

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.

CELEBRATION OF THE UNITED NATIONS INTERNATIONAL DAY OF OLDER PERSONS

Northern Beaches Region

will be held on: **Friday 1 Oct from 12:00 to 3:00**

address: **Lakeview Hall, Tramshed Arts & Community Centre, 1395A Pittwater Road, Narrabeen**

Every year 1st October is the United Nations International Day of Older Persons.

To celebrate such an important day, Northern Beaches Region is hosting a Lunch, including wine.

In addition, there will be entertainment. **All this for only \$20pp.**

More details nearer the date in the Northern Beaches Newsletter.

Bookings from 16 August only: Gaye Pringle gayepringle@gmail.com 0407 248 331

AVALON RECREATION CENTRE

59 Old Barrenjoey Rd Avalon.

Wheelchair access. Street parking

Venue Coordinator Eve Lane 0455 948 864

evelane222@gmail.com

Art

ART GROUPS

Every Monday from 5 Jul

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

Enjoy the company of other artists with varying levels of skill.

Bring your own equipment (any medium). No tuition given.

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

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

BALGOWLAH CLUB TOTEM

195 Condamine St. Wheelchair access. 3 hour parking in

Stockland Shopping Centre, lift from carpark

Venue Coordinator Maureen Smith 9982 7985

maureensmith2099@gmail.com

Book Group

LITERATURE

Alternate Wednesdays from 21 Jul 11:00 to 1:00

(8 sessions)

Washaway Room, Level 3

A wide range of authors and their books are discussed.

These include *A Room Made of Leaves* by Kate Grenville,

The Other Americans by Laila Lalami and *Girl, Woman,*

Other by Bernadine Evaristo.

Leader: Maureen Smith 9982 7985

maureensmith2099@gmail.com

Bookings: Helen Moore 9975 5203

helen.moore@iinet.net.au

FORESTVILLE FOREST COMMUNITY ARTS CENTRE

6 Darley St Forestville. Wheelchair access. Parking available

Venue Coordinator Jen Hill jenhill949@gmail.com

Crosswords

SOLVING CRYPTIC CROSSWORDS (BASIC INTRODUCTION)

Every Tuesday from 6 Jul 1:30 to 3:30

(6 sessions, ending 10 Aug)

Studio Room

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

Medical Matters

HOW COVID HAS CHANGED THE WORLD

Every Tuesday from 12 Oct 1:30 to 3:30 (4 sessions)

Studio Room

The pandemic has caused changes that go far beyond lockdowns, masks and vaccines. We explore how COVID might have changed the world as we knew it.

Leader: Peter Nixon

Bookings: Jen Hill jenhill949@gmail.com

Famous People

JAMES BARNET: COLONIAL ARCHITECT OF A THOUSAND PUBLIC BUILDINGS

Tuesday 9 Nov 2:30 to 4:30 (1 session)

Studio Room

James Barnett was the longest serving Colonial Architect.

During his 28 years in office he designed and built some 1350 public buildings in NSW.

Leader: Don Napper

Bookings: Jen Hill jenhill949@gmail.com

Famous People

THE NSW COLONIAL ARCHITECTS: THE FIRST 100 YEARS

Tuesday 16 Nov 2:30 to 4:30 (1 session)

Studio Room

2016 represented the bicentenary of the appointment of the first Government Architect. This talk will focus mainly on architects Francis Greenway and Walter Liberty Vernon.

Leader: Don Napper

Bookings: Jen Hill jenhill949@gmail.com

Famous People

DOROTHEA MACKELLAR AT PITTWATER

Wednesday 17 Nov 1:30 to 3:30 (1 session)

Heather Flawith Room

Famous Australian poet Dorothea Mackellar loved nothing more than relaxing at 'Tarrangaua' beside Lovett Bay. We explore this little known aspect of her life.

Leader: Keith Amos

Bookings Jen Hill jenhill949@gmail.com

FORESTVILLE RSL CLUB

22 Melwood Ave Forestville

Venue Coordinator Beth Robertson 9452 2396

bethrobertson@aapt.net.au

Craft

CRAFT IN THE FOREST

Alternate Fridays from 23 Jul 10:00 to 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 LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Rd. Wheelchair access. Parking available

Venue Coordinator John Watt 0407 547 583

john@wattever.com

Presentations

FRIDAYS IN THE FOREST

Last Friday every month from 30 Jul 10:00 to 12:00

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

Leader and **bookings:** John Watt 0407 547 583

john@wattever.com Email preferred, including member number and contact phone number

Current Affairs

1. Our Northern Beaches

30 Jul

Michael Regan, Mayor of Northern Beaches Council, will speak to us on issues that affect Northern Beaches and give us updates on developments. Come and hear and meet Michael.

Presenter Mayor Michael Regan

History Australia

2. Jack Munday and the Green Bans

27 Aug

Jack Munday and the famous Green Bans saved much of Sydney's green space and historic buildings. Meredith Burgmann, politician and Green Bans activist herself, will talk about those heady times.

Presenter The Hon Dr Meredith Burgmann

Cinema

3. Character Actors in the Movies

24 Sep

These familiar faces appear over and over again in minor parts, loveable, pitiful and villainous. A wonderful presentation with life stories and film clips.

Presenters John Flint and Nora Hinchin

History Australia

4. The Norfolk Island Story - From Hell to Paradise

29 Oct

Norfolk Island: a source of shipbuilding materials using convict labour with brutal floggings and public executions! Now tranquil and majestic and on everyone's bucket list. Patrick Dodd at his best.

Presenter Patrick Dodd

Presentation

5. Love and Tears - Braveheart

26 Nov

Love and Tears is a personal account of the journey with a son's autism. Braveheart are stories of courage for girls. Author Cecily Paterson will have us engaged and laughing.

Presenter Cecily Paterson

FRENCHS FOREST THE DUTCH CLUB

1 Grattan Cres (off Bantry Bay Rd)

Wheelchair access. Parking available

Venue Coordinator John Peters 0412 161 069

jayefpe@hotmail.com

Music Ukulele

UKULELE INTERMEDIATE/ADVANCED

Every Tuesday from 6 Jul 1:30 to 3:30

If you have learnt at least six basic chords, now is the time to join this group. Have 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

MONA VALE MEMORIAL HALL

1606 Pittwater Rd. Parking available
Venue Coordinator Kay Hamilton 0409 767 027
nunderi@gmail.com

Movies

MONDAY AT THE MOVIES - MAM

Mondays once a month 5 Jul, 2 Aug, 6 Sep, 11 Oct, 1 Nov, 12 Dec from 10:00 to 12:00

Main Hall

Enjoy current movies? Our movie club operates similar to a book club. Every 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 French

FRENCH LEVEL 4

Alternate Mondays from 5 Jul 2:30 to 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 Russian

RUSSIAN FOR BEGINNERS

Alternate Wednesdays from 7 Jul 2:00 to 4:00

Meeting 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 8959 4995
maryamay@tpg.com.au

Language French

FRENCH LEVEL 3

Alternate Mondays from 12 Jul 2:30 to 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 13 Jul 10:00 to 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 NORTH BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway)
Wheelchair access. Parking available
Venue Coordinator Barbara Larkin 9913 3481
jeddasam1@bigpond.com

Music Singing

SINGING FOR THE JOY OF SINGING

Alternate Fridays from 2 Jul 10:00 to 12:00

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
lynne.wasinski@gmail.com

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

Language French

ADVANCED FRENCH

Alternate Mondays from 5 Jul 10:00 to 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 every month from 7 Jul 10:30 to 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

Music Performance

THE THIRD AGE ROCK ORCHESTRA

First three Wednesdays of every month from 7 Jul 2:00 to 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 6

Alternate Tuesdays from 13 Jul 10:00 to 12:00

Education Centre

We cover key ancient and modern Western philosophers in the area of metaphysics, theory of knowledge, ethics and politics. The focus of the course is life's meaning as considered by these thinkers.

Leader and **bookings:** John Lauricella 9918 2142
jml1010@yahoo.com

Philosophy

ETHICS, THE PHILOSOPHY OF VALUES

Every Thursday from 15 Jul 10:00 to 12:30 (12 sessions)

Upstairs Meeting Rooms

This twelve week course looks at ethical values through watching and discussing a series of interactive lectures provided by Harvard lecturer Michael Sandel. No prior knowledge of philosophy required.

Leader and **bookings**: Mike Williams 0413 878 567
mikews@optusnet.com.au

Art Painting

CREATIVE PAINTING WORKSHOP

Every Thursday from 15 Jul 1:00 to 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

Psychology

HUMAN PSYCHOLOGY AND NLP: MAKING SENSE OF OUR EXPERIENCE

Every Thursday from 15 Jul 2:00 to 4:30 (10 sessions)

Upstairs Meeting Rooms

This ten week course addresses perception, learning, cognition, memory, language, beliefs and values.

The course will be interactive, requiring attendees to participate in various activities to support the ideas presented. The course is sourced from Psychology and Neuro-Linguistic Programming material.

Leader and **bookings**: Mike Williams 0413 878 567
mikews@optusnet.com.au

Philosophy

HISTORY OF PHILOSOPHY 5

Alternate Fridays from 16 Jul 10:00 to 12:00

Education Centre

We cover key ancient and modern Western philosophers in the area of metaphysics, theory of knowledge, ethics and politics. The focus of the course is life's meaning as considered by these thinkers.

Leader and **bookings**: John Lauricella 9918 2142
jml1010@yahoo.com

Language Latin

LATIN FOR BEGINNERS (max 10)

Alternate Fridays from 16 Jul 12:30 to 2:30 (Week A)

Education Centre

Alternate Fridays from 23 Jul 12:30 to 2:30 (Week B)

Education Centre

Continuation of Beginners level Latin including Classical Latin grammar, sentence formation and vocabulary through exercises and readings with the objective of introducing you to Latin literary texts. Text: *The Oxford Latin Course Part 1 – Student Book* (ISBN 9780 199122264).

Leader and **bookings**: Gail Sadler 0420 989 170
gailasadler@gmail.com

Music Ukulele

UKULELE FOR BEGINNERS

Every Tuesday from 20 Jul 1:15 to 2:30

Room 2, Level 1

This is a basic course for rank beginners. It is fun and you will be able to play at the end of it. The Ukulele is your chance to shine! No need to read music but the joy of singing does help!

Leader and **bookings**: Felicity Davis 0414 470 644 or
9979 8633 felicity@sciencefilms.com.au

Language Spanish

INTERMEDIATE SPANISH

Every Monday from 9 Aug 2:00 to 4:00

Education Centre

Aims at developing confidence in Spanish speaking skills whilst revising and expanding grammar and vocabulary. For those with language skills equivalent to one-two years of Spanish. Please contact course leader for expected previous knowledge.

Leader and **bookings**: Alexis Tabensky 0424 983 618
a.tabensky@unsw.edu.au

NARRABEEN TRAMSHED ARTS AND COMMUNITY CENTRE

1395A Pittwater Rd. Wheelchair access.

Limited off-street parking

Venue Coordinator Rosemary McCulloch 0448 095 958
ramccull@gmail.com

Art Drawing and Painting

ART: PAINTING AND DRAWING IN ANY MEDIUM

Every Monday from 5 Jul 1:00 to 4:00

Berry Hall No public holidays

If you have not painted for years and want to create your masterpiece, this is the ideal place to do so. Artistic help is given when needed.

Leader: June Rodden 9402 4550 june@rodgen.net

Bookings: Shirley Jensen 9982 4395

Language French

FRENCH POST BEGINNERS (max 15)

Alternate Fridays from 9 Jul 10:00 to 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

Language French

FRENCH CONVERSATION

Alternate Fridays from 9 Jul 10:00 to 12:00

Berry Hall

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

Current Affairs

TOPICS OF OUR TIMES (max 25)

Alternate Tuesdays from 13 Jul 2:00 to 4:00

Berry Hall

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

Movies

PIZZA AND PICTURES ON SUNDAYS

Alternate Sundays from 1 Aug 12:00 to 3:00

(10 sessions)

Lakeview Hall

This friendly group will meet over a lunch of pizza, melon with fruit juice and coffee, followed by an outstanding movie of yesteryear on DVD.

Leader and **bookings:** Rosemary McCulloch

0448 095 958 ramccull@gmail.com

Presentations

TUESDAYS AT THE TRAMSHED

First Tuesday every month from 3 Aug 11:00 to 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 subject.

Leader and **bookings:** Rosemary McCulloch

0448 095 958 ramccull@gmail.com

Presentation

1. A Soviet Childhood - Estonia in the 1980s

3 Aug

Estonian author and anthropologist looks at everyday life, how families lived and survived, what they ate and what clothes they wore and how children spent their days.

Presenter Triin Pehk

History Britain

2. The Defeat of the Spanish Armada

7 Sep

Queen Elizabeth's decisive defeat of the Invincible Armada made England a world class power and introduced effective long range weapons into naval warfare for the first time.

Presenter Rosemary McCulloch

History Australia Famous People

3. The Golden Years of Radio

5 Oct

Including the life and career of Willie Fennell who wrote and starred in Australia's first radio situation comedy, *Life with Dexter*.

Presenter Susie Fennell

Travel

4. Cambodia - Beyond the tourist trail

9 Nov

Although Cambodia is impoverished, employment in government, industry and the rapidly expanding service sector allows city dwellers to own cars and motorcycles, eat fast food and enjoy a vibrant nightlife.

Presenter Mike Pawley

Music Opera

5. The story of Gilbert and Sullivan

7 Dec

Their operas have enjoyed enduring international success and are still performed frequently throughout the English speaking world.

Presenter Rosemary McCulloch

Music Appreciation

COFFEE AND THE CLASSICS

Tuesdays from 10 Aug 11:00 to 1:00 10 and 24 Aug, 14 and 28 Sep, 12 and 26 Oct, 16 and 30 Nov, 14 Dec
Lakeview Hall

Starting with examples from the 17th century and progressing to the 20th, we shall enjoy legendary performances from the past as well as listening to many recordings by outstanding conductors and artists of our own day.

Leader and **bookings:** Rosemary McCulloch

0448 095 958 ramccull@gmail.com

NEWPORT COMMUNITY CENTRE

11-13 The Boulevard. Wheelchair access. Parking available

No public or school holidays

Venue Coordinator Helen Howes 0424 464 047

helsim@internode.on.net

Language French

INTERMEDIATE FRENCH

Alternate Wednesdays from 14 Jul 1:30 to 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

Yoga

YOGA AND RELAXATION

Every Wednesday (except first Wed every month) from 14 Jul 2:00 to 3:30

Main Hall

Please book only one Yoga class per week. Every 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)

Art Painting

ART CLASS WITH DENISE BARRY

Every Thursday from 15 Jul 1:00 to 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

Every Thursday from 15 Jul 1:15 to 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

Every Friday from 16 Jul 12:30 to 2:00

Main Hall

Please book only one Yoga class per week.

Every 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

elizabethwaring5@gmail.com

Bookings: Pamela Frei 0415 603 906

pamelannfrei@icloud.com (preferred)

Yoga

YOGA AND RELAXATION

Every Monday from 19 Jul 12:30 to 2:00

Main Hall

Please book only one Yoga class per week.

Every 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

Every Monday from 19 Jul 1:00 to 4:00

Activity Rooms 1 and 2

This art class enjoys using different techniques and styles.

We paint with acrylics and bring our own equipment.

Leader: Kaye Dexter 0405 187 508

kdexter@bigpond.net.au

Bookings: Robyn Mayman 9918 2941

peter@maymans.com

Drama

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

Alternate Wednesdays from 21 Jul 1:30 to 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

Presentations General

TOPICS OF INTEREST AT NEWPORT

First Wednesday and Fourth Tuesday every month from 27 Jul 1:30 to 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

Human Body

1. The status of IVF today

27 Jul

One in six couples experience trouble conceiving.

Australian research is leading global companies, working towards a future where everyone in the community has the opportunity to create a family.

Presenter Kate Munnings

Literature General

2. Cry Quietly

4 Aug

An enthralling historical tale of a life's journey set in wartime Australia during the 1940's with romance, fulfilment, violence and dark secrets. First acclaimed novel by local Newport engineer.

Presenter Mike Musgrave

History General

3. Sketches of Fiji - Part 1

24 Aug

Images of the Pacific islands are palm trees, coral reefs, kava and sea level rise! 1800's Fiji was tribal warfare, cannibalism, cession, early Colonial era and new arrivals from India.

Presenter Andrew Drysdale

History General

4. Sketches of Fiji - Part 2

1 Sep

Independence: political adolescence, coups and rebuilding - experienced personally by a local Fiji European who paddled a tin boat up the Tamuvua River and became CEO of Fiji's Air Pacific.

Presenter Andrew Drysdale

Health

5. The scientist behind the NSW Food Safety Authority

6 Oct

Australia has some of the best food safety systems, but food poisoning incidents still occur and can have dramatic effects on people's lives and the reputation of the food industry.

Presenter Craig Shadbolt

Health

6. Lucy Osburn: Controversial founder of modern nursing in Australia

26 Oct

Lucy was the controversial matron of Sydney Hospital. Hear how she founded modern 'Nightingale' nursing in Australia and why Florence Nightingale disowned her.

Presenter Judith Godden

Photography

7. Photographs which made Australia

3 Nov

12 iconic images from 1845 to 2013 showing the development of photograph art and technology over that time and reflecting who we are.

Presenter Laurie Wilson

Genealogy

8. So, what is genealogy?

23 Nov

Learn the fundamentals of finding your ancestors, start growing your family tree, learn how to preserve the past for future generations and stay safe online.

Presenter Leigh Haines

Famous People

9. From Neighbours to Peter Rabbit

1 Dec

Raelee Hill, an Australian actor best known for portraying roles in some of Australia's most successful television series - Water Rats, Neighbours - and her latest movie Peter Rabbit 2.

Presenter Raelee Hill

NEWPORT PITTWATER PRESBYTERIAN CHURCH

Cnr Robertson Rd and Ocean Ave. **No public holidays**

Venue Coordinator Colleen Russell 9918 3817

s.louise.r@hotmail.com

Music Recorder

RECORDER CONSORT

Every Wednesday from 7 Jul 10:30 to 12:30

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. **No public holidays**

Venue Coordinator Ruth Buchanan 0401 203 368

ruth.buchanan@bigpond.com

Presentations General

THURSDAYS AT NORTH CURL CURL

Every Thursday from 24 Jun 10:00 to 12:00

Main Hall

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

Leader and **bookings:** Ruth Buchanan 0401 203 368

ruth.buchanan@bigpond.com

Music Performance

1. Music at North Curl Curl

24 Jun and 21 Oct

'Primal' is a group of three guitarists who play a wide range of familiar songs from the 1950's through to recent times, including rock, pop, blues, country and soul.

Presenter Mike Williams

Music Appreciation

2. Soundtrack of our lives

1 and 29 Jul, 2 Sep, 7 Oct, 4 Nov, 2 Dec

Playing fifties and sixties recordings from the popular music charts and stage musicals – with a fun discussion of the events, movies, TV and books of those years.

Presenter Brian Delgaty

Presentations

3. Plastic free living

8 Jul

Learn easy cost effective ways to reduce our plastic footprint.

Presenter Val de Rome

Theatre

4. Theatre In America, Part 1

15 Jul

'A Long Day's Journey into Night' and beyond.

Presenter Diana Pheils

Theatre

5. Theatre in America, Part 2

22 Jul

Tennessee Williams to Arthur Miller - from stage to screen.

Presenter Diana Pheils

Psychology

6. A brief history of human wisdom

5, 12, 19 and 26 Aug

Humans have always attempted to find answers to fundamental questions about existence, knowledge, values and reason. How have these answers changed over time?

Presenter Peter Nixon

Famous People

7. The great men of the 19th and early 20th century

9 Sep, 14 Oct, 11 Nov

Abraham Lincoln, Robert Louis Stevenson and Haile

Selassie of Ethiopia.

Presenter Rosemary McCulloch

Travel

8. Impressions of Mongolia and Alaska

16 Sep

We highlight the fascinating history, geography, culture, architecture, lifestyles, wildlife and landscapes of Mongolia and Alaska.

Presenters Kevin and Glenys Murray

Presentations

9. 10. 11. Presentations to be advised

23, 30 Sep and 28 Oct

Details will be provided in the monthly newsletter.

Presenter TBA

Travel

12. Impressions of Siberia and Russia

18 Nov

We share our experiences travelling from Vladivostok to St Petersburg, exploring the fascinating history, geography, culture, architecture, lifestyles and landscapes of Siberia and Russia.

Presenters Kevin and Glenys Murray

Health

13. Fresh food safety

25 Nov

An update on fresh food safety.

Presenter Craig Shadbolt, Dept of Primary Industry

Music Appreciation

14. Christmas brunch/lunch

9 Dec

Eve will present a selection of music including jazz, rock and musical theatre - plus a couple of surprises thrown in for good measure.

Presenter Eve Lane

Games Canasta

CANASTA - BOLIVIA VERSION (max 30)

Every Thursday from 1 Jul 12:45 to 3:45

Start timing: 12:35 for placing and 12:45 prompt to start play.

Main Hall

Take the opportunity to learn the intricate strategies and tactics of this version of Canasta. Tuition for new players will be provided on 1 and 8 July.

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

Games Mah Jong

MAH JONG - THE WESTERN GAME (max 30)

Every Thursday from 1 Jul 12:45 to 3:45

Main Hall

Learn and play Mah Jong in a friendly atmosphere.

Patient teaching is provided.

Leader: Ruth Buchanan 0401 203 368

ruth.buchanan@bigpond.com

Bookings: Rosalie Howard
rosaliehoward@bigpond.com

Trivia

TRIVIA FOR FUN

Every Friday from 2 Jul 1:30 to 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

Exercise

BALANCE 'N' BONES EXERCISE

Every Monday from 5 Jul 9:30 to 10:20 (Easy)

10:30 to 11.20 (Advanced)

Main Hall

Every Friday from 9 Jul 9:30 to 10:20 (Easy)

10:30 to 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

Games Brain Games

QUIET GAMES SESSION (max 30)

Every Monday from 5 Jul 12:45 to 3:45

Main Hall

Games, chess, cards, scrabble, etc. Quiet space to play your own choice of game is available. You must have your own partners and equipment. You must arrive and depart at the correct times so as not to disturb others.

Leader and bookings: Jacki Bateman 9913 8559
jackibateman@optusnet.com.au

Science and Technology General

CURLY QUESTIONS IN SCIENCE

Alternate Tuesdays from 6 Jul 10:00 to 12:00

Main Hall

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 and Enquiries: Laurie Wilson 0417 045 934

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

Bookings: Vivien Wilson vnewilson@optusnet.com.au

Science and Technology Astronomy

1. A brief history of astronomy

6 Jul

How different cultures through the ages have sought to measure and understand the movements and nature of the heaven.

Presenter Kevin Murray

Science and Technology General

2. Images of science

20 Jul

100 years of scientific discovery as seen through ten iconic images.

Presenter Dr Laurie Wilson

Science and Technology Mathematics Physics

3. Cracking Germany's Enigma Code in World War II

3 Aug

The German encoding system 'Enigma' and how the British deciphered this sophisticated code. A demonstration of a replica Enigma decoding machine will also be given.

Presenter Ross Clements

Science and Technology General

4. The world's deepest dive

17 Aug

Deep diving exploration, including the story of the Royal Navy's George Wookey who, in 1956, set a world depth record that has never been equalled.

Presenter David Strike

Science and Technology Astronomy

5. The birth of radio astronomy in Australia

31 Aug

Pioneering work in radio astronomy by physicist Joseph Pawsey and technologies that formed the basis of today's radio astronomy and telecommunications, including the link with Collaroy Plateau.

Presenter Hastings Pawsey

Science and Technology General

6. An overview of the recycling industry

14 Sep

A look at the reuse of waste including green waste, plus the reclaiming of rare metals, the exploitation of low-cost labour and various collection systems.

Presenter David Malone

Science and Technology General

7. The story of sand

28 Sep

The use of sand and how it has transformed civilisation, including the hidden social and environmental costs of sand mining throughout the world.

Presenter Ian Thompson

Science and Technology General

8. Epigenetics

12 Oct

Epigenetics means outside of, or in addition to, genetics. How genes we inherit from our parents and grandparents and the environment they lived in can influence our health.

Presenter Punci Dassanayake

Science and Technology General

9. Medicines - from discovery to market

26 Oct

An overview of the discovery, development and marketing approval of new medicines, including regulatory control at each stage to ensure quality, safety and efficacy.

Presenter Sunny Ko

Science and Technology General

10. The use of animals in medical research

9 Nov

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

Presenter Dr Rosemarie Einstein

Science and Technology General

11. The year in science

23 Nov

A review of advances in science during the year 2021.

Presenters Dr Laurie Wilson and Ian Thompson

Current Affairs

ISSUES FOR DISCUSSION

Alternate Tuesdays from 13 Jul 2:00 to 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

WARRIEWOOD NELSON HEATHER SENIOR CITIZENS CENTRE

Cnr Jacksons and Boondah Rds

Wheelchair access, Parking available

Venue Coordinator Marcia Andrews 9979 8707

marciaandrews711@hotmail.com

Current Affairs

CONTEMPORARY ISSUES (max 25)

Alternate Thursdays from 8 Jul 1:45 to 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

WARRIEWOOD TED BLACKWOOD COMMUNITY CENTRE

Cnr Jacksons and Boondah Rds

Wheelchair access, On-street Parking

Venue Coordinator Marcia Andrews 9979 8707

marciaandrews711@hotmail.com

Dance

ACTIVE SENIORS DANCE CLASSES (max 30)

Every Friday from 23 Jul 1:00 to 4:00

Main Hall

No school or public holidays

Two classes starting at 1:00 and 2:00.

Join us to learn ballroom and latin dancing. Social dances include waltz, tango, rhythm plus rumba, cha cha, samba and rock.

Leader: Barbara Martin 0413 656 387

danceballroom@optusnet.com.au

Bookings: Susan Ascher 0439 912 512

sues2512@tpg.com.au

PRIVATE HOMES

Language German

CONVERSATIONAL GERMAN

(Mona Vale) (max 6)

Alternate Thursdays from 8 Jul 10:00 to 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 8 Jul 1:00 to 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

Music Appreciation

BACH TO THE FUTURE

(Avalon) (max 20)

Alternate Fridays from 9 Jul 2:00 to 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

ZOOM MEETINGS

Photography

CREATIVE PHOTOGRAPHY (max 20) (zoom)

**Every Friday from 2 Jul 10:00 to 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)

Current Affairs

YOU NEED NOT AGREE (zoom)

Every Monday from 5 Jul 10:00 to 12:00 (incl holidays)

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