

# GREATER WESTERN

**Regional President:** Robin Amos [jjnanna@internode.on.net](mailto:jjnanna@internode.on.net) (preferred) 0418 447 754

**Regional Course Coordinator:** Dallas Corcoran [dallaslouise50@gmail.com](mailto:dallaslouise50@gmail.com)  
0402 639 380 **Enquiries only**

---

**IMPORTANT INFORMATION:** You must book to attend a course. Refer to 'Booking a Course' on page 4.

---

## GREATER WEST REGION OF SYDNEY u3a

### Annual General Meeting and Election of Office Bearers

will be held on: **Friday 23 February commencing at 2:00pm**  
at: **PHIVE**

Address: 5 Parramatta Square.

Guest Speakers: Representative from Senior Rights Service plus Jennifer Waldren Sydney u3a President

Nomination forms: Contact Secretary Ann Orel [annorel@hotmail.com](mailto:annorel@hotmail.com)

Nominations must be in to Secretary by 9 February 2024.

Refreshments provided. Join us for a lovely social afternoon and chance to meet the new committee.

---

## BLACKTOWN: WESTPOINT SHOPPING CENTRE

Alpha St, Community Room Fourth Floor  
wheelchair access, train station nearby, bus stop nearby

Games

**FUN AND GAMES (max 20)**

**Every Friday from 2 Feb 10:00 to 12:30**

A light-hearted course to stretch your mind by playing Scrabble, Rummikub, Canasta, Mah Jong and other games in a friendly atmosphere.

Leader and **Bookings:** June Keith  
[junekeith@optusnet.com.au](mailto:junekeith@optusnet.com.au) 0412 040 230

---

## BLACKTOWN LIBRARY

Cnr Flushcombe Rd & Alpha St  
Community Room  
wheelchair access, train station nearby, bus stop nearby

History Genealogy

**FAMILY TREE MYSTERIES (max 10)**

**First & Third Tuesday of every month from 6 Feb 10:00 to 12:00**

This is a support group for those researching their family history. From beginners to those with over thirty years' experience in genealogy, our friendly group assist each other to solve their genealogy problems.

Leader and **Bookings:** Roslyn McMullen  
[rmrfm12@gmail.com](mailto:rmrfm12@gmail.com) 0416 926 032

---

## CASTLE HILL WARRINA VILLAGE (ANGLICARE RETIREMENT VILLAGE)

Alix Scott Community Centre Langshaw Circuit  
Parking nearby

Discussion Group Current Affairs

**ISSUES AND IDEAS**

**First & Third Tuesday of every month from 6 Feb 10:00 to 12:00**

This lively discussion group researches and discusses ideas on a wide variety of contemporary issues, taking turns to lead discussion on a particular issue per session. At times, we invite a guest speaker to lead the discussion. Will deliver on Zoom if needed.

Leader and **Bookings:** Jim Gray [jcgray01@optusnet.com.au](mailto:jcgray01@optusnet.com.au)  
John Brockman [alban.kingslangle@gmail.com](mailto:alban.kingslangle@gmail.com)

---

## MARAYONG: COMMUNITY CENTRE

62 Railway Rd.  
wheelchair access, parking onsite, train station nearby

Tai Chi

**TAI CHI/ QIGONG**

**Every Tuesday from 6 Feb 9:30 to 11:00**

not school holidays

An oriental exercise that reduces the risk of falls through improving co-ordination, balance, flexibility. The low impact nature of Tai Chi/Qigong is suitable for all ages.

Leader and **Bookings:** Ellen Pilgrim  
[stanp@optusnet.com.au](mailto:stanp@optusnet.com.au) 0407 450 291

---

## NORTHMEAD: NBC SPORTS CLUB

166 Windsor Rd  
Wheelchair access, parking onsite, bus stop nearby

Discussion Group

**A LIVELY DISCUSSION GROUP (max 15)**

**Second & Fourth Monday of every month from  
12 Feb 1:30 to 3:30**

Have your say. We may not agree with what you say but we will defend your right to say it.

Leader and **Bookings:** Sue Nielson  
suenielson@hotmail.com 0421 830 316

## PARRAMATTA PHIVE

5 Parramatta Square  
wheelchair access, train station nearby, bus stop nearby

Genealogy

**GROWING YOUR FAMILY TREE (max 15)**

**First & Third Tuesday of every month from 6 Feb  
12:00 to 2:00**

Interested in your family history? Join a friendly, helpful group all engaged in digging up their ancestors.

Leader and **Bookings:** John Venables  
john\_venables@yahoo.com 0490 776 561

Calligraphy

**CALLIGRAPHY (max 18)**

**Second & Fourth Thursday of every month from 8 Feb  
1:30 to 3:30**

Learn beautiful writing and discover your artist within. A continuing course, no experience or talent necessary but time and effort essential. Will alternate with Zoom Sessions. First session will be face-to-face.

Leader: Georgie Tuck georginatuck93@gmail.com  
9626 1334

**Bookings:** Deborah Gracic deb.gracic@gmail.com 9636 6512

**TUESDAYS AT PHIVE**

**Second & Fourth Tuesdays of every month from 13 Feb  
10:00 to 12:00**

Interesting presentations from passionate people.

**Bookings:** Ann Todd anntoddu3a@gmail.com  
Lorraine Michalk lmichalk@optusnet.com.au

Animal Conservation

**1. Australian Wildlife Conservancy**

**13 Feb**

The Australian Wildlife Conservancy is the biggest private owner and manager of land for conservation in Australia, turning the tide on extinction and bringing renewed hope for threatened species.

Presenter: Elly Gearing

History

**2. The world of Turks and the Ottoman Empire**

**27 Feb**

The Turkic nomads emerged from the Asian steppes and replaced the Arabs in controlling the Islamic world.

Presenter: Himanshu Jhala

Travel

**3. Living and working in Japan as a foreigner**

**12 Mar**

We will consider Japanese customs, business culture, schooling, etiquette, cuisine, fashion and other quaint aspects of daily life in Japan.

Presenter: Ian Thompson

Education

**4. Literacy: causes, remedies, results**

**26 Mar**

Literacy and illiteracy are crucial questions at the heart of a functioning society. This presentation and discussion should provide vital insights.

Presenter: Frank Wilson

History Australia

**5. Kings Cross and Darlinghurst**

**9 Apr**

Join us on a virtual walk, glimpsing into the villains of the past and those of today. We will see what remains of a time when Kings Cross was high status living and Darlinghurst Court House and Gaol could be seen from anywhere in the city.

Presenter: Trevor McAllister

History Australia

**6. Women pioneers**

**23 Apr**

**Part 1 Unknown women pioneers**

Mainly upper class men were written about in history books. This talk will redress the balance.

**Part 2 Crimes of convict women**

Amusing and amazing tales of the crimes committed by convict women after they arrived in the colony.

Presenter: Judith Dunn

Science

**7. The world in 2040**

**14 May**

Artificial intelligence, technology and quantum computers will bring about enormous change in the world.

Presenter: Alec Rubenstein

Science

**8. The pharmacology of herbs**

**28 May**

Herbs have been used in medicine from time immemorial, while western medicine is only a few hundred years old.

Herbal treatments are discussed in some detail.

Presenter: Punchi Dassanyake

Music Appreciation

**9. Behind the lines: show biz**

**11 June**

Enjoy some show biz songs and find out about the unexpected stories behind them.

Presenter: Graham Spindler

Geography

**9. Antarctica: one man's journey 1964**

**25 June**

Australian Research Expedition at Mawson Base: conditions, expeditions and the penguins, of course.

Presenter: Garry Smith

Music Opera

**MAGIC MOMENTS IN CLASSICAL MUSIC (max 10)**

**Second & Fourth Wednesday of every month from  
14 Feb 1:00 to 3:00**

Designed to share beautiful moments in classical music, particularly opera, experience the uplifting feeling of listening to music by composers who have been able to express, through their music, feelings and emotions that are otherwise inexpressible.

Leader and **Bookings:** Peter Anderson  
oeuvres@tpg.com.au 0416 019 512

History

### FRIDAY HISTORY WITH COLIN SMITH

**First & Third Friday of every month from 16 Feb 10:00 to 12:00 (8 Sessions)**

We continue the tangled web of the Balkans from World War 1 through to the decade-long brutal conflicts in Kosovo and Macedonia.

Presenter: Colin Smith

**Bookings:** Steve Bensley steveben@aapt.net.au (preferred) 0401 454 364

Book Group

### THRILLERS AND MYSTERIES (max 10)

**Fourth Thursday of every month from 22 Feb 12:30 to 2:30**

Do you love reading 'whodunits'? Then join our energetic book club. We take turns in selecting two authors for each month.

Leader and **Bookings:** Ann Todd anntoddu3a@gmail.com 0428 857 790

Book Group

### BOOK OF THE MONTH (max 20)

**Fourth Monday of the month from 26 Feb 10:00 to 12:00**

Discussion on the month's book within a dynamic group. We share our reading experience, expand our understanding, enjoy a terrific morning conversation, while learning and, at times, laughing.

Leader and **Bookings:** Judy McShane judymcs@hotmail.com 0419 406 912

## TOONGABBIE: ST ANTHONY'S CHURCH HALL

Aurelia St

Wheelchair access, train station nearby, bus stop nearby

Games Canasta Mah Jong

### MONDAY CANASTA AND MAH JONG (Western Style) (max 25)

**Every Monday from 5 Feb 1:00 to 3:30**

Learn Canasta and Mah Jong (Western Style) in a friendly group. Practise, refresh and polish up your skills for both these social games.

**Bookings:** Kerrie Booth 0431 953 419

June Keith junekeith@optusnet.com.au 0412 040 230

Dance

### RHYTHM OF THE DANCE & LINE DANCING (max 30)

**Every Wednesday from 7 Feb 1:00 to 3:00**

not school holidays

Strengthen your balance and memory skills by dancing away to the music of the Waltz, Cha Cha, Rumba, Tango and more, in this relaxed easy to follow class. A carefree 2 hours of fun and learning.

Leader: Bobbie Kersten bobbiekersten@gmail.com 0410 873 605

**Bookings:** Carol Limbo carohlinaalbina@gmail.com 0421 618 081

Dance

### BALLROOM DANCING (max 30)

**Every Thursday from 8 Feb 1:00 to 3:00**

not school holidays

Have fun! Learn the basic dancing steps of Latin American, New Vogue and Traditional Ballroom. No partners required.

Leader and **Bookings:** Cecilia Padlan cbeauty023@gmail.com 0415 965 325

## EMAIL

Creative Writing

### WRITING CREATIVELY

**Every Second & Fourth Monday via email from 12 Feb**

Learn the skills of transforming experiences into prose and poetry. Friendly, supportive group for sharing.

Leader and **Bookings:** Glennis Henning ghenning1940@gmail.com 0411 108 832

## OUT THERE

Outdoor Outings

### WALK AROUND GREATER SYDNEY (WAGS) (max 25)

**Second Friday every month from 9 Feb**

A variety of walks around Sydney ranging from medium to easier bushwalks, track and street walks at various locations and times. Participants notified the Friday before each walk.

Leader and **Bookings:** Liz Ryan ryanliz1956@gmail.com 0431 771 884

Movies

### THE MOVIE CLUB

**Third Thursday of every month from 15 Feb**

not school holidays

View a new release movie at various cinemas, and then enjoy lunch or coffee afterwards to discuss the film.

Participants notified of films and locations 1 week prior.

Leader and **Bookings:** Judy Buhagiar judybuh@outlook.com 9631 4102

Outdoor Outings

### SYDNEY u3a WESTERN WALKERS (max 20)

**Fourth Friday of every month from 23 Feb**

From easy to hard grade bushtracks and street walks around Sydney. Explore beautiful and interesting places. Occasionally by public transport. Maybe lead some walks.

Leader and **Bookings:** Keith Austin panaust@tpg.com.au 0437 537 137 (text only)

## PRIVATE HOMES

History World

### EXPLORING THE PAST (Sth Wentworthville) (max 5)

**Alternate Thursdays from 1 Feb 10:00 to 12:00**

Video clips and discussion based on various famous people, including events of historic importance.

Leader and **Bookings:** Bev Cockburn bevco4@bigpond.com 0408 489 804

Desktop Flying

### DESK-TOP FLYING FOR SENIORS (Carlingford) (max 6)

**First & Third Tuesdays from 1 Feb 1:30 to 3:30**

Frustrated aviators can learn to fly/navigate/enjoy scenery on a large screen, from 22,000 airports, using a stable of 180 aircraft. No flying experience necessary.

Leader and **Bookings:** Keith Manwaring snrpilot18@gmail.com 9872 2907

Cinema Movies

### ANYONE FOR MURDER? (Sth Wentworthville) (max 5)

**Alternate Wednesdays from 7 Feb 10:00 to 12:30**

Using a selection of films of murder mysteries; including sleuths such as Morse, Barnaby, Miss Marple & Hercule Poirot. Episodes of *Endeavour*, *Lewis* and *Vera* included.

Leader and **Bookings:** Bev Cockburn bevco4@bigpond.com 0408 489 804