

CITY AND INNER WEST

President: Vicki Moss vickimossy@gmail.com (preferred) 0417 160 856
Regional Course Coordinator: Anne Hall 0419 017 364 annenhall@gmail.com **Enquiries only**

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

CITY AND INNER WEST REGION OF SYDNEY U3A

Annual General Meeting and Election of Office Bearers

Will be held on: **13 March 2024 commencing at 1.30pm**

at: **Burwood RSL**

96 Shaftesbury Rd Parking on site

Guest Speaker: Dr Peter Hobbins

Topic: Making a 'coathanger'

The Sydney Harbour Bridge contract was signed on 24 March 1924. For its centenary, historian Dr Peter Hobbins explores why the final design was chosen.

Refreshments afterwards

Nomination forms from Vicki Moss 0417 160 856 vickimossy@gmail.com (preferred)

RSVP by 5 March to Anne Hall 0419 017 364 annenhall@gmail.com (preferred)

ASHFIELD: CARDINAL FREEMAN RETIREMENT VILLAGE

137 Victoria St

wheelchair access, parking nearby

Venue Coordinator Anne Hall annenhall@gmail.com
(preferred) 0419 017 364

Games Bridge

BRIDGE FOR THE LESS COMPETITIVE

Every Tuesday and Saturday from 9 Jan 1:30 to 4:30

Brush up your bridge skills in our informal group in a friendly non-competitive atmosphere. All levels of skill welcome.

Leader and **Bookings:** Cherie Lucas harpo2021@gmail.com
9799 1716

CLUB ASHFIELD

5-7 Charlotte St parking onsite

Venue Coordinator Lois Knight lmknight66@gmail.com
9798 6525

Qigong Tai Chi

QIGONG, FAN, AND COLLABORATIVE TAI CHI (max 15)

Every Tuesday from 6 Feb 10:30 to 12:00

(excluding school holidays)

Class begins with ba duan jin and mini wild goose qigong where beginners are welcome, followed by 24 and 28 form tai chi chuan suitable for those with some experience. A modified kung fu fan completes the session.

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

Lois Knight lmknight66@gmail.com 9798 6525

Relaxation Exercise

COOPERATIVE RELAXATION AND STRETCHING ACTIVITIES (max 20)

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

(excluding school holidays)

This course is for exercise in a collaborative atmosphere.

Leader and **Bookings:** Lois Knight
lmknight66@gmail.com 9798 6525

Qigong

COLLABORATIVE QIGONG (max 15)

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

(excluding school holidays)

This is qigong in a collaborative environment. Qigong, according to Chinese culture, is beneficial to maintaining good health.

Bookings: Denise Yuen sdyuen@gmail.com 0410 570 188

Language ESL

ENGLISH AS A SECOND LANGUAGE (max 14)

Every Friday from 9 Feb 10:30 to 12:30

(excluding school holidays)

We look at how English works, focusing on a topic of interest to the group. Read aloud, discuss pronunciation, word meanings, spelling, grammar and current idiom. A relaxed way to practice and improve your English with a friendly group.

Leader and **Bookings:** Janet Egan
janet.egan@gmail.com 0415 133 994

CLUB BURWOOD

Cnr Burwood Rd and George St
train station nearby

Venue Coordinator Anne Hall annenhall@gmail.com
(preferred) 0419 017 364

Current Affairs

DISCUSSION GROUP CURRENT AFFAIRS

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

We discuss current affairs nominated by our members in turn. We allow issues and context to be fully explored with no topic out of bounds. Open discussions are always conducted with respect and sensitivity. Everyone is welcome. Leader and **Bookings:** John Neely johnwilliamneely@gmail.com 0418 471 183

Sociology Communication

WORD OF MOUTH TO SOCIAL MEDIA

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

Human beings are gregarious by nature. They are held that way by developing methods and systems of communication i.e. by geoglyphs a thousand years ago to social media today. Leader: Frank Wilson 8021 7059

Bookings: Betty Candy bjccandy@bigpond.com 0466 499 318

BURWOOD RSL

96 Shaftesbury Rd parking onsite, train station nearby
Venue Coordinator Anne Hall annenhall@gmail.com (preferred) 0419 017 364

Economics Investment

INVESTMENT DISCUSSION GROUP

Alternate Thursdays from 1 Feb 9:30 to 11:45

Understand the forces and current events that affect investment markets. We examine specific topics and undertake some practical activity. This is a discussion group only, and our members are not permitted, by law, to provide financial advice.

Leader and **Bookings:** Greg Buriak buriak@optusnet.com.au 0422 599 417

Discussion Group

SOCIAL ISSUES AND CURRENT AFFAIRS (max 17)

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

Meetings are divided into two sessions by a tea break. First session: Topic for discussion prepared and presented by a volunteer. Second Session: Current Affairs, no subject taboo. A friendly, intelligent group where everyone is encouraged to participate.

Leader and **Bookings:** Graham Murphy gramur@bigpond.com 9713 9730

Language Japanese

JAPANESE FOR BEGINNERS

Every Tuesday from 6 Feb 10:00 to 12:00

The course caters for complete beginners and also those with a little more language experience. The course includes conversation, culture, shared travel experiences and hiragana script.

Leader: Haruko Tanaka haruko1304@gmail.com 0424 225 863
Bookings: Maria Daniele 0414 560 951

Literature

ISSUES

Alternate Fridays from 8 Feb 10:30 to 12:30

Come and discover, through literature, characters who deal with issues which could be personal, political, domestic or historical. Discover how they deal with them. First book *Third Girl* by Agatha Christie.

Leader: Iris Ryall 9744 1647

Bookings: Sol Battino sol.battino29@gmail.com 0421 078 448

BURWOOD: WOODSTOCK COMMUNITY CENTRE

22 Church St

train station nearby, parking onsite

Venue Coordinator Anne Hall annenhall@gmail.com (preferred) 0419 017 364

Music Recorder

RECORDER GROUP

Every Tuesday from 6 Feb 10:30 to 12:30

(excluding school holidays)

A long-established friendly group, we perform a wide variety of music at intermediate level (not for beginners). Lunch afterwards at a local café.

Leader and **Bookings:** David Young dy4health@optusnet.com.au 0414 249 618 9569 8167

Cinema

POPCORN ANYONE? (max 15)

Alternate Wednesdays from 7 Feb 1:30 to 3:30

Come along to a fun and friendly discussion on what's screening at the cinema or on free streaming services. We explore two movies chosen by the group each fortnight.

Leader and **Bookings:** Beatrice Scheepers egoranje@gmail.com 0402 969 004 (enquiries only)

Cinema

CLASSIC MOVIES (max 12)

Alternate Wednesdays from 14 Feb 10:00 to 12:30

From the silent to the contemporary era: a selection of influential films that helped develop the industry. Explore and analyse background and historical settings plus production issues and biographical details pertaining to the director, cast and production personnel.

Leader: Hugh Watson 9519 5082

Bookings: Anne Hall annenhall@gmail.com (preferred) 0419 017 364

SYDNEY u3a OFFICE

Suite 502, Sydney Mechanics' School of Arts
280 Pitt Street, Sydney
train station, bus stop, light rail stop nearby
Venue Coordinator Vicki Moss 0417 160 856
vickimossy@gmail.com (preferred)

Language French

ONGOING PRE-INTERMEDIATE FRENCH

Every Wednesday from 10 Jan 12:00 to 2:00

Two years of study and a good sense of humour required. Emphasis on speaking and reading with a French accent, writing accurately and applying grammar rules in a friendly atmosphere. Textbook is Grammaire en dialogues A1, by Odile Grand-Clément.

Leader and **Bookings:** Annelise Karpos annelisekarpos6@gmail.com 0410 404 940

Language French

PRE-INTERMEDIATE FRENCH (max 5)

Tuesdays from 30 Jan 11:00 to 1:00

At least two years of learning French is required. The course focuses on vocabulary, grammar, reading, listening and understanding. Importantly there will be an emphasis on pronunciation.

Leader and **Bookings:** Amal Ghosn amalghosn3@gmail.com

Art Galleries

DECONSTRUCTING CONTEMPORARY ART (max 25)

Every Thursday from 1 Feb 1:30 to 3:30

Visit contemporary art shows in Sydney galleries fortnightly. On alternate weeks, meet at the City Office for evaluation of news, events, trends, theory and history of the work visited. Build a virtual art collection and develop a personal aesthetic. Good physical fitness required.

Leader and **Bookings:** Wendy Fraser

barrieandwendy@gmail.com 9569 7942 0408 711 672

Cinema Movies

FILM APPRECIATION (max 20)

Alternate Mondays from 5 Feb 1:30 to 3:30

Do you enjoy contemporary cinema and sharing your ideas? Members of this group research a film and lead the discussion three to four times a year. We also look at issues, trends and news in the film world.

Leader and **Bookings:** Susanne de Ferranti

sdeferranti@ozemail.com.au 0410 603 425

Book Group

PATRICK O'BRIAN'S AUBREY-MATURIN NOVELS (max 12)

First Friday of every month from 2 Feb 1:30 to 3:30

Not a moment to lose. Join Jack, Stephen and shipmates in their successes and failures as they sail, fight, spy and philosophise across high seas and adventure on land. We'll discuss the series in order, one book a month.

Leader and **Bookings:** Elle Rasink

raspberryyink@icloud.com

TUESDAYS IN THE CITY

Most Tuesdays from 6 Feb 1:30 to 3:30

Bookings: Jane Fissenden 0458 505 101

janeglebe@bigpond.com (preferred)

Health

1. Living an extraordinary retirement

6 Feb

Is a good retirement enough? I will share some well researched approaches to improve the building and living an extraordinary retirement every day.

Speaker: Lanning Bennett

Health

2. Dementia: the strongest evidence for risk reduction

20 Feb

We know that our lifestyles can have an impact on our health. What can we do as individuals to reduce our risk of dementia?

Speaker: Dr Ruth Peters

Art

3. A Carnival of rays and radiance – Sydney Biennale

27 Feb

A preview of a selection of the world-wide works showcasing art's abundance and generosity from 9 March to 10 June 2024 at the 24th Biennale of Sydney – 10,000 Suns.

Speaker: Ann Sutherland

History Estonia

4. Estonia- my story

5 Mar

The daughter of Baltic refugees shares the experience of her parents' love and loss of homeland and compares them to the writings of three people.

Speaker: Anne Richardson

Health

5. Does bringing old and young together bring benefits?

19 Mar

This has been the subject of several heart-warming television shows. Dr Ruth Peters will present current evidence for intergenerational practice.

Speaker: Dr Ruth Peters

Famous People Art

6. Claude Monet

26 Mar

Monet is regarded as the founder of Impressionism.

We view his major works and learn about his life.

Speaker: Reinhard Ronnebeck

Famous People

7. Napoleon

2 Apr

The meteoric rises and falls in his military and political career with some emphasis on the latter years and their significance to Australia.

Speaker: Geoff Davidson

History Estonia

8. Born in the USSR

16 Apr

An ethnographic look at everyday life in 1980s USSR (Estonia) including how families survived scarcity, what they ate and wore and how children spent their days.

Speaker: Triin Pehk

Environment

9. Bushcare history and current practices

23 Apr

The beginnings of Sydney's bush regeneration by Joan and Eileen Bradley in Mosman; the evolution of bushcare; and a North Sydney example.

Speakers: Kate Eccles and Andrew Scott

Climate

10. Climate change and possible solutions

30 Apr

A different perspective on the causes, outlook and forecasts for climate change until 2050. A guide to possible solutions.

Speaker: Alec Rubinstein

Japan History

11. Japan the Island country

7 May

Discussion of Japan's history, topography, population demographics, political system, military, economy, parliamentary democracy and the Imperial family.

Speaker: Ian Thompson

Environment

12. Saving our native wildlife

21 May

AWC is the biggest private owner and manager of land for conservation in Australia, turning the tide on Australia's extinction crisis.

Speaker: Susi Hamilton

History War

13. Japanese sub attack on Sydney

28 May

Did the Japanese intend to invade Australia? Hear the how, why and what took place on that fatal night.

Speaker: Barry McDonald

Advertising

14. Advertising and advertisements

4 Jun

Hear about a selection of amusing, witty and thought-provoking advertisements from our recent past.

Speaker: Ron Ringer

Culture Japan

15. Living and working in Japan as a foreigner

18 Jun

Language, religions, customs, business culture, public holidays, public transport, schooling, etiquette, cuisine, fashion plus daily life including the correct way to bow.

Speaker: Ian Thompson

Economics

16. Not all wills are created equal

25 Jun

The importance of an up-to-date will, considering your changing circumstances, asset protection, tax effectiveness, Enduring Power of Attorney, Enduring Guardianship and Advanced Health Directives.

Speaker: Paul Evans

Legal matters

UNDERSTANDING AUSTRALIAN LAW

Alternate Thursdays from 8 Feb 1:30 to 3:30

(6 sessions)

Where laws come from, how the system works, legal dimensions of current events including the: Australian Constitution, rule of law, judges, juries, barristers, solicitors, how trials are run, the principles of evidence, crime, contracts, negligence, human rights, and international law.

Leader and **Bookings:** David Hirsch

dhirsch@selbornechambers.com.au

Book Group

CITY READING GROUP (max 12)

Every Second and Fourth Friday of every month from 9 Feb 1:30 to 3:30

Reading in a circle is very satisfying! Focusing on books known but not always read, join us around the table taking turns in reading, and all together discussing our first book Seamus Heaney's *Beowulf*. Subsequent reads will be group choices.

Leader and **Bookings:** Elle Rasink rasberryink@icloud.com

Writing

CITY WRITING CLUB

Alternate Mondays from 12 Feb 1:30 to 3:30

Life is a collection of stories often buried away. Our supportive group will write short pieces that can include anecdotes, verse, interesting facts or precious moments from our lives. Sharpen your pencils and come along with me on this journey.

Leader and **Bookings:** Patricia Thornton
bornbinkp@hotmail.com 0425 233 169

GLEBE LIBRARY

186 Glebe Point Rd Cnr Wigram Rd Benledi Room
Venue Coordinator Pauline Valentine
gregory_1947@hotmail.com (preferred) 0412 595 891

Language Japanese

JAPANESE

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

Knowledge of hiragana, katakana and some kanji will be helpful. We use a textbook, *Japanese for Busy People II*, twice per month and a few articles printed from topics of current Japanese interests.

Leader: Nobuyo Williams 0420 770 661 or

Haruko Johansson 8957 7016

Bookings: Helen Lo 0434 122 366

Book Group

FIRST FRIDAY BOOK GROUP

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

Favourite books are chosen by members for discussion by the group. New members very welcome.

Leader and **Bookings:** Jan MacIndoe
jnmacindoe@gmail.com 0424 537 557

GLEBE: THE OLD TOWN HALL

160 St Johns Rd

Venue Coordinator Pauline Valentine

gregory_1947@hotmail.com (preferred) 0412 595 891

Art Drawing

DRAWING (max 12)

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

We use black and white (charcoal, pencil, ink) with some other media, such as Conté. The basics are covered, including tone, perspective and composition. Students are encouraged to suggest topics. Only an interest in drawing is required.

Leader and **Bookings:** Neville Bendall 9660 1873

Music Ukulele

STRUMMIN' TOGETHER AGAIN

Alternate Thursdays from 1 Feb 2:00 to 3:30

We have a ball, singing and strumming our ukuleles and exploring diverse aspects of music. Learning an instrument is a challenge, but so beneficial for memory, concentration, finger dexterity and more! Familiarity with basic open chords is assumed.

Bookings: Pauline Valentine
gregory_1947@hotmail.com 0412 595 891

GLEBE: TOXTETH HOTEL

345 Glebe Point Rd Fireside Lounge

Ground Floor parking nearby

Venue Coordinator Susan Wood susantwood@bigpond.com

Philosophy

PHILOSOPHY IN THE PUB (max 10)

Alternate Tuesdays from 30 Jan 3:00 to 5:00

Topics from a wide range of political and cultural themes are examined from a philosophical perspective. Discussion aims to promote differing world views and challenge belief systems. Members are expected to participate in internet/web research, questioning and facilitating.

Leader and **Bookings:** Susan Wood
susantwood@bigpond.com

LEICHHARDT LIBRARY

23 Norton St Forum Piazza Level

FRIDAY MORNINGS AT THE LIBRARY (max 20)

Alternate Fridays from 9 Feb 10:30 to 12:30

Interesting talks covering various topics. **Bookings:**
Janice Millard rjmillard5@icloud.com 0419 203 361

Literature

1. Three verse novels; from conception to self-publication

9 Feb

Ani Lin: the Journey of the Chinese Nun; Virginia and Katherine, the secret diaries; Margaret Caro, the extraordinary life of a pioneering dentist in NZ.

Speaker: Pip Griffin

Science Nature

2. The Australian Museum

23 Feb

Sydney's natural history museum dates from 1827. An introduction to the museum's collection (over 22 million items), buildings, people and important events during its history.

Speaker: Stewart Reed

Legal Health

3. Abortion in the USA

8 Mar

The 1973 Roe vs Wade decision guaranteed a right to abortion based on the constitutional right to privacy. What happens now that it has been overturned?

Speaker: Dr Harry Melkonian

Economics

4. Money, money, money

22 Mar

Peter unravels some of the mysteries of money. Where does money come from? Inflation, should we be worried? One trillion debt, that sounds bad.

Speaker: Peter Nixon

Music

5. Behind the lyrics and beyond

12 Apr

More entertaining audio and visual journeys into the stories behind some well-known songs.

Speaker: Graham Spindler

Health

6. Voluntary Assisted Dying

3 May

VAD is now legal in all Australian States. Safeguards are in place for all involved in the process for legal, ethical and social reasons.

Presenter: Nick Cowdery AO, KC

Geology

7. Memoirs of a fortunate geologist

17 May

A look at some of the people, places and experiences encountered by Garry in over fifty years of travelling the world as a geologist.

Presenter: Garry Lowder

Climate

8. Climate change and possible solutions

31 May

A different perspective on the causes, outlook and forecasts for climate change until 2050. A guide to possible solutions.

Speaker: Alec Rubinstein

Health Music

9. The power of music and creativity

14 Jun

Demonstrating the power of music and performance in a variety of children's programs including the traumatized child survivors of the 2004 Aceh tsunami and more.

Presenter: Stephen Hill

Transport

10. The transformation of transport

28 Jun

Transformation of road transport in Australia, covering why go electric, how to charge your EV and options for your next car or ute.

Presenter: Mary Hendricks

MARRICKVILLE LIBRARY

313 Marrickville Rd JJ Cahill Room

parking nearby, train station nearby, bus stop nearby

Book Group

THE BIG ISSUES BOOK CLUB

Second Thursday every month from 8 Feb 10:30 to 12:30

Are you passionate about politics, climate change, the environment? Do you question decisions made by those in power that shape our lives, our nation and the world at large? Each month we will discuss a current title, chosen by the group.

Leader and **Bookings:** Stuart Corner
corner.stuart@gmail.com 0419 492 190

REVESBY COMMUNITY HALL

Macarthur Ave

Venue Coordinator Joy Pegler peglerjm@bigpond.com
9771 6185

Tai Chi

TAI CHI (max 20)

Every Thursday from 1 Feb 9:30 to 11:00

(except school holidays)

For tai chi novices as well as for more experienced practitioners. The aim is for all participants to progress from 6 to 24 tai chi forms.

Leader and **Bookings:** Christine Chew
chrischew@optusnet.com.au (preferred) 0413 149 938

REVESBY WORKERS CLUB

20 Brett St parking onsite

Venue Coordinator Joy Pegler peglerjm@bigpond.com
9771 6185

Cinema Movies

FILM DISCUSSION GROUP (max 10)

Fourth Tuesday every month from 27 Feb 10:00 to 12:00

Members undertake to view up to three group-selected films screening during the coming month. At every meeting, a volunteer introduces one of the selected films, followed by group discussion.

Leader and **Bookings:** Robyn Deane
rdeanee@optusnet.com 9726 4279

ROZELLE: HANNAFORD CENTRE

608 Darling St Cnr Nelson St
wheelchair access

Discussion Group

DISCUSSION GROUP (max 12)

Every Monday from 5 Feb 10:30 to 12:30

(excluding school holidays)

A lively discussion group. Each member has the opportunity to suggest and lead the topic for discussion. Subjects vary widely depending upon the news of the day or past events, but may cover philosophy, literature, the arts and life sciences.

Leader and **Bookings:** Barry Bidwell
barry_bidwell@yahoo.com.au 0408 607 434

Language French

FRENCH INTERMEDIATE (max 8)

Every Tuesday from 6 Feb 10:00 to 11:30

A reasonable knowledge of French grammar, vocabulary and pronunciation is assumed. Reading, writing, listening and speaking activities are used to consolidate and extend that knowledge and those skills. There will be some formal grammar and a few laughs along the way.

Leader and **Bookings:** Alan Rodrick
alan.rodrick@gmail.com 9819 6579

Language French

ADVANCED FRENCH DISCUSSION (max 12)

Every Tuesday from 6 Feb 11:30 to 1:00

A solid background in French is necessary. Focus is on conversational French covering a wide range of topics, enhanced by reading, videos and games. Members are expected to be actively involved in contributing ideas and material for discussion.

Leader and **Bookings:** Sue Tronser suetronser@gmail.com
0418 673 670

OUT THERE

Games Pétanque

PÉTANQUE GROUP

Every second Monday from 12 Feb 2:00 to 4:00

Originating in France, the game is played by two teams with the goal of getting the most boules, or metal balls, closest to the target. Suitable for beginners and experienced players. Meet at the top gate at Ballast Point Park Birchgrove.

Leader and **Bookings:** Peter Neale and Linda Larsen
peter.neale909@gmail.com 0403 366 613

Outdoors Eating Out

LUNCH OUT AND ABOUT (max 20)

Second Tuesday of every month from 13 Feb 12:00 to 2:30

Do you enjoy good food and conversation and a laugh? Join us. Venues are chosen to be accessible by public transport. Members pay for their own meal.

Leader and **Bookings:** Christine Saint
chrisaint772@gmail.com 0435 274 700

Outdoors Eating Out

MUNCH ON BRUNCH

Third Thursday of every month from 15 Feb

Step out and come brunching at a slick café somewhere in the inner city, or perhaps a bit further afield, but mostly close to public transport. Our venues are picked for their enticing food offerings, sharp design and quality coffee.

Leader and **Bookings:** Beatrice Scheepers
egoranje@gmail.com 0402 969 004 (enquiries only)

Outdoors Galleries

VISITING REGIONAL and SUBURBAN GALLERIES

Saturdays twice a month from Feb

(mid-morning to mid-afternoon)

Travel by public transport. Join our lively group on visits to regional and suburban galleries to view a variety of exhibitions.

Leader and **Bookings:** Joanne Gordon
joannegordon@bigpond.com (preferred) 0418 224 211

PRIVATE HOMES

Book Group

INNER WEST BOOK GROUP (various locations) (max 12)

First Wednesday every month from 7 Feb 2:00 to 4:00

Enhance your enjoyment of reading by sharing your ideas with others. Every four weeks we will read and discuss a book, choosing from a wide range of literature. First book is *Lessons in Chemistry* by Bonnie Garmus.

Leader and **Bookings:** Kris Clarke clarketk@gmail.com
9705 1017 (enquiries only)

Games

SCRABBLE CLUB (Pyrmont)

Every second Wednesday from 14 Feb 1:30 to 3:30

A fun course to stretch your mind by playing scrabble in a friendly atmosphere.

Leader and **Bookings:** Deirdre MacFarlane
deirdremacfarlane@gmail.com 0414 453 217

SYDNEY u3a OFFICE

Suite 502, Sydney Mechanics' School of Arts
280 Pitt Street, Sydney
train station, bus stop, light rail stop nearby
Venue Coordinator Vicki Moss 0417 160 856
vickimossy@gmail.com (preferred)

Discussion Group

TALKING ABOUT BOOKS (max 30)

Second Tuesday of every month from 13 Feb 1:30 to 3:30

Literary fiction, biography, nature-writing, crime, history, and poetry! Searching for a great read? Or wanting to diversity your reading? Join us, and a guest contributor, to talk about books. First session includes Gail Jones' books.

Leader and **Bookings:** Chloë Mason
chloemason@bigpond.com