YEARS

Each Wednesday from 16 Jun 10:00 - 12:00 (3 sessions)

The Ottoman conquest of Constantinople in 1453 prompted Europeans to search for alternative maritime routes to the Indies. The Portuguese were the first, followed by the Dutch, the English and the French. Five centuries of their presence in Asia had a profound impact on shaping the world we live in.

Leader: Himanshu Jhala

ZOOM MEETINGS

THURSDAY MORNINGS VIA ZOOM

Each Thursday from 18 Feb 10:00 - 12:00

Speakers and topics will be announced in advance in the Harbourside North newsletter and on the web site

OUT THERE!

Outdoor Outings Eating out

THIRD FRIDAY LUNCH GROUP

Third Friday of each month from 19 Feb

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.

Leader and **bookings:** Sarah Fennamore 9955 1962

sfennamore@yahoo.com

Outdoor Outings Eating out

FOOD FOR THOUGHT (max 12)

Alternate Fridays from 22 Jan

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.

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

NORTHERN BEACHES

Regional President: Rosemary McCulloch ramcull@gmail.com

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

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

NORTHERN BEACHES REGION OF SYDNEY U3A

Annual General Meeting and Election of Office Bearers

will be held on: **Thursday 25 March commencing at 11.00**

at: **The Dutch Club**

1 Grattan Crescent (off Bantry Bay Road), Frenchs Forest, 2086

Doors open from 10:30 for examination of reports and minutes from last meeting.

Nomination forms for committee roles will be included in the U3A Northern Beaches Newsletter and website nearer the date.

**Signed and completed forms should be returned to the Secretary Olivia Kesby,
PO Box 318, Dee Why 2099 no later than 18 March**

A light lunch will be provided. Please respond by Wednesday 11 March to Gaye Pringle
gayepingle@gmail.com 0407 248 331.

AVALON: RECREATION CENTRE

Activity Room 3, 59 Old Barrenjoey Rd. Street parking.
Wheelchair access.

Venue Coordinator: Eve Lane 0455 948 864
evelane222@gmail.com

Art

ART GROUPS

Each Monday from 18 Jan

Enjoy the company of other artists with varying levels of skill. Bring your own equipment (any medium).
No tuition given.

Group 1: 9:30 - 12:15, Group 2: 12:15 - 3:00

Leader: Gen Watts 0423 213 273 genwatts@hotmail.com

Bookings: Eve Lane 0455 948 864
evelane222@gmail.com

FORESTVILLE: FOREST COMMUNITY ARTS CENTRE

Darley St. Parking available. Wheelchair access.

Venue coordinator: Jen Hill jenhill949@gmail.com

Games Canasta

~~CANASTA - BOLIVIA VERSION CANCELLED~~

~~Each Tuesday from 16 Feb 1:30 (prompt!) - 4:30~~

~~Studio~~

~~Join us and take the opportunity to learn the intricate strategies of this version of Canasta.~~

~~Leader and bookings: Jen Hill jenhill949@gmail.com~~

History World

HISTORY OF THE USA: MODERN TIMES

Each Tuesday from 2 Mar 10:00 - 12:00

(4 sessions)

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.

Leader: Peter Nixon

Bookings: Terri Nixon thenixons23@optusnet.com.au

History Australia

THE FENIAN CONVICTS IN AUSTRALIA

Wednesday 21 Apr 10:00 - 12:00

Heather Flawith Room

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.

Leader: Dr Keith Amos

Bookings: Jen Hill jenhill949@gmail.com

History World

THE FRENCH IN INDOCHINA

Alternate Wednesdays from 28 Apr 10:00 - 12:00

(3 sessions)

Heather Flawith Room

How and why were the French in Indochina? We will look at some history and will investigate attitudes, both of the indigenous people and colonists, through writings of journalists and authors of the period.

Leader and **bookings:** Terri Nixon 0414 358 318
thenixons23@optusnet.com.au

History World

THREE INDUSTRIAL REVOLUTIONS AND THE IMPENDING FOURTH

Alternate Wednesdays from 5 May 10:00 - 12:00 (2 sessions)

Heather Flawith Room

Three momentous Industrial Revolutions over three centuries, each profoundly influencing peoples' work and lifestyle: Engineering Revolution; Scientific Revolution; our own Digital Age and a possible fourth fuelled by Artificial Intelligence. We will explore the effects of these revolutions.

Leader: Don Napper

Bookings: Jen Hill jenhill949@gmail.com

FORESTVILLE: RSL CLUB

22 Melwood Ave. Bistro.

Venue coordinator: Beth Robertson 9452 2396

bethrobertson@aapt.net.au

Craft

CRAFT IN THE FOREST

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

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.

Leader and **bookings:** Beth Robertson 9452 2396

bethrobertson@aapt.net.au

FRENCHS FOREST: THE DUTCH CLUB

1 Grattan Cres (off Bantry Bay Rd) Parking available.

Venue coordinator: John Peters 0412 161 069

jayefpe@hotmail.com

Music Ukulele

UKULELE INTERMEDIATE/ADVANCED

Each Tuesday from 12 Jan 1:30 - 3:30

If you have learnt at least six basic chords, now is the time to move to or join this group. Lots of fun strumming, singing, as well as an opportunity to learn how to lead a song, and learn microphone technique.

Leader and **bookings:** John Peters 0412 161 069

jayefpe@hotmail.com

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Rd. Parking available.

Wheelchair access.

Venue coordinator: John Watt 0407 547 583

john@wattever.com

Presentations

FRIDAYS IN THE FOREST

Last Friday of each month from 26 Feb 10:00 - 12:00

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

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

History World

1. Iran - past and present

26 Feb

An illustrated talk tracing the 2,500 year history of Iran to the present day.

Speaker: Cindy Broadbent

Culture Animals

2. A rhino lady in Africa

26 Mar

Rita talks about her affinity with individual African countries, her love for the people and her special experiences with animals, particularly rhinos.

Speaker: Rita Shaw

Photography History

3. The art and photography of Gallipoli

30 Apr

An exposition on war artists and photographers from both sides chronicling the campaign. The presentation outlines how paintings and photographs determined attitudes to the Gallipoli campaign.

Speaker: Harvey Broadbent

Literature

4. Robert Louis Stevenson

28 May

As a poet and author, Stevenson was a writer of originality and power who produced brilliant adventure stories and perceptive renderings of the human condition.

Speaker: Rosemary McCulloch

Music Australia

5. The best of Starring at the Stadium

25 Jun

Don't miss the top stars selected by members in this finale of Starring at the Stadium. Who has been chosen? Come and find out.

Speaker: John Watt

MONA VALE: MEMORIAL HALL

Meeting Room, 1606 Pittwater Rd. Parking available.

Venue coordinator: Kay Hamilton 0409 767 027

nunderi@gmail.com

Language French

FRENCH LEVEL 4

Alternate Mondays from 1 Feb 2:30 - 4:30

For those who already have a comprehensive grasp of grammar and conversation. Textbooks: *Collins Advanced French Grammar*, *Schaum's French Grammar*, plus a variety of literature.

Leader and **bookings:** Sarita Wright 0439 474 459

saritawright35@gmail.com

Language French

FRENCH LEVEL 3

Alternate Mondays from 8 Feb 2:30 - 4:30

This course covers grammar, reading, dictation and conversation. Must have basic knowledge of the language.

Textbook: *Schaum's French Grammar*.

Leader and **bookings**: Sarita Wright 0439 474 459
saritawright35@gmail.com

Language French

FRENCH INTERMEDIATE ONGOING

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

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.

Leader and **bookings**: Olivia Kesby 0401 303 472
olivia.kesby@gmail.com

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE

1395A Pittwater Rd. Limited off-street parking.

Wheelchair access.

Venue coordinator: Rosemary McCulloch 0448 095 958
ramccull@gmail.com

Art Drawing Painting

ART: PAINTING AND DRAWING IN ANY MEDIUM

Each Monday from 1 Feb 1:00 - 4:00

Berry Hall

Although we are not a teaching class, help is given when needed so people of all levels are most welcome to come and enjoy the company with 'fellow brushers'.

Leader: June Rodden 9402 4550

Bookings: Shirley Jensen 9982 4395

Presentations

TUESDAYS AT THE TRAMSHED

First Tuesday of each month from 2 Feb 11:00 - 1:00

Lakeview Hall

A series of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subjects.

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

Culture Australia

1. Daniel Angus, Deputy Commissioner Mental Health Commission of NSW

2 Feb

Daniel will talk about his work at CanTeen's headquarters supporting the delivery of support and counselling services to young people around Australia.

Speaker: Daniel Angus

Music Australia

2. Starring at the Stadium 3

2 Mar

This session stars Ella, Little Richard, Paul Anka, Chuck Berry, Acker Bilk and many more. Don't miss it

Speaker: John Watt

History World

3. North Korea - Quo Vadis?

6 Apr

The country has battled typhoons, a storm, flooding and a coronavirus lockdown and now the rest of the world speculates over the health of Kim Jong-un.

Speaker: John Yates

Literature

4. Charlotte Bronte's Jane Eyre

4 May

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.

Speaker: Cindy Broadbent

History World

5. Abraham Lincoln

1 Jun

Of all the great statesmen of the 19th century, few equal and none surpass this man in wisdom, humour, character and in achievement.

Speaker: Rosemary McCulloch

Music Appreciation

MUSIC OF VIENNA

Alternate Tuesdays from 9 Feb 11:00 - 1:00

Lakeview Hall

More great composers have lived and worked here than in any other city on earth. From Haydn and Mozart to Mahler and Franz Lehar, come and enjoy listening to some wonderful music and enjoy being part of a friendly group.

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

Language French

FRENCH POST BEGINNERS (max 15)

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

Lakeview Hall

Ongoing 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.

Leader and **bookings**: Olivia Kesby 0401 303 472
olivia.kesby@gmail.com

Music Opera Ballet

OPERA AND BALLET ON SUNDAYS

Alternate Sundays (except 25 Apr) from 14 Feb 11:00 - 3:00

Lakeview Hall

Come and enjoy BBC and Glyndebourne Opera productions on DVD and ballet from around the world. Long break between acts for BYO picnic lunch.

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

NARRABEEN NORTH: BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway). Parking available. Wheelchair access.

Venue coordinator: Barbara Larkin 9913 3481
jeddasam1@bigpond.com

Art Painting

CREATIVE PAINTING WORKSHOP

Each Thursday from 28 Jan 1:00 - 4:00

Education Centre

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.

Leader: Susan Davies 0414 799 324 daviessusan13@gmail.com

Bookings: Suzanne Allan 0458 712 033 zanne07@gmail.com

Language French

ADVANCED FRENCH

Alternate Mondays from 1 Feb 10:00 - 12:00

Room 2, Level 1

This course focuses on grammar, reading and conversation.

Leader and **bookings:** Sarita Wright 0439 474 459

saritawright35@gmail.com

Music Guitar

ACOUSTIC GUITAR GROUP

First three Wednesdays each month from 3 Feb 10:30 - 12:30

Room 2, Level 1

The group will continue building a repertoire of classic soft rock/blues acoustic pieces. Basic skills with guitar chords and following lyric/chord charts is needed. Bring own guitar and music stand.

Leader and **bookings:** Alan Brand 0419 427 763

ajbrand@optusnet.com.au

Language Latin

LATIN FOR BEGINNERS (max 10)

Alternate Fridays from 5 Feb 1:15 - 3:30 (Week A)

Alternate Fridays from 12 Feb 1:15 - 3:30 (Week B)

Education Centre

This course introduces Classical Latin grammar, sentence patterns and vocabulary through exercises and readings with the objective of introducing you to Latin literary texts. No prior knowledge required. Text: *The Oxford Latin Course Part 1 - Student Book (ISBN 9780 199122264)*.

Leader and **bookings:** Gail Sadler 0420 989 170

gailasadler@gmail.com

Philosophy

HISTORY OF PHILOSOPHY 5

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

Education Centre

We cover the philosophy of Marx including his theory of history, critique of capitalism and concept of alienation. No previous knowledge of philosophy is required.

Leader and **bookings:** John Lauricella 9918 2142

jml1010@yahoo.com

Music Ukulele

UKULELE FOR BEGINNERS

Each Tuesday from 9 Feb 1:15 - 2:30

Room 2, Level 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.

Leader and **bookings:** Felicity Davis 9979 8633

felicity@sciencefilms.com.au

Music Performance

THE THIRD AGE ROCK ORCHESTRA

Each Wednesday from 10 Feb 2:00 - 5:00

Church

The group will continue building a repertoire of classic rock music. Bring your own instrument and music stand.

Leader and **bookings:** Harvey Broadbent 0414 486 675

harveybroadbent1915@gmail.com

Philosophy

HISTORY OF PHILOSOPHY 4

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

Education Centre

We cover the philosophy system of Hegel including his metaphysics, philosophy of history and political philosophy. No previous knowledge of philosophy is required.

Leader and **bookings:** John Lauricella 9918 2142

jml1010@yahoo.com

Language Spanish

INTERMEDIATE SPANISH

Each Monday from 15 Feb 2:00 - 4:00

Education Centre

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.

Leader and **bookings:** Alexis Tabensky 0424 983 618

a.tabensky@unsw.edu.au

NARRABEEN NORTH: BILARONG COMMUNITY HALL

Bilarong Reserve, Wakehurst Parkway. Parking available. Wheelchair access.

Venue coordinator: Rosemary McCulloch 0448 095 958

ramccull@gmail.com

Music Performance

~~PLAY THE RECORDER~~ CANCELLED

Each Monday from 1 Feb 10:15 - 12:15

(no public or school holidays)

Main Hall

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.

Leader and **bookings:** Colleen Russell 9918 3817

s.louise.r@hotmail.com

Updates will be posted to the 'Changes to Current Courses' link

NEWPORT: COMMUNITY CENTRE

11-13 The Boulevard. Parking available.

Wheelchair access.

Venue coordinator: Helen Howes 0424 464 047

helsim@internode.on.net

Note: No courses during school holidays



Language French

INTERMEDIATE FRENCH

Alternate Wednesdays from 27 Jan 1:30 - 3:30

Activity Rooms 1 and 2

A good knowledge of French grammar is 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.

Leader: Danina Andersen 0414 816 772

danina_andersen@hotmail.com

Bookings: Frances Buchan 0412 127 182

francesbuchan@icloud.com

Art Painting

ART CLASS WITH DENISE BARRY

Each Thursday from 28 Jan 1:00 - 4:00

Activity Rooms 1 and 2

This course will be working mostly in acrylic paint. The leader comes from a background as a practising artist (painter), art teacher and therapist.

Leader: Denise Barry 9974 5335 powerfulowl2@gmail.com

Bookings: Terry Bickerton 9970 7161

terry.bickerton@bigpond.com

Table Tennis

TABLE TENNIS

Each Thursday from 28 Jan 1:15 - 4:15

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.

Leader: Richard Hughes 9999 2435 69ingleside@gmail.com

Bookings: Carole Young caroleyoung@me.com

Yoga

YOGA AND RELAXATION

Each Friday from 29 Jan 12:30 - 2:00

Main Hall

Please book only one Yoga class per week.

Each class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.

Leader: Elizabeth Waring 0408 482 0 44

elizabethwaring5@gmail.com (email preferred)

Bookings: Pamela Frei 0415 603 906

pamelannfrei@icloud.com (preferred)

Yoga

YOGA AND RELAXATION

Each Monday from 1 Feb 12:30 - 2:00

Main Hall

Please book only one Yoga class per week.

Each class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.

Leader: Susan Barnard 0490 408 105

susanbarnard@iinet.net.au

Bookings: Pamela Frei 0415 603 906

pamelannfrei@icloud.com (preferred)

Art Painting

ART CLASS WITH KAYE DEXTER

Each Monday from 1 Feb 1:00 - 4:00

Activity Rooms 1 and 2

This acrylics course is for advanced painters who need to bring their own equipment.

Leader: Kaye Dexter 0405 187 508 kdexter@bigpond.net.au

Bookings: Robyn Mayman 9918 2941 peter@maymans.com

Presentations

TOPICS OF INTEREST AT NEWPORT

First Wednesday and Fourth Tuesday each month from 3 Feb 1:30 - 3:30

Main Hall

Come and join a friendly group to experience nine 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.

Leader: Margaret White 0416 182 393

marg.whiteu3@gmail.com

Bookings: Tricia Haines 0417 686 399

haines.avalon@bigpond.com

Computers AI

1. How the internet has and has not changed the way we teach at University CANCELLED

3 Feb

Where is the development team at Sydney University leading us with online learning today? How much face to face will there be in the future?

Speaker: Alix Thoeming

Art Culture

2. Paper conservation at the Maritime Museum

23 Feb

What is conservation and a conservator? Hear from the professional responsible for the preservation of artistic and cultural artefacts, also known as cultural heritage. Speaker: Lucilla Ronai

Medical Matters

3. Human factors in anaesthesia

3 Mar

"To err is human, to cover up is unforgivable, and to fail to learn is inexcusable." Sir Liam Donaldson, Chief Medical Officer of England, 2010.

Speaker: Dr Anthony Lewis

Medical Matters

4. Quackery - a brief history of the worst ways to cure everything!

23 Mar

The golden age of quacksalvers - a historical look at quackery from the middle ages to current time and the treatments that these medical-peddlers offered.

Speaker: Ian Thompson

Military

5. Understanding the veterans' experience

27 Apr

Our Defence Forces' core values are courage, initiative, respect and teamwork. After serving in the Middle East, East Timor, Israel and South Sudan, what happens when they are discharged?

Speaker: Michael Maley

Travel

6. A voyage to the Arctic

5 May

Follow this pictorial journey of intrepid travellers traversing the Northwest Passage, the sea route from the North Atlantic through the Canadian Arctic Archipelago to the Pacific Ocean.

Speaker: Greg Ross

History Australia

7. Historic houses of Australia

25 May

Over 240 years many houses (and usually gardens) in different styles have been built in Sydney. This talk takes us on a tour of these houses, many of which are open to the public.

Speaker: Stewart Reed

Computers AI

8. What are the responsibilities of the big technology giants?

2 Jun

What is Artificial Intelligence and the ethics surrounding it? What are the new key technology trends? Where are we heading? Hear about future plans.

Speaker: Katrina White

Literature Australia

9. Dorothea Mackellar at Pittwater

22 JUN

The famous Australian poet's leisure use of her secluded holiday cottage at Lovett Bay, from 1926 to about 1950. How did it impact her writing?

Speaker: Keith Amos

Drama

DRAMA ACTIVITIES - MOVEMENT, MIME AND IMPROVISATION (max 20)

Alternate Wednesdays from 3 Feb 1:30 - 4:00

Activity Rooms 1 and 2

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.

Leader: Helen Rosenkranz 0405 060 727

helenrosenkranz@gmail.com

Bookings: Claire Kennedy 0402 832 611

eurobin10@hotmail.com

Yoga

YOGA AND RELAXATION

Each Wednesday (except first Wed each month) from 10 Feb 2:00 - 3:30

Main Hall

Please book only one Yoga class per week.

Each class consists of easy yoga postures which help to increase muscle flexibility and joint mobility. Various breathing practices and deep relaxation also help to reduce stress by balancing the nervous system.

Leader: Louise Matthews 9981 4165

louisemtws@yahoo.com.au

Bookings: Pamela Frei 0415 603 906

pamelannfrei@icloud.com (preferred)

NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Cnr Robertson Rd and Ocean Ave

Venue coordinator: Colleen Russell 9918 3817

s.louise.r@hotmail.com

Music Recorder

RECORDER CONSORT

Each Wednesday from 13 Jan 10:30 - 12:30 (no public holidays)

Church Hall

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.

Leader and bookings: Colleen Russell 9918 3817

s.louise.r@hotmail.com

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

Note: No courses on public holidays

Exercise

BALANCE 'N' BONES EXERCISE

Each Monday from 18 Jan 9:30 - 10:20 (Easy) 10:30 - 11:20 (Advanced)

Each Friday from 22 Jan 9:30 - 10:20 (Easy)

10:30 - 11:20 (Advanced)

Main Hall

Conditioning exercises for all major muscle groups and balancing to improve posture. Instruction by Beth Denny DVD.

Leaders: Runa Schmidt-Muller (Mondays)

Diane Muchar (Fridays)

Bookings: Barbara Ellis barbaraellisdeewhy@yahoo.com

Presentations

THURSDAY TALKS AT NORTH CURL CURL

Each Thursday from 21 Jan 10:00 - 12:00

A series of weekly presentations by people who are experts in their subject.

Bookings: Ruth Buchanan 0401 203 368

ruth.buchanan@bigpond.com

Drama Theatre

1. Theatre talks

21 and 28 Jan (2 sessions)

How Elizabethan Theatre rose to the demands of the audience. Ben Jonson, Christopher Marlowe, the 'University Wits' and Shakespeare: his early background, education, and the progression of his plays, from early comedies to great tragedies

Speaker: Diana Pheils

Underwater

2. The darkness beckons

4 Feb

In their exploration of water filled caves, divers are slowly pushing back the frontiers of science while pushing the extremes of human capability, occasionally becoming involved in highly publicised rescue operations.

Speaker David Strike

Bookings for this presentation only:

Sylvia Strike 0414 290 938

3. A brief history of human wisdom, Part 4 CANCELLED 3. THE SPANISH ARMADA

18 Feb

Speaker: Rosemary McCulloch

4. Founding fathers of USA

25 Feb, 4, 11, 18 Mar (4 sessions)

This course is about the founding fathers of the USA, especially about Alexander Hamilton. Without them there would be no United States of America.

Speaker: Jim Murray

Nature

5. The study of insects and other arthropods found in the home and garden

1, 8, 15 Apr (3 sessions)

Three talks on social insects, spiders, unwelcome critters found inside the home.

Speaker: Ian Thompson

History Australia

6. Quarantine Station

22 Apr

The history of the Quarantine Station, in particular its importance for infection control in the new colony.

Speaker: Ross Downie

Photography

7. Photography basics

29 Apr, 6, 13 and 20 May (4 sessions)

This lecture-based series will cover basic concepts in photography such as composition, and knowing how cameras work to improve our photographs.

Speaker: Laurie Wilson

Drama Theatre

8. Theatre Talks Continued

27 May, 3, 10 and 17 Jun (4 sessions)

Strindberg and the theatre of the subconscious. The extension of realism in Europe and the sentimental theatre of J M Barrie. George Bernard Shaw: Purposeful laughter. An actor prepares: The legacy of Stanislavski, from Russia and beyond.

Speaker: Diana Pheils

Science

SCIENCE WITH LAURIE WILSON

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

For members who enjoy science, please join us for a series of talks on a wide range of topics presented by speakers, experts in their field.

Leader: Laurie Wilson

Bookings: Mary Rose Yates
maryroseyates@gmail.com

Crosswords

SOLVING CRYPTIC CROSSWORDS BASIC INTRODUCTION (max 16)

Each Thursday from 4 Feb 1:30 - 3:30 (6 sessions)

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.

Leader and **bookings:** Eve Lane 0455 948 864
evelane222@gmail.com

Trivia

TRIVIA FOR FUN

Each Friday from 5 Feb 1:30 - 3:30

Come along to our friendly trivia sessions. Nothing too serious - just enough to exercise the grey cells! Come on your own or make up a team of six.

Various presenters.

Leader and **bookings:** Eve Lane 0455 948 864
evelane222@gmail.com

Sydney U3A Course Book January - June 2021

Current Affairs

ISSUES FOR DISCUSSION

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

The topics are debated in a friendly inclusive atmosphere so do come and enjoy the company of other U3A members.

Leader: Terry Ryan

Bookings: Mary Comber 9948 4064
marycomber1@iinet.net.au

History Australia

THEY MADE THEIR OWN WAY

Alternate Tuesdays from 2 Mar 1:30 - 3:30 (4 sessions)

The ups (few) and downs (many) of indigenous women's journey to a degree of acceptance in white Australia.

Leader: Joan Giumelli 9981 7509 jgiumelli@ozemail.com.au

Bookings: Ruth Buchanan 0401 203 368
ruth.buchanan@bigpond.com

WARRIEWOOD: NELSON HEATHER SENIOR CITIZENS CENTRE

Cnr Jacksons and Boondah Rds. Parking available. Wheelchair access.

Venue coordinator: Marcia Andrews 9979 8707
marciaandrews711@hotmail.com

Current Affairs

TOPICS OF OUR TIMES (max 25) (zoom)

Alternate Tuesdays from 12 Jan 2:00 - 4:00

Banksia Room

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.

Leader: Antoine van de Walle 0401 095 797
antoinevdwalle@gmail.com

Bookings: Peggy Crocker 9975 6828
fripeg@optusnet.com.au

Music Singing

CANCELLED

~~SINGING FOR THE JOY OF SINGING~~

~~Alternate Fridays from 29 Jan 10:00 - 12:00 - Angophora Room~~

~~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.~~

~~Leader: Lynne Wasinski 0408 971 060
lynn.wasinski@gmail.com~~

~~**Bookings:** Elizabeth Rush 0423 104 682
elizabethrush646@gmail.com~~

Current Affairs

CONTEMPORARY ISSUES (max 25)

Alternate Thursdays from 21 Jan 1:45 - 3:45

Banksia Room

A friendly forum at which matters of public interest are discussed and debated. All participants are encouraged to express their views openly and nominate items for the agenda.

Leader and **bookings:** Lynn Grierson 9913 3964
lynngrrierson1@gmail.com

Movies

MONDAY AT THE MOVIES - MAM

Mondays each month: 1 Feb, 1 Mar, 12 Apr, 3 May, 7 Jun, 5 Jul 10:00 - 12:00

Angophora Room

Enjoy current movies? Our movie club operates similar to a book club. Each month 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.

Leader and **bookings:** Heather Leggat 0413 531 431
ahleggat@bigpond.com

Language Russian **new venue: Mona Vale Meeting Room**
RUSSIAN FOR BEGINNERS Mona Vale Memorial Hall,
1606 Pittwater Road

Alternate Wednesdays from 3 Feb 2:00 - 4:00

Banksia Room

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 online and at Abbey's Language Bookshop.

Leader: Tim Coyle 0449 120 346 m.coyle@iinet.net.au

Bookings: Mary May 0434 191 332 maryamay@tpg.com.au

Language French **NEW VENUE: Berry Hall at the Tramshed**
FRENCH CONVERSATION 1395A Pittwater Road Narrabeen

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

Waratah Room

Advanced conversation in French based on a text and tape.

Leader: Wendy Clark 9913 9807 scorpio39@bigpond.com

Bookings: Maureen Black 9982 7149
maurengb192@gmail.com

Creative Writing

PURE CLASS WRITING GROUP (CANCELLED)

~~**Alternate Mondays from 15 Feb 1:30 - 3:30**~~

~~Waratah Room~~

~~Writing a variety of topics and genres including fiction, memoirs, poetry, short stories and children's stories.~~

~~Opportunities for each member to read out a section of their work and receive constructive and positive feedback.~~

~~Leader and **bookings:** Diane Harding 9944 0886
dianeharding@optusnet.com.au~~

PRIVATE HOMES

Music Appreciation

BACH TO THE FUTURE (Avalon)

Alternate Fridays from 22 Jan 2:00 - 4:00

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.

Leader and **bookings:** Roger Pratt 9918 9277
a.and.r.pratt2@bigpond.com

Language German

CONVERSATIONAL GERMAN (Mona Vale) (max 6)

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

Do you want to improve your German? Participants should have medium knowledge of German. Emphasis will be on conversation and some grammar. Not suitable for beginners.

Leader and **bookings:** Inge Kohl 9999 0001
ingekohl2@bigpond.com

Book Group

WENDY'S BOOK CLUB (Forestville) (max 10)

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

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.

Leader: Bernie Gibson 0416 231 513

bernieanddavid@hotmail.com

Bookings: Marianne Short 0403 939 004

ZOOM MEETINGS

Current Affairs

YOU NEED NOT AGREE (zoom)

Each Monday from 11 Jan 10:00 - 12:00

Weekly on Zoom until Easter, then alternate weeks face to face/zoom at Mona Vale Memorial Hall

A group discussion of topical, local, national, international or general matters where all opinions are welcome.

Leader and **bookings:** Kevin Murray 9997 6078

kevandglenny@gmail.com

Photography

CREATIVE PHOTOGRAPHY (max 20) (zoom)

Each Friday from 12 Feb 10:00 - 12:00

(times may vary depending on photo-shoot locations)

Photography is best learned by experience. We will alternate photoshoot outings to interesting local locations with feedback sessions on Zoom, learning from one another. Some tutorial-based sessions will also be included on Zoom. Previous participants are welcome to re-join.

Leaders: Laurie Wilson and Ian Thompson

Bookings: Laurie Wilson 9938 1454

laurie.wilson@optusnet.com.au (preferred)

WARRIEWOOD: TED BLACKWOOD COMMUNITY CENTRE

Jacksons Rd &, Boondah Rd, Warriewood

ACTIVE SENIORS DANCE CLASSES

Two classes, each Friday from 5 Mar, 1:00 and 2:00

Leader: Barbara Martin 0413 656 387

Bookings: Susan Ascher sues2512@tpg.com.au

UPPER NORTH

Regional President: Grahame Marr gwmarr1@bigpond.com

Regional Course Coordinator: Susan Shaw, 9868 4056,
suesuespan@gmail.com **Enquiries only**

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

UPPER NORTH REGION OF SYDNEY U3A

Annual General Meeting and Election of Office Bearers AND Course Showcase and Welcome to New Members

will be held on **Monday 8 Feb 1:00 - 4:00**

at **Turrumurra Uniting Church**

address: 10 Turrumurra Avenue (behind shopping area car park)

AGM

- Reports by the President and Treasurer
- Election of office bearers for 2021.
- Members welcome to join committee to assist with the running of our wonderful organisation
- Information and nomination forms may be obtained and returned to Secretary, Marilyn Pryor, 9449 3415 marilynpryor7@gmail.com by Friday 29 January

followed by a:

Showcase of Courses

All welcome to sample what's on at U3A in Semester 1 in 2021.

- Short lectures on a wide range of topics, including new courses

Refreshments provided

Please RSVP by Monday 1 February to Marilyn Pryor 9449 3415 marilynpryor7@gmail.com,

Sue Shaw suedspan@gmail.com 9868 4056

BEROWRA: COMMUNITY CENTRE

Balcony Room, Gully Road, Berowra (behind Berowra Oval).

Large car park. Close to Berowra Station

Venue Coordinator: Anne Rayment

annerayment@hotmail.com

Presentations

AFFAIRS OF INTEREST IN THE CURRENT WORLD

2nd and 4th Mondays of the month (unless a public holiday) from 22 Feb 10:00 - 12:00

A series of talks of general interest looking at topics relevant to people living in today's world.

Leaders and **bookings** Joan Scott and Jackie Wilson

Information: Joan Scott djscott@tpg.com.au

(email preferred) 0405 453 396

Speakers: Jackie Wilson jhgw@yahoo.com

Science Nature

1. An Inconvenient Truth Revisited

Monday 22 Feb

The uncomfortable world of climate change and its effect on humans and the environment

Speakers: Joan Scott and Jackie Wilson

History

2. The Camino

Monday 8 Mar

What is The Camino? The history, significance and beauty of the pilgrimage.

Speaker: Graham Spindler

Medical Matters

3. Quackery in Medicine

Monday 22 Mar

Medical treatment and the worst ways to cure everything throughout history.

Speaker: Ian Thompson

Legal matters

4. Current Issues in Criminal Justice in NSW

Monday 12 Apr

Involved in criminal justice for 48 years, the speaker was DPP NSW from 1994 to 2011

Speaker: Nicholas Cowdery

History Britain

5. Richard III Villain or Hero?

Tuesday 27 Apr

How modern forensics was applied to the solution of a medieval mystery

Speaker: Tony McCurdy

Science Nutrition

6. Sensory Science

Monday 24 May

How industry uses the senses to develop new and better foods

Speaker: Greg Organ

Travel

7. Voyage to the Ice

Monday 10 May

A memorable voyage to the Antarctic; filmed and directed by the speaker

Speaker: Ted Rayment

Music Performance

8. Behind the Scenes

Tuesday 15 Jun

How musicals are chosen, cast, rehearsed and staged

Speaker: Tom Sweeney

Science Nature

9. Living in the Anthropocene

Monday 28 Jun

The environmental impact of humans warrants a new geological era.

Speaker: Kevin Murray

CASTLE HILL: WARRINA VILLAGE (ANGLICARE RETIREMENT VILLAGE)

Alix Scott Community Centre Langshaw Circuit.

Parking available.

Venue Coordinator: Jim Gray 9680 2873

Discussion Group

ISSUES AND IDEAS (zoom)

Alternate Tuesdays from 12 Jan 10:00 - 12:00

This is a lively discussion group. We research and discuss papers on a wide variety of contemporary issues, taking turns (voluntary) to lead discussion on one particular issue per session. We sometimes invite outside speakers to lead discussion.

Leaders: Jim Gray and John Brockman

Bookings: Jim Gray jcgray01@optusnet.com.au

9680 2873; John Brockman alban.kingslangley@gmail.com

EPPING: LEISURE AND LEARNING CENTRE

1 Chambers Court, off Pembroke St beneath Library.

Parking available. Wheelchair access.

Venue Coordinator: Ian De Mellow 9487 1908

ian.mellow@bigpond.com

History

CONFRONTING THE "FOUR HORSEMEN" IN HUMAN HISTORY (also presented by email)

Alternate Wednesdays from 17 Feb 1:00 - 3:00

How has humanity coped economically, politically, and socially, with the world re-shaping consequences of the catastrophes created by sweeping military conquests, industrialised warfare; famines, and medieval and modern plagues?

Leader and **Bookings:** Ian De Mellow 9487 1908

ian.mellow@bigpond.com

Tai Chi

TAI CHI (max 20)

Alternate Wednesdays from 24 Feb 1:00 - 3:00

Gain health benefits through its gentle exercises and relaxation, ideal for Third Aged. Tai Chi's graceful, fluid movements combine three forms of exercise: strength, stretching and breathing. Participants should provide fitness assurance.

Leader and **Bookings:** Siang Tan 9888 7874

History

HISTORIC HOUSES OF SYDNEY

Wednesday 5 May 10:00 - 12:00

In approximately 240 years a variety of houses have been constructed in Sydney. This describes many of the important ones that are open to the public.

Leader: Stewart Reed

Bookings: Ian De Mellow, 9487 1908

ian.mellow@bigpond.com

EPPING: UNITING CHURCH

Corner Chester and Oxford Streets. Large hall.

Short walk from station and bus interchange.

Venue Coordinator for Book Discussion Group:

Sandra Luntz 9874 3382 sandra.luntz@gmail.com

Venue Coordinator for Scottish Country Dancing:

Sheena Caswell 9865 2075 sheena.caswell@gmail.com

Book Group

BOOK DISCUSSION GROUP

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

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.

Leaders: Barbara Boston, Sandra Luntz

Bookings: Sandra Luntz on 9874 3382

sandra.luntz@gmail.com or Barbara Boston on 9417 2967

barbboston2013@gmail.com

Dance

SCOTTISH COUNTRY DANCING (max 15)

Every Friday from 5 Feb 10:00 - 11:30

A fun, social activity for all ages

in sets of 6 or 8 people and as s

wonderful wealth of Scottish music.

Moderate physical fitness is required but no previous dance

experience or partner is need. Wear

soft shoes and light clothing. No kilt is required nor any

Scottish connection.

Leader and **bookings:** Sheena Caswell 0401 847468

sheena.caswell@gmail.com

FERNBANK RETIREMENT VILLAGE ST IVES

2 Kitchener St. Visitor Centre. Games Room.

Limited on-site parking. Street parking available in Kitchener St.

Venue Coordinator: Vicky Davies 0422 522 550

vdavies710@gmail.com

Creative Writing

TUESDAY WORDSMITHS (max 12) (zoom)

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

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.

Bookings: Liz Laslett 0410 498 621

GORDON: LIBRARY

799 Pacific Highway. Parking available. Wheelchair access
Venue Coordinator: Marjorie Perry 9440 7131
marjorieperry@iinet.net.au
Venue Coordinator: (Tai Chi) Margaret Harragon,
gordontaichi@hotmail.com

Philosophy

MIND BODY PHILOSOPHY (zoom)

Alternate Mondays from 1 Feb 10:00 - 12:00

Guided by the Great Courses series on DVD, we will continue our Mind-Body Philosophy course. When completed, a new course will be selected by participants.

Leader and **bookings:** Jock Buselli 9484 7041

Jock.Buselli@tpg.com.au

or bookings: Stanis Osterly stanisosterly@hotmail.com

Tai Chi

TAI CHI (max 15)

Each Thursday from 4 Feb 10.00 - 12.00

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. Room 2.

Leaders: Michael Wong and Rose Pettett

Bookings: Margaret Harragon gordontaichi@hotmail.com

Music Appreciation

THE WORLD OF CLASSICAL MUSIC (by email)

Alternate Wednesdays from 10 Feb 10:15 - 12:15

Continuing excursions into the world of classical music in all its forms, where you will meet familiar and not-so familiar composers

Leader: John Yates

Bookings: Rick Walter rjwalter@tpg.com.au

HORNSBY: LEISURE AND LEARNING CENTRE

25 Edgeworth David Ave. Parking available
Venue Coordinator: Heather Lakiss 0402 080 045
heatherlakiss@gmail.com

Art Painting

PAINTING IN ACRYLICS

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

Come and join our friendly class. Basic skills lessons are given to beginners, as well as guidance and assistance provided to all, whatever your skill level.

Leader and **bookings:** Janny Drayer 9144 1741

jannydrayer@gmail.com

Art Painting

WATERCOLOUR PAINTING

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

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.

Leader and **bookings:** Ildy Turner 9488 9114

ipturner@bigpond.net.au

LINDFIELD: SENIOR CITIZENS RESOURCE CENTRE

271 Pacific Highway, behind Library. Limited on-site parking. Wheelchair accessible

Venue Coordinator: Marika McLachlan 9988 3199

0411 151 722 marikamclachlan@bigpond.com

Language Spanish

PRE INTERMEDIATE SPANISH

Alternate Mondays from 1 Feb 2:00 - 4:00

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.

Leader and **bookings:** Jenny Brady 9966 8510

jennybry30@hotmail.com

Language Latin

LATIN INTERMEDIATE A

Each Wednesday from 3 Feb 1:45 - 3:45

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.

Leader and **bookings:** Helen Ledwidge 9489 7161

0414 489 716 helenledwidge685@gmail.com

Music Appreciation

HOW TO READ AND WRITE MUSIC (BEGINNERS)

Alternate Wednesday from 3 Feb 2:00 - 4:00 in the Senior Citizen Resource Centre Hall

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.

Leader and **bookings:** Dawn Nettheim 9869 0451

dawn@bigpond.net.au

Book Group

MODERN AND CLASSIC NOVELS (ZOOM)

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

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 semester *The mirror and the light* Hilary Mantel and *Tess of the D'Urbervilles* Thomas Hardy.

Leader and **bookings:** Maurice O'Donovan 9411 8717

odonovan.1@bigpond.com

Language Russian

RUSSIAN ADVANCED CONVERSATION

Each Monday from 8 Feb 12:00 - 2:00

This is a continuing course where new members with an adequate level of Russian are very welcome.

Leader and **bookings**: Dr. Richard Brettell 0423 488023 richardbrettell@hotmail.com

Language German

GERMAN INTERMEDIATE

Each Friday from 12 Feb 11:00 - 12:30

Text book: *em neu 2008 Deutsch als Fremdsprache - Niveaustufe B2. *Hauptkurs Kursbuch Hueber Verlag ISBN 9 783195016957 Sechs Bausteine: Lesen, Sprechen, Hören, Schreiben, Grammatik, Wortschatz.* Basic German grammar required. New members welcome.

Leader and **bookings**: Marika McLachlan 9988 3199 or 0411 151 722

Language German

GERMAN ADVANCED

Each Friday from 12 Feb 9:30 - 11:00

Students need to have a sound knowledge of German. New members welcome.

Leader and **bookings**: Marika McLachlan 9988 3199 or 0411 151 722

ST ANDREWS CHURCH

cnr Bancroft Avenue and Hill Street, Roseville

Kelman Room

Venue Coordinator: Heather Lakiss 0402 080 045 heatherlakiss@gmail.com

Language French

FRENCH READING AND WRITING ADVANCED (max 10)

Alternate Wednesdays from 3 Feb 1:30 - 3:30

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.

Leader and **bookings**: Peter Rennie 9451 8538

Language French

FRENCH READING AND WRITING INTERMEDIATE (max 10)

Alternate Wednesdays from 10 Feb 1:30 - 3:30

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.

Leader and **bookings**: Peter Rennie 9451 8538

ST. IVES: UNITING CHURCH

Cnr Douglas St and Mona Vale Rd. Entrance to car park in Douglas Street. Wheelchair accessible
Courses are in the Calvin Room unless otherwise indicated.

Venue Coordinator: Vicky Davies 0422 522 550 vdavies710@gmail.com

Discussion Group Current Affairs

CURRENT AFFAIRS FORUM 2 (zoom)

Alternate Thursdays from 21 Jan 10:00 - 12:00

We discuss and actively debate, current news topics on which our members have strong and often different views. New members welcome.

Leader Michael Branagan

Bookings: Liz Laslett 0410 498 621

Presentations

MONDAY AT ST IVES (postponed due to Covid restrictions)

Alternate Mondays from 1 Feb 10:00 - 12:00

~~This is a series of separate presentations by talented speakers on topics of general interest.~~

~~Leader and **bookings**: Joy Liddell 9449 5193 jjliddell@bigpond.com (preferred)~~

~~Medical Matters History~~

~~**1. Unlocking the History of Some Early Epidemics and Pandemics**~~

~~**1 Feb**~~

~~Black Death, The Great Plague of London, Smallpox, Cholera~~

~~Speaker: Ian Thompson~~

~~Music Performance~~

~~**2. Behind the Scenes**~~

~~**15 Feb**~~

~~A behind the scenes description of how musicals are chosen, cast, rehearsed and staged and how it is big business, not just a hobby.~~

~~Speaker: Tom Sweeney~~

~~Philosophy~~

~~**3. My Mind's Made Up. Don't Confuse Me with Facts**~~

~~**1 Mar**~~

~~An interactive and challenging presentation where we look at popular perceptions about the world and contrast them with reality. Prepare to be surprised.~~

~~Speaker: Tony McCurdy~~

~~History China~~

~~**4. China and its Global Impact**~~

~~**15 Mar**~~

~~The cultural and political history of China, from an ancient civilisation through to a modern global superpower.~~

~~Speaker: Himanshu Jhala~~

~~History Britain~~

~~**5. Richard III Hero or Villain?**~~

~~**29 Mar**~~

~~Usurper and murderer, killer of The Princes in the Tower or much maligned monarch. Modern forensics applied to an old mystery.~~

~~Speaker: Tony McCurdy~~

~~Legal Matters~~

~~**6. Keeping women Out of Prison (KWOOP)**~~

~~**12 Apr**~~

~~KWOOP coalition came together to address some of the systemic failures of human rights which most impact women in NSW prisons. What about their children?~~

~~Speaker: Rosalind Strong~~

~~Science~~

~~**7. Should Nuclear Power Be Part of Australia's 2050 Clean Energy Commitment?**~~

~~**26 Apr**~~

~~Speaker: Martin Thomas~~

Underwater

8. Diving for Oil

10 May

The story of North Sea oil and gas exploration and recovery in the early seventies; and offshore diving mishaps and adventures.

Speaker: David Strike

History Music

9. Phoenix from the Ashes

24 May

The beautiful Venetian theatre La Felice, destroyed 3 times by fire, re-opened in 2003, has premiered operas by Rossini, Verdi, Wagner, and Britten. Musical extracts, film clips and pictures accompany this historical outline.

Speakers: John Flint and Nora Hitchen

History Australia

10. Gore Hill Memorial Cemetery

7 Jun

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 plus issues involved in its preservation.

Speaker: John Flint

Outdoor Outings

11. Hornsby Ku-ring-gai Women's Shelter

21 Jun

A look inside the women's shelter. Find out about the wonderful work done there for women in our community.

Speaker: TBA

Music Ukulele

UKULELE FOR FUN (zoom)

Each Wednesday from 3 Feb 9:00 - 12:00

Knox Room

Have a lot of fun with a friendly group

Leader: Dennis Simmons

Bookings: Barrie Heath 0450 405 526
foxx217@gmail.com

Dance

DANCE EXERCISE FOR THE YOUNG AT HEART

Every Monday from 8 Feb 10:00 - 12:00

Wesley Room

We dance to songs like Oh Carol, Obladi Oblada, Kiss Me, Pearly Shells, Candida etc. We'll have fun, the aerobics and music will energise you in this friendly group as we cha cha and step up to better our health.

Leader and **bookings:** Rose Pettett 0402 287 738
rose.pettett@gmail.com

History China

5000 YEARS OF CHINESE HISTORY

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

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.

Leader and **bookings:** Barrie Heath 0450 405 526
foxx217@gmail.com

Current Affairs

CURRENT AFFAIRS FORUM 1 POSTPONED

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

We provide an opportunity and encouragement to each member to participate in discussions, and exchange of views and opinions on a wide range of domestic and international topics chosen by our members.

Leader and **bookings:** Derrick Heywood 0402 240 189
dsheywood1@gmail.com

Cinema

THE GOLDEN AGE OF CINEMA

Alternate Fridays from 12 Feb 10:00 - 12:30

Calvin Room

Films were made to be seen, so why not get this great feeling again by joining our group? Classic films from the 1920s to the 1960s will be screened.

Leader and **bookings:** Gary Tyrrell 0432 696 163
talk2garyt@gmail.com

Nutrition

HEALTHY EATING FOR OVER 55s POSTPONED

Alternate Fridays from 12 Feb 1:00 - 3:00

Each session is stand alone or can be attended as per interest. **4 sessions: 12 Feb, 26 Feb, 12 Mar, 26 Mar**
Topics include:

What you eat today, walks and talks tomorrow;
What's on your plate?; Demystifying food labels;
Allergies and intolerances.

Leader and **bookings:** Susanne Hledik 0414 497 512
phledik@bigpond.net.au

Science

SCIENCE AND TECHNOLOGY: GLIMPSES OF OUR PAST, PRESENT AND FUTURE (zoom)

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

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 16 well subscribed

Leader: Howard Ferrer

Bookings: Andrew Bean 9983 1225
andrewrosbean@bigpond.com

TURRAMURRA: UNITING CHURCH

Turrumurra Ave. Parking available.
Wheelchair access.

Venue Coordinator: Vicki Davies, 0422 522 550, vdavies710@gmail.com

Language German

GERMAN BEGINNERS (Continuing) (zoom)

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

This course is for those who have an elementary understanding of German grammar and who have a vocabulary including commonly used words and expressions. Members should be able to make themselves understood in simple, routine situations. The course aims to develop reading, writing, listening and speaking skills.

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

Games

FUN PROBLEM SOLVING TO KEEP OUR MINDS ACTIVE (zoom)

Alternate Tuesdays from 2 Feb 9:30 - 11:30

In the Garden Room

Let's challenge our brains and keep mentally agile by learning how to solve geometric puzzles such as tangrams and pentominoes, as well as space problems, number puzzles, word problems and logic problems. Please bring paper, pencils and scissors and, of course, an eraser.

Leader and **bookings**: Sandra Sadler 9484 5513 spsadler@dodo.com.au

History Australia

AUSTRALIAN HISTORY SEMINARS (7 sessions)

Alternate Tuesdays from 16 Feb - 11 May 10:00 - 12:00

The Chapel

A course devoted to Australian history led by a variety of speakers. Lectures include: Up Before the Beak; Crime and Punishment; The First 10 Colonial Governors; History Through Family Images; Irish Famine Orphans Girls in the Colony of NSW; Our Family Origins; Country Graveyard Tales.

Leader and **bookings**: Garry Smith 0418 443 147 garmal@bigpond.com

Language Italian

ITALIAN FOR TRAVELLERS

Every Tuesday from 2 Feb 12:30 - 4:00

Garden Room

Are you planning to visit Italy or having been there, are you longing to return? No prior knowledge of Italian required. We will deal with everyday travel situations. With the language basics, I cover cultural topics to enhance your travel experience.

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

History Travel

TRAVELLING LADIES (6 sessions)

Alternate Tuesdays from 2 Feb - 13 Apr 1:00 - 3:00

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.

Leader: Nola Bramble

Bookings: Lynette Trupp 9484 2641 roblyntrupp@bigpond.com

Language German

GERMAN INTERMEDIATE (max 12)

Each Monday from 22 Feb 10:00 - 12:00

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.

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

Current Affairs

CURRENT AFFAIRS DISCUSSION GROUP

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

Chapel

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.

Leader and **bookings**: Jan Martin 9456 7774

History General

TRUTH IN HISTORY (zoom)

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

We discuss wide ranging and relevant historical topics as new revelations and techniques renew our interest.

Leader: Phil Pryor

Bookings: Marilyn Pryor 9449 3415

TURRAMURRA SOUTH: UNITING CHURCH

Cnr Chisholm and Vernon St South Turrumurra.

Parking available

Venue Coordinator: Yiu Lam Kwan 9498 2952 0490 045 118 yiulam.kwan@gmail.com

Language French

FRENCH PRE-INTERMEDIATE (max 15)

Each Tuesday from 9 Feb 1:00 - 3:00

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.

Leader and **bookings**: Shirley Beck 0447 545070 or 9634 4214.

Language French

FRENCH INTERMEDIATE (max 15)

Each Thursday from 11 Feb 1:00 - 3:00

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).

Leader and **bookings**: Shirley Beck 0447 545070 or 9634 4214

WALLAROBBA ARTS AND CULTURAL CENTRE

25 Edgeworth David Road Hornsby
(Drawing Room)

Music Recorder

MEDIUM TO ADVANCED RECORDER GROUP

PLEASE CONTACT ANNETTE SALT 0407 873 455
saltnacl@bigpond.net.au for date and time of this course.

This is a friendly and relaxed group whose purpose is the enjoyment of making beautiful music together.

Leader and **bookings**: Annette Salt 0407 873 455
saltnacl@bigpond.net.au

WAITARA GIRL GUIDES HALL

Behind Willow Park, Sherbrook Rd

Poetry

POETRY APPRECIATION (zoom)

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

Listen to and contribute your own selected poems, discuss a range of favourite and contemporary poets and their work. References to literary terms used in poetry will be occasional. Be ready to dig out your own poems of pleasure and discover new ones!

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

PRIVATE HOMES

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

Creative Writing

A WAY WITH WORDS (Pymble)

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

Join our writing group in a motivating and supporting environment. Knowledgeable feedback is given to help you develop your writing skills.

Close to the bus stop and Pymble Station. Street parking

Leader: Margaret Thomason 9488 8960

Bookings: Margot Taverne 9449 2923
margottaverne@gmail.com

Poetry

WITH RHYME AND REASON (Eastwood) (max 10)

Alternate Thursdays from 11 Feb 10:30 - 12:30

We are a relaxed and convivial group who love to discuss poetry. Although our focus is 20th century English language poets, we also look at poems in translation and poets from other eras. Material is distributed before each meeting.

Leader and **bookings**: Ron Wilkins 9876 1948
ronwtwilkins@hotmail.com

Literature

LITERARY MASTERPIECES (St Ives) (max 8)

Tuesdays monthly from 2 Mar 10:00 - 12:00

A small convivial group of passionate book lovers will focus upon extraordinary unforgettable stories by internationally acclaimed authors.

Leader and **Bookings**: Kaye Horley 0412 750 487
kaye@practicalpsychology.com.au

Philosophy

PHILOSOPHY (Pymble)

Alternate Tuesdays from 16 Feb 10:30 - 12:30

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.

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

ZOOM MEETINGS

Language Spanish

SPANISH CONVERSATION (zoom)

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

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.

Leader: Maria Criado 0424 939 767

Bookings: Jenny Brady 9966 8510

Language French

FRENCH INTERMEDIATE/ADVANCED (max 12) (zoom)

Each Wednesday 10 Feb 10:00 - 12:00

This course is for those who have completed at least 4 years of French courses, and with a good basic knowledge of French grammar. It aims to develop skills in understanding spoken and written French, and in writing and speaking French.

Leader and **bookings**: Ethleen Low 0418161706
ethlow@bigpond.net.au

Music Appreciation

MUSIC WE HAVE GROWN UP WITH (zoom)

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

Moves into its 6th consecutive semester. In 2021 we shall continue exploring the magic of music from the 1920s to the 1970s, including music genres such as musical theatre and folk music. The music is delivered by way of video, enhancing the enjoyment.

Leader and **Bookings**: Howard Ferrer, howardf@optusnet.com.au

Science

MORE BIG MOMENTS IN SCIENCE (zoom)

Alternate Wednesdays from 10 Feb 1:30 to 3:30

Our scientific series of general interest examines: medicine Covid virus, digitisation and alternate medicine; ecology (The Snowy, recycling, bushfires 2019/20, anthropogenies, and arachnids) and astronomy.

Leader and **Bookings**: David Malone 0418 440 828
dymalone@bigpond.net.au

DISCUSSION GROUP - NATIONAL AND INTERNATIONAL AFFAIRS (NORTH RYDE PRIVATE HOME)

Alt Mondays from 15 February 10.00-12.00

Leader and bookings Alison Quaid-Hynes 9887 3331
quaidhynes@hotmail.com

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2021 Calendar – New South Wales

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FEBRUARY

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OCTOBER

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NOVEMBER

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DECEMBER

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WEEK A BLUE WEEK B BLACK

PUBLIC HOLIDAYS RED

SCHOOL HOLIDAYS YELLOW

SHADING



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.

CIW 6 Bridge for the less competitive on hold
 CIW 10 Classical Book Club back to original spot was moved to HO
 CIW 9 Friday Mornings via Zoom delete both subject headings and change to Presentations
 CIW 9 Friday Mornings via Zoom Delete from "when talks resume
 CIW 9 New course title Friday Mornings at Leichhardt Library New entry to make clearer
 CIW 6 Club Ashfield All courses on hold
 CIW 7 The French Revolution On hold till April
 CIW 7 Classic Movies Delete Bookings Marie Doyle Add mobile to Leader 0466 910 680
 CIW 9 Cracking Crptic Crosswords Cancelled
 CIW 9 Mastering Crptic Crosswords Cancelled
 East 11 Important information Bookings are NOT required for Presentationsat COA Hall
 Put this BEFORE You must book to attend a course
 East 11 Annual General Meeting Double space after ..maryhealynorth1@bigpond.com
 and Prior presentation by NitzaLowenstein in bold
 Replace morning tea with afternoon tea
 East 11 Presentations Change Thursday 'mornings' to 'afternoons'
 Remove second small 'Lionel Bowen Library 669 Anzac Parade Maroubra'
 East 12 EJ Ward Community Centre Remove 'Community' from title
 East 12 Spanish Intermediate Delete Leader 'Marta Moreno 0431005830 or bettymenalabarca@hotmail.com'
 Put 'Leader to be advised, sessions may become fortnightly'
 East 12 Zoom Meetings Above title extend red line across
 East 13 Italian (Advanced) Cancel this course
 HSN Laughter Yoga Bookings: Ursula Schappi ursul.sch@gmail.com (preferred) or 0407 995576

10/2/2021 by Keith Crowe

HSN	26	<u>Laughter Yoga</u>	change phone number to 0407995578
HSN	30	10. 1000 Miles from care	change start to 24 Jun
HSN	24	Mosman Art Gallery	change email to trish.dawson@hotmail.com
GW	22	Reading Group With a Twist	Cancelled
GW	22	Travel and History Together	Every 4 weeks from 23/2

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