



**THE 3RD AGE
ROCK
ORCHESTRA**

End of Year Concert

ROCK IS IN THE AIR

The Great Aussie Rock Show

Another great afternoon of music. Sing along to the rocking Aussie hits from the 1960s to the present day.

Wednesday 13 Dec 2023 - 2pm
Narrabeen Baptist Church, Grenfell Ave

Free event - gold coin requested on entry - with thanks!
Numbers limited and must be booked at
<https://www.trybooking.com/CMIUP>

BOOKINGS OPEN MONDAY 6 NOVEMBER
Link: <https://www.trybooking.com/CMIUP>

News of our President

You may have heard that our President, Kerrie Sanders, has been unwell lately. She has recently had surgery and is now on the mend but for some little while may not be attending as many events as she would normally.

Kerrie is recovering well and we wish her a speedy recovery to full health and hope to see her more often in the future.

Day trip to Cabramatta Thursday 9 November



Since the 1980's, Cabramatta has been a centre for the Vietnamese as well as many residents from Asian and European origins. Because of its high Vietnamese population, the suburb has earned the nickname 'Little Saigon'.

Come and experience this thriving Asian community with a shopping adventure and delicious lunch. Cash is mostly used in Cabramatta, so come prepared - although best to bring a card as well. Good physical stamina is essential as this trip entails lots of walking. The lunch venue is flexible - let's wait and see what we find!

Meet at 9.30am : Wynyard York Street entrance (Stand M, where the B1 bus terminates)

Transport: \$2.50 Opal card using a direct train to Cabramatta, duration one hour.

Toilets: Easily accessible at Cabramatta, but there are no toilets on the train journey.

Limited numbers for our trip so book early so as not to be disappointed.

Contact leader Meg Watson
Text or phone: 0401 266 653

or email:

megwatson2008@hotmail.com



A pre-Christmas Lunch in the city Wednesday 13 December



Come along and let's get together to celebrate friendships, old and new, which have been made possible through Northern Beaches u3a this year.

A smorgasbord lunch with lots of different dishes to choose from.
\$38 per person, payable individually.

Venue: Club York, 95-99 York Street, Sydney (a 3 minute walk from Queen Victoria Building)

Timing: 12.00noon at Club York

Bookings essential

Closure of bookings: Friday 8th December

Contact: Meg Watson

Text or phone 0401 266 653

or email megwatson2008@hotmail.com



Are you thinking about Christmas Day?

If you are finding yourself at a loose end on Christmas Day, perhaps you would like to join a group of us for a picnic lunch at Narrabeen lakeside?

It will be a bring a plate and a folding chair affair.

Bubbly and soft drinks will be provided.

Please let me know by **5 December** if you wish to attend.

Kerrie Sanders kersand@bigpond.com



FRIDAYS IN THE FOREST (PAGE 37)

FRIDAY 24 NOVEMBER, 10AM-12PM

LIONEL WATTS CENTRE, FRENCHS FOREST

'SMALL EUROPEAN COUNTRIES PART 1'

BET YOU DON'T KNOW WHICH COUNTRY'S FLAG THIS IS! TO GIVE YOU A CLUE IT'S A LANDLOCKED COUNTRY SURROUNDED BY SWITZERLAND AND AUSTRIA.



TO FIND OUT COME AND HEAR GRAHAM SPINDLER TELL US ABOUT THE PEOPLE, HISTORY AND SOCIETY OF THE FASCINATING MICRO COUNTRIES OF EUROPE. BRING YOUR PASSPORT AND ENJOY THE TRAVEL.

BOOKINGS NOT REQUIRED

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

[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.

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

Unless someone volunteers this popular series will have to close, so please think seriously about whether you can help, or if you know someone with this kind of interest/expertise!

Semester 2 is coming to an end!

Northern Beaches u3a is desperately seeking new leaders as some of its current course leaders are retiring. If you know anyone who would be willing to commit to a course, or a one-off presentation, please speak to Course Coordinator [Runa Schmidt-Muller](#) or another member of [the committee](#).

Northern Beaches u3a is a great organisation but it can only operate if it has courses to offer its members, ie YOU.

CURLY QUESTIONS IN SCIENCE

(Pages 42/43)

North Curl Curl Community Centre

Alternate Tuesday 10.00-12.00

The last two presentations for this semester:

14 Nov DISCOVERIES AND INVENTIONS THAT HAVE SHAPED OUR WORLD
Presenter: ian Thompson

28 Nov THE YEAR IN SCIENCE
Presenters: Drs Judy Ford and Dr Laurie Wilson

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

[The full program details are here](#)

North Curl Curl Community Centre

THURSDAYS AT NORTH CURL CURL (Pages 41/42)

Every Thursday from 10.00-12.00

2 Nov **SOUNDTRACK OF OUR LIVES**
Harvey Broadbent AM presents a continuation of *Minstrels of Song*, with an illustrated talk and performance entitled 'From Folk and Blues to Skiffle'. Come along and listen to Harvey with musical friends present songs by artists including Blues singers Bessie Smith and Robert Johnson, Folk singers Eric Bogle, Peter Paul and Mary, the Kingston Trio and Skiffle King Lonnie Donegan, amongst others.



THEATRE PLAYS Presenter: Diana Pheils

9 Nov The Oedipus Legend and its influence on theatre
16 Nov Samuel Becket: Waiting for Godot and other plays
23 Nov Angry young men and the theatre of the 50s

A CHANGE TO THE ADVERTISED PROGRAM:

30 Nov Presenter: Cindy Davies showcasing her new book: **THE FAVOURITE OF THE HAREM**
The Turkish harem was operated for five centuries by women and eunuchs. It became a political power base of the Turkish Ottoman Empire. Throughout the centuries, this hotbed of intrigue and danger, fascinated European visitors to Türkiye.
This is Cindy's third novel and her illustrated talk unravels some of the myths and mysteries of the harem. It is set in the Topkapi Palace harem of sixteenth-century Istanbul.

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

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A reminder that the **ISSUES FOR DISCUSSION** group is on alternate Tuesdays from 2.00-4.00pm

Upcoming dates: 31 October, 14 and 28 November

No booking necessary

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MOVIE SERIES Various Tuesdays from 1.00-4.00pm

7 November : *The African Queen*

5 December : *Breakfast at Tiffany's*

No need to book, just come along!

TOPICS OF INTEREST AT NEWPORT

Newport Community Centre, 11-13 The Boulevard

Wednesday 1 November 1.30 to 3.30

FIJI / AUSTRALIA - FRENEMIES

Presenter: Andrew Drysdale

Australia and Fiji share a strong and enduring bilateral relationship underpinned by The Fiji-Australia Vuvale (Fijian word for 'family') Partnership. It is a broad-ranging and comprehensive partnership supporting deeper political, security, economic and people-to-people links.



In her first week as Foreign Minister, Penny Wong travelled to Fiji, demonstrating the importance of our relationship with Fiji.

Andrew outlines the sometimes difficult relationship between Fiji and Australia from the very early days of European settlement through to the present and very significant, new 'Pacific step-up' foreign policy.

Tuesday 28 November 1.30 to 3.30

PETRA

'ROSE-RED CITY' HALF AS OLD AS TIME

Presenter: John Tidmarsh

John takes us on a journey exploring Petra, which is arguably the most remarkable city of the ancient world.

Dating to around 300 BCE, it was the capital of the Nabatean Kingdom. Accessed via a narrow canyon called Al Siq, it contains tombs and temples carved into pink sandstone cliffs, earning its nickname, the "Rose City".



Perhaps its most famous structure is 45m-high Al Khazneh, a temple with an ornate, Greek-style facade, and known as The Treasury.

Afternoon tea will be provided - please bring your own mug and a gold coin. No booking required

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



Piano-Keyboard for Beginners

Never played the piano?

Or ready to give it another go?

Play the chorus from "Yellow Submarine?"

Yes! You can open neural pathways and learn something new to impress friends and family. Unlock the mysteries of auto-chord, note names, basic music theory and best of all, improvisation and rote learning simple tunes. There will be some keyboards available to borrow, but it will be best to bring your own, plus a stand, with batteries and earphones for practice.

If you only have a toy keyboard with one octave, that will be ok.

If you would be interested in joining such a course, please [email Runa Schmidt-Muller](#) to register your interest.

Would you like to make a positive difference in someone's life by volunteering to become a Lifeline ACVVS visitor?

We all know that connection and a sense of belonging are vitally important for mental wellbeing. Unfortunately, many elderly people living in residential care facilities are missing these vital ingredients, experiencing loneliness.

Lifeline Northern Beaches is looking for volunteers to provide friendship and companionship by visiting an older person living in a local (Mosman to Collaroy) residential aged care facility once a fortnight. Further information and contact details can be found on by selecting [this link](#).

Trip to Woollahra Gallery at Redleaf - 20 October

15 members met at the QVB to take the bus to Woollahra. Positive comments have been received that the trip was very successful and if anyone would like an adventure to the Eastern Suburbs the Gallery is well worth a visit.

A big thank you to Janelle Laidlaw for suggesting this fabulous outing and for arranging the Gallery tour; also thanks to Meg Watson for her help with the arrangements.

See photos below for some of the Gallery's impressive offerings - thanks to Janelle for forwarding them. Some additional photos can be viewed via our website and [this link](#).



POETS CORNER AND FOLK DANCING TOO?

Despite the wild and windy weather,
Or during a Big Wet, we get together
With a guest speaker or as a group
Discussing the latest news coup,
Under the auspices of the u3a;
A great way to enjoy the day!

Now it will get mighty hot, no doubt,
But that's our lot, not to worry about;
Simply to attend and listen,
Or is there someone to make us glisten
With beads of perspiration
Being taught a relaxing Folk Danceation?

by Marianne van de Voorde

Spring Festival

Our first Spring Festival event proved to be a great hit! We were blessed with perfect weather and, lucky for us, the promised showers didn't eventuate.



The ukulele group confirmed that we still have a spring in our step with many members dancing along to the catchy tunes. A more gentle pace followed with guitarist Ray playing and singing while we indulged in delicious food, wine and lots of chat.

President Kerrie celebrated her birthday, made complete with a special poem penned for the occasion by Olivia Kesby.

Two prizes were given out for best outfits, with John Bridle and Helen Rozenkranz being the lucky recipients.



Many thanks to the committee and helpers who were on the venue doorstep at 9am to help set up and also clear away – your help was invaluable.

Due to limited space here you can see more photos of the event by selecting [this link](#). It's a safe link, going direct to the Northern Beaches u3a website. Special thanks to Laurie Wilson for these photos.



Music ... Music ... Music ...



On Wednesday 4 October the **NB's 3rd Age Rock Orchestra** treated us to another afternoon of music from years gone by. Such a great time, with an energetic group dancing in the background. Leader Harvey Broadbent had been asked by the Harbourside North region to put on the concert at the Mosman Art Gallery which proved a great venue.

The following day **Soundtrack of our Lives** (first Thursday each month at North Curl Curl Community Centre) featured four members of the **Celtic Connections**

group to entertain a very appreciative audience who joined in some of the songs.

Graham Spindler gave an interesting presentation on the background to Celtic music during the first half.



L to R: Ian Lucas, John Mitchell, Claudie Moffatt and Graham Spindler from Celtic Connections

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



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

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 December newsletter :
Thursday 23 November**