

GREATER WESTERN

Regional President: TBA
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.

2022 HOLIDAY: WANGARATTA (max 13)

Organised by Greater Western Region
will be held on: **Sunday 1 May to Friday 6 May 2022**

Depart Sunday 1 May 7:15am from Central Station Bay 8 Western Forecourt
and 8:00am from Railway St Pennant Hills and 8:30am from Fitzwilliam St Parramatta

Return Friday 6 May at around 4:30pm to Fitzwilliam St Parramatta and 5:00pm to Railway St Pennant Hills and 5:45pm to Central Station

Cost \$1225pp based upon a minimum of 30 – 34 passengers
Single supplement \$375

This holiday was scheduled to take place in April 2021 but owing to the Corona Virus was cancelled and rescheduled for the date above. As a result of the cancellation 29 members booked for the 2021 holiday chose to stay on the booking list for the rescheduled Holiday. Consequently there are no single rooms left and only 6 rooms available for either doubles or twin share.

During this holiday we will be staying at the Wangaratta Gateway. Over the week we will be exploring Milawa, Yarrawonga, Mulwala, Glenrowan, Bright and Beechworth.

The itinerary is so full of interesting tours and experiences that they cannot be all covered in this notice. Please see a copy of the full itinerary posted on the Greater Western section of Sydney U3A's website.

Booking Conditions All passengers are required to provide evidence of their COVID-19 vaccination to Coach Holidays 30 days before departure.

Bookings for U3A members (non-member spouses/partners accepted) open on Monday 5 July 2021

Bookings: Diana Pine 4861 3721. Address for payment given at time of booking.

Deposit: \$100 made payable to Coach Holidays & Tours to be posted to Diana by Friday 16 October 2021

NB: Balance made payable to Coach Holidays & Tours must be posted to Diana by Monday 21 March 2022

Cancellation Policy: Travel Insurance is recommended. If the Corona Virus Pandemic prevents travel a full refund will be available. Further details regarding cancellation by the traveller will be provided at time of booking.

BINALONG PARK TENNIS COURTS

Binalong Rd, Old Toongabbie

Exercise

PICKLEBALL (max 12)

Every Wed from 7 Jul 10:30 to 11:30

Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles to hit a perforated polymer ball, over a net. All equipment supplied and instruction given.

Leader: Pat McGovern 0421 117 475
mcgovernpl@gmail.com

Bookings: Carol Limbo 0421 618081
carohlinaalbina@gmail.com (preferred)

BLACKTOWN ALPHA PARK HALL

Alpha St Parking available

Tai Chi Qi Gong

TAI CHI/QI GONG

Every Thursday from 15 Jul 9:30 to 10:30

The low impact nature of Tai Chi / Qi Gong is suitable for people of all ages. An Oriental exercise, that has been shown to improve balance, co-ordination, posture and flexibility. It also helps reduce the risk of falls in older people.

Leader and **bookings:** Ellen Pilgrim 0407 450 291
stanp@optusnet.com.au

Games

FUN AND GAMES (max 20)

Fridays from 2 Jul 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

BLACKTOWN CITY LIBRARY

Level 1 cnr Alpha St and Flushcombe Rd Blacktown
Wheelchair access

History Family

FAMILY TREE MYSTERIES (MAX 10)

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

This is a support group for those researching their family history. Members range from beginners to those with over thirty years' experience in genealogy. Join our friendly and helpful group whose members assist each other to solve their genealogy problems.

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

NORTHMEAD BOWLING CLUB

166 Windsor Road, Parking available, wheelchair access

Discussion Groups **NOW ON ZOOM**
A LIVELY DISCUSSION GROUP (MAX 15)

Alternate Wednesdays from 7 Jul 1:30 to 3:30 Have your say. I may not agree with what you say but I will defend your right to say it.

Leader and **bookings:** Judy McShane 0419 406 912

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

History Australia

AUSTRALIA: ITS HISTORY, PEOPLE, EVENTS AND PLACES (MAX 32)

Every fourth Monday from 5 Jul 10:00 to 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)

SINGLE SESSION TUESDAYS

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

Bookings: Ken Jones 0421 878437
kensies@netspace.net.au (preferred)

Australian History

1. Teddy Sheehan VC NOW ON ZOOM 12 Jul

The first VC awarded to a Royal Australia Navy crew member.
Presenter Ron Ray

Medical Matters

2. Australian Paralysis tick 20 Jul

The Australian Paralysis tick.
Presenter Ian Thompson

Travel

3. Antics at the Airport 3 Aug

Stories from the front desk at the International Airport.
Presenter Cheryl Cartwright

Presentations

History USA

4. American Civil War NOW ON ZOOM 17 and 31 Aug

Presenter Barry Nielson

5. TBA

14 Sep

History War

6. Jewish survival in Yugoslavia during WW2 28 Sep

At the time of WW2 Ana and Gaby were part of two Jewish families living in different parts of Yugoslavia occupied by different foreign armies. Both survived by sheer luck.

Presenter Ana and Gaby Deleon

History Australia

7. Cockatoo Island NOW ON ZOOM

9 Nov

Learn of the fascinating history of one of the Sydney Harbour Islands.

Presenter Marie Palmer

Science and Technology General **NOW ON ZOOM**

8. Australian Sceptics Scientific Investigations

26 Oct

The skeptics offer a large prize for real evidence of the paranormal or new science. We have investigated many dubious claims and activities, many challenging the laws of physics.

Presenter Ian Bryce

History Australia

9. On the Edge of Sundown 9 Nov

A history of Broken Hill
Presenter Garry Hughes

History Australia

10. National Trust

23 Nov

A history of Old Govt House and Experiment Farm.

Presenter Rosalind Mears
Sydney USA Course Book July - December 2021

Genealogy Family History

GROWING YOUR FAMILY TREE (max 15)

Alternate Tuesdays from 6 Jul 1:00 to 3:00

Interested in your family history? Join a friendly, helpful group all engaged in digging up their ancestors. Leader and **bookings**: John Venables 8542 6241 john_venables@yahoo.com

Calligraphy

CALLIGRAPHY (max 18)

Alternate Thursdays from 8 Jul 1:00 to 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

OUR WORDS

NOW ON ZOOM

Alternate Mondays from 12 Jul 10:00 to 12:00

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.

Leader and **bookings**: Ann Orel 9638 2547 annorel@hotmail.com

Storytelling

STORYTELLERS PARRAMATTA (max 14)

Alternate Tuesdays from 13 Jul 10:00 to 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 14 Jul 1:00 to 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

Book Groups

THRILLERS AND MYSTERIES (max 8)

Every fourth Monday from 15 Jul 1:00 to 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**: Ann Todd ph 0428 857 790

Book Group

BOOK OF THE MONTH (max 20)

Every fourth Monday from 19 Jul 10:00 to 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

TOONGABBIE ST. ANTHONY'S CHURCH HALL

Aurelia St Parking available Wheelchair access

Games Canasta Mah Jong

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

Every Monday from 6 Jul 1:00 to 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. Scrabble and Rummikub also offered.

Leader: Jon Hendrikse 0434 160 554

aernout.hendrikse80@gmail.com

Bookings: June Keith 0412 040 230

junekeith@optusnet.com.au

Exercise

GENTLE EXERCISE AND DEEP RELAXATION (max 23)

Every Tuesday from 5 July 1:00 to 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 (max 30)

Every Wednesday from 14 Jul 1:00 to 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: Carol Limbo 0421 618 081

carohlinaalbina@gmail.com

Dance

BALLROOM DANCING (max 30)

Every Thursday from 8 Jul 1:00 to 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 7 Jul 10:00 to 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 7 Jul 10:00 to 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 13 Jul 1:30 to 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 14 Jul 10:00 to 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 15 Jul 10:00 to 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 28 Jul 10:00 to 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 COURSES

Psychology

CONFLICT RESOLUTION (max 10) (zoom)

Mondays from 5 Jul 1:00 to 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.

Leader: Dr Mimi Wellisch mimi.wellisch@bigpond.com

Bookings: sydneyu3a.org

Language Mandarin

MANDARIN (max 30) (zoom)

Every Monday from 12 Jul 10:00 to 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 Stanley Yan 0408 544925 stanyan100@hotmail.com (preferred)

Travel

TRAVEL AND HISTORY TOGETHER (zoom)

Every 4th Tuesday from 10 Aug except Dec 2:00 to 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!

Leader: Con Bugden bugdenc@gmail.com

Bookings: sydneyu3a.org

1. Russia

10 Aug

Presenter Con Bugden

2. Central Australia

7 Sept

Presenter Linda Gibson-Langford

3. Germany and Austria

5 Oct

Presenter Judy Buhagiar

4. China

2 Nov

Presenter Jim Houghton

5. Cape York

30 Nov

Presenter Sue Bailey

6. Malta

14 Dec

Presenter Con Bugden

Language Mandarin

MANDARIN PIES (PRACTICE IN EVERYDAY SPEAKING CHINESE) (zoom)

Every Friday from 16 Jul 1:00 to 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)

ZOOM SINGLE SESSION TUESDAYS (zoom)

Alternate Tuesdays from 27 Jul 10:00 to 12:00

Bookings: Helene Seddon hseddonglass@gmail.com

sydneyu3a.org.au

Climate

1. Summer Bushfires 2019/2020

27 Jul

Presenter Richard Whitaker

Science and Technology

2. Technological Discoveries of the CSIRO

10 Aug

A brief overview of CSIRO, including some of the organisations "Top Ten" achievements, an introduction to the science of superconductivity and the successful, award winning, application of superconductor based sensors for the discovery of mineral deposits.

Presenter Keith Leslie

History Australia

3. Memorial Walk North Head

24 Aug

Hear the stories behind some of the people commemorated by the tiles on this walkway at North Head. Presenter Marie Palmer

History USA

4. Alexander Hamilton

7 Sep

Hear about the subject of the current hit musical.

Presenter Barry Nielson

History World

5. The World of Latin America

21 Sep, 5 Oct, 19 Oct

Emerging from the ancient civilizations and following the Iberian colonisation, nations of Central and Southern Americas have assimilated millions of newcomers, leaving their own marks on modern world history.

Presenter Himanshu Jhala

History Asia

6. Japan and Korea

2 Nov & 16 Nov

The Far Eastern states of Japan and Korea represent ancient cultures, characteristic ways of life and a history of rivalries.

Presenter Himanshu Jhala

PEOPLE AND EVENTS THAT CHANGED THE WORLD (zoom)

Alternate Thursdays from 29 Jul

Bookings: Rex Broadbent 0433 000 556

rexp@optusnet.com.au (preferred)

Famous People

1. St Joan of Arc

29 Jul

Independence activist

Presenter Con Bugden

Famous People

2. Marie Curie/Elizabeth Blackburn

12 Aug

Curie discovered 2 new chemical elements; designed the first portable X-ray machine. Blackburn: Human Cell Senescence, at the genetic level, leading to disease and ageing.

Presenter Punchi Dassanayake

Famous People

3. Indira Gandhi

26 Aug

First and only female Prime Minister of India

Presenter Rex Broadbent

Famous People

4. Richard Feynman

9 Sep

Nobel prize winning physicist; and the throat singers of Tanna Tuva

Presenter Colin Helmstedt

Famous People

5. Angela Merkel

23 Sep

Chancellor of Germany

Presenter Rex Broadbent

Famous People

6. Maya Angelou

7 Oct

African American poet and writer, and civil rights activist

Presenter Linda Gibson-Langford

Famous People

7. Peter Doherty

21 Oct

Veterinary Surgeon Nobel Laureate

Presenter Con Bugden

Famous People

8. Emmeline Pankhurst

4 Nov

UK suffragette movement

Presenter Rex Broadbent

Famous People

9. Harold Cazneaux

18 Nov

Australian pioneering photographer.

Presenter Con Bugden

Famous People

10. Jennifer Doudna, Ernest Rutherford

2 Dec

Doudna: US scientist. Rutherford: first to split the atom

Presenter TBA

Famous People

11. TBA

16 Dec

The Convict System in the Aust Colonies. From its origins, development and abandonment.

Presenter Geoff Davidson

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