

# NORTHERN BEACHES

**Regional President:** Rosemary McCulloch ramcull@gmail.com

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

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

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## AVALON RECREATION CENTRE

59 Old Barrenjoey Rd  
wheelchair access, parking nearby  
Venue Coordinator Eve Lane evelane222@gmail.com  
0455 948 864

Art

### ART GROUPS

**Every Monday from 18 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 genwatts@hotmail.com

**Bookings:** Eve Lane evelane222@gmail.com

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## BALGOWLAH: CLUB TOTEM

195 Condamine St wheelchair access, parking onsite  
Venue Coordinator Maureen Smith  
maureensmith2099@gmail.com 9982 7985

Book Group

### LITERATURE

**Alternate Wednesdays from 27 Jul 11:00 to 1:00**

Washaway Room Level 3

A wide range of authors and their books are discussed. These include *The Labyrinth* by Amanda Lohrey, *Give Unto Others* by Donna Leon and *Shuggie Bain* by Douglas Stuart.

Leader: Maureen Smith

maureensmith2099@gmail.com 9982 7985

**Bookings:** Helen Moore helen.moore@inet.net.au  
9975 5203

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## BELROSE BOWLING CLUB

146 Forest Way parking onsite  
Venue Coordinator Peter Nixon pnixon0443@gmail.com  
0402 370 109

Games Bowls

### ENJOY A GAME OF BOWLS

**Every Friday from 2 Sep 10:00 to 12:00 (3 sessions)**

Learn to play bowls and have fun with friends. Equipment provided and coaches on hand. Just come along, bring a friend or two and enjoy a game over three Friday mornings.

Leader and **Bookings:** Peter Nixon

pnixon0443@gmail.com 0402 370 109

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## FORESTVILLE RSL CLUB

22 Melwood Ave  
wheelchair access, parking onsite  
Venue Coordinator Beth Robertson  
bethrobertson@aapt.net.au

Craft

### ART AND CRAFT IN THE FOREST

**Alternate Fridays from 8 Jul 10:00 to 12:00**

Bistro

Join our inspirational group of craft enthusiasts (including drawing) for a relaxing morning of chat and the sharing of new skills. No prior knowledge expected, but the love of learning new creative ideas is mandatory!

Leader and **Bookings:** Beth Robertson

bethrobertson@aapt.net.au

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## FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Rd  
wheelchair access, parking nearby  
Venue Coordinator John Watt john@wattever.com  
0407 547 583

### FRIDAYS IN THE FOREST

**Last Friday of every month from 29 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: John Watt john@wattever.com (preferred)

0407 547 583

**Bookings** not required.

History War

#### 1. The Battle of Britain

**29 Jul**

"Never was so much owed by so many to so few". Don't miss this riveting account of the famous air battle during the summer of 1940.

Presenter: Austin Mack

History Australia

#### 2. The Eora. The people of Sydney Harbour prior to 1788

**26 Aug**

"Eora is Dharug for country". Hear about the rich and rewarding cultural heritage of the Dharawal and Dharug peoples of Sydney Harbour.

Presenter: Gavin Crawford

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Current Affairs

### 3. Frank and fearless with Nicholas Cowdery

30 Sep

Our distinguished former DPP will talk about some contentious issues including euthanasia and ICAC, as well as reflecting on some notorious cases.

Presenter: Nicholas Cowdery AO QC

Travel

### 4. The Camino de Santiago or the Way of St James

28 Oct

The Way is of medieval origin, today the Camino de Santiago is a unique experience and trip of a lifetime. Graham will tell us why.

Presenter: Graham Spindler

Music Appreciation

### 5. The Waltz King

25 Nov

Johann Strauss II, the Waltz King, wrote over 400 pieces of wonderful music, including Blue Danube and Die Fledermaus. Come, hear and enjoy.

Presenter: Rosemary McCulloch

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## FRENCHS FOREST: THE DUTCH CLUB

1 Grattan Cres (off Bantry Bay Rd)

wheelchair access, parking onsite

Venue Coordinator John Peters jayefpe@hotmail.com

0412 161 069

Music Ukulele

### UKULELE INTERMEDIATE/ADVANCED

Every Tuesday from 5 Jul 1:30 to 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 and an opportunity to gain confidence in leading a song.

Leader and **Bookings:** John Peters jayefpe@hotmail.com

0412 161 069

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## MONA VALE MEMORIAL HALL

1 Park St wheelchair access, parking nearby

Venue Coordinator Kay Hamilton nunderi@gmail.com

0409 767 027

Language French

### FRENCH LEVEL 3

Alternate Mondays from 4 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

saritawright35@gmail.com

Language French

### FRENCH INTERMEDIATE ONGOING

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

Ongoing French class at intermediate level. Book used is *Short Stories in French* by Olly Richards and Richard Simcott (beginners).

Leader and **Bookings:** Olivia Kesby olivia.kesby@gmail.com

Language French

### FRENCH LEVEL 4

Alternate Mondays from 11 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

saritawright35@gmail.com

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## NARRABEEN NORTH: NARRABEEN BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway)

wheelchair access, parking onsite

Venue Coordinator Barbara Larkin

jeddasm1@bigpond.com 9913 3481

Music Singing

### SINGING FOR THE JOY OF SINGING

Alternate Fridays from 1 Jul 10:00 to 12:00

Auditorium

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 and **Bookings:** Lynne Wasinski

lynne.wasinski@gmail.com 0408 971 060

Language Russian

### ELEMENTARY RUSSIAN

Alternate Mondays from 4 Jul 2:00 to 4:00

Education Centre GF

For those with some knowledge of the Russian language.

Not for beginners.

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

**Bookings:** Mary May maryamay@tpg.com.au 8959 4995

Music Ukulele

### UKULELE FOR BEGINNERS

Every Tuesday from 5 Jul 12:00 to 1:15

Level 1, Room 2

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

felicity@sciencefilms.com.au 9979 8633

Music Guitar

### ACOUSTIC GUITAR GROUP

First three Wednesdays every month from 6 Jul 10:30 to 12:30

Level 1, Room 2

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

Leader and **Bookings:** Alan Brand

ajbrand@optusnet.com.au 0419 427 763

Music Performance

### THE 3RD AGE ROCK ORCHESTRA

**First three Wednesdays every month from 6 Jul 2:00 to 5:00**

Auditorium

The orchestra plays classic rock music with singers and post-beginners on all instruments. Basic skills with following chord charts are needed. Reading music is an advantage. The orchestra performs a few times a year. There's a waiting list for membership.

Leader and **Bookings:** Harvey Broadbent  
3rdagerockorchestra@gmail.com 0414 486 675

Art Painting

### CREATIVE PAINTING WORKSHOP

**Every Thursday from 7 Jul 1:00 to 4:00**

Education Centre GF

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 daviessusan13@gmail.com  
0414 799 324

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

Language French

### FRENCH POST BEGINNERS

**Alternate Fridays from 8 Jul 10:00 to 12:00**

Education Centre GF

Ongoing gentle paced course for people wishing to further their knowledge of the French language. Basic grammar and vocabulary required. Book used is *Easy French Reader* by R. de Roussy de Sales.

Leader and **Bookings:** Olivia Kesby olivia.kesby@gmail.com

Language Latin

### LATIN BEGINNERS II (max 10)

**Alternate Fridays from 8 Jul 12:30 to 2:30**

Education Centre GF

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 9870 199122264).

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

Language French

### ADVANCED FRENCH

**Alternate Mondays from 11 Jul 10:00 to 12:00**

Level 1, Room 2

This course focuses on grammar, reading and conversation.

Leader and **Bookings:** Sarita Wright  
saritawright35@gmail.com

Philosophy

### HISTORY OF PHILOSOPHY 6

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

Education Centre GF

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 jml1010@yahoo.com  
9918 2142

Philosophy

### HISTORY OF PHILOSOPHY 5

**Alternate Fridays from 15 Jul 10:00 to 12:00**

Education Centre GF

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 jml1010@yahoo.com  
9918 2142

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## NARRABEEN NORTH: NARRABEEN RSL CLUB

116 Nareen Pde parking onsite

Games Croquet

### CROQUET (max 20)

**Every Tuesday from 5 Jul 8:30 to 12:00**

Bowling Green

Teaching available on request. No partner required. Mallets supplied. Games are organised on a first come basis.

Leader: Bob Hunter 9970 7352

**Bookings:** Jill Barrett jillb45@hotmail.com 0456 733 336

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## NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE

1395A Pittwater Rd wheelchair access, parking nearby  
Venue Coordinator Rosemary McCulloch  
ramccull@gmail.com 0448 095 958

Language French

### ADVANCED FRENCH

**Alternate Fridays from 1 Jul 10:00 to 12:00**

Berry Hall

Advanced conversation in French based on a text and tape.

Leader: Wendy Clark scorpio39@bigpond.com

**Bookings:** Maureen Black maurengb192@gmail.com  
9982 7149

Art

### ART: PAINTING AND DRAWING IN ANY MEDIUM

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

Berry Hall

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 june@rodnen.net

**Bookings:** Shirley Jensen 9982 4395

Discussion Group Movies

### MONDAY AT THE MOVIES - MAM

**Mondays once a month from 4 Jul 2:00 to 4:00**

**4 Jul, 8 Aug, 5 Sep, 10 Oct, 7 Nov and 5 Dec**

Lakeview 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: Heather Leggat ahleggat@bigpond.com

**Bookings:** Liz Boase lizboasebruce@gmail.com  
0413 736 331

Current Affairs

### TOPICS OF OUR TIMES (max 25)

#### Alternate Tuesdays from 12 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 antoinevdwalle@gmail.com  
0401 095 797

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

Current Affairs

### CONTEMPORARY ISSUES (max 25)

#### Alternate Thursdays from 14 Jul 2:00 to 4:00

Lakeview Hall

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  
lynnagrierson1@gmail.com 9913 3964

### TUESDAYS AT THE TRAMSHED

#### First Tuesday from 2 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: Rosemary McCulloch ramccull@gmail.com  
0448 095 958

**Bookings not required**

Famous People

#### 1. May Gibbs, her life and works

#### 2 Aug and 6 Sep

May Gibbs is best known for Snugglypot and Cuddlepie. Additionally she excelled in a diverse range of fields from her childhood to her death aged 92.

Presenter: Stewart Reed

Politics

#### 2. Behind the global change in 2022

#### 4 Oct

This experienced political commentator will take us through the past year and help us to understand the far-reaching changes that are being felt around the world.

Presenter: Peter Nixon

Famous People

#### 3. Haile Selassie of Ethiopia

#### 1 Nov

Some remember him as a benevolent ruler, for others he is a god or a tyrant. He was all three and a remarkable man.

Presenter: Rosemary McCulloch

History Local

#### 4. Times Past on the Northern Beaches

#### 6 Dec

Look and listen to the fascinating history of our area through the eyes of a professional public historian who specialises in heritage consultancy and oral history.

Presenter: Michelle Richmond

Music Appreciation

### COFFEE AND THE CLASSICS

#### Alternate Tuesdays from 9 Aug 11:00 to 1:00

Lakeview Hall

Presenting the life and operas of Giuseppe Verdi, using examples of legendary performances from the past and recordings by artists of today on DVD and CD.

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

Cinema Movies

### PIES AND PICTURES ON SUNDAYS

#### Alternate Sundays from 14 Aug 12:00 to 3:00

Lakeview Hall

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

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

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## NEWPORT COMMUNITY CENTRE

11-13 The Boulevard not public or school holidays  
wheelchair access, parking nearby

Venue Coordinator Helen Howes helsim@internode.on.net  
0424 464 047

Yoga

### YOGA AND RELAXATION

#### Every Friday from 15 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.

Teacher: Allyson Lowbridge

Leaders: Ann Christiansen ann@christiansen.net.au  
and Lisa Tetley

**Bookings:** Pamela Frei pamelannfrei@icloud.com

Art Painting

### ART CLASS WITH KAYE DEXTER

#### Every Monday from 18 Jul 1:00 to 4:00

Activity Rooms 1 and 2

This acrylics class enjoys using different techniques and styles. We bring our own equipment.

Leader: Kaye Dexter kdexter@bigpond.net.au

**Bookings:** Robyn Mayman peter@maymans.com  
9918 2941

Language French

### INTERMEDIATE FRENCH

#### Alternate Wednesdays from 20 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 Anderson danina\_anderson@hotmail.com

**Bookings:** Frances Buchan francesbuchan@icloud.com

Yoga

## YOGA AND RELAXATION

**Every Wednesday (except first Wed every month) from 20 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 louisemtws@yahoo.com.au

**Bookings:** Pamela Frei pamelannfrei@icloud.com

Games Table Tennis

## TABLE TENNIS

**Every Thursday from 21 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 69ingleside@gmail.com  
9999 2435

**Bookings:** Ron Heald and Angela Gollmer  
ra.u3a.tt@gmail.com

Exercise

## BALANCE 'N' BONES EXERCISE

**Every Thursday from 21 Jul 1:30 to 2:20 (Easy), 2:30 to 3:20 (Advanced)**

Activity Rooms 1 and 2

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

Leaders: Helen Howes helsim@internode.on.net and Ann Hardiman

**Bookings:** Ann Hardiman hardimanja@gmail.com

Yoga

## YOGA AND RELAXATION

**Every Monday from 25 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.

Teacher: Maryanne Deans Kolek

Leader: Susan Barnard susanbarnard@iinet.net.au

**Bookings:** Pamela Frei pamelannfrei@icloud.com

## TOPICS OF INTEREST

**First Wednesday and fourth Tuesday from 26 Jul 1:30 to 3:30**

Main Hall

Come and join a friendly group to experience 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 marg.white@me.com  
0416 182 393

**Bookings:** Tricia Haines haines.avalon@bigpond.com  
0417 686 399

Technology

## 1. Urgent issues in the supply of electricity in NSW

**26 Jul**

Renewables are destabilising the grid. Coal power stations are ageing, their financial viability is being challenged. How do we transition to a new energy future?  
Presenter: Robert Eales

Presentations

## 2. Sketches of Fiji - Part 2 - Independence

**3 Aug**

Political adolescence, coups and rebuilding as experienced by a Fijian born European. From paddling up the Tamuvua River in a tin canoe to CEO of Fiji Pacific!

Presenter: Andrew Drysdale

History Ireland

## 3. Ireland

**23 Aug**

Ireland has sent its offspring throughout the world. Why has it peopled so many corners of the globe? What can we learn from the Irish?

Presenter: Peter Nixon

Travel

## 4. Impressions of Easter Island and Patagonia

**7 Sep**

Come on an illustrated journey highlighting the history, geography, culture, ecology and especially the landscapes of these picturesque fascinating places!

Presenters: Kevin and Glenys Murray

History Local

## 5. Heritage and conservation areas in Willoughby Council

**25 Oct**

Many examples of heritage buildings and conservation areas in Willoughby Council have been saved by town planning controls and dedicated staff for future generations to enjoy.

Presenter: Chris Guy

Famous People

## 6. Bronte sisters in Yorkshire

**2 Nov**

Visit historic Yorkshire! This illustrated talk discusses the lives and writings of the Bronte sisters who wrote some of the best-known novels in English literature.

Presenter: Cindy Broadbent

History Local

## 7. The history of Avalon Beach

**22 Nov**

Avalon is celebrating 100 years of suburban living! What has changed in the last 70 years? How did its geology impact Aborigines 10,000 years ago?

Presenter: Geoff Searl

Science Nature

## 8. Bringing nature back to urban areas

**7 Dec**

Why are the wetlands like Warriewood so vital? Collaborating with teams of experts in design of spaces, Geraldine's specialty areas are wetlands and community/nature spaces.

Presenter: Geraldine Dalby-Ball

Drama

## DRAMA ACTIVITIES – MOVEMENT, MIME AND IMPROVISATION

**Alternate Wednesdays from 27 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 helenrosenkranz@gmail.com

**Bookings:** Claire Kennedy eurobin10@hotmail.com

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## NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Cnr Robertson Rd and Ocean Ave  
parking nearby, not public holidays  
Venue Coordinator Colleen Russell  
s.louise.r@hotmail.com 9918 3817

Music Recorder

### RECORDER CONSORT

**Every Wednesday from 6 Jul 10:30 to 12:30**

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

s.louise.r@hotmail.com 9918 3817

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## NORTH CURL CURL COMMUNITY CENTRE MAIN HALL

Cnr Griffin and Abbott Rds, not public holidays  
wheelchair access, parking onsite

Exercise

### BALANCE 'N' BONES EXERCISE

**Every Friday from 1 Jul 9:30 to 10:20 (Easy),  
10:30 to 11:20 (Advanced)**

**Every Monday from 4 Jul 9:30 to 10:20 (Easy),  
10:30 to 11:20 (Advanced)**

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

Leaders: Diane Muchar (Fridays)

Runa Schmidt-Muller (Mondays)

**Bookings:** Barbara Ellis barbaraellisdeewhy@yahoo.com

### THURSDAYS AT NORTH CURL CURL

**Every Thursday from 7 Jul 10:00 to 12:00**

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

**Bookings not required except where noted**

Music Appreciation

#### 1. Soundtrack of our lives

**First Thursday every month from 7 Jul (6 sessions)**

Playing 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

Famous People

#### 2. Historical Figures – Abraham Lincoln (1809–1865)

**14 Jul**

US President during the Civil War, a shrewd military strategist and wise leader

Presenter: Jim Murray

Famous People

#### 3. Historical Figures – Ulysses Grant (1822–1885)

**21 Jul**

He commanded the victorious Union Army during the Civil War and served as the 18th US President from 1869 to 1877.

Presenter: Jim Murray

Culture Australia

#### 4. Laura Quinkan Indigenous Dance Festival

**28 Jul**

Every two years 25 dance groups gather from across Cape York for a 3-day festival attracting 7,000 spectators.

A pilgrimage of song, language, dance, ceremony, performance and art.

Presenter: Ian Jessup

Science Nature

#### 5. Australian Wildlife Conservancy

**11 Aug**

An illustrated presentation on the important work of the Australian Wildlife Conservancy.

Presenter: Annika Nystrom

Cinema Movies

#### 6. Australian classic and quirky movies (3 sessions)

**18 Aug, 8 and 22 Sep Note timing 9:30 to 12:30**

These sessions will showcase a selection of unique and often quirky Australian movies, including Peter Weir's first full length feature *The cars that ate Paris*.

Presenter: Kerrie Sanders

#### 7. TBA

**25 Aug**

Cinema Movies

#### 8. The moving image

**15 Sep**

A history of the technologies behind movies, from the early days through talkies, colour, CinemaScope, iMax and today's digital technologies.

Presenter: Dr Laurie Wilson

Music Performance

#### 9. Primal Group

**29 Sep**

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

Presenter: Mike Williams

Current Affairs

#### 10. Behind the news (2 sessions)

**13 and 20 Oct**

These talks provide additional background behind the events dominating the global news of the day. Perspectives different to those expressed in the media headlines might emerge.

Presenter: Peter Nixon

**Bookings:** Virginia Lawrence virginialaw@bigpond.com

Theatre

#### 11. The Spanish stage

**27 Oct**

From Lope to de Vega to Lorca

Presenter: Diana Pheils

Theatre

## 12. Drama of the individual

10 Nov

Plays of space, faith and time, J.B. Priestley

Presenter: Diana Pheils

Theatre

## 13. The Expressionist Movement

17 Nov

Germany and Ireland, Brecht and Sean O'Casey

Presenter: Diana Pheils

Theatre

## 14. Comic, spirit and social unrest

24 Nov

From Gilbert and Sullivan to Noel Coward and

Somerset Maugham

Presenter: Diana Pheils

Music Performance

## 15. Eve's music and Christmas brunch

8 Dec

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

Please bring a small plate of something savoury to share.

Presenter: Eve Lane

Games Canasta

## CANASTA - BOLIVIA VERSION

Every Thursday from 7 Jul 12:45 to 3:45

Take the opportunity to learn the strategies and tactics of this version of Canasta. Tuition for new players will be provided on 7 and 14 July.

Leader and **Bookings:** Eve Lane evelane222@gmail.com

Games Mah Jong

## MAH JONG - THE WESTERN GAME

Every Thursday from 7 Jul 12:45 to 3:45

Learn and play Mah Jong in a friendly atmosphere. Patient teaching is provided.

Leader: Judith Bennett judith@bennettmail.id.au

**Bookings:** Rosalie Howard rosaliehoward@bigpond.com

Trivia

## TRIVIA FOR FUN

Every Friday from 8 Jul 1:15 to 3:15

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 evelane222@gmail.com

## CURLY QUESTIONS IN SCIENCE

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

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

Leaders: Laurie Wilson wlaurie118@gmail.com

0417 045 934 and Ian Thompson

**Bookings:** Pauline Byrne pmbyrne@iprimus.com.au

8416 5058

Science

## 1. The use of animals in medical research

12 Jul

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

## 2. Museum of Applied Arts & Sciences/Powerhouse

26 Jul

The Powerhouse Museum is the major branch of the Museum of Applied Arts & Sciences. This presentation covers its history, buildings, collection and important events

Presenter: Stewart Reed

Medical Matters

## 3. Australia wins the cancer stakes

9 Aug

Australia has the world's highest rate of cancers. Skin cancer, leukaemia, lymphoma and many others are high.

What are we doing wrong? What could we do better?

Presenter: Dr Judy Ford

Science

## 4. The history of timekeeping devices

23 Aug

Exploring the long history of attempts to measure the passing of time, from ancient sundials to modern atomic clocks.

Presenter: Kevin Murray

Science

## 5. Medical entomology – an essay on mosquitoes

6 Sep

A study of the biology and habitat of mosquitoes throughout the world as vectors of disease and unease - the deadliest insect on this earth by far.

Presenter: Ian Thompson

Climate Science

## 6. Why does carbon dioxide cause global warming?

20 Sep

Why do traces of carbon dioxide cause global warming whereas the far more abundant nitrogen and oxygen molecules do not?

Presenter: Prof Don Napper

Science

## 7. Living with electric cars

4 Oct

What is it like to own an electric car? What is good and what is bad? What are the tricks and tips in owning one?

Presenter: Michael Day, Australian Electric Vehicle Association

Science

## 8. The Nobel Prize: its founder and his legacy

18 Oct

The life and character of the man who established the prize, together with a look at the stories behind some of the winners.

Presenter: Dr Penny Bishop

Science

## 9. Pharmacology of herbs

1 Nov

Herbs have been used as medicine from time immemorial while western medicine is only a few hundred years old.

We discuss herbal treatment in some detail.

Presenter: Punchi (Das) Dassanayake

Science

## 10. The year in science

15 Nov

A review of advances in science during the year 2022.

Presenter: Dr Laurie Wilson

Current Affairs

## ISSUES FOR DISCUSSION

### Alternate Tuesdays from 12 Jul 2:00 to 4:00

A participative group where all are encouraged to raise issues that may be of interest to themselves and others. The topics are debated in a friendly inclusive atmosphere, so do come and enjoy the company of other U3A members. Leader: Cyril Perry

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

Book Group

## BOOK CLUB

### Tuesdays monthly from 19 Jul 10:00 to 12:00

19 Jul, 16 Aug, 13 Sep, 25 Oct, 22 Nov

Join fellow book lovers monthly to select a book, and after reading, discuss at the next get together.

Leader and **Bookings:** Julie Werner julie@juliewerner.com

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## WARRIEWOOD: TED BLACKWOOD COMMUNITY CENTRE

Cnr Jacksons and Boondah Rds  
wheelchair access, parking nearby  
Venue Coordinator Marcia Andrews  
marciaandrews711@hotmail.com 9979 8707

Dance

## ACTIVE SENIORS DANCE CLASSES

### Every Friday from 2 Sep 1:00 to 3:00

not public or school holidays

Very popular partner dancing for fun, fitness and friendship. Learn Latin and Social dances:

Cha/Rumba/Waltz/Tango/Rock.

Leader: Barbara Martin danceballroom@optusnet.com.au 0413 656 387

**Bookings:** Susan Ascher  
sues2512@tpg.com.au 0439 912 512

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## PRIVATE HOMES

Music Appreciation

## BACH TO THE FUTURE (Avalon) (max 20)

### Alternate Fridays from 1 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  
a.and.r.pratt2@bigpond.com

Language German

## CONVERSATIONAL GERMAN (Mona Vale) (max 6)

### Alternate Thursdays from 7 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 ingekohl2@bigpond.com 0477 346 575

Book Group

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

### Alternate Thursdays from 7 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

bernieanddavid@hotmail.com 0416 231 513

**Bookings:** Marianne Short 0403 939 004