

EASTERN

Regional President: David Rosenwax AM drosenwax@bigpond.com

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

Updates to U3A Eastern's programs are online at: Sydneyu3a.org/Sydney-u3a/regions/eastern-2/

COA CENTRE WOOLLAHRA

25 Rowe St
Wheelchair access, train and bus stops nearby
Venue Coordinator: Sandy See sandra.l.see@gmail.com
0412 044 811

FRIDAYS AT COA CENTRE WOOLLAHRA

Every Friday from 29 Jul 10.30 to 12.00

A variety of presentations of general interest looking at topics relevant to people living in today's world
NO BOOKINGS are required.

Health

1. How to wake up your ear and brain vitality – sound therapy

29 Jul

Sound therapy can improve ear function and brain integration, relieve tinnitus and enhance hearing and brain performance.
Presenter: Rafaele Joudry

Medical Matters

2. The Red Cross

5 Aug

Red Cross volunteers will talk about the Red Cross Telecross program, the Community Visitors Scheme and Youth Mentoring program.
Presenters: Shivani Gupta, Rebekah Fitzgerald, Red Cross

History

3. The 2nd amendment of the American constitution (the right to bear arms)

12 Aug

US population 325 m; gun ownership now over 400 million. Discusses the number of mass killings each year in the USA and Australia, plus Australia's Firearm Policy.
Presenter: Dr Harry Melkonian, Macquarie Law School

Psychology

4. The secret to a great retirement – it's not about money

19 Aug

What can you do to have a great retirement?
Presenter: Lanning Bennett

Technology

5. Australian innovation: beyond the hills hoist, vegemite and Victa

26 Aug

A surprising range of Australian ideas has changed our lives and spread around the world. Innovation continues today.
Presenter: Debbie Rudder

Technology

6. The early history of electricity in Australia

2 Sep

Australia was not far behind Europe and America in adopting electric power. From the 1840s, electricity transformed communication, transport, industry, medical care and daily life.
Presenter: Debbie Rudder

Literature

7. Freud and literature – part 1

9 Sep

Freud's beginnings: the discovery of the unconscious.
First major work: The interpretation of dreams
Presenter: Margaret Stoljar

Literature

8. Freud and literature – part 2

16 Sep

The founding model: Oedipus Rex.
A notorious example: Hamlet
Presenter: Margaret Stoljar

History

9. Discover Polynesian mythology and legends

23 Sep

What is the origin of the Polynesians? Hear about creation stories and deities; the significance of the hula, haka, tattoos and taboos still shared in the Pacific region
Presenter: Nitza Lowenstein

Economics

10. Hot topics in industrial relations

30 Sep

The current challenges of restrained wages, insecure work & the gig economy, rising inflation and interest rates
Presenter: Barry Blanchard, Employment & Industrial Lawyer

Literature

11. 19th century novelist - Anne Bronte - and the 'me too' movement

7 Oct

Was Anne Bronte - one of the famous Bronte sisters and writer of 'Agnes Grey' and 'The Tenant of Wildfell Hall' - the first whistle blower on wife abuse?
Presenter: Cate Whittaker

Economics

12. The future of work

14 Oct

A Q&A Panel Discussion with U3A volunteers and volunteer union and employer representatives
Presenter: Thomas Delisi

Economics

13. A short history of credit, money and financial markets – part i

21 Oct

A basic lay person's guide to the complex world of financial markets from its origins to the present day's diversity of options.
Presenter: Joffre Balce

Economics

14. A short history of credit, money and financial markets – part ii

28 Oct

A basic lay person's guide to the complex world of financial markets from its origins to the present day's diversity of options.
Presenter: Joffre Balce

Technology Transport

15. The story of Sydney tramways and modern light rail 4 Nov

Extensively illustrated, a brief history of trams including horse, steam, cable and electric in Sydney 1861-1961; and a fuller story of light rail from 1997.

Presenter: Michael Lewis

Health

16. The use and abuse of drugs that affect mood and behaviour – part 1 11 Nov

'Ice', ecstasy and cocaine are just some of the illicit substances causing problems today. Learn how they and other licit drugs (alcohol, opiates) work in the body and the dangers associated with their use.

Presenter: Dr Rosemarie Einstein

Health

17. The use and abuse of drugs that affect mood and behaviour – part 2 18 Nov

'Ice', ecstasy and cocaine are just some of the illicit substances causing problems today. Learn how they and other licit drugs (alcohol, opiates) work in the body and the dangers associated with their use.

Presenter: Dr Rosemarie Einstein

Current Affairs

18. My time in the Kamballa home for girls 25 Nov

Hear a firsthand account of what it was like to experience the principal child welfare facility for girls in NSW that first began in 1887.

Presenter: TBA

History

19. The stories behind hidden Sydney 2 Dec

Hear the surprising stories behind the buildings and places you might come across as you walk around the city and The Rocks in Sydney

Presenter: Trevor McAlister

History

20. 19th century trailblazer Elizabeth Fry – an angel for women convicts 9 Dec

A British Quaker, philanthropist and one of the chief promoters of prison reform - Elizabeth Fry changed her world by getting her reforms implemented

Presenter: Cate Whittaker

MAROUBRA: LIONEL BOWEN LIBRARY

669 Anzac Parade
wheelchair access

Discussion Group

FILM DISCUSSION GROUP (max 20)

Alternate Tuesdays from 5 Jul 10:00 to 12:00

Share your opinion on acting, characters, plots, cinematography.

Leader and **Bookings:** Graham Blazey 9365 1961
gblazey@optusnet.com.au and Gail Filetti 9349 5591
rgfil@bigpond.com

Discussion Group

CURRENT AFFAIRS DISCUSSION GROUP

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

Join us, if you are interested in the world around you, occasional debate and social interaction.

Leader and **Bookings:** Marise Segelov
marisesegelov@gmail.com 9363 4023 or 0410 514 866

PADDINGTON: EJ WARD CENTRE

189 Underwood St (cnr George St)
bus stop nearby

Language French

FRENCH CONVERSATION INTERMEDIATE (max 20)

Every Thursday from 7 July 10:30 to 12:30

French language level: it is conversation, not a lesson. To get the most out of this group, you need to be able to speak some French intelligibly and understand others who speak French more fluently.

Leader: Michelle Scheibmaier 0414 078 917

Bookings: Paula Mackintosh pmackint1@yahoo.com
0425 074 488

PRIVATE HOMES

Book Group

WOOLLAHRA BOOK GROUP

First Thursday from 7 Jul 2:00 to 4:00

Goodwin Village Apt 257, 238-290 Jersey Rd Woollahra. Members suggest a book they have read on an interesting subject. Recently published books are avoided because they can be on long local libraries' reservation lists. New members are welcome.

Leader and **Bookings:** Janet Sculfer

sculferandmackenzie@inet.net.au 0427 870 817

Book Group

ROSE BAY BOOK GROUP

First Wednesday from 6 Jul 2:00 to 4:00

Everyone gets to choose a book to discuss. We take turns to meet at each other's home. New members very welcome.

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

Music Appreciation

MUSIC, COFFEE AND CAKE (Randwick)

Every second Tuesday from 12 Jul 2:00 to 4:00

Listen to compositions of great masters, focusing on less well known works; group participation welcomed

Leader and **Bookings:** Julie Reid juliereid@gmail.com
0411 575 157

Book Group

NORTH BONDI BOOK GROUP (max 10)

Third Wednesday from 20 Jul 2:00 to 4:00

People suggest AUTHORS to read and discuss. Conversation pivots around the author's books. At other times we pick a genre to read and discuss; thrillers, biography, history, science fiction. New members very welcome.

Leader and **Bookings:** Liza Cohn liza.cohn@yahoo.com
9389 1336