

A friendly reminder!



Thursday 12 October,
2.00-4.00pm
Lakeview Hall,
Tramshed Arts and Community
Centre, Narrabeen

EL CAMINO DE SANTIAGO DE COMPOSTELA

Our presenter, JC Kovacic,
is very familiar with the
pilgrimage and happy to
answer any
questions on the topic.

Depending on the interest
of our members this may
be followed by a
workshop sometime later
this year or early 2024.

*Booking is not required,
just turn up and enjoy
hearing about this
extraordinary pilgrimage*

**BE QUICK A FEW PLACES LEFT
UNFORTUNATELY WE ARE UNABLE TO EXTEND BOOKINGS
BEYOND 1st OCTOBER DUE TO THE CATERER'S DEADLINE**

Come along to celebrate the end of winter at our Spring Festival

North Curl Curl Community Centre
Corner of Griffin and Abbott Roads

Tuesday 10 October from 12.00-3.00pm

A delicious catered informal three course lunch with wine and soft drinks
(\$30 per head)

to welcome the warmer days of Spring and to acknowledge the
UN International Day of Older Persons (1 October annually)

Musical entertainment and outdoor/indoor games for those who wish
to participate. Come dressed in a floral theme and, for the ladies,
maybe a spring hat?

It should be a fun day, not to be missed!

Northern Beaches u3a is subsidising the event and on this occasion
the invitation is limited to members only

Bookings/payments are essential, by 1 October please

To book, contact:

Brenda Fuller, bfuller@iinet.net.au (preferred) or 9971 5280

*When booking please include your membership number
and phone number. We will then send the bank account
details to make your electronic payment.*

Arrangements can also be made for cash payments

*Don't forget to advise if you have any
special dietary requirements*

Trip to Woollahra Gallery at Redleaf - Friday 20 October

Woollahra Gallery sits within the beautiful grounds of the Redleaf precinct, including
Blackburn Gardens and the Murray Rose Pool. Come along and experience the fascinating
history and unique heritage of this wonderful gallery. A free guided tour of the
gallery has been arranged for our visit.

An opportunity to swim is available after the tour or just relax and take in the
glorious harbour views. There's a cafe with lots of
options situated an easy two minute stroll.

Expressions of interest to:

**Janelle Laidlaw - 0418 436 127 or
Meg Watson - 0401 266 653**

Cost: \$2.50 Opal card

Meet: Bus Stand A, outside Queen Victoria
Building in York Street, Sydney

Time: 10.30am, ready to catch Bus 324 at 10.48am

Bring: Hat, sunscreen and water and good walking shoes.

This trip has minimal walking, just on and off the bus which stops at the gallery.



North Curl Curl Community Centre

THURSDAYS AT NORTH CURL CURL (Pages 41/42)

Every Thursday from 10.00-12.00

- 5 Oct **CELTIC MUSIC TO THE WORLD**
Celtic music has been a constant, loved and influential soundtrack for a swathe of western society. Partly driven by 18th-20th centuries Scots and Irish migration, Celtic music also heavily influenced popular, folk and country music. Join **Celtic Connections** to enjoy live examples of Celtic music across time and space.
- 12 Oct **WHY WE AGE**
Actions you can take to be a healthier, more vital 'you'. Presenter: Dr Judy Ford
- 19 & 26 Oct **AUSTRALIAN CLASSIC AND QUIRKY MOVIES**
presented by Kerrie Sanders
19 Oct: A Town Like Alice
26 Oct: The Dressmaker



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

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GAMES AFTERNOON (Page 41)

Every Tuesday from 1.00-4.00pm

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

We have put Boules on hold due to the summer heat arriving earlier than expected. In its place we have:

MOVIE SERIES **NEW**

Tuesdays 24 October and 7 November
from 1.00-4.00pm

Presenter's pick and audience wish list if available.

Presenter: Kerrie Sanders

No need to book, just come along!

CURLY QUESTIONS IN SCIENCE

(Pages 42/43)

North Curl Curl Community Centre

Alternate Tuesday: 10.00-12.00

- 3 Oct A BRIEF HISTORY OF MEDICINE AND SURGERY
Presenter: Dr John Walsh
- 17 Oct SAFEGUARDING OUR HEALTH
Presenter: Sunny Cko
- 31 Oct HOW BRITAIN CHANGED THE WORLD: THE INDUSTRIAL REVOLUTION
Presenter: Ian Thompson

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

[The full program details are here](#)

FRIDAYS IN THE FOREST (PAGE 37)

FRIDAY 27 OCTOBER, 10AM-12PM

LIONEL WATTS CENTRE, FRENCHS FOREST

'AUSSIE AUSSIE AUSSIE 2'

JOIN US AGAIN FOR PART TWO OF CLASSIC AUSSIE INVENTIONS PRESENTED BY OUR OWN IAN THOMPSON.



YOU WILL BE SURPRISED, ARE THERE MORE? THINK OF ULTRASOUND SCANNER, INFLATABLE ESCAPE SLIDE, WINE CASK, ELECTRONIC PACEMAKER AND MORE STILL.

BOOKINGS NOT REQUIRED

INFO: JOHN WATT 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)

Tuesday 24 October 1.30 to 3.30

MARY WOLLSTONECRAFT

Presenter: Peter Nixon



Mary Wollstonecraft was a British writer, philosopher, and advocate of women's rights. Until the late 20th century Wollstonecraft's life, which encompassed two ill-fated affairs, received more attention than her writing.

She is best known for 'A Vindication of the Rights of Woman', in which she contends that both men and women should be treated as rational beings and imagines a social order founded on reason.

Peter will give an account of her significant but troubled life and those of her two daughters.

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



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

Day trip to the Nan Tien Buddhist Temple

On 30 August 35 members and friends set off on a day trip to Nan Tien Temple in Wollongong. First stop was for a morning tea break at Sublime Point, which looks out over a well and truly sublime view of Wollongong and its' suburbs!

After our break we headed down to Nan Tien Temple where we were welcomed by our tour guide Paul who met us off the bus and took us through the maze of halls to an open plaza where we commenced a lesson in Tai Chi. After the class we entered the main temple to have a good look around and hear Paul explain more about the Buddhist faith. There were a number of Buddhist followers within the temple giving prayers to their ancestors who were interred there.

Following our tour of the large temple we then settled down to a vegetarian lunch before having time to look in the gift shop and then on to the Pagoda which Paul again was able to explain the significance of.

After this it was going home time along Lawrence Hargrave Drive and the Sea Cliff Bridge. We were so fortunate that we had perfect weather as a storm was gathering to the south and seemed to follow us up the highway to Sydney. We arrived home just as the rain settled in. A very pleasant outing was had by all, looking forward to more. *Katy O'Brien*



We need YOU or perhaps you know someone who can help?

We're looking for someone with basic technical skills to help with the audio visual equipment for the **Topics of Interest** lectures at Newport Community Centre.

From next year lectures will be held on the first Wednesday of each month (excluding school holidays) and the task is from 12.30 to 3.45

Comprehensive training and a user manual will be provided

Please contact: Leigh Haines 0417 212 424 or haines.avalon@bigpond.com



Vale Alan Leggat

A long time member and supporter of Northern Beaches u3a, Alan Leggat will be remembered as a gentle, good natured man with a wry sense of humour. Along with Kevin Herbert Alan was the leader of the Magic of Poetry course for many years. Additionally, Alan and his wife Heather started the Monday at the Movies (MAM) course which is still running today. Unfortunately ill health forced Alan to step down earlier this year but his legacy lives on.

Alan and Heather could always be relied on to join in and add some fun to any special u3a event. On one particularly memorable occasion they turned up in matching Christmas T-shirts and stole the show!

We send condolences to Heather and their family as they mourn their loss.



Some new additions to the Course Book this semester - please click on [this link](#) to check them out



The Northern Beaches Art Society is holding its annual spring exhibition and sale over the long weekend with 95 paintings on display. This year the exhibition is at **The Tramshed, Narrabeen** (not the Curl Curl Creative Space) from **29 September to 2 October**.

[Full details on this flyer.](#)

NB u3a members from June Rodden's art class will be displaying and selling their work. *If you can, please go along to support them.*

POETS CORNER

OUR u3a

There is a seat of learning,
They call it u3a.

A place to stimulate the mind,
A place to come and play.

It must be said that as we age
Our brains are not so bright,
But with a little effort

We can try to put things right.

We know that learning something new

Can make our brains increase,
And mixing with like-minded folk
Gives life a whole new lease.

So if you know of someone
Who needs help along the way,
Just tell them that the way to go
Is joining u3a.

By Olivia Kesby

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@inet.net.au**

**Deadline for November newsletter:
Tuesday 24 October**