

UPPER NORTH

Regional President: Marilyn Pryor marilynpryor7@gmail.com 0414 493 415
Regional Course Coordinator: Deb Heagney heagney@bigpond.com **Enquiries only**

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

UPPER NORTH REGION OF SYDNEY U3A

Annual General Meeting and Election of Office Bearers and Welcome to New Members

will be held on **Monday 5 February, 2024 commencing at 1:30pm**

at **Turramurra Uniting Church**

10 Turramurra Avenue (behind shopping area car park).

Reports by the President and other Committee members.

Presentation by guest speaker, Andrew Campbell, Audiologist, on the vital connection between hearing and brain health.

Election of office bearers for 2024: Members are invited to join the Upper North Committee to assist with the running of our wonderful organisation. Information and nomination forms may be obtained from, and returned to, the Secretary, Sylvia Hibberd, sylviau3aun@gmail.com or 0428 596 046 by Thursday 25 January.

Refreshments provided.

Please RSVP to Marilyn Pryor at marilynpryor7@gmail.com or 0414 493 415 by no later than Monday 29 January.

BEROWRA COMMUNITY CENTRE

Gully Rd (Behind Berowra Oval)
train station nearby, parking onsite
Venue Coordinator: Anne Rayment
annerayment@hotmail.com

AFFAIRS OF INTEREST IN THE CURRENT WORLD

**Second and fourth Mondays of every month from
12 Feb 10:00 to 12:00**

Balcony room

A series of talks of general interest looking at topics relevant to people living in today's world.

Leaders: Joan Scott and Jackie Wilson

Bookings: Joan Scott djscott@tpg.com.au (preferred)
0405 453 396

Technology

1. AI – present, past and future

12 Feb

Introduction to Artificial Intelligence, potential benefits and risks for the future.

Presenter: Jeff Burgess

Climate

2. Weather and the animal kingdom

26 Feb

Evolution and climate change. How animals and insects adapt to changing weather patterns.

Presenter: Ian Thompson

China

3. Who is Xi Jin Ping

11 Mar

He has been leader of China since 2013. Who is he and what is he trying to achieve?

Presenter: Peter Nixon

Advertising

4. Adventures in advertising

25 Mar

Highs and lows of the advertising industry from major international campaigns to a local agency.

Presenter: Tom Glynn

Legal

5. Criminal justice reform

8 Apr

The growing movement for changes to the criminal justice system. Reform of policing and the prison experience.

Presenter: Robert Tickner

Technology

6. Diamonds are forever

22 Apr

The mystique of natural gemstone diamonds, their origin, global production, mining issues and future importance.

Presenter: Jackie Wilson

Geology

7. A planet, people and rocky relationship

13 May

The survival of humanity depends on our knowledge of the special geological features of our rocky planet.

Presenter: Garry Lowder

Music

8. Cuba – a musical journey

27 May

Sights, sounds and impressions from a journey through Cuba.

Presenter: Graham Spindler

Science

9. Australian Sceptics scientific investigations

11 Jun

Dubious claims and activities investigated by the Australian Sceptics Association.

Presenter: Ian Bryce

EASTWOOD CROQUET CLUB

Corner of West Parade & Wingate Avenue
train station nearby
Venue Coordinator: Patricia Sykes
sykesp062@gmail.com

Games Croquet

INTRODUCTION TO CROQUET

Fridays from 1 Mar

The game of croquet is low impact, strategic, mentally stimulating and offers effective yet gentle exercise. All equipment supplied and lessons by a qualified coach. Dress code is casual with flat soled shoes or joggers. Bring water bottle, hat and sunglasses.
Leader and **Bookings:** Lorraine Ewer
secretary@eastwoodcroquetclub.org.au 0417 250 696

EPHING LEISURE AND LEARNING CENTRE

1 Chambers Court, off Pembroke Street,
beneath the Library
wheelchair access, limited parking, train station nearby,
bus stop nearby
Venue Coordinator: Tricia Tsang
rydenurse@yahoo.com.au 0408 288 386

INTERESTING SPEAKERS AT EPPING (max 30)

Alternate Wednesdays from 7 Feb 1:00 to 3:00

Function Room

A group of speakers on a variety of subjects.

Leader and **Bookings:** Tricia Tsang
rydenurse@yahoo.com.au 0408 288 386

Science

1. Discoveries and inventions that have shaped our world

7 Feb

A look at some of the important discoveries and inventions that have changed the world, and the people and science behind them.

Presenter: Ian Thompson

Government Services

2. Service NSW

21 Feb

Giselle will provide information on services provided by Service NSW, especially the Savings Finder Program, which includes rebates and savings
Presenter: Giselle Coelho

Medical Matters

3. Strokes

6 Mar

Learn how to recognize stroke so you can get help quickly and also strategies for risk management.

Presenter: Dr Christine Lopacinski

Travel

4. Easter Island and Patagonia

20 Mar

Our presenters will highlight aspects of the history, geography, culture, architecture, lifestyles and landscapes from their travels and research.

Presenters: Kevin and Glenys Murray

History War

5. Judy, the English Pointer dog

3 Apr

Judy saved the lives of prisoners of war in Sumatra in WW2. She won the Dickin Medal (canine Victoria Cross).

Presenter: Winsome Baker

Famous People

6. The Royal Flying Doctor Service

17 Apr

The story of John Flynn, founder of the RFDS and the current structure and operations of the service.

Presenter: Greg Woodward

History Australia

7. Rookwood Cemetery

1 May

Learn about Rookwood's history, its development and evolution, the significant link to our nation's heritage and many other fascinating and quirky facts.

Presenter: Mark Bundy

Famous People

8. William Dampier

15 May

The first Englishman to set foot on Australian soil and one of history's forgotten men. The poet William Taylor Coleridge described him as "...a pirate of exquisite mind". Why?

Presenter: Robin Amos

Medical Matters

9. Australia wins the world cancer stakes

29 May

Australia has the world's highest rate of cancers – skin cancer, leukaemia, lymphoma and many others. What are we doing wrong? What could we do better?

Presenter: Dr Judy Ford

Legal

10. The NSW Trustee and Guardian (Public Trustee)

12 Jun

Come and learn all about Estate Planning, the importance of making a Power of Attorney, appointing an Enduring Guardian and making a Will.

Presenter: Maria Grew

Ethics

11. Pine Gap: ethics of government eavesdropping

26 Jun

David worked at Pine Gap for 18 years with all aspects of satellite surveillance and has over 20 year's experience working with the global Intelligence community.

Presenter: David Rosenberg

Tai Chi

TAI CHI (max 20)

Alternate Wednesdays from 14 Feb 1:00 to 3:00

Function Room

Gain health benefits through its gentle exercises and relaxation, ideal for Third Agers. Tai Chi's graceful, fluid movements combine three forms of exercise: strength, stretching and breathing. Participants should provide fitness assurance.

Leader and **Bookings:** Dennis Siang Tan
dshtan@bigblue.net.au 9888 7874

EPHING UNITING CHURCH

Corner Chester and Oxford Sts
train station nearby, bus stop nearby
Venue Coordinators: Sandra Luntz (Book Discussion Group)
sandra.luntz@gmail.com 9874 3382
Sheena Caswell (Scottish Country Dancing)
sheena.caswell@gmail.com 0401 847 468

Dance

SCOTTISH COUNTRY DANCING (max 16)

Every Friday from 2 Feb 10:00 to 11:30

Large hall

A fun social activity for all ages. As soon as you hear the wonderful Scottish music you will want to dance. Moderate physical fitness is required but no previous dance experience or partner is needed. Wear soft shoes and light clothing.

Leader and **Bookings:** Sheena Caswell
sheena.caswell@gmail.com 0401 847 468

Book Group

BOOK DISCUSSION GROUP

Alternate Thursdays from 8 Feb 10:00 to 12:00

A reading and discussion group that considers a variety of texts with an emphasis on contemporary literature but also includes an occasional classic. The title of the first book for discussion will be given on enrolment.

Leaders: Sandra Luntz and Barbara Boston

Bookings: Sandra Luntz sandra.luntz@gmail.com
(preferred) 9874 3382

GORDON LIBRARY

799 Pacific Highway
wheelchair access, parking nearby, train station nearby
Venue Coordinator: Heather Lakiss
heatherlakiss@gmail.com (preferred) 0402 080 045

Tai Chi

TAI CHI (max 15)

Every Thursday from 1 Feb 10:00 to 12:30

(beginners 10:00 to 11:00, intermediate 11:00 to 12:30)

Meeting Room 2

Learn the ancient art of Tai Chi and Qigong and gain health benefits through gentle strength, stretching and breathing exercises.

Leader and **Bookings:** Rose Pettett
rose.pettett@gmail.com 0402 287 738

Philosophy

PHILOSOPHY

Alternate Mondays from 5 Feb 10:00 to 12:00

Meeting Room 2

This course looks at 'No Excuses: Existentialism': a series of lectures from the Great Courses DVDs.

Leader: Jock Buselli Jock.Buselli@tpg.com.au 9484 7041
Bookings: Stanis Osterly stanisosterly@hotmail.com

HORNSBY: CENTRAL LIBRARY

28-44 George St (entry in Hunter Lane)
wheelchair access, parking nearby, train station nearby,
bus stop nearby
Venue Coordinator: Vicky Davies vdavies710@gmail.com
(preferred) 0422 522 550

History Australia

AUSTRALIAN HISTORY SEMINARS

Alternate Tuesdays from 6 Feb 10:15 to 12:15

Room 4

Topics for discussion will include: Lachlan Macquarie, Australian Wildlife Conservancy, the Green Bans, Vice-Regal Consorts of NSW, Historical Aircraft Restoration, Captain Thunderbolt – the legend that was, Pine Gap, May Gibbs – cartoons and comic strips, the Other Smith Family.

Leader and **Bookings:** Garry Smith

garmal@outlook.com.au (preferred) 0418 443 147

Nature

AUSTRALIA'S CRITICALLY ENDANGERED ANIMALS

(max 10) **NEW**

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

Room 2

This series of well-illustrated presentations looks briefly at all 124 species of animals on the Australian official list of Critically Endangered species. Criteria for such listings are discussed as are the threats involved and possible conservation measures.

Leader and **Bookings:** Graeme Aplin

graemeaplin@optusnet.com.au 9487 1839

1. Introduction and snails

7 Feb

Introduction of criteria and listing of processes federally and through IUCN. Brief look at 13 species of endangered snails. Threats and conservation measures are introduced as they are in all subsequent sessions.

2. Insects and a spider

21 Feb

This session looks at 9 species of insects: 3 butterflies, 3 bees, a cricket, a mealybug and a phasmid...and one spider.

3. Water life

6 Mar

This session looks at 12 species of crayfish, one freshwater mussel and a sea star.

4. Fish

20 Mar

22 species of fish are covered, including 12 species of galaxias found in very limited areas.

5. Frogs

3 Apr

18 species are covered and there is also a detailed treatment of chytridiomycosis fungal disease that seriously threatens amphibians worldwide.

6. Reptiles

17 Apr

Covering 17 species: two sea snakes, one snake, 11 lizards and three tortoises or turtles.

7. Birds – part 1

1 May

We look briefly at some of the 22 extinct bird species, then in more detail at five critically endangered species.

8. Birds – part 2

15 May

This session covers another 13 different bird species.

9. Mammals – part 1

29 May

This session looks briefly at some of the 39 extinct mammal species then in more detail at the three species listed on the EDGE2 list of the world's most seriously endangered mammals.

10. Mammals – part 2

12 Jun

Another eight mammal species are covered in this session including those listed nationally but not on EDGE2.

History Food

A HISTORY OF FOOD AND GASTRONOMY **NEW**

Alternate Tuesdays from 13 Feb 10:15 to 12:15

Room 4

A history of food and culture in diverse subjects such as food and war, railway food, food served on the Titanic and culinary habits of dictators and Charles Darwin.

Leader: Diana Noyce

Bookings: Lynette Trupp roblyntrupp@bigpond.com.au (preferred) 9484 2641

1. Australia's culinary history

13 Feb

- (a) From Slippery Bob to baba ganoush: Australia's culinary history from the arrival of convict ships in 1788 to present day.
- (b) The rise of the picnic hamper: the history of dining al fresco.

2. A fateful feast: the final repast on RMS Titanic

27 Feb

Examines the accoutrements of the table and the menus offered to passengers, illuminating the food consumed by the different classes in the days and moments leading up to the sinking of the Titanic.

3. Dictators: culinary habits of 20th century tyrants

12 Mar

The culinary habits of the world's notorious 20th century despots; their favourite dishes, eccentricities, table talk, table manners, addictions and frequent terror of being poisoned.

4. Easter traditions and food on the move

26 Mar

- (a) Decorating Easter eggs and the Easter bunny – food is at the centre of Easter traditions.
- (b) History of dining on the Ghan railway

5. All about herbs and spices with Ian "Herbie" Hemphill

9 Apr

Herbie is one of Australia's foremost culinary specialists. With a passion for herbs and spices, he is the author of *The Spice and Herb Bible*.

6. Parrot pie with Nola Bramble, Travelling Ladies

23 Apr

For adventurous lady travellers, parrot pie for breakfast was just one of the culinary challenges they encountered.

7. The role of food in the race to the Antarctic

7 May

- (a) Hoosh, dogs and seal meat: Roald Amundsen and Robert Scott and the role that food played in their expedition.
- (b) The unconventional table of Douglas Mawson's Antarctic expedition 1911-1914.

8. The culinary life of Charles Darwin

21 May

From gourmet traveller to country squire - a unique look at Darwin, not from a scientific, but from a culinary perspective. Darwin not only collected specimens for observation but also ate them.

9. A taste of war

4 June

- (a) The challenges of feeding the rank and file soldiers on the frontline at Gallipoli and the Western front in WW1.
- (b) The culinary life of Australian prisoners in Changi in WW2 as seen through the artwork of Murray Griffin.

10. Feeding body and soul: Antarctica, South Pole

18 Jun

- (a) The midwinter celebration is a tradition unique to Antarctica to commemorate the winter solstice.
- (b) From hoosh to Beef Wellington: celebrating Christmas at the South Pole.

HORNSBY: LEISURE AND LEARNING CENTRE

25 Edgeworth David Avenue

wheelchair access, parking nearby, bus stop nearby Venue

Coordinator: Heather Lakiss heatherlakiss@gmail.com (preferred) 0402 080 045

Dance

DANCE DYNAMICS

Every Tuesday from 23 Jan 10:00 to 11:15

This dance fitness class is all about having fun while moving your body to great music. A wonderful way to improve your coordination and balance as well as providing benefits for your physical, emotional and mental health.

Leader and **Bookings:** Deb Heagney heagney@bigpond.com 0409 448 542

Art Painting

WATERCOLOUR PAINTING (max 16)

Alternate Thursdays from 1 Feb 9:30 to 12:00

Discover the magic of watercolour painting in this friendly group, whatever your skill level. Different techniques will be given from beginners to more experienced levels. Everyone attending should bring their own materials.

Leader and **Bookings:** Ildy Turner ipturner@bigpond.net.au 0414 949 488

Art Painting

PAINTING IN ACRYLICS (max 15)

Alternate Thursdays from 8 Feb 9:30 to 12:00

Come and join our friendly class. Basic skills lessons are given to beginners, as well as guidance and assistance provided to all, whatever your skill level.

Leader and **Bookings:** Janny Drayer jannydrayer@gmail.com 0432 121 999

HORNSBY: WALLAROBBA ARTS AND CULTURAL CENTRE

25 Edgeworth David Avenue

wheelchair access, parking nearby, bus stop nearby

Venue Coordinator: Heather Lakiss

heatherlakiss@gmail.com 0402 080 045

Music Recorder

MEDIUM TO ADVANCED RECORDER (max 10)

Alternate Wednesdays from 31 Jan 10:00 to 12:30

The Dining Room

The Wallarobba Players are a friendly and relaxed group whose purpose is to improve technique and enjoy making beautiful music together.

Leader and **Bookings:** David Rodely rodely.david@gmail.com

LINDFIELD GARDENS RETIREMENT VILLAGE

2 Ulmarra Place, East Lindfield
street parking available
Venue Coordinator: Book through the village office
9416 8466

VARIOUS SPEAKERS

**Fourth Thursday of Every Month from 22 Feb
10:00 to 12:00**

Village Centre

Various speakers present different topics of interest.

Bookings: Book through the village office 9416 8466

History Australia

1. Australia at home 1939 - 1945

22 Feb

How life was lived and adapted between 1939 and 1945 to cope with the shortages and changes in the Australia community.

Presenter: Jennifer Hubbard

History Maritime

2. The Halvorsen story

28 Mar

The Halvorsen family's commitment to boat building, design and craftsmanship made their vessels highly desired, especially in supporting the war effort.

Presenter: Noel Phelan

History War

3. Men, machines and medicine in WW2

18 Apr

WW2 was between two groups; the Axis Group and the Allied Group. We describe the ships, aeroplanes, tanks and weapons delivery systems used as well as medical treatments.

Presenter: "Das" Punchi Dassanayake

Music

4. Cuba – a musical journey

23 May

Cuba is a 50s time capsule floating on a sea of music. Share the sights and sounds.

Presenter: Graham Spindler

Medical Matters History

5. Dealing with the dreaded pox

27 Jun

A history of the North Head Quarantine Station. Our presenter spent five of his pre-teen years living there and survived a Smallpox scare when the P&O liner "Moontan" was impounded.

Presenter: Dr. Terrence "Terry" Beed

LINDFIELD SENIORS CENTRE

259 Pacific Highway (behind Library)
wheelchair access, limited parking onsite, parking nearby,
train station nearby
Venue Coordinator: Marika McLachlan
marikamclachlan@bigpond.com 0411 151 722

Language Spanish

INTERMEDIATE SPANISH

Alternate Mondays from 8 Jan 2:00 to 4:00

Meeting room, main building

A reasonable knowledge of grammar is required encompassing all tenses and understanding of subjunctives. The course will focus on listening, reading and speaking. There will be continual grammar revision. A variety of teaching methods will be used.

Leader and **Bookings:** Jenny Brady

jennybry30@hotmail.com 9966 8510 or

0403 923 555

Book Group

MODERN AND CLASSIC NOVELS

Alternate Thursdays from 1 Feb 10:15 to 12:15

Meeting room, main building

A literary discussion group studying 10-11 books each semester in a friendly and informal setting. All enthusiastic readers welcome. 1 Feb: *Little Dorrit* by Charles Dickens, 15 Feb: *Small Mercies* by Dennis Lehane.

Leader and **Bookings:** Maurice O'Donovan

odonovan.1@bigpond.com 9411 8717

Language Latin

LATIN INTERMEDIATE

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

Resource centre, bottom of driveway

not school holidays

This continuing course is based on Part 3 of the second edition of the *Oxford Latin Course* enhanced by passages of prose and poetry from various classical authors. Anyone with some basic knowledge of Latin is welcome to join us.

Leader and **Bookings:** Helen Ledwidge

helenledwidge685@gmail.com 9489 7161

or 0414 489 716

Language German

GERMAN ADVANCED

Every Friday from 16 Feb 9:30 to 11:00

Meeting Room, main building

Students need to have a sound knowledge of German.

Newspaper articles, passages from literature and poetry for discussion. New members welcome.

Leader and **Bookings:** Marika McLachlan

marikamclachlan@bigpond.com 0411 151 722

Language German

GERMAN INTERMEDIATE

Every Friday from 16 Feb 11:00 to 12:30

Meeting Room, main building

em 2008 neu Abschlusskurs – Kursbuch Niveaustufe C1 and Arbeitsbuch (ISBN 978-3-19-511697-8); *Der arme Millionär*: A course in everyday German BBC Radio basis for discussion in German.

Leader and **Bookings:** Marika McLachlan

marikamclachlan@bigpond.com 0411 151 722

MEADOWBANK PARK NETBALL COURT

Southern end of Adelaide Street parking onsite
Venue Coordinator: Al Reeks areeks@tpg.com.au

Games Pickleball

PICKLEBALL

Every Wednesday from 7 Feb 10:00 to 12:00

Pickleball is a fun game which mixes three sports into one – tennis, badminton and table tennis. It is played on a badminton size court. The net is lower than a tennis net, the paddles are the size of a beach bat and typically made of graphite and the ball is light plastic.

Leader and **Bookings:** Al Reeks areeks@tpg.com.au

PENNANT HILLS: HORNSBY KU-RING-GAI CHILD AND FAMILY HEALTH CENTRE

5 Fisher Avenue parking nearby, train station nearby
Venue Coordinator: Heather Lakiss
heatherlakiss@gmail.com 0402 080 045

Poetry

POETRY WRITING

Alternate Thursdays from 8 Feb 10:00 to 12:00

Group Room

We are a relaxed group of poets seeking to improve our writing. Bring a draft, receive positive and constructive comments.

Leader and **Bookings:** David Atkinson
atkinsondn6@gmail.com 0412 643 328

SOUTH TURRAMURRA: ST ANDREW'S UNITING CHURCH

Vernon St parking onsite
Venue Coordinator: Yiu Lam Kwan yiu.lam.kwan@gmail.com
(preferred) 0490 045 118

Language French

FRENCH PRE-INTERMEDIATE (max 15)

Every Tuesday from 6 Feb 1:00 to 3:00

Fellowship Room
not school holidays

For those who have completed at least 2 years of preliminary French course. Develop your skills in speaking, listening to, reading and writing French in a relaxed and friendly atmosphere. Two text-books required.

Phone Leader for details.
Leader and **Bookings:** Shirley Beck 9634 4214

Language French

FRENCH - INTERMEDIATE (max 15)

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

Fellowship Room
not school holidays

For those who have completed at least 3 years of preliminary French course. Develop your skills in speaking, listening, reading and writing French in a relaxed and friendly atmosphere. Two text books required.

Phone Leader for details.
Leader and **Bookings:** Shirley Beck 9634 4214

ST IVES FERNBANK RETIREMENT VILLAGE

2 Kitchener St parking onsite, parking nearby
Venue Coordinator: Vicky Davies
vdavies710@gmail.com (preferred) 0422 522 550

Creative Writing

TUESDAY WORDSMITHS

Alternate Tuesdays from 13 Feb 10:00 to 12:00

Visitor Centre Games Room

Join our friendly and supportive group of amateur writers who enjoy writing short stories/articles on a specific theme. We are always amazed at the variety of different interpretations. Members discuss and offer appreciation and constructive criticism. No experience? No problem. Leader and **Bookings:** Liz Laslett lizlaslett45@gmail.com 0410 498 621

ST IVES UNITING CHURCH

Cnr Douglas St and Mona Vale Rd
wheelchair access, parking onsite
Venue Coordinator: Vicky Davies vdavies710@gmail.com
(preferred) 0422 522 550

Cinema

THE GOLDEN AGE OF CINEMA

Alternate Fridays from 2 Feb 10:00 to 12:30

Wesley Room

Classic films from the 1920s to the 1960s will be screened. Leader and **Bookings:** Gary Tyrrell talk2garyt@gmail.com 0432 696 163

Dance

DANCE FOR FITNESS AND FUN, ONE

Every Monday from 5 Feb 10:00 to 11:30

Wesley Room

We dance to songs that we know and love. With music, rhythm and movement, we make new neuro pathways remembering the steps while exercising body and mind, improving memory and cardiac fitness; with the added bonus of friendship and laughter.

Leader and **Bookings:** Rose Pettett
rose.pettett@gmail.com 0402 287 738

Music Ukulele

UKULELE FOR FUN

Every Wednesday from 7 Feb 9:00 to 12:00

(beginners 9:00 to 9:30)

Wesley Room

Looking for a new interest? Come and have a lot of fun with a friendly group. Beginners welcome and start up ukuleles available for you to try. Music is so good for the soul. Strum and sing with us just for fun.

Leader: Dennis Simmons
Bookings: Barrie Heath foxv217@gmail.com 0450 405 526

Dance

DANCE FOR FITNESS AND FUN, TWO

Every Friday from 9 Feb 10:00 to 11:30

Finlay Room

We dance to songs that we know and love. With music, rhythm and movement, we make new neuro pathways remembering the steps while exercising body and mind, improving memory and cardiac fitness, with the added bonus of friendship and laughter.

Leader and **Bookings:** Rose Pettett
rose.pettett@gmail.com 0402 287 738

Discussion Group Current Affairs

CURRENT AFFAIRS (max 20)

Alternate Thursdays from 15 Feb 10:00 to 12:00

Calvin Room

We discuss and actively debate current news topics from local, national and international news sources. Debate can be lively and respectful of all opinions. Topics are sent in advance. Leader and **Bookings:** Michael Branagan 0417 452 100

TURRAMURRA NORTH: THE LANDINGS

440 Bobbin Head Rd

parking onsite

Venue Coordinator: Wendy Bull

thelandingsvilla@gmail.com 9488 5268

TOPICS OF INTEREST

Second and fourth Mondays from 12 Feb 2:00 to 3:30

Clubhouse

not public holidays

A variety of speakers lecture on their favourite subjects

Leader: Wendy Bull thelandingsvilla@gmail.com 9488 5268

Bookings: no bookings required

Evolution

1. The evolutionary origins of humans

12 Feb

Looking back in time, we untangle the evolutionary tree of our own pre-human and human ancestors looking in detail at our more recent hominid relatives, as revealed by the latest fossil and genetic evidence.

Presenter: Kevin Murray

Medical Matters

2. Genes and lifestyle

26 Feb

Understanding how genes and lifestyle interact in our life health and longevity. Learn how to optimize your health, reduce ageing and cancer risks and how to create a healthier future.

Presenter: Dr. Judy Ford

History

3. Pine Gap – NSA eavesdropping memoirs

11 Mar

Pine Gap's treaty with the USA in 1966 has always been controversial. Learn its history from an insider who served 18 years in Operations and discuss the ethical considerations of Government eavesdropping.

Presenter: David Rosenberg

History Australia

4. Radicals – remembering the sixties

25 Mar

The radical 60s! All the various mavericks, activists, movers and shakers mixed with their outrage and humour in their activities and looking at the cultural scene (art, music theatre) as well as political events.

Presenter: Dr. Meredith Burgmann AM

History Australia

5. Early Immigration 1840 – 1900

8 Apr

Based on diaries and records, we explore the experiences of British, German and Chinese immigrants on sailing ships travelling to the colonies.

Presenter: Gavin Crawford

History

6. An insider's perspective on Fiji

22 Apr

Fiji in the 1880s was so different to today and included warfare and cannibalism. Then came the Colonial era and the arrival of Indians and colonial independence. Andrew speaks of his personal experiences and outcomes of Fiji's history.

Presenter: Andrew Drysdale

Nature

7. The Australian paralysis tick

13 May

The enemy of us all – both humans and animals. Tick distribution, biology, lifestyle and ecology and impact on health of humans and companion animals. Ticks and their association with meat allergies and Lyme disease.

Presenter: Ian Thompson

History

8. The Gin Age and Georgian England

27 May

The emergence of gin in 1690 as a cheap alternative to beer became an addiction of the London poor. Increases in taverns and inns, but also in crime and social decay and Parliament's failure to curb it by legislation.

Presenter: Peter Headley

Maritime

9. Captain Cook Graving Dock

24 Jun

Construction of the dock was the second largest engineering project in Australia – even larger than the Harbour Bridge.

A bomb-proof standby power station, pumping plant and cranes were constructed to accommodate the repair of damaged war ships.

Presenter: Noel Phelan

TURRAMURRA UNITING CHURCH

Turramurra Avenue

wheelchair access, parking onsite, train station nearby, bus stop nearby

Venue Coordinator: Vicky Davies vdavies710@gmail.com (preferred) 0422 522 550

Language German

PRE-INTERMEDIATE GERMAN

Every Monday from 5 Feb 10:00 to 12:00

Garden room

not school holidays

Participants will develop their German vocabulary and grammar skills through course work, listening and speaking activities. The course assumes some prior study of, or familiarity with, the German language.

Leader and **Bookings:** Michael Hummel

michael.hummel48@gmail.com 0404 478 814

Current Affairs

CURRENT AFFAIRS DISCUSSION GROUP

Alternate Tuesdays from 6 Feb 10:00 to 12:00

Garden Room

We discuss current affairs and associated ideas based on media reports in an informal and objective manner.

Subjects for discussion by a leader who is rostered on a voluntary basis in each session. New members welcome.

Leader and **Bookings:** Margaret Rapsey

rmrapsey@bigpond.com (preferred) 9456 4410

0457 252 526

Games

FUN PUZZLES

Alternate Tuesdays from 13 Feb 10:00 to 12:00

Garden Room

Each session we have a variety of puzzles – something for everyone. Word, number, logic and hands on spatial puzzles so come along and have some fun and get your brain working. You will need pencils, paper, scissors and eraser.

Leader and **Bookings:**

Sandra Sadler spsadler@dodo.com.au 9484 5513

History

HISTORY – FACTS AND FUN

Alternate Thursdays from 15 Feb 9:30 to 11:30

Garden Room

We cover many countries and timelines in history and include some interesting and amusing diversions. Questions and discussions always welcome.

Leader: Phil Pryor

Bookings: Margaret Marshall shalldo15@gmail.com

0418 253 949

WAHROONGA: THE WONIORA

9 Woniora Avenue

wheelchair access

Venue Coordinator: Dorothee Schifter

dorothee.schifter@bigpond.com 9487 2578

Language German

GERMAN INTERMEDIATE (max 12)

Every Monday from 5 Feb 10:15 to 12:15

This course assumes that students have studied German in the past and want to brush up on their speaking, reading skills and basic grammar. The emphasis is on oral German and some necessary grammar.

Leader and **Bookings:** Dorothee Schifter

dorothee.schifter@bigpond.com 0400 164 817

(leave text message) 9487 2578

OUTDOORS

Outdoors Walking

OUT THERE

Third Wednesday of every month from 17 Jan

Join us for a variety of walks; bush, urban and coastal.

Register your interest to receive information on the walks.

Booked participants will receive full details early each

month. Public transport options wherever feasible.

Leader and **Bookings:** Heather Lakiss

heatherlakiss@gmail.com 0402 080 045

PRIVATE HOMES

Venue Coordinator: Heather Lakiss

heatherlakiss@gmail.com 0402 080 045

Book Group

LITERARY MASTERPIECES (St Ives) (max 8)

First Friday of every month from 2 Feb 10:00 to 12:00

Welcome to a small group of lovers of reading and learning. Explore the best literature has to offer, with

authors including Nobel Prize winners and texts from a

variety of countries and cultures. Book 1: Halldor Laxness:

Independent People; Book 2: Mo Yan – *Red Sorghum*.

Leader and **Bookings:** Kaye Horley rkhorley@gmail.com

0412 750 487

Philosophy

PHILOSOPHY (Pymble)

Alternate Tuesdays from 6 Feb 10:30 to 12:30

train station nearby, bus stop nearby, parking nearby

We discuss philosophical issues, especially those which

are valid today. Members of the group choose topics.

There are no formal lectures, but lots of discussion.

New members welcome.

Leader and **Bookings:** Margot Taverne

margottaverne@gmail.com 9449 2923

Bridge

BRIDGE (Thornleigh)

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

street parking, bus stop nearby

Learn to play both Social (Rubber) Bridge and Club

Duplicate Bridge in a congenial social setting. Directions

provided on enrolment.

Leader and **Bookings:** James Stowe

jstowe313@gmail.com 0411 238 664

Creative Writing

A WAY WITH WORDS (Pymble)

Alternate Thursdays from 8 Feb 10:00 to 12:00

train station nearby, bus stop nearby, parking nearby Join

our writing group in a motivating and supporting

environment. Knowledgeable feedback is given to help

you develop your writing skills. New members with some

writing experience are welcome.

Leader: Margaret Thomason 9488 8960

Bookings: Margot Taverne margottaverne@gmail.com

9449 2923

Poetry

WITH RHYME AND REASON (Eastwood) (max 10)

Alternate Thursdays from 15 Feb 10:30 to 12:30

We are a relaxed and convivial group who love to discuss

poetry. Although our focus is 20th century English language

poets, we also look at poems in translation and poets from

other eras. Material is distributed before each meeting.

Leader and **Bookings:** Ron Wilkins

ronwtwilkins@hotmail.com 9876 1948