

CELTIC CONNECTIONS 

CELTIC SONGS & BEYOND

**Live
at Narrabeen**

Traditional and contemporary
Celtic songs and music from Ireland,
Scotland and beyond (with some
non-Celtic music slipped in)



Wednesday 23 August 2023
2.00pm - 5.00pm
Narrabeen Baptist Church
13 Grenfell Ave, North Narrabeen
Bookings essential

FREE ENTRY* with tickets from Trybooking at
www.trybooking.com/CIDMQ

*Gold coin donations to assist with our expenses appreciated
Celtic Connections is a group of seven musicians made up of members of the
u3a Northern Beaches 3rd Age Rock Orchestra and Unpluggers guitar groups

BOOKINGS NOW OPEN
[This link will take you directly to the TryBooking page](#)



Come along to
Dee Why RSL Bistro on
**Friday 14 July at
12.00noon**
to celebrate

Christmas in July

Cost is \$19 members, \$22.50 non members

*The theme for lunchtime chatter is:
Childhood experiences of Christmas*

A table has been booked for 20 people

Bookings are essential to:
Meg Watson 0401 266 653
either by text or phone

THE SEMESTER 2 COURSE BOOK IS NOW AVAILABLE

If you ordered a printed copy of the new Course Book you should have already received it in your mail box.

The book is also available via our website and can be accessed [via this link](#). This is easy to view online and can also be downloaded and printed if you haven't requested a printed copy.

There are many old favourites and a few new courses to whet your appetite plus some amazing one off presentations.

Any changes that need to be made during the semester can be accessed using [this link](#). It's a good idea to note these changes on your copy of the course book to keep it up to date.



Out and About is back!

Hi everyone,

Are you wanting to shake off the winter blues? We are planning a visit to the **Nan Tien Buddhist Temple** in Wollongong on **30th August**.



[Please click on this link to view the flyer with full details.](#)

It should be a wonderful day with a tour of the temple, a vegetarian lunch and a tai chi lesson followed by a tour of the sites of Wollongong then home via the Seacliff Bridge and Illawarra Coast Road.

Feel free to bring a friend!

Bookings by 9 August please - via email to Katy O'Brien
outingsu3anb@gmail.com

When booking please include your membership number and phone number



Members celebrating the King's birthday public holiday and enjoying the usual Monday coffee morning catch up and entertainment at Harbord Diggers.



North Curl Curl Community Centre

THURSDAYS AT NORTH CURL CURL (Pages 41/42)

Every Thursday from 10.00-12.00

- 6 July **SOUNDTRACK OF OUR LIVES**
This month Graham Spindler is taking us on a trip into space. Space has been a matter of wonder, a driver of science and technology, a recurring theme of fiction and film - and a source of music. Catch some of the sounds that grew with us as humanity looked to the stars.
- 13 July **9/11!** presented by Hans Kunnen who was there on that terrible day
- 20 July **DECLUTTERING** Start your decluttering journey, with Susan Phillips
- 27 July **READY FOR THE ROAD** An interactive session for drivers, passengers and pedestrians, with Robynann Dixon

[The full Thursday morning program with more info can be viewed here](#)

CURLY QUESTIONS IN SCIENCE

(Pages 42/43)

North Curl Curl Community Centre

Alternate Tuesday, 10.00-12.00

25 July NOBEL ROT - WHY DO TOP SCIENTISTS SOMETIMES GO LOOPY?

Nobel prizes are the highest recognition a scientist can earn and yet many laureates later turn to 'screwball' science. Why?

Presenter: Ian Bryce

Bookings not required but enquiries to:
Laurie Wilson - wlaurie118@gmail.com

[The full program details are here](#)



Please remember to take your own cup or mug to all your sessions

TOPICS OF INTEREST AT NEWPORT

Newport Community Centre, 11-13 The Boulevard
(Page 40)

Tuesday 25 July 1.30 to 3.30

TWO RELATED STORIES:

Mary Reibey, the woman on the \$20 note and

Scurvy in the Age of Discovery.

Presenter: John Walsh

Mary Reibey was born in 1777 in Lancashire and following the death of her parents was sent into service.

She ran away and was arrested for stealing a horse in 1791. Sentenced to seven years' transportation, she arrived in Sydney in 1792.

Gaining her freedom and viewed as a community role model she became legendary in the colony as a successful merchant, shipowner, trader and businesswoman.

* * * *

The great voyages of discovery conquered the world's oceans and brought immense knowledge to Europe. But they came at a high price with hundreds of sailors dying of scurvy.

The diagnosis of chronic vitamin C deficiency, brought on by the lack of fresh fruit and vegetables, eluded doctors and explorers for centuries.

Please bring a gold coin and your own mug.

No booking required

[The full course program can be viewed here](#)



Please contact our Welfare Officer, Gaye Pringle, either by email to

gayepingle@gmail.com

or on 0407 248 331 if you are aware of a member who is sick or in hospital.

FRIDAYS IN THE FOREST (PAGE 37)

FRIDAY 28 JULY, 10AM-12PM

LIONEL WATTS CENTRE, FRENCHS FOREST

'THE MODERN HISTORY OF IRELAND'

IRELAND IS IN THE MIDST OF GREAT CHANGE.

THE GOOD FRIDAY AGREEMENT, NOW 25 YEARS ON, REMEMBER BLOODY SUNDAY 1972, THE CLASH BETWEEN ENGLAND AND EU OVER BREXIT.

DON'T MISS THIS INSIGHTFUL TALK BY A MASTER PRESENTER

PETER NIXON

BOOKINGS NOT REQUIRED

INFO: JOHN WATT JOHN@WATTEVER.COM
OR 0407 547 583

[THE FULL COURSE PROGRAM CAN BE VIEWED HERE](#)



EL CAMINO DE SANTIAGO DE COMPOSTELA is possibly the world's most pursued pilgrimage walk today. It is a mystical walking trail in Spain. Nearly 350,000

trekkers embark on this mystic challenge each year which dates back to 800 AD.

INTERESTED IN WALKING EL CAMINO?

We are offering a practical workshop for our members regardless of age or experience wanting to learn about "El Camino", the Way of Saint James. Everyone will have a clear understanding of preparation and training to achieve a successful outcome.

The six week workshop will be held on Thursdays 2.00-4.00pm at Narrabeen Tramshed on the following dates:

12 and 26 Oct; 9 and 23 Nov; 7 and 21 Dec

The leader of the workshop is an experienced u3a member who is very familiar with El Camino.

[Select this link to view the flyer](#)

If you are interested in participating in the workshop, please contact Runa Schmidt-Muller runasm@ihug.com.au



Light rail trip - Friday 9 June

The light rail trip proved fun and an educational gain in several ways. For example, one member had never been on public transport or used her Opal Card, whilst several members had not used light rail before.

The outing was an opportunity to welcome two new members, not only to the trip but to provide them with information about the breakfasts, coffee mornings and lunches held by u3a members.

A big thank you to those members who joined this trip - it was a good day.

Meg Watson



Lunch at The Juniors Kingsford Leagues Club



Jan Stekelenburg and new member Jennifer Trueman enjoying the trip



Would you like some drama (the good kind) in your life?

Page 41 of the Course Book outlines the activities of Helen Rosenkranz's popular Drama Class. It's a fun group, encompassing activities such as improvisation, role playing and sharing of lifetime experiences.

Meetings are held at Newport Community Centre on alternate Wednesday afternoons (from 26 July) from 1.30-3.30pm.

COME ALONG TO GIVE IT A TRY, HAVE A FUN TIME AND MEET SOME 'DRAMATIC' FELLOW MEMBERS

For more information and to book, contact Helen at helenrosenkranz@gmail.com

NBAS Art Exhibition

The Northern Beaches Art Society (NBAS) 77th Annual Awards Art Exhibition and sale, was held from 14-25 June at The Creative Space in North Curl Curl.

Members of the 'Painting and Drawing in any medium' course held weekly at the Tramshed who are also members of NBAS have displayed some of their works. The photos below show course leader June Rodden with her painting 'Natures Wonder' and Ann Viney's painting of The Rocks which was sold at the exhibition. The raffle prize - a painting of a local beach - was donated by Phillip Rochaix, also a member of the art group.



For the book lovers out there!

From the Ed: I came across this poem on my Facebook account recently and thought it was a good one to share with you

I Opened a Book

I opened a book and in I strode
Now nobody can find me
I've left my chair, my house, my road
My town and my world behind me

I'm wearing the cloak, I've slipped on the ring
I've swallowed the magic potion
I've fought with a dragon, dined with a king
And dived to a bottomless ocean

I opened a book and made some friends
I shared their tears and laughter
And followed their road with its bumps and bends

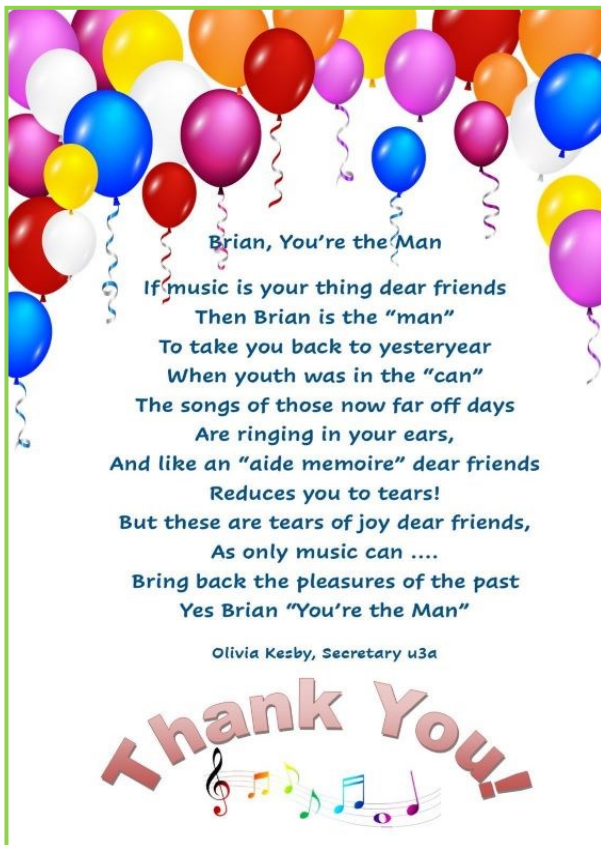
To the happily ever after

I finished my book and out I came
The cloak can no longer hide me
My chair and my house are just the same
But I have the book inside me



Lots of space this month for some quotes by famous people!

- ◇ Don't worry about avoiding temptation. As you grow older it will avoid you. Winston Churchill
- ◇ Santa Claus has the right idea. Visit people only once a year. Victor Borge
- ◇ By all means marry. If you get a good wife you'll become happy; if you get a bad one you'll become a philosopher. Socrates
- ◇ I have never hated a man enough to give his diamonds back. Zsa Zsa Gabor
- ◇ Money can't buy you happiness ... but it does bring you a more pleasant form of misery. Spike Milligan
- ◇ We could certainly slow down the aging process if it had to work its way through Congress. Will Rogers
- ◇ The secret of a good sermon is to have a good beginning and a good ending and to have the two as close together as possible. George Burns
- ◇ The more I learn about people, the more I like my dog. Mark Twain



Soundtrack of our lives and Poets Corner

Thursday 1 June was the last of Brian Delgaty's presentations in the **'Soundtrack of our Lives'** monthly series at North Curl Curl and it didn't disappoint, with songs from the past by Carole King, Bobby Darin, Gene Pitney and Neil Sedaka amongst others.

We're sad to see you go, Brian, but wish you well as you take on new interests and enjoy more R&R.

[This short video](#) (best to view in full screen mode) shows Eve Lane thanking Brian followed by Olivia Kesby, our very own 'poet laureate', presenting and reading her poem.

(Confession from the Ed: My phone ran out of space so I've only been able to capture part of Brian's response - sorry Brian!)

* * * * *

'Soundtrack of our Lives' will continue in Semester 2 on the first Thursday of each month with a different format and various presenters.

Come along to North Curl Curl Community Centre at 10am on 6 July for the first in the series when Graham Spindler will present

Far Out: Space and Music

Details of Graham's presentation can be found on page 2

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Note from the Ed re Poets Corner:

If you're a budding poet and would like to share your original works with our members, please email me at bfuller@iinet.net.au

Have you ever thought of gifting a Sydney u3a annual membership to a friend or family member?
This is a new initiative and could be the welcome answer for you rather than scratching your head for a gift idea.

Certificates are available by contacting the Office Manager on (02) 9267 9056 or by email to: officemgr.sydneyu3a@gmail.com



FACEBOOK

Our Northern Beaches u3a Facebook group now has over 100 members. 'Like' or 'Follow' to stay in touch with what's happening locally. Here's the link:

<https://www.facebook.com/groups/u3anorthernbeaches>

If you don't have a Facebook account, you will need to create one first.

Then, all you have to do is simply click on the link and you will be taken to the group where you can request to join in.

The City Office is moving premises with effect from 30 June.
Their new address is:

**Suite 502, Sydney Mechanics' School of Arts,
280 Pitt Street, Sydney 2000**
(Close to Town Hall Station, between Bathurst and Park Streets)



SYDNEY u3a Northern Beaches Region

Website: <https://sydneyu3a.org/sydney-u3a/regions/northern-beaches/> Facebook: <https://www.facebook.com/groups/u3anorthernbeaches>

You can access the current newsletter and some of the most recent editions at any time by selecting this link:

<https://sydneyu3a.org/sydney-u3a/regions/northern-beaches/nb-newsletters/>

You can keep this handy by adding it to your website Bookmarks and be up to date at all times.

A reminder that if your email address has changed (or if any other personal details have changed), please email the City Office to update your details. The email address is officemgr.sydneyu3a@gmail.com

Sydney u3a is a volunteer based organisation
Members share their knowledge, learn from others, socialise
and have a passion for education

Newsletter Editor & Producer
Brenda Fuller - bfuller@iinet.net.au

Deadline for the August Newsletter:
Monday 24 July