

## 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**.

BE QUICK TO BOOK  
ONLY A FEW PLACES LEFT



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](mailto:outingsu3anb@gmail.com)

**When booking please include your membership number and phone number**



## SAVE THE DATE!

**10 October from 12.00-3.00pm**

This October instead of the usual Annual Picnic we are planning a **Spring Festival**

at North Curl Curl Community Centre

A delicious lunch (\$30 per head) plus musical entertainment to welcome the warmer days of Spring and to acknowledge the UN International Day of Older Persons (1 October annually)

*Full details will be in the September newsletter, so make sure you don't miss it*

## Would you like to travel to another country without visiting the airport?

Do you sometimes feel a bit of 'Cabin Fever' living on the Northern Beaches?

Such a lovely lifestyle, but is it representative of life across wider Sydney?



Let's experience an intercultural exchange and explore **Bankstown**, one of the many areas different from the Beaches.

**Friday 18 August**

Meet at 10.00am at the light rail stop at Circular Quay and travel to and from Bankstown by light rail/train/bus to have a look at a few shops and have a Middle Eastern or Asian lunch.

We will return to Wynyard for the B-line, or Circular Quay for the ferry, whatever each person desires.

All this using your \$2.50 Opal card!

Email Sue Atteridge - [suzanneatteridge@gmail.com](mailto:suzanneatteridge@gmail.com) - with your expression of interest, by 14 August please.



## 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)



**Wed 23 Aug 2023, 2.00-5.00pm**

**Narrabeen Baptist Church**  
13 Grenfell Ave, North Narrabeen

**Bookings essential**

**FREE ENTRY\*** with tickets from Trybooking at [www.trybooking.com/CIDMQ](http://www.trybooking.com/CIDMQ)

\*Gold coin donations to assist with our expenses appreciated

Celtic Connections is a group of eight 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](#)

**Not too many changes to the Course Book this semester but it's still worthwhile checking [this link](#) - just in case!**



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

## Can you lend a hand?

We're looking for someone to help with the audio visual equipment for the **Topics of Interest** series of lectures at the Newport Community Centre held on the first Wednesday and fourth Tuesday of each month (excluding school holidays).



We are seeking a person with basic technical skills to:

- connect a data projector to the presenter's laptop computer;
- connect a portable public address system;
- erect a portable screen and folding table.

On lecture dates, start at 12.30, finish at 3.45.

Full training and a user manual will be provided.

Start immediately if possible.

Please contact: Leigh Haines 0417 212 424 or [haines.avalon@bigpond.com](mailto:haines.avalon@bigpond.com)

## FRIDAYS IN THE FOREST (PAGE 37)

FRIDAY 25 AUGUST, 10AM-12PM

LIONEL WATTS CENTRE, FRENCHS FOREST

### 'DIRTY SECRETS'

MEREDITH BURGMANN JOINS US AGAIN, THIS TIME TO LET US IN ON ASIO'S DIRTY SECRETS.

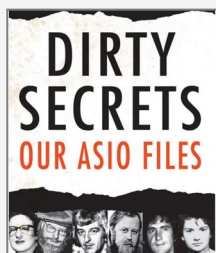
MICHAEL KIRBY, JUSTICE OF THE HIGH COURT WAS ON THEIR LIST, SO WAS DAVID STRATTON, FILM CRITIC.

ARE YOU?

BOOKINGS NOT REQUIRED

INFO: JOHN WATT [JOHN@WATTEVER.COM](mailto:JOHN@WATTEVER.COM)  
OR 0407 547 583

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



## TOPICS OF INTEREST AT NEWPORT

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

Wednesday 2 August 1.30 to 3.30

The Latest Australian History Book

### GIRT NATION

Presenter: David Hunt

David tramples the tall poppies of the past in charting Australia's transformation from aspiration to nation - an epic tale of charlatans and costermongers, of bush bards and bushier beards, of workers and women who weren't going to take it anymore.

*'Makes you wish David Hunt had been your history teacher. Laugh-out-loud and you'll actually learn something.'* Mark Humphries

\* \* \* \*

Tuesday 22nd August 1.30 to 3.30

Sydney's residential waste - making less and doing more

Presenter: Janine Ricketts

Janine has worked for the last 10 years with local governments supporting waste management contracts. She will discuss current solutions for managing residential waste which are reaching their use by date.

The question is, what are personal and community priorities for tackling waste and what part can we play?

One of the Waste Education Officers from Northern Beaches Council will also be in attendance to answer your questions.

Please bring a gold coin and your own mug.

No booking required

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

## Christmas in July

A big thank you to Meg Watson for organising this special lunch, attended by 30 members. You'll see from the photos that a good time was had by all.



## CURLY QUESTIONS IN SCIENCE

(Pages 42/43)

North Curl Curl Community Centre

**Alternate Tuesday: 10.00-12.00**

8 Aug THE SCIENCE OF RELIGION

Presenter: Kevin Murray

22 Aug DO WE LIVE IN A MULTIVERSE?

Presenter: Laurie Wilson

Bookings not required but enquiries to:

Laurie Wilson - [wlaurie118@gmail.com](mailto:wlaurie118@gmail.com)

[The full program details are here](#)



Please contact our Welfare Officer, Gaye Pringle, either by email to [gayepringle@gmail.com](mailto:gayepringle@gmail.com) or on 0407 248 331 if you are aware of a member who is sick or in hospital.

## Do you love your u3a?

As a volunteer organisation u3a will not survive without the assistance of our members. Northern Beaches is unique in the Sydney region with over 1100 members and the highest and most diverse number of activities available to members, something we should all be proud of ... but we won't survive without your help.

**Are you prepared to step up to the mark?**

**We need a Venue Coordinator at North Curl Curl to be able to continue.**

**We are also looking, if possible, for a second person to work as Course Coordinator.**

So many of you have skills and experience that you have brought from your previous working lives – we would love you to share this experience. If you are interested in giving something back please feel free to contact me or any member of the committee to discuss.

Cheers, Kerrie Sanders

[kersand@bigpond.com](mailto:kersand@bigpond.com) or 0400 309 986

## Your committee

A big thank you to Pamela Egan, Katy O'Brien and Jill Porteous for putting up their hands to join the committee. The new line up is below.



**Back row left to right:** Ann Hardiman (Catering Officer), Katy O'Brien and Jill Porteous (Activities Coordinators), Pamela Egan (Public Relations Coordinator), Gaye Pringle (Welfare Officer), Tricia Haines (Database Administrator), Brenda Fuller (Website and Newsletter Editor)  
**Front row left to right:** David Tuckerman (Treasurer), Kerrie Sanders (President), Olivia Kesby (Secretary), Runa Schmidt-Muller (Course Coordinator)

## North Curl Curl Community Centre

**THURSDAYS AT NORTH CURL CURL** (Pages 41/42)  
**Every Thursday from 10.00-12.00**

- 3 Aug SOUNDTRACK OF OUR LIVES**  
 Graham Spindler is back again this month talking about music and World War II. Thousands of songs emerged, rarely directly about war, more often about separation and longing, though some of them gained greater social and historical meaning. Investigate a few of the songs that became part of a story much bigger than their lyrics and melodies.
- 10, 17 LESSER KNOWN GLOBAL CONFLICTS**  
**24 Aug** A series of three talks presented by Peter Nixon
- 31 Aug AUSTRALIAN CLASSIC AND QUIRKY MOVIES**  
 The first session this semester features 'MURIEL'S WEDDING' presented by Kerrie Sanders

[The full Thursday morning program with more info and the full list of Quirky Movies can be viewed here](#)

### Changing of the guard at MAM



After leading Monday at the Movies (MAM) for eleven years Heather Leggat has decided it's time to hand over the leadership to Liz Boase. Liz has been Secretary for the past two years and is well placed to take on this role.

At the first session of Semester 2 the change of leadership was honoured with cake and flowers presented to Heather.

NB u3a and MAM 'students' thank Heather for her leadership over the years and wish her well for the future.

Liz Boase (left) with Heather Leggat

**GAMES AFTERNOON \*\*NEW\*\*** (Page 41)  
**Every Tuesday from 1.00-4.00pm**

Have some fun by playing board games, card games, mahjong, chess, scrabble, backgammon, monopoly .... and more? Are you an expert in any of them? Would you like to teach others?

In addition to these games, on **alternate Tuesdays from 1 August (1.00-3.00pm)** there is an opportunity to play **BOULES**. Boules will be provided - we will play in teams of 4 if possible. The recent try out of Boules at North Curl Curl was declared a success. With 16 attending and up to 12 playing it was great to see the laughter, chatting and encouragement we gave each other.

At this stage it will be a hit and giggle affair before we get too serious (if ever). Do not despair, if it is raining we can play scrabble, monopoly, chess or card games indoors instead. Kerrie Sanders

**No need to book, just come along!**



Haha, query from the Ed  
 Where are the boules?



## 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 9 and 23 August 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](mailto:helenrosenkranz@gmail.com)



## Craft in the Forest

Our U3A 'crafty' group at Forestville has been busy knitting, crocheting, and sewing items for various charities (Bear Cottage, Wrap with Love, coats for rescue dogs/lambs and fiddle sleeves for dementia patients).

The photo is of a rug knitted by Irene (on the right in the photo) being presented to Robyn who will raffle the beautiful blanket for Bear Cottage.



Robyn also crochets tops on folded hand towels to raise money for the Cottage.

Great work ladies.

Beth Robertson

## Are you looking for a reason to head into the city?

A free exhibition marking the 400th anniversary of Shakespeare's 'First Folio' (the first collection of Shakespeare's plays published in one volume) is currently showing at the **State Library of NSW** until 25 February 2024 - [more info in this article](#).

The display features the Library's significant Shakespeare collection, including the only copy of the First Folio in Australia and a copy of each of the Second, Third and Fourth folios, all published in the 17th century after Shakespeare's death.

See rare illustrations, books and artefacts that informed and influenced Shakespeare, and discover how and why he continues to inspire creatives and audiences today.

## Can you help?

The George Institute for Global Health, a research institute affiliated with the University of New South Wales, is conducting a research study looking for adults aged 65+ to be involved.

[Read their flyer](#)

The INTEGRITY study aims to look at what happens when older adults and preschool children spend time together. It's a bit like the ABC TV show Old People's Home for Four Year Olds. It's great fun but with a serious purpose, and the aim is to develop empirical evidence for the benefits that this kind of activity might bring.

Research participation involves a two-hour session each week at a participating pre-school in which older adults and pre-school children take part in activity sessions led by a pre-school educator. Testing will be conducted before and after the intergenerational program in order to determine whether the program brings health benefits to both the older adults and pre-school children.

[More information is available here](#)

**MANLY-WARRINGAH CHOIR**  
**SUNDAY 13<sup>TH</sup> AUGUST**  
**2:00pm**  
Waterford Hall St Paul's College  
Darley Rd, Manly

*Opera Choruses*

Choir, Soloists and Orchestra  
Conducted by Dr Carlos Alvarado

Tickets \$45: [www.manlywarringahchoir.org.au](http://www.manlywarringahchoir.org.au)  
0411 777 738 or 0400 210 254

### Opera Favourites

Chorus of the Hebrew Slaves from *Nabucco* by Verdi  
Habanera from *Carmen* by Bizet  
Humming Chorus from *Madame Butterfly* by Puccini  
Song of the Moon from *Rusalka* by Dvorak  
Dido's Lament from *Dido and Aeneas* by Purcell  
Brindisi from *La Traviata* by Verdi  
Waltz Scene from *Eugene Onegin* by Tchaikovsky  
Bell Chorus from *Pagliacci* by Leoncavallo  
Anvil Chorus from *Il Trovatore* by Verdi  
Medley from *Les Misérables* by Schönberg  
Medley from *Porgy and Bess* by Gershwin



Booking link: [www.manlywarringahchoir.org.au](http://www.manlywarringahchoir.org.au) or tel nos: 0411 777 738 / 0400 210 254

## 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](mailto: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@inet.net.au](mailto:bfuller@inet.net.au)

Deadline for September Newsletter:  
**Thursday 24 August**