

SEASONS GREETINGS

Well here we are, the silly season is upon us!

What a year it has been, with the departure of Rosemary McCulloch to greener pastures, the continuation of COVID, conflict in many parts of the world and concerns about our environment and the fate of humanity.

Many of us have had issues this year, whether it was ill health or the loss of a family member, a dear friend or a beloved pet. Let us take this time to reflect on what they meant to us and think of them with love.

Hopefully our u3a community has been there for you – I know it has for me! The love and support of friends was very important. Whether you attend one activity or five activities a week nothing would happen without those who work hard behind the scenes:

The Northern Beaches Committee; Venue Coordinators; Leaders; Presenters; Secretaries; General Helpers and ...those wonderful fairies who organise day trips, breakfasts and lunches.

Take a moment to thank them for giving their time so that we can all enjoy so many activities.

Northern Beaches is the largest and most active u3a group in Sydney (1100 members). It is interesting to note that there are 265,000 people who live on the Insular Peninsula, 61,961 of whom are over 60 years of age (source Northern Beaches Council 2021). Do you realise this means that 1 in every 56 people over 60 is a member of u3a. These are great figures but we can do more.

It is your u3a and we do desperately need leaders and presenters to run activities to keep our members engaged. Can you help?

I trust we will continue to grow and improve next year with your participation.

Please relax and refresh over the holiday season; catch up with family and friends, and repair old differences if there are any.

I look forward to seeing you all safe and well next year.

Kerrie Sanders, Northern Beaches u3a President - kersand@bigpond.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



A pre-Christmas Lunch in the city Wednesday 13 December

**APOLOGIES THAT THIS LUNCH, ADVERTISED
LAST MONTH, HAS BEEN CANCELLED**



December not only marks the end of the year but also the end of Semester 2. We hope you've enjoyed the courses and social events offered and we look forward to starting up again in February next year.

The Semester 1 2024 Course Book will be available mid-January - in your letter box if you've elected to receive a printed copy or, alternatively, via [our website](https://www.trybooking.com/CMIUP) where a copy can be downloaded and printed.



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.

FULLY BOOKED!

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>



**If you find you're unable to attend
please cancel your ticket/s on
TryBooking to give another
member the chance to attend.**

Link: <https://www.trybooking.com/CMIUP>

TOPICS OF INTEREST AT NEWPORT

Newport Community Centre,
11-13 The Boulevard (Pages 40/41)

Wednesday 6 December 1.30 to 3.30

GOING SOUTH OF SOUTH!

Presenter: Sue Martin



More people have climbed Mt Everest than have visited the Ross Sea in Antarctica.

In our last lecture for the year, come on a journey with Sue as she recounts her amazing experiences with stunning photography as she walked in the footsteps of Scott and Shackleton.

Shackleton established a hut in 1907 in preparation for an attempt to reach the South Pole that would prove unsuccessful. The hut remains a time capsule to an era of historical adventurism.

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

North Curl Curl Community Centre

MOVIE SERIES

Tuesday 5 December from 1.00-4.00pm

Breakfast at Tiffany's

No need to book, just come along!

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THURSDAYS AT NORTH CURL CURL (Pages 41/42)

LAST TWO THURSDAYS FOR 2023 from 10.00-12.00

7 Dec SOUNDTRACK OF OUR LIVES

Paul Baker (banjo) and Jim Elliott (bass sax) will entertain us by playing and singing old jazz tunes with a few old country ones (and possibly some terrible jokes) thrown in. It should be a great morning.



14 Dec MORNING MUSIC AND CHRISTMAS LUNCH

Come along and enjoy a happy musical morning, before we enjoy a shared lunch to celebrate the coming holiday season. Everyone welcome.



Drinks will be provided. Please bring a small plate of food to share (preferably savoury).

January social events

Scotland Island Ferry Ride and Lunch Monday 8 January

Come along and join us for a half hour ferry trip around Scotland Island on the local ferry.

Ferry cost \$11 return concession

Meet : 11.15am sharp for 11.30 ferry, correct fare will be collected prior to boarding.

Some paid parking is available OR

park a short distance back along Pittwater Rd Church Point OR
jump on the 156 bus from Mona Vale and return EASY!

Afterwards, 12.30pm Lunch at The Waterfront Cafe Church Point

Pay as you order - Coffee or a wine, whatever may suit you, as long as we have your company.

Friends and family welcome

Please book with me so that I can organise numbers with the cafe:

Contact: Meg Watson - 0401 266 653 - megwatson2008@hotmail.com



Annual Sausage Sizzle

Food and soft drinks provided (no charge) but
BYO tea, coffee, alcohol and chair

**Wednesday 17 January,
12noon to 3pm**

Stony Range Botanic Garden
between Officeworks and Delmar
Parade, Pittwater Road, Dee Why

Booking essential by 10 January,
to Leigh Haines,
haines.avalon@bigpond.com
(preferred)

or 0417 212 424



Chef Leigh at last
January's event

The 2024 January picnic will be on

**Thursday 25 January
starting at
12.00noon**

BYO everything - food,
drink and, if possible,
your own chair



**Venue: Jamieson Park, that perfect spot on the
shores of Narrabeen Lagoon
(entry via The Esplanade, Narrabeen)**
Come along to enjoy the view and the
company of other members
Enquiries only to Meg, 0401 266 653



POETS CORNER DON'T FRET!

It's Christmas time again dear friends
So stock up on the gin!
For once the New Year hits dear friends
The bills start rolling in!
But please don't fret, it can't be helped
It's part of life's great spin -
Time goes so fast that soon you'll find
It's Christmas time again!
by Olivia Kesby

A big thank you to those members who have contributed to Poets Corner over the last two years.

For the time being Poets Corner is taking a rest and we'll start up again in the not too distant future. Ed

CHRISTMAS TIME IS FRIENDSHIP TIME



At Christmas time our hearts reach out
To friends we think of dearly
And checking through our friendship lists
As all of us do yearly
We stop a while to reminisce
And to pleasantly review
Happy little happenings and things we used to do
And although we've been busy to keep in touch all year
We send a Christmas greeting
At the season of *good cheer*
So Christmas is a 'lovely link'
Between old years and new
That keeps the 'Bond of Friendship'
Forever unbroken and true

Poem by Anon and shared by Merle Kermond

Out and About

Hi everyone,

So many places to go!

I would love some inspiration if any members have somewhere they dream of going for the day but haven't been as yet?

I am looking at planning a day trip late February or early March, once the holiday season is well and truly over. Some suggestions:

- ♦ High tea at The Carrington, Katoomba & The Norman Lindsay Gallery
- ♦ Watagan State Forest and National Park
- ♦ Western Sydney International Airport Experience Centre & Historic Camden
- ♦ Victoria Barracks, Kokoda Trail and Sydney Harbour Ramble
- ♦ Riverboat Postman and Hawkesbury River
- ♦ Winter Yulefest Luncheon - Nepean Belle Paddlewheeler (June/July)
- ♦ Leura Spring Gardens (later in the year)

If any of these day tours resonate with you, or if you may have additional suggestions please contact me, Katy O'Brien, at: outingsu3anb@gmail.com



A big 'thank you' to Sarita Wright



The photo shows Sarita, who is retiring as a course leader. She will be greatly missed but has decided to move to Queensland for the warmer weather and to be near her son.

Sarita has been a member of u3a since 2003 and in 2009 started two courses teaching French. She took on a third class in 2017 and has taught three classes up until the present time.

As a young woman she was an acrobatic dancer in Paris, hence her knowledge of French.

We wish Sarita well as she starts this new phase of her life.

Olivia Kesby

Day trip to Cabramatta - Thursday 9 November

The day trip to Cabramatta was a delight and an eye opener for those who had never ventured to that part of Sydney before (*ie me, the Ed*). An hour on the train from Wynyard we realised the enormity of the city sprawl and passed lots of leafy suburbs with names that had only been heard on the TV before.

On arrival at Cabramatta we had time to explore the shops - everything from unusual fruit and veg to materials to pastries (particularly custard tarts) to any type of ear piercing you could imagine to exotic jewellery creations ... and so much more (not a Coles or Woolies in sight!)

Meg found us a comfortable air conditioned restaurant for lunch - a very good choice. Nearly everyone (14 of us) ordered something different and we all thoroughly enjoyed it. As we headed back to the station for the trip home we noticed how much warmer and humid it was and missed the sea breezes we're so used to at home.

A big thank you to Meg Watson (and to Suzanne Atteridge for being 2 I/C) for taking the time to explore the



day ahead of time and to get us there and back safely with no mishaps. Many of us have said how tired we were when we arrived home - the sign of a very good day out!

[A few more photos can be viewed here on our website.](#)



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.



F.Y.I. The City office will be closing for the Christmas/New Year break - the last day is Friday 15 December and it reopens Monday 8 January 2024.



U3A Network NSW Conference 2024

The 2024 U3A Network NSW Annual Conference will be hosted by Eastlakes U3A on **8 and 9 April 2024** at the Belmont 16s Sailing Club on Lake Macquarie.

The link below contains all the details, including the conference program, workshop options, keynote speaker details, registration details, post conference tour options and accommodation links.

[CONFERENCE PACKAGE LINK](#)

Information will also be regularly updated on the U3A Network NSW website : <https://nsw.u3anet.org.au/>

Registrations for this event are now open in TryBooking and participation is limited. Bookings close on 15 March 2024.

There is a link in the conference package to the TryBooking registration portal. Manual registration details are also included in the package.



To: _____
From: _____
This Gift Certificate is for one year's membership of Sydney u3a and entitles you to enjoy any of our courses, activities, social events and tours across Greater Sydney.
Voucher: _____ Membership: _____ Date: _____

Are you looking for that perfect gift for someone this Christmas? Why not consider giving a year's subscription to Sydney u3a.?

Our Gift Certificate provides a full twelve months of membership from the date it is redeemed and enables the member to attend available courses and activities in any of the seven regions covered by Sydney u3a.

The cost is \$85 and they may be purchased by contacting Lynda Cronshaw: officemgr.sydneyu3a@gmail.com or mobile 0411 041 537

Are you in your 80s or 90s and feel like you're decades younger?

Channel Nine Documentary is seeking **'SUPER AGERS' - Fighting Fit People Over 80**

Lune Media is producing a documentary series, **Do You Want To Live Forever?** that will explore the scientific breakthroughs in longevity science and is looking for inspiring 'super agers' to share their secrets of longevity on television.

These are people over the age of 80 who are achieving crazy and unbelievable mental and physical feats. People who are pushing their bodies beyond the limit of what is typically expected of people in their senior years.

If this sounds like you, please email msauer@lunemedia.com.au with your:

Name: _____ Age: _____ Location: _____

Story: What keeps you busy day to day and what unbelievable feats are you achieving?

Secrets of longevity: What has allowed you to maintain good health so late in life?

Contact details: _____

Please feel free to attach photos and videos of yourself.

If you are interested in applying, please be quick as Lune Media is hoping to have people locked in by mid-December.

Filming will involve a half day of filming sometime in February-April 2024.



Enjoy your break - see you next year



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 January newsletter :
Friday 22 December**