



January 2024

## A new year, a new look newsletter

Firstly, a very happy new year - let's hope that 2024 will be a good year for us all.

You'll be noticing a different look as you open this month's edition. The content will be exactly the same as you've been used to, just formatted slightly differently. Time for a change! We're trialling this for a couple of months and would be interested in your views .... do you find it easier (or harder) to read?

We're interested in your feedback! If you'd like to comment please email [bfuller@inet.net.au](mailto:bfuller@inet.net.au) rather than the Sydney office email.

Best wishes, Brenda Fuller, NB u3a Newsletter Editor



**Monday 8 January:** Scotland Island ferry ride and lunch

**Monday 15 January:** Semester 1 2024 Course Book goes live

**Wednesday 17 January:** Sausage Sizzle

**Thursday 25 January:** Jamieson

Park Picnic

**Thursday 7 March:** Northern Beaches u3a AGM

**Wednesday 20 March:** Sydney u3a AGM

**Friday 22 March:** Northern Beaches Council's Seniors Festival, Newport

**Monday/Tuesday 8/9 April:** U3A Network NSW Conference

**Don't forget to check the booking details for each of these events so that you don't miss out!**

## 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, this time with a commentator. 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 Road 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.

**Please book with me so that I can organise numbers with the café.** Friends and family welcome

**Contact: Meg Watson - 0401 266 653 - [megwatson2008@hotmail.com](mailto:megwatson2008@hotmail.com)**



### Annual Sausage Sizzle - Wednesday 17 January, 12noon to 3.00pm



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

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

**Booking essential by 10 January, to Leigh Haines, [haines.avalon@bigpond.com](mailto:haines.avalon@bigpond.com) (preferred) or 0417 212 424**

Left: Chef Leigh at last January's event

### The January picnic - 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**



## Course News

### **\*\* TWO NEW COURSES NOT IN COURSE BOOK\*\***

**Personality and the Psychology of Communication (max 12)** Alternate Thursdays from 14 March, 2.00-4.00pm at Narrabeen Tramshed (8 sessions)

*"How are we wired psychologically? What makes us 'tick'? Why do we communicate the way we do? What are our motivational needs and why satisfying these is so important?"* For example, have you ever:

- ◇ Felt misunderstood?
- ◇ Naturally connected with some people and struggled to connect with others?
- ◇ Felt energised after interacting with some people and drained after interacting with others?
- ◇ Noticed not everyone enjoys parties or get-togethers?
- ◇ Experienced people naturally gravitating to certain environments?
- ◇ Wished you knew how to motivate others?

To find out more, join leader **Phil Fagan** for eight fortnightly sessions.



**Piano Keyboard for Beginners (max 8)** Every Wednesday from 20 March, 10:30 to 12:30 at Narrabeen Tramshed (5-7 sessions)



*There was sufficient interest shown in the recent advertisement to set up this new course.*

*"Have fun playing simple, well-known melodies using a combination of rote-learning and traditional notation. Understand auto chord, tempo, tone bank, etc. Create your own pentatonic relaxation music using the black keys."*

**Booking details for both new courses will be included on the [Course Book Changes](#) page of our website from 15 January.**

### **\*\* POSSIBLE NEW COURSE \*\* "WANTED" for "HOOTENANNY PLUS" ....**

A bunch of musos who play acoustic guitar/mandolin/banjo/fiddle (or autoharp or even double bass?) to get together and play and sing songs from a variety of genres including country, folk, skiffle, bluegrass, rockabilly and even reggae. The idea is to play fun, mostly foot-tapping music for pleasure with everyone contributing.

The leader will be **John McDougall**, who has been playing in local brass bands and jazz bands on and off for the last 30 years and would like to try something different/return to his roots. The day and venue will depend on the response.

*(Note: the dictionary definition of hootenanny is "an informal session at which folk singers and instrumentalists perform for their own enjoyment").*

**Interested? If so, please email Runa - [runasm@ihug.com.au](mailto:runasm@ihug.com.au) - in the first instance.**



## Out and About

### **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 and The Norman Lindsay Gallery
- ◇ Watagan State Forest and National Park
- ◇ Western Sydney International Airport Experience Centre and 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](mailto:outingsu3anb@gmail.com)**



## Northern Beaches u3a AGM

Dear Members

We will be holding our Annual General Meeting on **Thursday 7 March 2024**, so please mark this date in your calendars. This is a very important day for Northern Beaches u3a as this is when the current Office Bearers will stand down, and you will have the opportunity to vote for your President and Committee for the coming year. Job descriptions are available from the Secretary on request.

As last year it will be held at the **Dutch Club Frenchs Forest** when the formal part of the occasion will be followed by a light lunch and a speaker - more details will be available nearer the time.

**Starting time 10.30am for 11.00am and anticipated finish time approximately 2.00pm.**

Nomination forms for Committee roles can be downloaded and printed via [this link](#).

**Completed forms should be forwarded to the Secretary, Olivia Kesby, no later than 29 February.**

**YOUR SUPPORT IS VITAL!**

## 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 March 15th 2024.** There is a link in the conference package to the TryBooking registration portal. Manual registration details are also included in the package.

## Craft in the Forest

The **'Craft in the Forest'** group again had a successful year with contributions to charities created while chatting and sharing thoughts and crafting strategies. We have knitted 'Fiddle Muffs' for dementia patients (see Di in photo), dog and lamb rescue coats (Sue), 'Wrap with love' rugs (Irene), and Bear Cottage crochet topped handtowels (Robyn). Diana has also created the beautiful patchwork quilt (see photo).



We inspire each other and share ideas and strategies. Other ladies do beads, diamond painting, Sashiko, card making and knitting for grandchildren.

Also, did you know that there are different male and female knitting patterns for dog and lamb coats for rescued and injured animals? If you are interested in researching this further, do join us in 2024!

**We meet at the Forestville RSL alternate Fridays at 10am, starting up again on 2 February.**

**Call Beth Robertson 0403 255 770**

## End of Year Celebrations

Here are a few photos of the year end get togethers. Thanks to everyone who helped organise these events - we're so lucky to have such a great NB u3a community.



Helen Rosenkranz's Drama Group Xmas Lunch



Runa Schmidt-Muller at the North Curl Curl Thank You Lunch



The Monday at the Movies (MAM) Xmas Lunch



## More End of Year Celebrations

### 'Thank You to our Leaders' Lunch

We celebrated our Leaders with a lunch at Wakehurst Golf Club on 22 November. Without these wonderful volunteers to lead our courses plus our one-off speakers/presenters there would be no NB u3a so this was a great opportunity for the committee to show its appreciation and say a BIG THANK YOU!

More photos can be found on our website by using this link:

<https://sydneyu3a.org/northern-beaches-news/thank-you-to-our-leaders/>



L-R: Laurie Wilson, Peter Nixon, Diana Pheils, Ian Thompson



President Kerrie Sanders



L-R: Ruth Buchanan, John Peters, Diane Muchar



L-R: Harvey Broadbent, Heather Leggat, Maryanne Deans Kolek, John Watt



L-R Leigh Haines, Terry Herfort

### The 3rd Age Rock Orchestra's End of Year Concert

Another great performance on 13 December had the audience at the Narrabeen Baptist Church *a-rockin' 'n' rollin'* to get everyone in the mood for the upcoming festivities. Thank you Harvey, the Orchestra and vocalists The Hirollers for another very enjoyable afternoon of music from our era.

More photos can be found on our website using this link:

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



### Christmas Day 'Orphans' Lunch at Narrabeen Lagoon

In view of the forecast rain and storms President Kerrie organised for the lunch to be held under cover at the Scouts Hall on the edge of the lake. As it happened the day turned out fine and it looks as though a great time was had by all. *Thanks to Runa Schmidt-Muller and Rosie Plucknett for the photos.*



## Semester 1 Course Book

Keep an eye on your mail boxes as the new course book will be available very soon. If you have ordered a printed copy this will be mailed on 11 January. The book will appear on our website on 15 January where you can download and print a copy. Don't forget to check out the Events for all on pages 6-9 and the Zoom courses on pages 53-56 - lots of interesting things to explore.

Some changes and additions have come to light since the Course Book was sent to the printer.

### ♦ **\*\* NEW VENUE \*\*** Yoga and Relaxation

Every Thursday from 1 February, 10.30am-12.00noon at Narrabeen Tramshed

*This replaces the Yoga class currently held on Fridays at Newport CC which has been CANCELLED.*

### ♦ **\*\* NEW COURSE \*\*** Personality and the Psychology of Communication (max 12)

Alternate Thursdays from 14 March, 2.00-4.00pm at Narrabeen Tramshed (8 sessions)

### ♦ **\*\* NEW COURSE \*\*** Piano Keyboard for Beginners

Every Wednesday from 20 March, 10.30am-12.30pm at Narrabeen Tramshed

### ♦ **\*\* NEW COURSE \*\*** Qigong Alternate Mondays from 12 February, 10.00am-11.00am at Newport Community Centre

### ♦ **\*\*NEW PRESENTATION\*\*** Diving Mishaps and Misdemeanours An interesting and entertaining presentation by David Strike on Tuesday 6 February, 10.00am-12.00noon at North Curl Curl Community Centre.

### ♦ **\*\*BOOKING DETAILS UPDATED\*\*** The 3rd Age Rock Orchestra (Page 39)

Leader and Bookings: Harvey Broadbent [3rdagerockorchestra@gmail.com](mailto:3rdagerockorchestra@gmail.com) 0414 486 675

### ♦ **\*\*CORRECTION TO EMAIL ADDRESS\*\*** Advanced French (Page 40) at Narrabeen Tramshed.

Bookings: to Maureen Black [maureengb192@gmail.com](mailto:maureengb192@gmail.com)

### ♦ **\*\*CANCELLATION\*\*** Yoga and Relaxation (Fridays) at Newport (Page 41) has been **CANCELLED**.

Further information and booking details for these additions and changes can be found on the [Course Book Changes](#) page of our website from 15 January. It's helpful to add these changes to your Course Book to keep the information up to date.

## Friendly Reminders!

- ♦ **Please check that your membership is current.** It can be renewed [online](#) or you can download and complete a form available on our website. The link is: <https://sydneyu3a.org/membership/>
- ♦ **If your email address or any other contact or personal details have changed**, these can be updated online using [this link](#). If you run into difficulties updating online please email the City Office - [officemgr.sydneyu3a@gmail.com](mailto:officemgr.sydneyu3a@gmail.com) - detailing the changes.
- ♦ **Please make sure you book your course** (except where bookings are not required) and advise the leader if you decide to opt out or you're unable to attend at any time.
- ♦ **Please take your own cup or mug** to all your sessions and, if requested, **assist with setting up and stacking chairs**.
- ♦ **Please contact our Welfare Officer, Gaye Pringle**, either by email to [gayepringle@gmail.com](mailto:gayepringle@gmail.com) or by phone on 0407 248 331 if you become aware of a member who is sick or in hospital.
- ♦ **The City Office is currently closed and will reopen on Monday 8 January 2024.**

## Can you help with research?

### Seeking adult volunteers for new research study on cognitive resilience - iPhone users only

ReMind is an app-based longitudinal study investigating cognitive and mental health resilience over the life course. They are looking to recruit 1600 adult participants (aged 18-95 years) across Australia (iPhone users) to participate for the next two years. To find out more information about the study please read [this flyer](#) or visit their website : <https://www.unsw.edu.au/research/resilientmindstudy>

If you are interested in potentially joining the study, you can submit an expression of interest via the website to determine if you are eligible.

## ... and finally

### The deadline for contributions to the February newsletter is **Wednesday 24 January**.

Please be sure to get your contributions in on time or advise the Editor that you are working on something you'd like included so that space can be allocated.

#### Handy links:

NB u3a website: <https://sydneyu3a.org/sydney-u3a/regions/northern-beaches/>

NB u3a Facebook group: <https://www.facebook.com/groups/u3anorthernbeaches>

NB newsletter access at all times: <https://sydneyu3a.org/sydney-u3a/regions/northern-beaches/nb-newsletters/>

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

Newsletter Editor and Producer : Brenda Fuller - [bfuller@inet.net.au](mailto:bfuller@inet.net.au)