



SYDNEY
u3a

learn laugh live

Talks Courses Events

SEMESTER 1

January - June 2024

Sydney u3a Inc.
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School of Arts
280 Pitt St, Sydney NSW 2000

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www.sydneyu3a.org





SYDNEY u3a INC.

learn laugh live

A warm welcome is extended to anyone, regardless of age or experience, who would enjoy the friendly and informal environment of following their passion or interest at any of our courses.

Sydney u3a is a not-for-profit organisation whose members are no longer in full employment and join to share the fun and friendship of like-minded people who want to continue their interests or explore new creative, educational, and social opportunities at local venues throughout the Sydney region.

There are no course entrance requirements, no exams and no awards given. All course presenters are volunteers who share the gems of their profession and interests. Choose from over 400 face-to-face courses and events that cover a wide variety of topics.

7 REGIONS

CITY AND INNER WEST	Ashfield, Burwood, City, Glebe, Leichhardt, Revesby, Rozelle, Strathfield
EASTERN	Bondi, Maroubra, Paddington, Randwick, Waverley, Woollahra
ENDEAVOUR	Cronulla, Gymea, Hurstville, Kogarah, Miranda, Oatley, Sans Souci, Sutherland, Yowie Bay
GREATER WESTERN	Blacktown, Castle Hill, Hills District, Parramatta, Toongabbie
HARBOURSIDE NORTH	Castle Cove, Chatswood, Greenwich, Hunters Hill, Lane Cove, Mosman, McMahons Point, Roseville
NORTHERN BEACHES	Avalon, Balgowlah, Belrose, Collaroy, Forestville, Frenchs Forest, Mona Vale, Narrabeen, Newport, North Curl Curl, Warriewood
UPPER NORTH	Berowra, Epping, Gordon, Hornsby, Killara, Lindfield, Pennant Hills, Pymble, St Ives, Turramurra, Wahroonga, Waitara.

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GENERAL ENQUIRIES

Central Office Suite 502, Sydney Mechanics' School of Arts
280 Pitt Street, Sydney NSW
Monday to Friday 10:00 - 1:00
Ph: 02 9267 9056 or email: mail@sydneyu3a.org
Web: www.sydneyu3a.org

SPECIFIC ENQUIRIES

Related to regional activities and/or courses can be made to Regional Presidents or Regional Course Coordinators listed in this book.

This Course Book provides details of the wide variety of courses, presentations, events, and other information, that are available to all u3a members. Courses are offered in different ways; some are single presentations, others go for several weeks or through the entire semester.

Thank you to the Regional Course Coordinators and their teams, for compiling the information for this book; to the editor Keith Crowe, to 121 Creative for the design & layout and to Kwik Kopy Circular Quay for the printing.

COURSE LISTING ORDER

Events are listed first, followed by courses provided by each region. Within a region venues are listed in alphabetical order, and courses for each venue are in start date order. Then all Zoom courses are listed in start date order.

BOOKING A COURSE

The starting point to book a course is included in each course listing. It will either be a person to contact, or reference to a website, where you can book online.

In order to book and attend a course, please note the following:

- Contact the person whose name/email/phone number is given as the booking secretary, OR, go to the website indicated in the listing
- If there is a problem with this - contact the venue or course coordinator
- Provide your name, membership number (see note below) and phone number, if booking by email or phone
- Use the MyU3A booking facility - where indicated - membership number and password are required
- Some courses have a maximum number of attendees, which will be indicated in brackets after the course or event; e.g. (max 10). If you are unable to attend a course after you have booked, please notify the booking secretary, or cancel online - as there can be waiting lists
- Wear your membership badge at all times for face to face meetings.

Note:

If you are not a member, you may book a course, and then attend up to two sessions, before you need to become a member.

INSURANCE

Sydney u3a Inc. has public liability insurance to cover against possible damage or injury to persons or property arising from proven negligence by any member of Sydney u3a or its invitees at the site on which the activity occurs, except in the case of water or aircraft activity.

Members participating in a course that has a physical component, such as bush walking, table tennis or exercise classes, are required to sign a form acknowledging that the members understand the insurance cover, before being accepted into one of these courses.

PRINCIPAL OFFICERS

President	Jennifer Waldron	president.sydneyu3a@gmail.com
VP Education		
VP Public Relations	Michael Parkinson	vppr.sydneyu3a@gmail.com
Treasurer	Patrick McGovern	sydu3a.treasurer@gmail.com
Secretary	Deb Brennan	secretary@sydneyu3a.org
Admin Manager	Lynda Cronshaw	officemgr.sydneyu3a@gmail.com

ANNUAL GENERAL MEETING

Notice of the Annual General Meeting on 20th March 2024, and office bearer nomination forms are at the back of the book.

REGIONAL PRESIDENTS

City and Inner West	Vicki Moss	vickimossy@gmail.com
Eastern	David Rosenwax	drosenwax@bigpond.com
Endeavour Southern	TBA	
Greater Western	Robin Amos	jjnanna@internode.on.net
Harbourside North	Michael Suckling	michaelsuckling@outlook.com
Northern Beaches	Kerrie Sanders	kersand@bigpond.com
Upper North	Marilyn Pryor	marilynpryor7@gmail.com

A MESSAGE FROM THE PRESIDENT



It's my pleasure to welcome you to another year with Sydney u3a. Last year was full of big changes for us - not the least of which was the move from St. Martins Tower to our new premises in the Sydney Mechanics School of Arts building. This has been a very successful transition and many members have dropped in to see the offices. The rooms now double up as offices in the morning, and classrooms in the afternoon which suits us very well.

Our biggest challenge this year is likely to be the purchase of a new computer system. I would like to thank Rosemarie Einstein, Pam Furney and Keith Crowe for all the work they have put into this project while behind the scenes Stuart Cummings works almost non-stop to keep the current system flowing. It hasn't been easy for them as views are very varied and I admire their dogged determination to keep going and see the project through to the end. When this comes to fruition we will need to provide training for the seven regions, and members in the office, which is something we will be planning once the new programme has been accepted - It will be a learning curve for us but will make the membership function and booking classes much easier.

I would like to thank all the volunteers who have worked hard this year producing classes, particularly those Regional Coordinators who put the twice-yearly course book together. However we are very short on office volunteers so with Semester 1 starting soon we would appreciate as much help as you can give. Just a few hours each week or fortnight would be very welcome.

Unfortunately our Vice President Education, Gavin Crawford, has stood down and we can't thank him enough for all the hard work he has done for the last two years. Now the search begins for a new Vice President

Thanks to our wonderful PR committee this year we will be having a stall at the Seniors Expo being held at the ICC in Darling Harbour. This is only possible because the great deal negotiated by the PR committee has provided us with the opportunity to spread the word about u3a and bring in new members.

Date for your diary: Our AGM will take place on 20th March at the SMSA building with Nick Cowdery as the guest speaker. Do please come along - the talk is guaranteed to be interesting and it's always nice to meet up with u3a friends outside classes!

Best wishes to you all for the coming semester. I'm sure you will continue to be inspired by the courses, talks and events contained in this book.

Jennifer Waldron, President, Sydney u3a

EVENTS

LITERARY FESTIVAL 2024 (max 76)

Organised by Greater West Region

Carrington Hotel Katoomba

Will be held on **Wednesday 14 to 16 February 2024**

The Sydney u3a 2024 Literary Festival is raring to go. Our theme for 2024 is Australian Literature – those stories from our writers who give us a sense of our landscape, politics, laconic humour, and, importantly, our history. A fabulous event where attendees not only enjoy the beautiful rooms in the historic Carrington, but are treated to sumptuous meals, including wine, a cocktail party, movie night and an energetic Trivia Quiz plus excellent presentations.

- Single room with ensuite \$820
- Double or twin room with ensuite \$1230
- Traditional room. Private external bathroom \$720

For more details and **booking** form, contact Sue Bailey email gwr1u3a@gmail.com

GUIDED TOUR OF THE EGYPTIAN ROOM (max 15)

Organised by Beatrice Scheepers City and Inner West Region

Royal Arch Masonic Temple 23-25 New Canterbury Rd Petersham

Will be held on: **Thursday 14 March at 10:15**

3,400 years ago, Ani the Scribe lived and breathed and wrote a letter to his god. Find out more when you visit the Egyptian Room at the Royal Arch Masonic Centre, a heritage listed building in Petersham. Meet outside venue at 10:15.

Cost: \$10 payable on the day. Optional Pizza lunch afterwards.

Nearest train station is Petersham. Buses 428, 445 Some street parking.

Bookings essential and only between 9am Monday 26 February and 5pm Wednesday 28 February. First come, first served. Essential: please provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers: egoranje@gmail.com 0402 969 004 (enquiries only)

2024 HOLIDAY: GRIFFITH & RIVERINA (max 48)

Organised by Diana Pine Greater West Region

Will be held on **Sunday 17 March to Friday 22 March 2024**

Depart Sunday 17 March 7:15am from Central Station Bay 8 Western Forecourt and 8:00am from Railway St Pennant Hills and 8:30am from Fitzwilliam St Parramatta

Return Friday 22 March at around 5:00pm to Fitzwilliam St Parramatta and 5:30pm to Railway St Pennant Hills and 6:00pm to Central Station Bay 8 Western Forecourt

PLEASE NOTE: Whilst bookings and deposits were taken in July 2023, if interested in this holiday **please contact Diana Pine on 048613721** to ascertain if any rooms are still available.

The original advertisement details and itinerary for this holiday are available on the Sydney u3a Website under Events. For those people already booked on this holiday please note: balance must be paid into the Sydney u3a Greater West bank account by Friday **5 February 2024**.

EVENTS

GUIDED VISIT TO UNSW MUSEUM OF HUMAN DISEASE (max 15)

Organised by Beatrice Scheepers City and Inner West Region

Ground floor Samuels Building UNSW

Will be held on: **Tuesday 9 April at 10:30**

Housing more than 2,500 diseased human tissue specimens, the Museum was established in 1959 by Prof Donald Wilhelm, the foundation Professor of Pathology at UNSW. The Museum houses 1,500 specimens displaying their histories and pathologies. Our visit will start with an introduction by a staff member, followed by a self-guided tour using either a QR code or a printed guide.

NOTE: Feeling a bit squeamish? Do bear in mind that thousands of school children visit the Museum every year.

Coffee/lunch afterwards at a local café.

Cost \$5 payable by card.

L2 Light Rail from Central to UNSW. Depart 9:55 from Central arrive 10:09 at UNSW High St light rail stop Kensington. Meet at the stop at 10:15.

Bookings essential and only between 9am Monday 25 March and 5pm Wednesday 27 March. First come, first served. Essential: please provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers: egoranje@gmail.com 0402 969 004 (enquiries only)

GUIDED TOUR OF CENTRAL PARK (max 15)

Led by Beatrice Scheepers City and Inner West Region

Meet outside Mercure Hotel on Railway Square at 9:30

Will be held on: **Thursday 11 April**

This vibrant urban village on Broadway is the talk of the town. The old Tooth's brewery site has been transformed into a place of engineering marvels, stunning design and the world's tallest vertical garden. Clever restoration has revitalised the industrial heritage, the landscape architecture provides a calming complement to the high-rise intensity, and the joint is jumping with quaint cafés, small bars and fine cuisine. Underneath it flows an old watercourse, witness to past greed, exploitation and foul deeds.

Requirements: reasonable fitness, water bottle, weather protection, walking shoes.

Bookings essential and only between 9am sharp on Monday 1 April and 5pm Wednesday 3 April. First come, first served.

Essential: please provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers: egoranje@gmail.com 0402 969 004 (enquiries only)

LOCAL HISTORY WALKING TOUR OF OLD PIANO FACTORY (max 15)

Led by Beatrice Scheepers City and Inner West Region

Meet for coffee outside Black Toast Café 43 Booth St near corner Nelson St Annandale.

Will be held on: **Tuesday 23 April at 10:15**

Prior to World War 2, Beale's Piano Factory in Annandale was renowned as the largest piano factory in the British Empire. Even Queen Mary had one for her personal use at Buckingham Palace. Come and discover the unusual story of this building complex, including its unique wartime use. More recently it has been turned into an elegant residential precinct.

Bus routes 469, 470 Some street parking.

Requirements: reasonable fitness, water bottle, weather protection, walking shoes.

Bookings essential and only between 9am Monday 8 April and 5pm Wednesday 10 April. First come, first served.

Essential: please provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers egoranje@gmail.com 0402 969 004 (enquiries only)

EVENTS

LOCAL HISTORY WALKING TOUR OF FOREST LODGE (max 15)

Led by **Beatrice Scheepers City and Inner West Region**

Meet on footbridge across Parramatta Rd at Sydney University

Will be held on: **Tuesday 7 May at 10:15**

Forest Lodge, one of the smallest suburbs in Sydney, has hosted some very big names in days gone by. Lieutenant Governor Francis Grose had a farm on the banks of Orphan School Creek and the Melocco Brothers, arguably Sydney's greatest marble artisans, lived and worked here. David Jones and Ambrose Foss were prominent local businesspeople, and a young boy called Douglas Mawson studied and played here. Coffee beforehand.

Bus routes 412, 413, 440, 461, 480, 483

Requirements: reasonable fitness, water bottle, weather protection, walking shoes.

Bookings essential and only between 9am sharp on Monday 22 April and 5pm Wednesday 24 April. First come, first served.

Essential: please provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers: egoranje@gmail.com 0402 969 004 (enquiries only)

NAN TIEN BUDDHIST TEMPLE (max 50)

Organised by **Greater West Region**

Meet at Fitzwilliam Street, Parramatta at 8:30am for an 8:45am departure.

Will be held on **Wednesday 8 May 2024 8:30 to 5:00**

Our destination is the Nan Tien Buddhist Temple at Wollongong. First stop is the Stanwell Tops Park for morning tea. We then cross the spectacular Sea Cliff Bridge opened in 2005. This Grand Pacific Drive takes us down the coast to the Temple for a guided tour. Named the largest Buddhist temple in the Southern Hemisphere, it comprises a pagoda, pilgrim lodge, shrines, and interesting exhibits. All sections have wheelchair and walker access.

A delicious 2 course lunch will follow at the Shellharbour Club after which our air-conditioned coach will travel via the Harbour, on the return to Parramatta by 5:00pm.

Cost: \$69 based on 40 participants and payable by **Saturday 20 April 18**

*A small extra charge will be necessary if numbers are less than 40.

Booking essential: June Keith 0412 040 230 junekeith@optusnet.com.au

GUIDED TOUR OF PARRAMATTA FEMALE FACTORY (max 15)

Organised by **Beatrice Scheepers City and Inner West Region**

5 Fleet St Parramatta

Will be held on: **Thursday 9 May at 10:15**

The Parramatta Female Factory, a Macquarie imitative, is the earliest convict women's site still in existence in Australia. The three-storey barrack style complex was designed by Francis Greenway, and during its 26 years 12,600 women passed through its doors.

Cost \$10 payable in advance by EFT only. Payment details when booking. This is a prepaid event so refunds are not possible.

Train 9:04 from Central Platform 18. Travel in second carriage. Bus 600 from Parramatta Stand A4 arrive 9:46. Five-minute walk to venue. No parking on site, some parking in Fleet St North Parramatta.

Some uneven terrain. Essential: weather protective clothing, closed shoes.

Bookings essential and only between 9am Monday 8 April and 5pm Wednesday 10 April. First come, first served.

Essential: please provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers egoranje@gmail.com 0402 969 004 (enquiries only)

EVENTS

DARLINGHURST ART CRAWL (max 15)

Led by Beatrice Scheepers City and Inner West Region

Meet for coffee at bus stop on Burton St near the corner of Forbes St Darlinghurst.

Will be held on: **Thursday 23 May at 10:00**

Darlinghurst is hip, funky and full of charming galleries, so come along and feast your eyes on paintings, sculpture, jewellery, photography and ceramics.

Requirements: reasonable fitness, water bottle, weather protection, walking shoes.

Bookings essential and only between 9am Monday 13 May and 5pm Wednesday 15 May. First come, first served.

Essential: please provide telephone number, membership number and expiry date when booking.

Email bookings only: Beatrice Scheepers egoranje@gmail.com 0402 969 004 (enquiries only)

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 bjcandy@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

EASTERN

Regional President: David Rosenwax AM drosenwax@bigpond.com
Regional Course Coordinator: Mary Healy-North maryhealynorth1@bigpond.com **Enquiries only**

IMPORTANT INFORMATION: You do not need to book for any courses at COA Centre Woollahra.

EASTERN REGION OF SYDNEY u3a

Annual General Meeting and Election of Office Bearers

Will be held on: **22 March 2024 commencing at 12 noon**

at: **COA Centre**

address: 25 Rowe St Woollahra

Guest Speaker: Lanning Bennett

Bookings for the AGM essential. Contact Secretary Sandy See at Sandra.l.see@gmail.com

Please consider standing for a position on the committee.

Nominations forms will be emailed to Eastern members and must be returned to Secretary before 15 March 2024. The AGM will be followed by a talk by **TBA**

COA CENTRE WOOLLAHRA

25 Rowe St

wheelchair access, train station nearby,
bus stop nearby

Discussion Group Current Affairs

THE NEWS: THE GOOD, BAD AND THE FAKE

Thursdays from 22 Feb 10.30 to 12:00 (3 sessions)

29 Feb, 7 Mar

Upstairs Activity Room

A blend of discussion and study group, looking at current news stories and assessing and criticising their selection, presentation and authenticity.

Leader: **Ronnie Hoffman**

FRIDAYS AT COA CENTRE WOOLLAHRA

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

A variety of presentations of general interest looking at topics relevant to people living in today's world

NO BOOKINGS are required.

History

1. The Myall Creek Massacre

2 Feb

The Myall Creek Massacre in 1838

Presenter: Mark Tedeschi KC AM

History

2. Aspects of Chinese-Australian landscape & garden heritage

9 Feb

An overview of Australian waves of interaction over time with China, and Chinese Australians.

Presenter: Stuart Read, Heritage NSW

Politics

3. Election of a President

16 Feb

At the beginning of 2024 there will be increased interest and misinformation about how Americans elect a President.

Presenter: Harry Melkonian

Science

4. The history of vacuum

23 Feb

The history of vacuum: from an abhorrent idea to a useful tool for industry and medicine to a new quandary for cosmology.

Presenter: Debbie Rudder

History

5. John Stuart Mill

1 Mar

The "Father of Liberalism" from the nineteenth century revisits the planet to tell us about his life and thoughts and comment on their relevance today.

Presenter: Peter Nixon

History

6. Mary Wollstonecraft

8 Mar

This writer and early feminist from the eighteenth century revisits the planet to tell us about her tumultuous life and those of her daughters.

Presenter: Peter Nixon

Music Appreciation

7. Music appreciation

15 Mar

Opera was invented by dilettantes in Florence in 1598.

Opera has been used as a voice of the aristocracy, the oppressed and the liberated, It inspired revolution.

Presenter: Andy Bromberger

History

8. Sydney Mechanics School of the Arts

22 Mar

History of this facility.

Presenter: Ellen Elzey

29 Mar

No presentation - Good Friday Public Holiday

History

9. Sephardi-Mizrahi Voices at the Jewish Museum

5 Apr

The Jewish Museum is committed to showcasing the diversity of the Jewish community and increasing the visibility of the Sephardi-Mizrahi community members. Presenter: Dr Carol Langley, Sephardi and Mizrahi Community Liaison, Sydney Jewish Museum

History

10. Money and outsourcing

12 Apr

Many of us seem to hand our retirement money to others to manage, not really knowing what they do with the money and why. We need to pay attention to who is doing it and is it working for us. Presenter: Lanning Bennett

History

11. The Paddington Society

19 Apr

The history of this society. Presenter: Penny Johnston

History

12. The stories behind hidden Sydney

26 Apr

Kings Cross and Surry Hills including stories of Kate Leigh and Tilly Devine and other underground figures. Presenter: Trevor McAlister

History

13. European musical Instrument making: Sydney 1830

3 May

The relationship between free-settler musical instrument making and their assigned convict servants from 1830 to 1850. Presenter: Michael Lea

History

14. Waverley Community Men's Shed

10 May

How the Men's Shed began in Australia and the amazing growth over 50 years and some of the activities the Men's Shed currently undertakes. Presenter: Peter Black

Art History

15. Vincent van Gogh

17 May

Van Gogh is today one of the most liked artists but sold only one painting in his life. We shall view his paintings and discuss his life. Presenter: Reinhard Ronnebeck

History

16. Captives for Freedom

24 May

West Papua, the closest Indonesian province to Australia, and the capture of Stephen Hill's UN and WWF staff by the OPM Freedom Fighters to bring their cause to the attention of the world on behalf of the Indigenous people. Presenter: Professor Emeritus Stephen Hill, Wollongong University

Chemistry

17. Science in the Witness Box

31 May

In the Chamberlain case 40 years ago, the prosecution came to court with brilliant barristers and expensive, arrogant deficient scientists. What has happened since in the courts and labs. I recount a personal journey. Presenter: Professor Emeritus Ben Selinger

Media

18. Behind the scenes in media and celebrity

7 Jun

Anita Jacoby AM is one of Australia's most distinguished television producers, from *The Gruen Transfer* to *Enough Rope with Andrew Denton* to *60 Minutes. Elders, Hungry Beast*. In 2022 Anita published her book *Secrets beyond the Screen*.

Presenter: Anita Jacoby AM

Architecture

19. Cure inequality through better housing design

14 Jun

Discusses ways to live in a more environmentally conscious way, to increase communality in building forms and better land, energy and water use.

Presenter: Adj Professor Tone Wheeler, UNSW

Medical Matters

20. How DNA made you and me

21 Jun

DNA is the blueprint for all living beings. We discuss how ATGC build our body's features and behaviours.

Presenter: Punchi Dassanayake

Science

21. Epigenetics

28 Jun

Epigenetics means in addition to Genetics. How the lifestyles of our parents and grandparents could influence our health and well being.

Presenter: Punchi Dassanayake

BONDI JUNCTION: MILL HOTEL

59B Oxford St

Book Group

EASTERN CRIME READERS GROUP

Third Tuesday every month from 15 Feb 10:15 to 12:15

The group selects titles for the Semester.

Booking and Leader: Sandy See

sandra.l.see@gmail.com 0412 044 811

BONDI JUNCTION: WAVERLY LIBRARY

32-48 Denison St

Level 1 Study Room 4

Book Group

WAVERLEY BOOK GROUP

First Thursday every month from 1 Feb 2:00 to 4:00

Everyone suggests a book they have read or recommended. New members welcome.

Bookings: Jennifer Woodroffe

jenniferwoodroffe@hotmail.com(preferred)

0418 40 4881

CLOVELLY SENIOR CITIZEN CENTRE

40-42 Arden St
On street parking, buses nearby

Discussion Group

CURRENT AFFAIRS DISCUSSION GROUP

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

Join us for occasional debate and social interaction if you are interested in the world around you.

Leader Gwen Zeller 0404 781 162 gszeller@gmail.com

Bookings: Marise Segelov marisesegelov@gmail.com
9363 4023 or 0410 514 866

Discussion Group Movies

FILM DISCUSSION GROUP (max 20)

Alternate Tuesdays from 6 Feb 10:00 to 12:00 Share your opinion on acting, characters, plots, cinematography.

Leader and **Bookings:** Graham Blazey
gblazey@optusnet.com.au 9365 1961 and
Gail Filetti rgfil@bigpond.com 9349 5591

PADDINGTON: EJ WARD CENTRE

189 Underwood St (cnr George St)
bus stop nearby

Language French

FRENCH CONVERSATION (Advanced) (max 20)

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

French language level: it is conversation, not a lesson.
To get the most out of this group, you need to be able to speak some French intelligibly and understand others who speak French more fluently.

Leader: Michelle Scheibmair 0414 978 917

Bookings: Paula Mackintosh pmackint1@yahoo.com
0425 074 488

PRIVATE HOMES

Book Group

WOOLLAHRA BOOK GROUP

First Thursday of month from 1 Feb 2:00 to 4:00

Goodwin Village Apt 257, 238-290 Jersey Rd Woollahra.
Members suggest a book they have read on an interesting subject. Recently published books are avoided because they can be on long local libraries' reservation lists. New members are welcome.

Leader and **Bookings:** Janet Sculfer
janetsculfer@icloud.com 0427 870 817

Book Group

ROSE BAY BOOK GROUP

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

Everyone gets to choose a book to discuss.
We take turns to meet at each other's homes.
New members welcome.

Leader and **Bookings:** Judy New 0414 686 844 or
9371 7250

Music Appreciation

DISCOVERING FINE MUSIC (Randwick)

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

We listen to compositions from the great masters, focusing on their lesser known works, as well as composers who are often overlooked today. We also include Australian composers and performers. Group participation warmly welcomed as are new members.

Leader and **Bookings:** Julie Reid julievreid@gmail.com
0411 575 157

Book Group

NORTH BONDI BOOK GROUP (max 10)

Third Wednesday every month from 21 Feb 2:00 to 4:00

People come with suggestions of authors to read and discuss. Conversation pivots around what people have read of the author. At other times we pick a genre to read and discuss; thrillers, biography, history, science fiction. New members are very welcome.

Leader and **Bookings:** Liza Cohn
liza.cohn@yahoo.com 9389 1336

ENDEAVOUR (SOUTHERN)

Regional President: TBA

Regional Course Coordinator: Catherine Wormald catherinewormald99@gmail.com

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

ENDEAVOUR REGION OF SYDNEY u3a

Annual General Meeting and Election of Office Bearers

will be held on: **Thursday 28 March commencing at 10:00 to 11:00 am**

at: **Cronulla School of the Arts**

Address: 6 Surf Road Cronulla.

6 Surf Road Cronulla

Upstairs Lecture Room, wheelchair access, lift available and train station nearby.

Enquiries: Cherie Clover: cherie167@hotmail.com

CRONULLA COMMUNITY HALL

1/38-60 Croydon St

Meeting Room, wheelchair access, train station nearby

Language French

FRENCH FOR INTERMEDIATE SPEAKERS (max 16)

Every Monday from 5 Feb 2:00 to 3:30

(excluding school holidays)

Intermediate level French, basic knowledge required.

Revive your grammar, practise your conversation skills, and enjoy reading French texts. Have fun in a relaxed learning environment.

Leader and **Bookings:** Susan Molloy-Johnson

twotwelves@outlook.com

CRONULLA SCHOOL OF ARTS

6 Surf Rd

Upstairs Activity Room/Lecture Room, wheelchair access, lift available and train station nearby.

PRESENTATIONS – TOPICS OF INTEREST (max 80)

Mondays and Tuesdays from 30 Jan 10:30 to 12:00

Various presentations about different interesting topics.

Enquiries ONLY Cherie Clover cherie167@hotmail.com

Bookings not required. Please bring a friend.

Archaeology

1. Maritime archaeology

Tuesday 30 Jan 10:30 to 12:00

Learn how maritime archaeology developed, about the tools and techniques, and discover some interesting shipwrecks.

Presenters: Greg Jackson and Pam Forbes

Photography

2. 12 Photos which made Australia

Monday 12 Feb

12 iconic images from 1845 to 2013 showing the development of photograph art and technology over time and reflecting who we are.

Presenter: Laurie Wilson

Science

3. An introduction to sensory science

Monday 25 Mar

Explore how science and industry use the senses to discover new information and develop better food and beverages.

Presenter: Greg Organ

Current Affairs

4. The story of Bennelong Point and the

Sydney Opera House

Tuesday 30 Apr

A story of Tubowgule (Bennelong Point) and the long and chequered history of the Sydney Opera House. The people who made it happen, the architect and builders that constructed it and the politicians that were involved.

Presenter: Margaret Durie

Travel History

5. The high Arctic and Canada

Monday 13 May

Learn about the history of the region and the attempts to find and learn about the local inhabitants, the environment, the incredible scenery and wildlife.

Presenter: Diane Elphinstone

History

6. Pine Gap – the inside story

Monday 17 June

Pine Gap was established in Alice Springs in 1966. Trained in electronic intelligence with extensive experience in satellite surveillance. David managed the joint defence facility.

Presenter David Rosenberg

Music

HISTORY OF ROCK MUSIC FROM 1960s ONWARDS (max 15)

First Thursday of the month from 1 Feb 10:00 to 12:00
(excluding school holidays)

This course explores the works of world-famous bands, solo artists and rock musicians. All members of the class will be asked to present biographies with various technologies such as YouTube, DVD, CD and computer presentation.
Leader and **Bookings:** Robin Hill
robinu3asydney@gmail.com

Language Italian

ITALIAN LANGUAGE AND CULTURE (max 15)

Every Thursday from 1 Feb 10:00 to 12:00
(excluding school holidays)

Some basic Italian is required. Expand your Italian through stories, poems, songs and recipes with conversation and writing activities to practice the appropriate grammar. We also introduce some Italian history, culture and current affairs.
Leader: John Della Torre jrdellatorre@gmail.com 8544 1758
Bookings: Judy Bassford judybassford7@gmail.com 9527 2931

Cinema

AT THE CINEMA – ALFRED HITCHCOCK (max 40)

First and Third Thursday from 1 Feb 1:30 to 4:00

Experience and discuss some of the great films of the master of suspense. A program will be available at the first session.
Leader and **Bookings:** Robert Englund
r.englund@optusnet.com.au 8521 7540

Discussion Group

OPEN MINDS DISCUSSION GROUP B (max 20)

First and Third Friday from 2 Feb 10:00 to 12:00
(excluding school holidays)

Topics of current interest are suggested by members. Each member has the opportunity to express their point of view uninterrupted. This is followed by questions and comments given in a respectful manner.
Leader and **Bookings:** Anita Spinks
anitaspinks@live.com.au (email preferred) 0423 532 582

History Ancient

OVERVIEW OF ANCIENT AND MEDIEVAL HISTORY (max 25)

First and Third Tuesday from 6 Feb 10:00 to 12:00
(excluding school holidays)

An overview of the rise and fall of civilisations and empires from ancient, medieval to modern times by way of reading, discussion, and TV documentaries (where available). Class members are encouraged to participate and/or contribute to the group.

Leader: Olga Bondarenko olgab@ozemail.com.au
Bookings: Carmen Izquierdo MaryCarmeniz@hotmail.com

Literature

SHAKESPEARE: MYTHS, FACTS & UNCOMFORTABLE TRUTHS (max 40) **NEW**

First and Third Tuesdays from 6 Feb 2:00 to 3:30

Five talks that will; outline the forces which created Shakespeare's England; detail about Shakespeare's life and career; examine the myths raised to explain the gaps in our Shakespearean knowledge & review the impact of his creativity.

Leader and **Bookings:** Robert Englund
r.englund@optusnet.com.au 8521 7540

Travel

ARMCHAIR TRAVELLERS (max 50)

First and Third Wednesday from 7 Feb 10:00 to 12:00
(excluding school holidays)

We come together with the common interest of sharing our travel experiences, using audio visual equipment. Some members choose not to present and enjoy the presentations as the audience.
Leader: Gwyn Leix gleix@optusnet.com.au 0415 130 756
Bookings: Kate Churcher kchurcher2@hotmail.com 0433 140 900

Games

BRAIN GAMES (max 20)

Second and Fourth Fridays from 9 Feb 10:00 to 12:00

Extensive research provides growing evidence that in addition to maintaining physical fitness and eating sensibly, maintaining brain health in older people may assist in reducing the disease which causes dementia.
Leader and **Bookings:** Denis Paulin d.paulin@bigpond.com 0438 594 206

Art Appreciation

ART HISTORY (max 40)

Second and Fourth Tuesdays from 13 Feb 10:00 to 12:00
(excluding school holidays)

This course looks at the works of world-famous artists over the centuries. Members of the class present biographies with DVD and computer presentation.
Leader: Margaret Kingston m.kingston1@bigpond.com 0404 045 435

Bookings: Teresa Lamberton
teresalamberton@hotmail.com 0414 425 353 or
Carol Cook carolcook39@optusnet.com.au 0488 286 324

Discussion Group

OPEN MINDS DISCUSSION GROUP A (max 20)

Second and Fourth Wednesdays from 14 Feb 10:00 to 12:00

(excluding school holidays)
Topics of current interest are suggested by members. Each member has the opportunity to express their point of view uninterrupted. This is followed by questions and comments given in a respectful manner.
Leader and **Bookings:** Anita Spinks anitaspinks@live.com.au (email preferred) 0423 532 582

GYMEA COMMUNITY CENTRE

31-33 Gymea Bay Rd
Wheelchair access, parking nearby, train station nearby

Dance

MIDDLE EASTERN DANCING (max 30)

Every Monday from 5 Feb 1:00 to 2:00

Many styles of dance are used in these classes – Middle Eastern/Gypsy/Latin/Spanish/African. The music is a mix of "old time" numbers that fit the dance style and some traditional music. Props are used. The choreography is tailored to suit older bodies and there is never any pressure to "get it right".

Leader: Faye Green shalinabd@bigpond.com 9521 6575
Bookings: Wendy Lobwein wendy.rae.lob@hotmail.com 9527 4696

Art Appreciation

DISCOVERING ART (max 25)

First and Third Tuesdays from 6 Feb 10:00 to 12:00

(excluding school holidays)

This class will study and discuss a range of art-related topics, including architecture, artists, art movements and much, much more. We also visit a variety of art galleries as a regular highlight.

Leader and **Bookings:** Margaret Wilkes
margiewilkes@live.com.au 0407 958 924

Art Drawing

DRAWING WITH COLOUR (max 20)

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

(excluding school holidays)

Member-driven art classes where we employ various styles and mediums.

Leader: Christine Horrocks
christine.anne7@outlook.com 0438 614 087

Bookings: Kerrie Gowen

kerriegowen65@icloud.com 0409 457 028

GYMEA TRADIES (see also p. 23)

57 Manchester Rd

Wheelchair access, parking onsite, train station nearby

Art Urban Sketching

SHIRE SKETCHING (max 40)

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

(excluding school holidays)

Learn observational URBAN SKETCHING Thursdays and ILLUSTRATE YOUR SHIRE JOURNAL Saturday morning. Sketching parks, nature, architecture, people, bushlands, and historical locations in our beautiful Shire. We frequently join other Sketch Groups. We welcome beginners who say, "But I can't draw."

Leaders: Peggy Annabel peggy.annabel@bigpond.com
0402 354 968 and

Carol Cook carolcook39@optusnet.com.au
0488 286 324

Bookings: Anne O'Donnell anneodonn@gmail.com
0408 203 205

HURSTVILLE UNITING COLIN MCFADYEN RETIREMENT

47 Woniora Rd

(Entrance in Greenbank Street)

Wheelchair access, train station nearby

Creative Writing

CREATIVE WRITING HURSTVILLE (max 10)

Third Tuesday from 20 Feb 1:30 to 3:30

Come and share your stories and life experiences with a very friendly group through the written word.

Leader: Yvonne Tracey yvonne.calling1@bigpond.com
0415 327 313

Bookings: Patricia Skinner donleyton10@gmail.com
9547 0406

MIRANDA COMMUNITY CENTRE

97 Karimbla Rd (corner Kiora Rd)

Wheelchair access, parking nearby, train station nearby

Discussion Group

AUSTRALIAN HISTORY DISCUSSION GROUP (max 20)

First and Third Wednesday from 7 Feb 1:30 to 3:30

(excluding school holidays)

Did you miss out on learning about Australian history at school? Come and join this informal group and learn about a variety of subjects from indigenous culture and settlement through to current day happenings.

Leader: Janice Stokes stokesj@optusnet.com.au
0418 415 249

Bookings: Caroline Munro 0424 377 458

OATLEY LIBRARY

26 Letitia St

Wheelchair access, parking nearby

Art Craft

ART AND CRAFT SOCIAL GROUP (max 15)

Every Wednesday from 31 Jan 2:00 to 4:00

(excluding school holidays)

Do you like painting, craft, knitting, sewing, quilting, card-making, anything crafty? Or just a social chat? Then bring your Art or Craft along to our lovely Social Group for two hours of enjoyment and relaxation. Afternoon Tea is provided, along with laughter.

Leader and **Bookings:** Barbara-Jean Adams beejaya@outlook.com
0438 299 108

SOUTH HURSTVILLE RSL

The Pinnacles 72 Connells Point Rd

Wheelchair access, parking nearby

Discussion Group

DISCUSSION GROUP (max 15)

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

Our friendly group enjoys stimulating and serious discussion on current affairs and a variety of subjects. There is controversy, reminiscing and usually lots of laughter.

Leader and **Bookings:** Denis Paulin d.paulin@bigpond.com
0438 594 206

Book Group

AWARD-WINNING BOOKS (max 10)

First Wednesday of every month from 7 Feb 10:30 to 12:30

Friendly group meeting, to discuss award-winning novels, or novels any one of the group thinks should have won an award! Followed by lunch (optional)

Leader and **Bookings:** Pat Copping
18gingie@gmail.com 0432 345 501

Bookings: Vivienne Hayle vhayle@hotmail.com
0420 650 814

SUTHERLAND CLUB ON EAST

Coffee Shop 7 East Pde Wheelchair access, parking nearby

Book Group

CRIME WRITERS BOOK CLUB (max 14)

First and Third Tuesdays from 6 Feb 10:15 to 12:00

(excluding school holidays)

In depth discussion about listed book and author. All input welcome. The reading list is compiled yearly by the Leader in consultation with members. Authors from all over the world are included. A friendly, social and intelligent group. The group may meet for lunch afterwards.

Leader: Carol Dawson carousel2079@gmail.com 0405 311 749

Bookings: Carolyn Schinazzi carolandreno@gmail.com 0433 574 990

SUTHERLAND SHIRE LIBRARY

30-36 Belmont St

Wheelchair access, parking onsite, train station nearby

Language

INTRODUCTION TO ITALIAN (max 10) **NEW**

Every Tuesday from 6 Feb 10.00 to 12.00

(excluding school holidays)

Learn the basic Italian grammar and simple conversation such as: introductions, ordering drinks and food, buying tickets, shopping & more.

Leader: John Neirotti aneirotti@hotmail.com

Bookings: Nilva Martini nilvalsim@gmail.com

OUT THERE

Outdoors Eating Out

LUNCH A LOT WITH STYLE (max 25)

First Thursday of the month from 1 Feb 12:30 to 2:00

Enjoy eating out? Share good food and conversation?

We visit inexpensive restaurants chosen by group members.

Members pay for own meals and corkage.

The laughter is free.

Leader and **Bookings:** Shirley Demetriou sdemetriou2@bigpond.com (bookings only)

0428 213 040 (enquiries only)

Outdoors Bushwalking

ENDEAVOUR CAMPUS WALKERS (max 35)

Every Thursday from 1 Feb

Starting and finishing times will vary

Sydney by ferry and foot. Our Walks Program indicates degree of difficulty. We invite everyone to organise one walk each year.

Leader **Bookings:** Christine Horricks

Christine.anne7@outlook.com 0438 614 087

Outdoors Bushwalking

WALKING AROUND SYDNEY (max 40)

Alternate Friday from 2 Feb

Starting and Finishing times will vary

Meet new people, discover parts of Sydney and surrounds you may never have been to. Walks are accessed via public transport. Bush and street walks of varying difficulty and length planned and lead by members of the group.

Leader: Wendy Donelan wdonelan54@gmail.com 0402 495 739

Bookings: Jennifer Hawkins jenniferhawkins798@gmail.com (email preferred) 0418 464 253

Outdoors Sketching

SHIRE SKETCHING – COMPONENT OF THURSDAY SESSION (max 40)

Every Saturday from 3 Feb 10:00

Finishing times will vary

These Saturday sketching excursions are the practical outdoor component of the Thursday lessons of the SHIRE SKETCHING held at Gynea Tradies. Additional outdoor sketching and meetups announced on ShireSketchers Pinterest.

Leaders: Peggy Annabel

peggy.annabel@bigpond.com 0402 354 968

Carol Cook carolcook39@optusnet.com.au

0488 286 324

Bookings: Anne O'Donnell anneodonn@gmail.com

0408 203 205

Outdoors

WALKING IN SYDNEY AND SURROUNDS (max 35)

Fortnightly from Friday 9 Feb

Starting and Finishing times will vary.

A variety of walks around greater Sydney and surrounds ranging from medium to easier bushwalks, track and street walks, seeing beautiful and interesting places, whilst 24enjoying good company. All u3a members are welcome.

Leader and **Bookings:** Teresa and John Lamberton

teresalamberton@hotmail.com 0414 425 353 or

0419 249 711

Outdoors Eating Out

FLAVOUR OF THE MONTH

Second Friday of the month from 9 Feb 12:00 to 2:00 Explore good food from different cuisines. Learn about different cultures around the region and enjoy good company while dining. Each member is expected to organise one lunch for the semester.

Leader: Cherie Clover cherie167@hotmail.com 0410 404 351

Bookings: Carol Cook carolcook39@optusnet.com

0488 286 324

Outdoors Bushwalking

SYDNEY STRIDERS (max 35)

Alternate Wednesdays from 14 Feb 9:00 to 2:00

A variety of walks of Sydney and surrounds, mainly tracks and street walks, going to beautiful and scenic places, with good company. It is expected that all members assist with organising and leading walks. All u3a members are welcome. Leader: Mary Shannon

mshannon@ozemail.com.au 0439 813 174

Bookings: Lesley Tinker tinkertogs@gmail.com

0409 395 492

PRIVATE HOMES

History Culture

AUSTRALIA OUR LAND (Gynea) (max 10)

(excludes holidays)

Every Wednesday from 31 Jan 10:00 to 12:00

Using books and videos from the library we study and discuss the environmental, geographical, historical and cultural aspects of our wonderful country.

Leader: Angela Balding bistenhouse@yahoo.com

9524 2018

Bookings: Trevor Campbell 9525 6970

Book Group

BOOK BANTER (GyMEA) (max 12)

First Friday of the month from 2 Feb 1:30 to 3:00

A wide variety of books are chosen by the members of the group and one book is discussed each month.

Leader and **Bookings:** Vicki Hann vickihann@hotmail.com
0419 482 254

History

BECOME ACQUAINTED WITH SPECIAL WOMEN IN HISTORY (Kirrawee) (max 10)

Second Monday of the month from 12 Feb 1:30 to 3:30

A History class, but from a different perspective.

Discovering historical women in the course of history.

Leader and **Bookings:** Nola Watt 9545 1758

Bookings: Liz Rutledge lizrutledge93@gmail.com 0435 178 315

GYMEA TRADIES

57 Manchester Rd

Wheelchair access, parking onsite, train station nearby

Archaeology

ASPECTS OF ARCHAEOLOGY (max 16)

First and Third Friday from 2 Feb 2:00 to 4:00

There is a video each meeting on archaeology followed by readings from articles relating to archaeology.

Leader and **Bookings:** Mary Armstrong 9534 2675 **Bookings:**

Judy Breen breenjj3@gmail.com 0417 490 177

GREATER WESTERN

Regional President: Robin Amos jjnanna@internode.on.net (preferred) 0418 447 754
Regional Course Coordinator: Dallas Corcoran 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

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 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 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
John Brockman 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 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: Punci 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

HARBOURSIDE NORTH

Regional President: Michael Suckling michaelsuckling@outlook.com
Regional Course Coordinator: Rosemarie Einstein einstein@starmar.net.au
Enquiries only 0412 043 377

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

HARBOURSIDE NORTH REGION OF SYDNEY u3a

Annual General Meeting and Election of Office Bearers

will be held on: **Friday 8 March commencing at 1.30pm**

at: **Northbridge Golf Club**

Address: 296c Sailors Bay Road, Northbridge (parking available in the grounds)

Followed by afternoon tea, with guest speaker Cameron Kirby

Bookings (by 1 Mar): Rosemarie Einstein einstein@starmar.net.au (preferred) or 0412 043 377

Harbourside North members are encouraged to attend. All Sydney u3a members welcome.

CASTLE COVE: THE RESIDENCES

8B Deepwater Rd off Eastern Valley Way

Parking nearby

Venue Coordinator Barbara Boston

barbboston2013@gmail.com (preferred) 9417 2967

Games

MAHJONG WESTERN STYLE

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

Join us for MahJong. We use the British rules, without scoring. The first player to get to MahJong wins. Everyone is welcome. Instruction is available. We follow the *Mahjong Players Companion* by Patricia A Thompson and Betty Maloney, available online.

Leader and **Bookings** Beverley Morrison

bmorrison6@bigpond.com 0417 990 699

TUESDAYS AT CASTLE COVE

Every Tuesday from 13 Feb 10:30 to 12:30

Interesting presentations on various topics each Tuesday.

Bookings: <https://sydneyu3a.org> or Barbara Boston

barbboston2013@gmail.com (preferred) 9417 2967

Music Appreciation

1. Cuba: a musical journey

13 Feb

Cuba is a 50's time capsule floating on a sea of music.

Share sights and sounds of Graham's music, focused on his 2017 visit to Cuba.

Presenter: Graham Spindler

Travel

2. The easy Camino

20 Feb

The Camino has been a pilgrimage route from medieval times. Today it is travelled, either in full or in part, by thousands of people. Graham will tell us of his experiences.

Presenter: Graham Spindler

History

3. Pioneering aviation in the Pacific

27 Feb

Traces Pacific Island aviation history from Kingsford Smith's historic landing in Suva, through the pioneering era, and Qantas' sometimes troubled involvement in today's Pacific national airlines.

Presenter: Andrew Drysdale

History Music

4. A history of early music: Romantic and before

5 Mar

The development of western classical music in Europe from the Dark Ages until the end of the 19th century.

Presenter: Graham Ball

Music Famous People

5. Wolfgang Amadeus Mozart

12 Mar

The life and music of one of the greatest composers of the Classical era.

Presenter: Graham Ball

History Famous People

6. Mary Wollstonecraft

19 Mar

Mary revisits the planet to tell us about her life and why Sydney has a station of the same name.

Presenter: Peter Nixon

History

7. First to fight: Australia's first battle in WWI

26 Mar

How, on 11 September 1914, the Australian Naval and Expeditionary Forces landed on Rabaul and took possession of German New Guinea.

Presenter: Dave Wilkins

Art History

8. The streets of Paris, Berlin and Vienna

2 Apr

Before crowds of tourists swamped European cities, the *flâneur*, symbol of the modern city of the late 19th and early 20th century, strolled the streets. Exciting inventions of photography and cinema quickly followed.

Presenter: Lydia Fegan

Science Environment

9. Why does carbon dioxide cause global warming?

9 Apr

Trace amounts of the greenhouse gas, carbon dioxide, cause climate change, whereas the far more prevalent atmospheric molecules that we breathe, oxygen and nitrogen do not. Why is it so?

Presenter: Don Napper

Science History

10. Gas warfare on the Western Front

16 Apr

The German chemist, Fritz Haber, was controversially awarded the 1918 Nobel Prize for Chemistry for developing artificial fertilizer, despite being responsible for poisonous gas warfare on the Western Front in 1915.

Presenter: Prof Don Napper

Art History

11. Outsider art

23 Apr

This talk takes you on a visual journey along the highways and byways of creativity, madness and outsider art. There are plenty of Old Masters, but why are there no Old Mistresses.

Presenter: Lydia Fegan

Travel

12. Travels through Turkey

30 Apr

Turkey is a large fascinating country with a diverse history and culture. Archaeological studies reveal its diverse civilisations.

Presenter: Barbara Boston

Art Photography

13. Caravaggio and the power of the cinematic image

7 May

How a radical painter of the 16th century changed Italian Baroque art and how understanding his images can improve photography.

Presenter: Martin Wetherill

Art History

14. Aphrodite/Venus: the history of a goddess

14 May

From a star in the sky to the cover of the New Yorker magazine; the history of Venus as visualized by artists.

Presenter: Robijn Alexandra

Art History

15. Gods and goddesses in Sydney

21 May

A surprising number of Greek gods and goddesses can be found in the Botanical Gardens, the city and Hyde Park. Public sculpture has been commissioned since the 1870's.

Presenter: Robijn Alexandra

History China

16. Foundations of Chinese civilisations

28 May, 4, 11, 18, 25 June

This DVD Course focuses on the foundational achievements of Chinese civilisation: prehistory, Han period, the west.

Presenter: Barbara Boston

CHATSWOOD: DOUGHERTY COMMUNITY CENTRE

7 Victor St

Wheelchair access, parking nearby, train station nearby

Venue Coordinator Janet Douglas janet_away@yahoo.com (preferred) 0423 947 411

Music Recorder

ADVANCED RECORDER

Alternate Mondays from 29 Jan 10:30 to 12:30

Treble, tenor, bass and descant players welcome. Basic sight reading is essential. The emphasis is on playing musically.

Leader and Bookings: Katie Lucy-Smith 0404 839 826

Discussion Group

DISCUSSION GROUP 1

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

Would you like to hear some interesting opinions?

Do you want to air some of your own? This is a varied group who consider some of the issues of life and living that contribute to our modern existence.

Leader and Bookings: Jill Tukian

jill.tukian@me.com (preferred) 0431 053 395

Language French

FRENCH FOR NEAR BEGINNERS (max 12)

Mondays from 5 Feb 10:30 to 12:30 (8 sessions)

Can you remember a little high school French? If so, this course is for you. We will study basic phrases through topics such as likes and dislikes, hotel bookings and asking the way. This course focuses on conversation.

Leader and Bookings: Bridget Miall

bridgetmiall@gmail.com (preferred) 9411 7882

Music Recorder

INTERMEDIATE RECORDER GROUP

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

This group has some experience playing descant, treble and tenor recorders. This group uses Book 2 of the set tutor *Learn to Play the Recorder* by Brian Bonsor and plays 5-part music.

Leader and Bookings: Katie Lucy-Smith 0404 839 826

Discussion Group

DISCUSSION GROUP 2

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

We are a small and friendly group who discuss both local and overseas events. We value all opinions and do not take ourselves too seriously.

Leader and Bookings: Chris Patten chrisfpatten@gmail.com (preferred) 0417 219 847

FRIDAYS AT CHATSWOOD

Fridays from 16 Feb 10:30 to 12:30

Interesting presentations on various topics each Friday.

Future

1. Feeding and watering our future world

16 Feb

"There will be more food eaten in the next 50 years than in the whole history of humanity" (Prof Megan Clark). The challenges, successes and misconceptions of providing global food security from an Australian perspective.

Presenter: Chris Russell

Bookings: Annemarie Moore

mooreannemarie1948@gmail.com (preferred) 0421 716 232

Science Religion

2. The science of religion

23 Feb

Examining those theories that attempt to explain the origin and experience of religious belief as the result of purely natural processes.

Presenter: Kevin Murray

Bookings: Janet Douglas janet_away@yahoo.com

(preferred) 0423 947 411

Science Inventions

3. Artificial Intelligence – past, present and future

1 Mar

An easy-to-follow introduction to the state of AI in popular culture and the real world, including the arguments about its potential benefits and risks and what the future may hold.

Presenter: Jeff Burgess

Bookings: Ursula Schappi ursulasch@bigpond.com (preferred) 9955 7628

Art History

4. The Bauhaus and its legacy

8 Mar

The Bauhaus is considered the 20th century's most influential art school. This talk describes the school, its people, designs and its influence on Australian practitioners.

Presenter: Stewart Reed

Bookings: Ursula Schappi ursulasch@bigpond.com (preferred) 9955 7628

Religion

5. Tales from the Spirit of Things (ABC RN)

15 Mar

The highs and lows of faith leaders and followers have changed our world, but few know the inside stories that make religion a fascinating subject. They include a housewife spy and the 'discovery' of Jesus' tomb!

Presenter: Rachael Kohn

Bookings: Robert Henderson robkit.henderson@bigpond.com (preferred) 0419 223 001

History Australia

6. The history of Gladesville Hospital

22 Mar

Formerly known as Tarban Creek Lunatic Asylum, the hospital was established in 1838 and closed in 1993. It was the most significant colonial building between Sydney and Parramatta.

Presenter: Chris Schofield

Bookings: Ursula Schappi ursulasch@bigpond.com (preferred) 9955 7628

Science Physics

7. Rocket science for beginners

19 Apr

The principles involved in design of flight vehicles, including aircraft, rockets, and spacecraft. The effect of altitude and how the sound barrier was broken. Includes hands-on demonstrations.

Presenter: Ian Burnet

Bookings: Ursula Schappi ursulasch@bigpond.com (preferred) 9955 7628

Music

8. Mozart in Turkey - opera in a harem (*Il Seraglio*)

26 Apr

Mozart's opera *Il Seraglio* is set in Istanbul. Director Elijah Moshinsky takes us there with a production of the opera, part documentary and part film.

Presenters: John Flint and Nora Hinchin

Bookings: Robert Henderson robkit.henderson@bigpond.com (preferred) 0419 223 001

Nutrition Food

9. The culinary life of Charles Darwin

10 May

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.

Presenter: Diana Noyce

Bookings: Ursula Schappi ursulasch@bigpond.com (preferred) 9955 7628

Internet

10. Staying safe on the internet

17 May

Simple techniques to avoid identity theft, scams and hacking. A non-technical discussion to offer tips and techniques, do's and don'ts and suggest ways to manage passwords.

Presenter: Roger McDougall

Bookings: Annemarie Moore mooreannemarie1948@gmail.com (preferred) 0421 716 232

TUESDAYS AT CHATSWOOD

Tuesdays from 20 Feb 10:30 to 12:30

Interesting presentations on various topics each Tuesday.

History Ancient

1. Cities in the sands: *Palmyra Bride of the Desert*

20 Feb

The colonnaded streets, oriental temples, and caravanserais of Palmyra bear witness to a caravan city that considered itself a worthy rival of Rome.

Presenter: John Tidmarsh

Bookings: Janet Douglas janet_away@yahoo.com (preferred) 0423 947 411

History Ancient

2. Cities in the sands: *Rose-Red city*

27 Feb

For centuries Petra, with its stunning rock-hewn temples and tombs, remained hidden from the west before emerging as one of the greatest cities of the ancient world.

Presenter: John Tidmarsh

Bookings: Janet Douglas janet_away@yahoo.com (preferred) 0423 947 411

Travel Culture

3. The temples of Java

5 Mar

How Hinduism and Buddhism came to Java. The history of the massive temple complexes of Borobodur, the world's largest Buddhist temple and Prambanan, the largest Hindu temple outside of India.

Presenter: Ian Burnet

Bookings: Janet Douglas janet_away@yahoo.com (preferred) 0423 947 411

History Maritime

4. The greatest voyage in maritime history

12 Mar

The greatest voyage in maritime history occurred 500 years ago, from 1519 to 1522, when the vessel *Victoria*, captained by Ferdinand Magellan and then Juan Sebastian del Cano, first circumnavigated the world.

Presenter: Ian Burnet

Bookings: Ursula Schappi ursulasch@bigpond.com (preferred) 9955 7628

Sociology

5. Baby boomers, Gen X and Millennials

19 Mar

The income, wealth, housing, working conditions, health education, environmental quality, social connections, safety and inequality of these generational groups and how these contribute to their relative well-being.

Presenter: Peter Abelson

Bookings: Rosemary Sparkes rosemaryannesparkes@gmail.com (preferred) 0400 181 091

Music History

6. Music that helped win the wars

26 Mar

An overview of Australia's role in the World Wars and the important contribution made by music towards the maintenance of morale both at home and abroad.

Presenter: Graham Ball

Bookings: Janet Douglas janet_away@yahoo.com (preferred) 0423 947 411

Art Culture

7. Sacred sites and the power of visual images

2 Apr

A look at a selection of sacred and pilgrim sites with significant social and/or cultural traditions, including Uluru, Pyramids, Delphi.

Presenter: Robijn Alexandra

Bookings: Ursula Schappi ursulasch@bigpond.com (preferred) 9955 7628

History China

8. My father, a driver for a Chinese opium warlord

16 Apr

Chinese Far Eastern Railway, warlords, the Japanese army and the triumph of Chinese communism figured prominently in my family's stories - from Russia via China to Sydney.

Presenter: Lydia Fegan

Bookings: Ursula Schappi ursulasch@bigpond.com (preferred) 9955 7628

Current Affairs

9. The ABC: its achievements and challenges

30 Apr

Learn about the ABC, Australia's national independent public broadcaster and the challenges it faces - both historically and currently in a rapidly changing media landscape.

Presenter: Janine Kitson

Bookings: Rosemary Sparkes rosemaryannsparkes@gmail.com (preferred) 0400 181 091

Current Affairs

10. The Middle East in 2024

21, 28 May

We revisit this troubled region as news has been scant since western forces withdrew.

Presenter: Peter Nixon

Bookings: Rosemary Sparkes rosemaryannsparkes@gmail.com (preferred) 0400 181 091

Music History

11. Music from the movies

11 Jun

From the silent era to the present day, films have always used music to make comedy funnier, tragedy sadder, tension tenser, to establish the mood and set the scene.

Presenter: Graham Ball

Bookings: Rosemary Sparkes rosemaryannsparkes@gmail.com (preferred) 0400 181 091

Psychology

12. Psychology: some key concepts

18 Jun

Who is the real father of psychology? What is the difference between psychology and psychiatry? Details of IQ tests, personality tests, psychosis, neurosis, psychotherapy will be discussed.

Presenter: Dr. Reinhard Ronnebeck

Bookings: Rosemary Sparkes rosemaryannsparkes@gmail.com (preferred) 0400 181 091

History

13. Everest: more than a mountain

25 Jun

Everest is a story of triumph and tragedy. This talk will cover both, from its discovery in the 19th century to the quest for its summit in the 20th.

Presenter: Judy Tenzing

Bookings: Rosemary Sparkes rosemaryannsparkes@gmail.com (preferred) 0400 181 091

Language German

GERMAN CONVERSATION AND SHORT TEXTS

Every Thursday from 7 Mar 1:00 to 3:00

A continuing course for learners beyond beginners' stage.

Leader and **Bookings:** Bettina Boss

bossbettina3@gmail.com (preferred) 0466 979 460

Language French

FRENCH GRAMMAR (max 12)

Mondays from 8 Apr 10:30 to 12:30 (6 sessions)

A basic course on grammar which follows on from the Near-Beginners course. Having learnt some functional language, you can reinforce your knowledge with a short excursion into the whys and wherefores of French grammar rules.

Leader and **Bookings:** Bridget Miall

bridgetmiall@gmail.com (preferred) 9411 7882

GREENWICH: THE BAYTREE RETIREMENT RESORT

6 Ulonga Ave (Off Innes Rd)

Wheelchair access, bus stop nearby

Venue Coordinator Marianne Thiering

mariannethiering@gmail.com (preferred) 0423 397 343

TUESDAYS AT GREENWICH

Every Tuesday from 30 Jan 10:00 to 12:00

Interesting presentations on various topics each Tuesday.

History

1. European search for the Great South Land

30 Jan

Some of the myths and lesser known facts that led to the establishment and spectacular development of this once far off land.

Presenter: Geoff Davidson

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 0423 397 343

Law Human Rights

2. Human Rights and the Criminal Law

6 Feb

The human rights of all participants must be observed and protected in the criminal justice process; that can be challenging, as reference to some particular cases including euthanasia and ICAC will show.

Presenter: Nicholas Cowdery AO KC

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 0423 397 343

Nature History

3. Jenolan Caves revealed

13 Feb

The caves, from Aboriginal times to their discovery by Europeans and their opening to tourism.

Presenter: John Flint

Bookings: Kate Caro kxcaro@gmail.com (preferred) 9433 8056

Music Culture

4. Music, leisure, pleasure in 18th century London

20 Feb

The newly enriched middle class had time and money to indulge in leisure pursuits. How did they spend their time?

Presenter: Nora Hinchey

Bookings: Kate Caro kxcaro@gmail.com (preferred) 9433 8056

Anthropology

5. The evolutionary origins of humans

27 Feb

Presenting the latest fossil and genetic evidence.

Presenter: Kevin Murray

Bookings: Dianna Brooks dianna.brookes@gmail.com (preferred) 9433 8031

Travel

6. New England in a nutshell

5 Mar

A broad look at the New England region of NSW, including its distinctive geology, geography, economy and social history.

Presenter: Dr Garry Lowder

Bookings: Dianna Brooks dianna.brookes@gmail.com (preferred) 9433 8031

Art Science

7. Colour

12 Mar

What is colour? How have we analysed it from both scientific and artistic points of view? How is colour created in nature, and in our attempts to imitate nature?

Presenter: Adj Prof Laurie Wilson

Bookings: Dianna Brooks dianna.brookes@gmail.com (preferred) 9433 8031

Music Appreciation

8. Cuba – a musical journey

19 Mar

Cuba is a 50's time capsule floating on a sea of music. Share sights and sounds of Graham's music, focused on his 2017 visit to Cuba.

Presenter: Graham Spindler

Bookings: Margaret Vermeesch mvermeesch7@gmail.com (preferred) 9433 8048

Medical Matters

9. Australia wins the world cancer stakes

26 Mar

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

Presenter: Dr Judy Ford

Bookings: Margaret Vermeesch mvermeesch7@gmail.com (preferred) 9433 8048

Current affairs

10. Africa since independence

2, 9 Apr

Our media tells us little about the continent of Africa. This is an attempt to correct that.

Presenter: Peter Nixon

Bookings: Margaret Vermeesch mvermeesch7@gmail.com (preferred) 9433 8048

Psychology

11. Psychology: some key concepts

16 Apr

Who is the real father of psychology? What is the difference between psychology and psychiatry? Details of IQ tests, personality tests, psychosis, neurosis and psychotherapy will be discussed.

Presenter: Dr Reinhard Ronnebeck

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 0423 397 343

Nature

12. Poisonous stings

23 Apr

A look at some of the more dangerous creatures that are found in and around Australia, including snakes, spiders and water creatures.

Presenters: Ian Thompson

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 0423 397 343

Technology

13. Artificial intelligence - friend or foe?

30 Apr

AI is increasingly intertwined with human beings. Vast resources are being committed to the development of superintelligence. Are we aware of what is being created?

Presenter: Dr Jennifer Sansom

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 0423 397 343

Photography

14. Fake views

7 May

"The camera never lies", or does it? How images, still and moving, have been "faked" over the years.

Presenter: Adj Prof Laurie Wilson

Bookings: Dianna Brooks dianna.brookes@gmail.com (preferred) 9433 8031

Music

15. The music that helped to win the wars

14 May

An overview of Australia's role in the World Wars and the important contribution made by music towards the maintenance of morale both at home and abroad during wartime.

Presenter: Graham Ball

Bookings: Kate Caro kxcaro@gmail.com (preferred) 9433 8056

History

16. Fiji – an insider's perspective (part 1)

21 May

Fiji's past through the early cannibal and tribal warfare days, arrival of the missionaries, white settlers, and the early colonial days.

Presenter: Andrew Drysdale

Bookings: Kate Caro kxcaro@gmail.com (preferred) 9433 8056

Current Affairs History

17. Fiji – an insider's perspective (part 2)

28 May

The final colonial days, independence followed by political upheavals and the rebuilding. What does the future hold?

Presenter: Andrew Drysdale

Bookings: Kate Caro kxcaro@gmail.com (preferred) 9433 8056

Literature

18. The literary works of J M Coetzee

4 Jun

J M Coetzee is the Nobel-prize-winning author of numerous novels including two that won the Booker Prize, Life and Times of Michael K and Disgrace. This talk provides an overview of his work.

Presenter: Emeritus Prof Sue Kossew

Bookings: Margaret Vermeesch mvermeesch7@gmail.com (preferred) 9433 8048

Science Religion

19. The science of religion

11 Jun

Examining theories and evidence, from evolution and the cognitive sciences, that seek to explain the experience of religious belief as a purely naturalistic phenomenon, originating entirely in the human brain.

Presenter: Kevin Murray

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 0423 397 343

Music

20. Far out: music in space

18 Jun

Classic, pop, rock: Space has been the inspiration, setting and even venue for some remarkable music and music stories.

Presenter: Graham Spindler

Bookings: Marianne Thiering mariannethiering@gmail.com (preferred) 0423 397 343

History Australia

21. The defence of Sydney

25 June

From the first white settlement the NSW Governors established a plan to defend Sydney against capture by both the Spanish and Napoleon.

Presenter: Don Napper

Bookings: Margaret Vermeesch mvermeesch7@gmail.com (preferred) 9433 8048

HUNTERS HILL: C A FAIRLAND HALL

14 Church St parking nearby

Venue Coordinator Judy Harris Judyharris222@gmail.com (preferred) 0447 194 510

MONDAYS AT HUNTERS HILL

Every Monday from 29 Jan 10:30 to 12:30

Interesting presentations on various topics each Monday.

Bookings: <https://sydneyu3a.org> OR Judy Harris JudyHarris2@bigpond.com (preferred) 0447 194 510

Art Appreciation

1. Edouard Manet

29 Jan

Manet deliberately shocked the art world as he transitioned from realism to impressionism. We will view Manet's art.

Presenter: Reinhard Ronnebeck

Current Affairs

2. The pathway towards the US presidency

5 Feb

The primaries, money and party power, the ins and outs of how the USA struggles to nominate the last standing in this ordeal.

Presenter: Dr Harry Melkonian

Science Environment

3. An introduction to the fungi kingdom

12 Feb

What separates members of the fungi community; introducing both edible and non-edible mushrooms, toxic toadstools, mould and mildew, rusts and smuts, and yeast

Presenter: Ian Thompson

Food

4. Slippery Bob to baba ghanoush: Australia's culinary history

19 Feb

How Australia's food culture has been shaped by history.

Presenter: Diana Noyce

Medical Matters

5. Understanding brain health

26 Feb

How dementia affects people and what are the risk factors? Lifestyle can be responsible for up to 40% of the risk. What can we do to lessen our chances of developing dementia?

Presenter: Dr Christine Lopacinski

History Culture

6. India: diverse ethnicities, cultures and religions

4 Mar

India hosts a complete society of diverse cultures. It shaped cultures in Southeast Asia and in turn was profoundly impacted by Persianite Islamic culture.

Presenter: Himanshu Jhala

History Asia

7. India: political independence to a modern state

11 Mar

The second most profound impact on India was that of the British Raj. Since independence, India has been striving to restore its global prominence.

Presenter: Himanshu Jhala

Food

8. Easter traditions and mid-winter celebrations

18 Mar

Food is the centre of both Easter celebrations around the world and the midwinter celebrations in Antarctica.

Presenter: Diana Noyce

History

9. The ABC - its achievements and challenges

25 Mar

Learn about Australia's national independent public broadcaster and the challenges it faces - both historically and currently, in a rapidly changing media landscape.

Presenter: Janine Kitson

Travel Culture

10. Ireland

1 Apr

A small island off the coast of UK has helped populate many countries including Australia over the centuries. Why is this so?

This is a brief summary of the complex history of Ireland.

Presenter: Peter Nixon

Travel

11. Slow boat to UK

8 Apr

Sailing to UK in the world famous Kialoa II over five months, entering in the annual Fastnet race and then returning home for 49th Sydney to Hobart race.

Presenter: Lindsay May OAM

Music Appreciation

12. The musical theatre

15 Apr

An overview of musicals from a historical perspective from the early days to the present.

Presenter: Graham Ball

Travel

13. Two years sojourn in Burgundy

22 Apr

A retired couple and 37 kg labradoodle go to France, for the gap year we didn't have when we left school, to spend two years in Burgundy and the French Alps.

Presenter: John Verholst and Helen Lange

Science

14. A journey through the elements

29 Apr

The people, places and experiences from fifty years travelling the world as a geologist

Presenter: Dr Garry Lowder

History Culture

15. Sri Lanka: the pearl of the Indian Ocean

6 May

A personal view of this magical land whose history and culture are full of surprises.

Presenter: Dr Garry Lowder

Music Appreciation

16. Music from the movies

13 May

Past movies have used music to make comedy funny, tragedy sadder and tension tenser but, most often, to establish mood and set the scene.

Presenters: Graham Ball

Travel

17. The cycle of life

20 May

My adventures on a bicycle over thirteen years, covering 37,000 km across the Nullarbor and three continents, including the USA.

Presenter: Roger McDougall

Current Affairs

18. Is democracy failing the modern world?

27 May 3, 10 Jun

A chance to explore the tensions that exist between our personal and collective needs.

Presenter: Peter Nixon

History

19. Tramways of the North Shore

17 Jun

The development and construction of tramways on the North Shore.

Presenter: Ron Besdansky

Art Drawing

DRAWING FOR BEGINNERS (15)

Every Friday from 23 February 10.30 to 12.30

(6 sessions)

Learn to draw and develop a unique drawing style by studying the elements and principles of design. Learn the basic skills of recording while examining various drawing techniques.

Leader and **Bookings:** Kate McClelland
mclellands@ozemail.com.au 0413 388 959

LANE COVE: LIVING AND LEARNING CENTRE

180 Longueville Rd

Venue Coordinator Robert Lynn bobbylnn03@gmail.com

9433 8066

Book Group

BOOK GROUP

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

Group limited to twelve so everyone has a chance to speak. We welcome new members.

Leader: Janice Gentle

Bookings: Vanessa Follett 0490 652 292

MCPMAHONS POINT: COMMUNITY CENTRE

165 Blues Point Rd Wheelchair access

Venue Coordinator Lesley Duffill leslie.duffill@gmail.com

(preferred) 0408 097 482

Poetry

POETRY

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

This group explores the magic of poetry in its various forms through reading, appreciating and writing. We give and receive friendly, positive feedback. New members welcome.

Leader and **Bookings:** Geoff Lucas 0432 543 611

Book Group

BOOK GROUP

Alternate Fridays from 9 Feb 10:00 to 12:00

This group chooses 10 novels per semester to read (both classics and modern), and enjoys a lively discussion on those books. New members welcome.

Leader and **Bookings:** Toni McLennan 9412 1585

MOSMAN ART GALLERY

Cnr Myahgah Rd and Art Gallery Way Wheelchair access, parking nearby, bus stop nearby

Venue Coordinator Annika Tults annikatults@gmail.com

0404 254 009

MONDAYS AT THE ART GALLERY

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

Interesting presentations on various topics each Monday.

No booking required

History, Food

1. The culinary life of Charles Darwin

5 Feb

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.

Presenter: Diana Noyce

Famous People Medical Matters

2. The Sackler story

12 Feb

How Valium, OxyContin, philanthropy, art galleries, museums, laboratories, lies, addictions, death, court cases and millions of dollars make up the story of the Sackler family.

Presenter: Dr Rosemarie Einstein

History

3. The Spanish Empire (part 1)

19 Feb

From Reconquista to Discovery of the New World: The Spanish Empire was a very powerful empire in the early modern period. Victory over the Moors led to the discovery of the Americas.

Presenter: Himanshu Jhala

History

4. The Spanish Empire (part 2)

26 Feb

A Global Empire is Lost Within Decades: The Spanish controlled European territories, vast regions in the Americas, Africa, various islands in Asia and Oceania. Napoleon's invasion in 1808 triggered its eventual collapse. Presenter: Himanshu Jhala

Science Religion

5. The science of religion

4 Mar

Examining theories and evidence, from evolution and the cognitive sciences, that seek to explain the experience of religious belief as a purely naturalistic phenomenon originating entirely in the human brain. Presenter: Kevin Murray

Current Affairs

6. The ABC - achievements and broadcasting challenges

11 Mar

Learn about Australia's national independent public broadcaster and the challenges it faces, both historically and currently, in a rapidly changing media landscape. Presenter: Janine Kitson

History

7. A short history of ancient medicine (part 1)

18 Mar

The appearance of Asklepios: The era of classical Greece and Rome saw the emergence of the remarkable healing sanctuaries of Asklepios which are some of Greece's finest ancient sites. We will view his major works and learn about his life. Presenter: John Tidmarsh

Presenter: John Tidmarsh

History

8. A short history of ancient medicine (part 2)

25 Mar

The Golden Age of Medicine: The rise of Islam in the east during the 7th century ushered in remarkable advances that remained the basis of medical and surgical knowledge until well into the Renaissance. Presenters: John Tidmarsh

Presenters: John Tidmarsh

History

9. The first million years of human communication

8 Apr

The Internet is the most recent innovation in human communication, but possibly the most profound since the evolution of speech. Other historical innovations include writing, printing and electronic communication. Presenter: Adj Prof Laurie Wilson

Presenter: Adj Prof Laurie Wilson

History Food

10. Of rice and men

15 Apr

The culinary life of prisoners in Changi during World War II. The artwork of one of the Australian prisoners provides an inspirational and alternative perspective on the life in Changi prison. Presenter: Diana Noyce

Presenter: Diana Noyce

History Culture

11. Life in the Perigord, France

22 Apr

A beautiful part of the South West of France, home to painted caves, mediaeval castles, foie gras and fine wines. Presenter: John Walsh

34

History

12. Spy masters and code breakers of World War II

29 Apr

This talk traces the career of Leo Marks, his codes and his conspiracy of spies. Not all happy endings. Presenter: Ian Bryce

Politics History

13. Africa since independence

6, 13, 20 May

These talks will look at what has happened in the Dark Continent since 1960. The areas of success and the areas of conflict. Presenter: Peter Nixon

Entomology

14. Unwelcome insects found in the home

27 May

A close-up look at undesirable insects located in your home, including clothes moths, carpet beetles, silverfish, and pantry pests such as weevils and flour moths. Presenter: Ian Thompson

History China

15. My father- driver for a Chinese opium warlord

3 June

Our family survived through tumultuous times in China between the 1920's and 1940's, finally finding peace in Australia. Presenter: Lydia Fegan

Presenter: Lydia Fegan

History Australia

16. Australia's two invasions

17 Jun

Europeans came after the Aboriginals, but there are many historical misconceptions. Australia's real founder was James Matra – a fascinating adventurer, abolitionist and a man of science. Presenter: Stewart Fist

Presenter: Stewart Fist

Science

17. Biomimicry – Technology inspired by Nature

24 Jun

We consider some of the many inventions and breakthroughs in design and technology that have been inspired by the elements of mother nature. Presenter: Ian Thompson

Presenter: Ian Thompson

MOSMAN: THE GARRISON

13 Spit Road (enter from Punch Street)

Wheelchair access, bus stop nearby

Venue Coordinator Jenny Rudd O'Neill

Writing

WRITING YOUR MEMOIR (max 15)

Alternate Thursdays from 11 Apr 10:30 to 12:30

We will use practical exercises and discussion to build a story of your life, or part of it, or the life of someone you knew well. Beginners welcome. We are a friendly, supportive group.

Leader: Jenny Rudd O'Neill

jennyruddoneill@optusnet.com.au

Bookings: Pamela Tilbrook

pamelatilbrook@optusnet.com.au (preferred)

0413 377 212

THE MANORS OF MOSMAN RETIREMENT VILLAGE

6 Hale Rd, off Military Rd
Wheelchair access
Venue Coordinator Margaret Kropman
mkropman@optusnet.com.au (preferred) 0434 839 172

Discussion Group Current Affairs

TOPICAL ISSUES DISCUSSION GROUP

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

We cover local and international topics in the news. At every meeting we discuss two topics chosen by the group at the previous meeting, we hear short introductions then keep our mental engines running in a friendly and diverse group.

Leader: Peter Trout

Bookings: Margaret Kropman 0434 839 172

Discussion Group Book Group

LITERARY DISCUSSION GROUP

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

This friendly group meets once a fortnight to discuss a variety of demanding literature including poetry, drama and non-fiction. New members welcomed.

Leader: Mary Billing

Bookings: Elisabeth Kingsford 9953 6993

MOSMAN SQUARE SENIORS CENTRE

Next to Mosman Council Chambers
Off Military Rd, Spit Junction
Wheelchair access, parking nearby, bus stop nearby
Venue Coordinator Michael Suckling
michaelsuckling@outlook.com

WEDNESDAYS AT MOSMAN SQUARE

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

Interesting presentations on various topics each Wednesday.

No booking required

Archaeology

1. Travels in Ancient Greece Part 1

7 Feb

How Athens with its art and culture became the dominant city of Classical Greece.

Presenter: John Tidmarsh

Archaeology

2. Travels in Ancient Greece Part 2

14 Feb

The stunning sanctuaries of Olympia and Delphi.

Presenter: John Tidmarsh

Archaeology

3. Travels in Ancient Greece Part 3

21 Feb

The palaces, houses, and astonishingly wealthy tombs of Macedonia.

Presenter: John Tidmarsh

Archaeology

4. Travels in Ancient Greece Part 4

28 Feb

Delos, the beautiful island of Apollo as well as the greatest emporium of the Hellenistic age.

Presenter: John Tidmarsh

Ethics

5. How do humans make decisions? Part 1

6 Mar

Judges, doctors, social workers and parents using the same set of facts often make widely different forecast and decisions. Why is this? With input from Daniel Kahneman and his colleagues, we look for some answers.

Presenter: Peter Nixon

Food History

6. A fateful feast

13 Mar

The last repast on RMS Titanic.

Presenter: Diana Noyce

History Europe

7. Great Migrations of European Peoples Part 1

20 Mar

Pre-historic Europe: The earliest human arrivals were followed by the Hunter Gatherers, Anatolian Farmers and the Indo-Europeans leading to the development of the earliest civilization of the Aegean.

Presenter: Himanshu Jhala

History Europe

8. Great Migrations of European Peoples Part 2

27 Mar

The Phoenicians colonised the Mediterranean coast, the Celts spread from Central Europe, the Romans succeeded the Greeks but collapsed in the west while countering the Barbarian migrations.

Presenter: Himanshu Jhala

Medical

9. Cholesterol

3 Apr

Drugs to treat Cholesterol are one of the most widely prescribed. Learn about the major changes that are coming in blood testing and medication and the way we will view cholesterol in future.

Presenter: Gayle Nelson

Science Health

10. Medical entomology – mosquitoes

10 Apr

The biology and habitat of the mosquito, the deadliest animal on earth by far. Diseases covered are world-wide and Australia specific - including Malaria, Dengue, Zika virus, Yellow Fever, Lymphatic Filariasis and Ross River Fever.

Presenter: Ian Thompson

History English

11. The real meaning of nursery rhymes

17 Apr

Most of our well known rhymes are really political satire. English history through rhymes.

Presenter: Susan Ackroyd

Science Health

12. Medical entomology – Paralysis Tick

24 Apr

Their distribution, biology, lifestyle, and ecology, plus impact on human health and companion animals. Also covered are ticks and their association with mammalian meat allergies, plus "Lyme Disease".

Presenter: Ian Thompson

History Europe

13. Great Migrations of European Peoples Part 3

1 May

The Middle Ages: internal migrations and external invasions. The Anglo-Saxons migrated to Britain; the Arabs invaded Spain; the Vikings launched pirating raids and the Swede-Rus, Normans, Magyars and Bulgars claimed new territories. Presenter: Himanshu Jhala

History Europe

14. Great Migrations of European Peoples Part 4

8 May

The modern period: empires, wars, refugees, post-war and post-colonial non-European migrants: European rivalries spilled out of Europe, leading to colonial empires. European Alliance System led to the two World Wars and subsequent influx of non-Europeans. Presenter: Himanshu Jhala

Ethics

15. How do humans make decisions? Part 2

15 May

Judges, doctors, social workers and parents using the same set of facts often make widely different forecast and decisions. Why is this? With input from Daniel Kahneman and his colleagues, we look for some answers. Presenter: Peter Nixon

History Photography

16. Fake views

22 May

"The camera never lies", or does it? How photographic images have been "faked" over the years. Presenter: Adj Prof Laurie Wilson

Wildlife

17. Australian Wildlife Conservancy

29 May

AWC is the biggest private owner and manager of land for conservation in Australia, turning the tide on Australia's extinction crisis and bringing renewed hope for threatened species. Presenter: Elly Gearing

Computers

18. Artificial Intelligence – past, present and future

5 June

An easy-to-follow introduction to the state of AI in popular culture and the real world, including the arguments about its potential benefits, risks and what the future may hold. Presenter: Jeff Burgess

Travel Culture

19. Temples of Java

12 June

The Hindu and Buddhist Temples of 7-9th century Java. Presenter: Ian Burnett

Food History

20. Feeding body and soul

19 June

The Midwinter Celebration in Antarctica. Presenter: Diana Noyce

Legal Human Rights

21. Drug Law Reform

26 June

There will always be drug consumers. Prohibition helps only the criminals, whose profits need to be taken out of the market. We need legalisation or, as a first step, decriminalisation of quantities consistent with personal use. Presenter: Nicholas Cowdery AO KC

Medical Matters Health

22. Putting alternative medicine to the test

3 Jul

The evolution of the clinical trial and how alternative medicine fares when subjected to modern clinical trials. Presenter: Kevin Murray

Maritime

23. The greatest sea voyage in maritime history

10 Jul

In 1521 the Spanish complete the first circumnavigation of the world. Presenter: Ian Burnett

Nature Science

24. Pattern formation in nature

17 Jul

How have natural processes produced the dazzling variety of patterns we see around us, from zebra stripes to sand ripples. Presenter: Adj Prof Laurie Wilson

Legal Human Rights

25. First Nations people and the criminal justice system

24 Jul

With less than 3% of the population, First Nations people are grossly over-represented in the criminal justice system. Why – and what can be done about it? Presenter: Nicholas Cowdery AO KC

WILLOUGHBY: HYGROVE DISPLAY SUITE

44 Penshurst St

Wheelchair access, parking nearby, bus stop nearby
Venue Coordinator Rohan Kirby
rohan@hyegrove.com.au (preferred) 0475 775 000

FRIDAYS AT WILLOUGHBY

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

Interesting presentations on various topics each Friday.

Bookings: Rohan Kirby rohan@hyegrove.com.au (preferred) 0475 775 000

History Australia

1. Northbridge

2 Feb

The history of Northbridge and its famous bridge based on material prepared for an exhibition commemorating the suburb's centenary in 2013. Presenter: Ron Besdansky

History Art

2. Troy: history, mystery and myth

16 Feb

A survey by various artists depicting the story of Troy that highlights the absurdity of war, which, at its core, holds sentiments that ring as true today as they did in antiquity. Presenter: Robijn Alexandra

Current Affairs Legal

3. NSW ICAC: background and recent reports

1 Mar

Why the ICAC exists, what it does, how it operates and recent ICAC reports. Presenters: Carla Teteris and Dr Iris Kirkpatrick

History

4. Cities in the sand: Along the Incense Route

15 Mar

Some of the most spectacular and romantic of the great desert caravan cities grew rich on the trade of spices, textiles and other cargoes and flourished during Graeco-Roman times along the legendary Silk and Incense routes.

Presenter: John Tidmarsh

Current Affairs

5. Electricity supply in NSW

12 Apr

Renewables are destabilising the grid and reducing the price of wholesale power. All power stations are ageing. How do we transit to a new energy future?

Presenter: Robert Eales

History

6. The first crossing of Australia from south to north

26 Apr

Many attempts were made to cross Australia from south to north. John McDouall Stuart and Burke & Wills tried at similar times. Only one succeeded.

Presenter: Barbara Boston

Science

7. Mysteries of the Deep Sea

10 May

Humans have explored the landmass of the Earth extensively, but the sea remains a mystery to a great extent. Let us unravel some unknowns.

Presenter: Punchi Dassanayake

History Medical Matters

8. Top historic and recent medical advances

24 May

There is little doubt that identifying diseases and their treatment is as old as humanity itself. We discuss the advances in treatment, old and new.

Presenter: Punchi Dassanayake

Travel Culture

9. Japan: The island country of East Asia

7 Jun

We examine the history and topography of Japan, plus their population demographics, political system, military, economy, plus other many other aspects of Japan including their parliamentary democracy and the Imperial family.

Presenter: Ian Thompson

Travel Culture

10. Living and working in Japan as a foreigner

21 Jun

We consider the Japanese language, religions, customs, business culture, their many public holidays, public transport, schooling, etiquette, cuisine and fashion, plus the correct way to bow and other quaint aspects of daily life in Japan.

Presenter: Ian Thompson

OUT THERE

Outdoors Eating out

THIRD FRIDAY LUNCH GROUP

Third Friday of each month from 16 Feb

We meet for lunch at restaurants that serve a variety of cuisines. We go everywhere in Sydney, except the North Shore. We try to book BYO wine venues where there is a small corkage charge, which attendees are required to pay.

Leader and **Bookings:** Sarah Fennamore

sfennamore@yahoo.com 9955 1962

NORTHERN BEACHES

Regional President: Kerrie Sanders kersand@bigpond.com

Regional Course Coordinator: Runa Schmidt-Muller runasm@ihug.com.au **Enquiries only**

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

NORTHERN BEACHES REGION OF SYDNEY u3a

Annual General Meeting and Election of Office Bearers

will be held on **Thursday 7 March commencing at 11:00**

at: **The Dutch Club**

1 Grattan Crescent (off Bantry Bay Road), Frenchs Forest 2086

Doors open from 10:30 for examination of reports and minutes from last meeting. Nomination forms for committee roles will be included in the Sydney u3a Northern Beaches newsletter and website nearer the date.

Guest speaker: David Hunt

A light lunch will be provided. RSVP by 15 Feb to Tricia Haines haines.avalon@bigpond.com 0417 686 399

AVALON RECREATION CENTRE

59 Old Barrenjoey Rd

wheelchair access, parking nearby

Venue Coordinator Eve Lane evelane222@gmail.com

0455 948 864

Art

ART GROUPS (max 12)

Every Monday from 15 Jan

Group 1: 9:30 to 12:15; Group 2: 12:15 to 3:00

Enjoy the company of other artists with varying levels of skill. Bring your own equipment (any medium). No tuition given. Leader: Gen Watts genwatts@hotmail.com

Bookings: Eve Lane evelane222@gmail.com

BALGOWLAH: CLUB TOTEM

195 Condamine St

wheelchair access, parking onsite

Venue Coordinator Sandra Orton

sandraorton038@gmail.com

Book Group

LITERATURE

Alternate Wednesdays from 31 Jan 11:00 to 1:00

Washaway Room Level 3

A wide range of authors and their books are discussed.

These include *The Second Sleep* by Robert Harris, *Demon Copperhead* by Barbara Kingsolver, *Small things like These* by Claire Keegan, *The Queen is Dead* by Stan Grant and *The Promise* by Damon Galgut.

Leader: Sandra Orton sandraorton038@gmail.com

0460 795 959

Bookings: Janelle Laidlaw

janelledorothylaidlaw@gmail.com 0418 436 127

BELROSE BOWLING CLUB

146 Forest Way

parking onsite

Venue Coordinator Peter Nixon

pnixon0443@gmail.com 0402 379 109

Games Bowls

ENJOY A GAME OF BOWLS

Every Friday from 17 May 10:00 to 12:00 (3 sessions)

Learn to play bowls and have fun with friends.

Equipment provided and coaches on hand. Just come along, bring a friend or two and enjoy a game over three Friday mornings.

Leader and **Bookings:** Peter Nixon

pnixon0443@gmail.com 0402 379 109

FORESTVILLE RSL CLUB

22 Melwood Ave

wheelchair access, parking onsite

Venue Coordinator Beth Robertson

bethrobertson@aapt.net.au

Craft

CRAFT IN THE FOREST

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

Bistro

Join our inspirational group of craft enthusiasts for a relaxing morning of chat and the sharing of new skills. No prior knowledge expected, only the love of learning. New creative ideas are mandatory!

Leader and **Bookings:** Beth Robertson

bethrobertson@aapt.net.au 9452 2396

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Rd wheelchair access, parking nearby
Venue Coordinator John Watt john@wattever.com
0407 547 583

FRIDAYS IN THE FOREST

Last Friday of every month from 23 Feb 10:00 to 12:00

A monthly program of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject. Something for everyone.

Leader: John Watt john@wattever.com (preferred)
0407 547 583

Bookings not required.

Travel

1. Small European countries Part 2

23 Feb

Our travels in Europe take us to more fascinating places. How about San Marino, the oldest country in the world or Monaco, playground of the rich? Graham Spindler will be our Tour Guide again.

Speaker: Graham Spindler

29 Mar No meeting (Good Friday)

History Britain

2. How Britain changed the world

26 Apr

The Industrial Revolution made a major impact on society as factories spread, cities grew, and workers faced harsh conditions. Hard Times indeed, our speaker is not Charles Dickens, but our own Ian Thompson.

Speaker: Ian Thompson

History Maritime

3. The final fateful feast on RMS Titanic

31 May

Join us on board RMS Titanic as Master of Gastronomy, Diana Noyce peeps in the Dining Saloons to look at the food being served and look at what's happening leading up to the tragic sinking.

Speaker: Diana Noyce

Music

4. Stars who didn't make it to The Stadium

28 Jun

We enjoyed seeing the stars who thrilled us at The Stadium, but what about those who didn't come? Think of Elvis, Fats Domino, Tony Bennett, Perry Como. Now's your chance to see them and more!

Speaker: John Watt

FRENCHS FOREST: THE DUTCH CLUB

1 Grattan Cres (off Bantry Bay Rd)
wheelchair access, parking onsite
Venue Coordinator John Peters jayefpe@hotmail.com
0412 161 069

Music Ukulele

UKULELE INTERMEDIATE/ADVANCED

Every Tuesday from 9 Jan 1:30 to 3:30

If you have learnt at least six basic chords, now is the time to move to or join this group. Lots of fun, strumming, singing and an opportunity to gain confidence in leading a song.

Leader and **Bookings:** John Peters jayefpe@hotmail.com
0412 161 069

NARRABEEN NORTH: NARRABEEN BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway)
wheelchair access, parking onsite
Venue Coordinator Barbara Bohm
jeddasam1@bigpond.com 9913 3481

Music Singing

SINGING FOR THE JOY OF SINGING

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

Auditorium

Join us in singing well-known songs from all genres. Anyone who enjoys singing, irrespective of ability, is welcome to join our friendly group to sing, hum along or just sit and listen.

Leader and **Bookings:** Lynne Wasinski
lynne.wasinski@gmail.com 0408 971 060

Language French

FRENCH POST BEGINNERS/INTERMEDIATE

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

Education Centre GF

Easy going course suitable for people with a basic knowledge of French Grammar. Not suitable for beginners or for people who have not opened a French book since school. Book used is *Easy French Reader* by R. de Roussy de Sales (3rd edition).

Leader and **Bookings:** Olivia Kesby olivia.kesby@gmail.com
0401 303 472

Philosophy

HISTORY OF PHILOSOPHY 5

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

Education Centre GF

We cover key ancient and modern Western philosophers in the area of metaphysics, theory of knowledge, ethics and politics. The focus of the course is life's meaning as considered by these thinkers.

Leader and **Bookings:** John Lauricella jml1010@yahoo.com
9918 2142

Music Guitar

ACOUSTIC GUITAR GROUP

First three Wednesdays every month from 7 Feb 10:30 to 12:30

Level 1, Room 2

The group will continue building a repertoire of classic soft rock/blues acoustic pieces. Only basic skills with guitar chords and following lyric/chord charts is needed. Bring own guitar and music stand. Due to popularity, places are limited. Leader and **Bookings:** John Mitchell
johnmitchell@hotmail.com 0481 516 498

Music Performance

THE 3RD AGE ROCK ORCHESTRA

First three Wednesdays every month from 7 Feb 2:00 to 5:00

Auditorium

The orchestra plays classic rock music with singers and post-beginners on all instruments. Basic skills with following chord charts are needed. Reading music is an advantage. The orchestra performs a few times a year. There's a waiting list for membership.

Leader and **Bookings:** Harvey Broadbent 0414 486 675
3rdagerockorchestra@gmail.com

Art Painting

THURSDAY ART GROUP

Every Thursday from 8 Feb 1:00 to 4:00

Education Centre GF

For those who enjoy putting paint on canvas or paper via your preferred medium join our relaxed group. With varying levels of skill, we work on our own projects and commonly share techniques, ideas and information which is welcomed by all.

Leader: Alf Silvester a.silvester@optusnet.com.au
0493 043 111

Bookings: Barbara Tuna 0407 513 045 text only

Language Latin

LATIN BEGINNERS I (max 16)

Alternate Fridays from 9 Feb 9:30 to 11:30

8 sessions

Education Centre GF

Latin Beginners Course including Classical Latin grammar, sentence formation and vocabulary through exercises and readings with the objective of introducing you to Latin literary texts. Text: *The Oxford Latin Course Part 1 - Student Book (ISBN 9780 19912264)*

Leader and **Bookings:** Gail Sadler
gailasadler@gmail.com 0420 989 170

Philosophy

HISTORY OF PHILOSOPHY 6

Alternate Fridays from 9 Feb 10:00 to 12:00

Auditorium

We cover key ancient and modern Western philosophers in the area of metaphysics, theory of knowledge, ethics and politics. The focus of the course is life's meaning as considered by these thinkers.

Leader and **Bookings:** John Lauricella jml1010@yahoo.com
9918 2142

Language Latin

LATIN INTERMEDIATE I (max 10)

Alternate Fridays from 9 Feb 12:30 to 2:30

8 sessions

Education Centre GF

Continuation course (for 2023 students) covering Classical Latin grammar and vocabulary through exercises and readings with the inclusion of Latin literary texts. Texts: *The Oxford Latin Course Part 1* and *The Oxford Latin Course Part II*

Leader and **Bookings:** Gail Sadler gailasadler@gmail.com
0420 989 170

Music Ukulele

UKULELE FOR BEGINNERS

Every Tuesday from 12 Feb (except school holidays) 11:45 to 1:00

Level 1, Room 2

This course is for rank beginners. If you have always wanted to play a musical instrument, this is the place for you. You will learn the main chords, have great fun playing and singing. Come along and have a go!

Leader and **Bookings:** Felicity Davis
felicity@sciencefilms.com.au 0414 470 644

NARRABEEN NORTH: NARRABEEN RSL CLUB

116 Nareen Pde parking onsite

Games Croquet

CROQUET (max 20)

Every Tuesday from 30 Jan 8:30 to 12:00

Bowling Green

Teaching available on request. No partner required. Mallets supplied. Games are organised on a first come basis.

Leader: Bob Hunter 9970 7352

Bookings: Jill Barrett jillb45@hotmail.com 0456 733 336

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE See also Page 44

1395A Pittwater Rd

wheelchair access, parking nearby

Venue Coordinator Marcia Andrews

marciaandrews711@hotmail.com

Current Affairs

TOPICS OF OUR TIMES (max 25)

Alternate Tuesdays from 16 Jan 2:00 to 4:00

Berry Hall

Discussions about a wide spectrum of contemporary issues with the aim to deepen our knowledge and understanding. Members are encouraged to submit topics and actively participate in the discussions. However you are welcome to simply listen.

Leader: Antoine van de Walle
antoinevdwalle@gmail.com 8056 7882

Bookings: Peggy Crocker fripeg@optusnet.com.au
9975 6828

Art Drawing and Painting

ART: PAINTING AND DRAWING IN ANY MEDIUM

Every Monday from 5 Feb 1:00 to 4:00

Berry Hall

We are a happy group of painters who paint in their medium of choice, yet still dabble in other mediums. Newcomers are welcome but there is a waiting list.

Leader: June Rodden june@rodden.net 9402 4550

Bookings: Narelle Harvey neli1@bigpond.com
0447 865 657

Discussion Group Movies

MONDAY AT THE MOVIES - MAM

First Monday every month from 5 Feb 2:00 to 4:00

Lakeview Hall

Enjoy current movies? Our movie club operates similar to a book club. Every month view up to three nominated movies in your own time and join us for a stimulating discussion about the plot, actors, producers and cinematography.

Decide your own ratings.

Leader and **Bookings:** Liz Boase
lizzyboasebruce@gmail.com 0413 736 331

Language French

ADVANCED FRENCH

Alternate Fridays from 9 Feb 10:00 to 12:00

Berry Hall

Advanced conversation in French based on a text and tape.

Leader: Wendy Clark scorpio39@bigpond.com 9913 9807

Bookings: Maureen Black maureengb192@gmail.com 9982 7149

NEWPORT COMMUNITY CENTRE

SEE ALSO PAGE 44

11-13 The Boulevard
No public or school holidays
wheelchair access, parking nearby
Venue Coordinator Helen Howes
helsim@internode.on.net 0424 464 047

Language French

INTERMEDIATE FRENCH

Alternate Wednesdays from 31 Jan 1:30 to 3:30

Activity Rooms 1 and 2

A good knowledge of French grammar is required. The objective is to increase our working knowledge of the French language, the country and culture through development of vocabulary, grammar, speaking, writing, presentation and listening.

Textbook and dictionary essential.

Leader: Danina Anderson danina_anderson@hotmail.com

Bookings: Frances Buchan francesbuchan@icloud.com
Suitable for most.

Games Table Tennis

TABLE TENNIS (max 40)

Every Thursday from 1 Feb 1:15 to 4:15

Main Hall

Table tennis stimulates physical and mental performance. We offer the opportunity to revive a dormant skill and to socialise with new friends in an air-conditioned venue that is ideal for year round play.

Leader: Richard Hughes

Bookings: Ron Heald and Angela Gollmer
ra.u3a.tt@gmail.com

CANCELLED

Yoga

~~YOGA AND RELAXATION~~

~~Every Friday from 2 Feb 12:30 to 2:00~~

~~Main Hall~~

~~Please book only one yoga class per week. Every class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.~~

~~Teacher: Allyson Lowbridge Leader: Various~~

~~**Bookings:** Ann Hardiman hardimanja@gmail.com~~

Yoga

YOGA AND RELAXATION

Every Monday from 5 Feb 12:30 to 2:00

Main Hall

Please book only one yoga class per week. Every class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.

Teacher: Maryanne Deans Kolek

Leader and **Bookings:** Susan Barnard
susanbarnard@iinet.net.au

Art Painting

ART CLASS WITH KAYE DEXTER

Every Monday from 5 Feb 1:00 to 4:00

Activity Rooms 1 and 2

This acrylics class enjoys using different techniques and styles. We bring our own equipment.

Leader: Kaye Dexter kdexter@bigpond.net.au

Bookings: Robyn Mayman peter@maymans.com
9918 2941

Drama

DRAMA ACTIVITIES

Alternate Wednesdays from 7 Feb 1:30 to 4:00

Activity Rooms 1 and 2

Looking for fun and an enjoyable activity that extends you? Join our drama activities where you will meet new people and have fun along the way. We do drama to music, also mime, improvisation and roleplaying.

Leader and **Bookings:** Helen Rosenkranz
helenrosenkranz@gmail.com 0405 060 727

TOPICS OF INTEREST

First Wednesday every month from 7 Feb 1:30 to 3:30

Main Hall

Come and join a friendly group to experience separate presentations by people who are experts in or have enthusiasm for their subjects, covering a wide variety of topics from science, history, travel, the arts, social justice and some quirky topics.

Leader: Margaret White marg.white@me.com 0416 182 393

Bookings not required.

History Britain

1. A fateful feast: final repast on RMS Titanic

7 Feb

The Titanic provides an exquisite microcosm of the Edwardian world, illuminating class distinctions, etiquette and fashion, and its love of fine food. This talk examines the menus offered, illuminating the food for the differing classes. Presenter: Diana Noyce

Crime

2. Criminal justice system

6 Mar

Prosecutor, defender, judge and teacher, director of the Justice Reform Initiative, working to reduce our reliance upon imprisonment. Campaigner for drug law reform, legalise abortion and voluntary assisted dying. Presenter: Nicholas Cowdery AO KC

Environment

3. The science of religion

3 Apr

Examining theories and evidence from evolution and the cognitive sciences, that seek to explain the origin and experience of religious belief as purely naturalistic phenomena, originating entirely in the human brain. Presenter: Kevin Murray

Art Appreciation

4. Mathematics in art

1 May

From the Renaissance to the work of M C Escher, mathematical principles have inspired many breakthroughs in the visual arts.

Presenter: Adj Prof Laurie Wilson

History USA

5. 9/11: in New York on the day!

5 Jun

Alone in New York, in the middle of a world changing event, from breakfast at the World Trade Centre, to the streets, bus and ferry, Hans tells of his interactions with people he met. Presenter: Hans Kunnen

Technology

6. A closer look at the world of artificial intelligence

3 Jul

AI is a game-changing technology with transformative potential. Amid the current hype, this presentation outlines what AI is, practical applications, new risks posed to individuals and strategies to manage them.

Presenter: Michelle Moffatt

Qigong

QIGONG

Every Wednesday (except first Wednesday every month) from 14 Feb 2:00 to 3:30

Main Hall

Reconnect with nature via this gentle, moving meditation originating in China. Relaxes the joints, aids digestion and sleep, calms the mind and gently tones and strengthens muscles. Work at your own level. Leader and **Bookings:** Penny Auburn penauburn@gmail.com

NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Cnr Robertson Rd and Ocean Ave parking nearby, not public holidays Venue Coordinator **Janeska Ahmed** janeska.ahmed@gmail.com

Music Recorder

RECORDER CONSORT

Every Wednesday from 31 Jan 10:30 to 12:30

A small group playing descant, treble, tenor and bass recorders, playing music from Renaissance to Bach through to Modern and Jazz.

Leader and **Bookings:** **Janeska Ahmed** janeska.ahmed@gmail.com

NORTH CURL CURL COMMUNITY CENTRE

Cnr Griffin and Abbott Rds, not public holidays wheelchair access, parking onsite
Venue Coordinator Runa Schmidt-Muller runasm@ihug.com.au **SEE ALSO PAGE 44**

Exercise

BALANCE 'N' BONES EXERCISE

Every Monday from 29 Jan 9:30 to 10:20 (Easy), 10:30 to 11:20 (Advanced)

Every Friday from 2 Feb 9:30 to 10:20 (Easy), 10:30 to 11:20 (Advanced)

Conditioning exercises for all major muscle groups and balancing to improve posture. Instruction by Beth Denny DVD.

Leaders: Runa Schmidt-Muller

runasm@ihug.com.au (Mondays)

Diane Muchar dmuchar@gmail.com (Fridays)

Bookings not required.

Games Bridge

SOCIAL BRIDGE

Every Monday from 29 Jan 1:00 to 4:00

Basic Bridge knowledge required.

Bookings: Leigh Hudson leighandrichard@gmail.com

Games Cards

CARD GAMES 500

Alternate Tuesdays from 30 Jan 10:00 to 12:00

We meet and enjoy or learn to play cards in a friendly and relaxed atmosphere. Tuition for new players will be provided.

Leader and **Bookings:** Wolfgang Buschhaus wbuschhaus@gmail.com

THURSDAYS AT NORTH CURL CURL

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

A series of weekly presentations by people who are experts in their subject.

Leader: Runa Schmidt-Muller runasm@ihug.com.au

Bookings not required

Music Appreciation

1. Soundtrack of our Lives

First Thursday every month from 1 Feb, 7 Mar, 4 Apr, 2 May, 6 Jun

Playing recordings and live music from the popular music charts and stage musicals with a fun discussion of the events, movies, TV and books of those years.

Presenters: Various

Cinema

2. Thriller Thursdays

8, 15, 22 and 29 Feb, 21 and 28 Mar

These sessions will showcase a selection of Alfred Hitchcock movies.

Presenter: Kerrie Sanders

Energy

3. Nuclear power generation in Australia

14 Mar

Nuclear power, its history and some facts about it. Some humour and why we need it in Australia. How to treat nuclear waste and where in Australia.

Presenter: Wesley Harder

Politics

4. Is politics failing the modern world?

11, 18 Apr, 9 May 3 sessions

A chance to explore the tensions that exist between our personal and collective needs.

Presenter: Peter Nixon

Australian History

5. The ABC – its achievements and broadcasting challenges

16 May

Learn about the ABC, Australia's national independent public broadcaster and the challenges it faces – both historically and currently in a rapidly changing media landscape.

Presenter: Janine Kitson

Travel

6. Impressions of Siberia and Russia

23 May

We share our experiences travelling from Vladivostok to St. Petersburg exploring the fascinating history, geography, culture, architecture, lifestyles and landscapes of Siberia and Russia.

Presenters: Kevin and Glenys Murray

Health

7. Food safety risks and tips

30 May

A look at current food poisoning causes and trends, and what to be aware of when providing food for people with low immune functions.

Presenter: Craig Shadbolt

Music

8. Favourite Singers

13 Jun

Anne and Nora have been listening to classical music all their lives. They would like to share their favourite singers with you and tell you why they think those singers are special.

Presenters: Anne Richardson and Nora Hinchey

Australia Warfare

9. Pine Gap

20 Jun

David will talk about the base's eavesdropping and weapon control facilities and whether it is a good thing, or not. Be prepared to ask questions. He will sign copies of his book

Presenter: David Rosenberg

Travel

10. India

27 Jun

This presentation will show wildlife and nature, dance and music, tradition and spirituality, naturopathy and ayurveda, food and festivals, colours and fabrics, forts and palaces, and many more such uniquely Indian experiences.

Presenter: Nirup Prabakaran

Games Canasta

CANASTA - BOLIVIA VERSION

Every Thursday from 1 Feb 12:45 to 4:00

Take the opportunity to learn the strategies and tactics of this version of Canasta. Tuition for new players will be provided on 8 and 15 Feb.

Leader and **Bookings:** Eve Lane evelane222@gmail.com

Games Mahjong

MAHJONG - THE WESTERN GAME

Every Thursday from 1 Feb 1:00 to 4:00

Learn and play Mahjong in a friendly atmosphere.

Patience teaching is provided by Judith Bennett.

Leader and **Bookings:** Sylvia Strike sylviastrike@hotmail.com

Trivia

TRIVIA FOR FUN

Every Friday from 2 Feb 1:15 to 3:15

Come along to our friendly trivia sessions. Nothing too serious – just enough to exercise the grey cells! Come on your own or make up a team of six. Various presenters.

Leader and **Bookings:** Eve Lane evelane222@gmail.com

Games

GAMES AFTERNOON

~~Alternate Tuesdays from 6 Feb 1:00 to 4:00~~

~~Canasta, mahjong, chess, whist/crazy whist, backgammon, scrabble and possibly more games. **Bookings not required** – just turn up and play~~

Current Affairs

ISSUES FOR DISCUSSION

Alternate Tuesdays from 6 Feb 2:00 to 4:00

Sessions on 20 Feb, 5 and 19 Mar in private home

A participative group where all are encouraged to raise issues that may be of interest to themselves and others. The topics are debated in a friendly inclusive atmosphere, so do come and enjoy the company of other members. Leader: Various

Enquiries: Carmen Exner carmen.exner@gmail.com

Games

SOLVING CRYPTIC CROSSWORDS (max 20) ****NEW****

BASIC INTRODUCTION

Every Tuesday from 13 Feb 1:00 to 3:00 (6 sessions)

Cryptic crosswords conform to a set of rules which, once you are aware of them, will help you unravel those tricky clues. A basic course intended for those who would like to learn some strategies and techniques to get started. Leader and **Bookings:** Eve Lane evelane222@gmail.com

CURLY QUESTIONS IN SCIENCE

Alternate Tuesdays from 20 Feb 10:00 to 12:00

For members who enjoy science, please join us for a series of talks on a wide range of topics presented by experts in their field.

Leaders: Adj Prof Laurie Wilson and Ian Thompson

Enquiries: Adj Prof Laurie Wilson wlaurie118@gmail.com (preferred) 0417 045 934

Bookings not required.

Medical Matters

1. The Sackler story

20 Feb

How valium, oxycontin, philanthropy, art galleries, museums, laboratories, lies, addiction, deaths, court cases and billions of dollars make up the story of the Sackler family.

Presenter: Dr Rosemarie Einstein

Science

2. The DNA revolution

5 Mar

Presenting the background, the history and the latest revolutionary advances in DNA research and gene editing, and the many ethical issues that result from them.

Presenter: Kevin Murray

Famous People

3. The culinary life of naturalist Charles Darwin

19 Mar

Darwin enjoyed the pleasures of the table. It was at Cambridge University that he established the Glutton Club and where he developed a taste for "strange flesh". Our presenter continues the story!

Presenter: Diana Noyce

Wildlife

4. Wild cats of Africa

2 Apr

We know that African lions, leopards and cheetahs hunt, eat, and procreate. But little do we know about their hierarchy and interactions, survival behaviours in a harsh environment, or even the existence of other smaller African cat species.

Presenter: Rita Shaw

16 Apr No meeting as venue closed for maintenance

Science

5. Iconic Australian inventions

30 Apr

A look at the people and science behind some of our classic Australian discoveries and inventions from the 19th century colonial era through to our present time.

Presenter: Ian Thompson

Health

6. Strategies for brain health

14 May

Are you doing everything you can to avoid the devastation of dementia? Healthy habits are important at any stage of life to keep us living our best lives.

Presenter: Dr Christine Lopacinski

Health

7. Probiotics and human health

28 May

Since 2022 there has been an explosion of new research on probiotics and their effects on just about everything from the heart to the brain, across gender and lifespan. Hear about the latest findings.

Presenter: Dr Judy Ford

Art

8. Mathematics in art

11 Jun

From the Renaissance to the work of M C Escher, mathematical principles have inspired many breakthroughs in the visual arts.

Presenter: Adj Prof Laurie Wilson

Science

9. Shedding light on light

25 Jun

For 150 years use of artificial light at night has grown to provide improved safety, increased productivity, and entertainment. Australasian Dark Sky Alliance discusses the negative impacts on astronomy, human health, and the night environment.

Presenter: Marnie Ogg

Book Group

BOOK CLUB

Tuesdays every 4 weeks from 27 Feb, 26 Mar, 23 Apr, 21 May, 18 Jun 10:00 to 12:00

Main Hall Eastern end

Join fellow book lovers monthly to select a book, and after reading, discuss at the next get together.

Leaders and **Bookings**: Anne Black

anneblack@yahoo.com.au and

Janie Stubbing janieandwal01@optusnet.com.au

Cinema

MOVIE SERIES: PRESENTER'S PICK ****NEW****

Alternate Tuesdays from 26 Mar 1:00 to 4:00

Details of the movies being presented will be in the Northern Beaches u3a Monthly Newsletter.

Leader: Kerrie Sanders kersand@bigpond.com

Bookings not required

PRIVATE HOMES

Book Group

WENDY'S BOOK CLUB (Forestville) (max 10)

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

We borrow kits of books from the library. You will have four weeks to read your book before we discuss it. In the alternate meeting we share reading something aloud.

Leader: Bernie Gibson bernieanddavid@hotmail.com

0416 231 513

Bookings: Marienne Short 0403 939 004

Music Appreciation

BACH TO THE FUTURE (Avalon) (max 20)

Alternate Fridays from 9 Feb 2:00 to 4:00

During each session we analyse a topic related to classical music, with examples of great recordings of the music being studied. Class members are encouraged to discuss the music and suggest topics for future study.

Leader and **Bookings**: Roger Pratt

a.and.r.pratt2@bigpond.com 0405 199 093

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE

Yoga

YOGA AND RELAXATION ****NEW****

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

Lakeview Hall

Every class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.

Leader: Maryanne Deans Kolek

Bookings (temporary): Marcia Andrews

marciaandrews711@hotmail.com

Psychology

PERSONALITY AND THE PSYCHOLOGY OF COMMUNICATION ****NEW** (max 12)**

Alternate Thursdays from 14 Mar 2:00 to 4:00

(8 sessions) Lakeview Hall

What makes us 'tick', why we communicate the way we do, our motivation needs and when things go off the rails, why and how our distress patterns can take over (if we let them!). Leader: Phil Fagan

Bookings: Runa Schmidt-Muller runasm@ihug.com.au

Music

PIANO KEYBOARD FOR BEGINNERS ****NEW** (max 8)**

Every Wednesday from 20 Mar 10:30 to 12:30 (5-7 sessions)

Berry Hall

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.

Leader and **Bookings**: Tina Roberts

tinaroberts14@yahoo.com.au

VENUE: Newport Community Centre

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Qigong

QIGONG ****NEW****

Alternate Mondays from 12 Feb 10:00 to 11:00

Main Hall

Please book only one Qigong class per week (there is also a weekly Wednesday class). Zhan Zhuang Chi Kung class consists of: Warm up, Ba Duan Jin (breath exercise), standing forms, stepping and Small Circle form. Exercises stimulate the body's natural internal energy system; also improve balance, coordination and breathing. Leader: Blaise Beach

Bookings: Helen Howes heisim@internode.on.net

VENUE: North Curl Curl Community Centre

Marine

DIVING MISHAPS AND MISDEMEANERS ****NEW****

Tuesday 6 Feb 10:00 to 12:00

Diving since 1961; a background that encompasses the military, commercial, scientific and technical diving sectors, this talk offers an insight into the world of the diver through a series of personal yarns and stories and deep sea diving adventures - as well as the occasional disaster - that range from the historical to the hysterical.

Presenter: David Strike

Bookings: not required.

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

EPPING 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

Turrumurra 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 rkhorey@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

ZOOM COURSES

Music

MUSIC WE GREW UP WITH

Presented by Upper North Region

Alternate Thursdays from 25 Jan 10:00 to 12:00

This is the 10th consecutive year of MWGUW. Content is subject to change based on the availability of the material. Leader and **Bookings:** Howard Ferrer howferr@gmail.com

1. Music of the academy awards and anthems
25 Jan

2. Best of the stage
8 Feb

3. The best of the BBC Proms
22 Feb

4. One hit wonders and novelty numbers
7 Mar

5. Best of the songbooks - 1
21 Mar

6. Best of the songbooks - 2
4 Apr

7. Music of 20s, 30s, 40s
19 Apr

8. Best of "Got Talent"
2 May

9. My favourite solo singers
16 May

10. Early (pre-R&R) 1950s
30 May

11. Rock and Roll is king
13 Jun

Languages Mandarin

MANDARIN (max 30)

Presented by Greater West Region

Every Monday from 29 Jan 10:00 to 12:00

This continuing course is intended for u3a members who want to learn Mandarin by means of learning Chinese characters and sentences using Pinyin. Your level of Mandarin will determine which Monday class as your start date.

Enquiries and **Bookings:** Stanley Yan stanyan100@hotmail.com

Current Affairs

YOU NEED NOT AGREE

Presented by Northern Beaches Region

Every Monday from 29 Jan 10:00 to 12:00

A group discussion of topical, local, national, international or general matters, where all opinions are welcome.

Leader and **Bookings:** Kevin Murray kevandglenny@gmail.com 0413 306 146

Language Spanish

SPANISH CONVERSATION

Presented by Upper North Region

Alternate Tuesdays from 30 Jan 2:00 to 4:00

Most of the time we discuss current affairs, cultural events or a subject previously decided upon. Spanish is spoken 90% of the time. Good knowledge of the language is required.

Leader: Maria Criado

Bookings: Jenny Brady jennybry30@hotmail.com 9966 8510

THURSDAYS ON ZOOM

Presented by Harbourside North Region

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

Interesting presentations on various topics each Thursday.

Bookings: Please book by Tuesday afternoon before the presentation at <https://sydneyu3a.org> OR Rosemarie Einstein einstein@starmar.net.au

Science Religion

1. The science of religion

1 Feb

Examining those theories that attempt to explain the origin and experience of religious belief as the result of purely natural processes.

Presenter: Kevin Murray

Medical Matters Famous People

2. The Sackler story

15 Feb

How Valium, OxyContin, philanthropy, art galleries, museums, laboratories, lies, addiction, deaths, court cases and billions of dollars make up the story of the Sackler family.

Presenter: Rosemarie Einstein

Current affairs

3. Strengths and weaknesses of democracy

29 Feb, 14 Mar

With the US election pending, we analyse a case study in the workings of democracy, warts and all.

Presenter: Peter Nixon

Nutrition Food

4. Understanding the mystery of supermarket labelling

28 Mar

Do you have the up-to-date food label reading skills? Learn about your food product choices, have a packaged food product you want to be 'demystified' and get answers to your questions about food labels.

Presenter: Susanne Hledik

Education

5. Virtual life and education

11 Apr

Truth, through virtual life, is supported by popularity - number of 'hits' on internet. Reality can be imaged in fantasy. Stephen explores the consequences for education in the future where we are 'inside the (virtual) machine'.

Presenter: Stephen Hill

6.

25 Apr

ANZAC Day - no presentation

Forensic Science

7. Introduction to forensic science, and entomology

9 May

The history of forensic science across a number of disciplines, including forensic anthropology, together with a study of forensic entomology and the use of insects in the investigation of criminal matters.

Presenter: Ian Thompson

ZOOM COURSES

History

8. Northbridge

23 May

The history of Northbridge and its famous bridge, based on material prepared for an exhibition commemorating the suburb's centenary in 2013.

Presenter: Ron Besdansky

Food

9. The role of food in the race for the South Pole

6 June

The contrasting preparation and fates of the teams led by Scott and Amundsen seeking the same prize at the same time. What role did food play in the race to the South Pole?

Presenter: Diana Noyce

Language Spanish

SPANISH CONVERSATION (INTERMEDIATE)

Presented by Eastern Region

Thursdays from 1 Feb 10:30 to 12:30

This primarily conversation in Spanish. We welcome new members any time. The level of conversation assumes a basic knowledge of grammar and vocabulary.

Leader and **Bookings:** Ian Finck ifin55@gmail.com 0405499515

Languages Mandarin

MANDARIN PIES (PRACTICE IN EVERYDAY SPEAKING CHINESE)

Presented by Greater West Region

Every Friday from 2 Feb 1:00 to 3:00

These sessions are for learners of Mandarin who want to practice and improve their listening and speaking skills. Activities range from basic everyday conversation, presentation of stories and discussions facilitated by native Mandarin speakers.

Enquiries and **Bookings:** Stanley Yan stanyan100@hotmail.com

Crosswords

CRACKING CRYPTIC CROSSWORDS (max 16)

Presented by City and Inner West Region

Fridays 2, 9, 16, 23 of Feb 1:30 to 3:30 (4 sessions)

Get into the mind of cryptic crossword compilers and learn how to solve their devious clues. Have fun while keeping your brain active.

Leader and **Bookings:** Ron Shapiro ronshap1938@gmail.com (preferred) 4225 0270

Language Italian

INTERMEDIATE ITALIAN (max 20)

Presented by City and Inner West Region

Every Friday from 2 Feb 1:30 to 3:30

We are a convivial and welcoming group of people who enjoy practicing the four linguistic skills of speaking, listening, reading and writing. We also talk about culture and regularly revise grammar, mostly from online websites, to consolidate and deepen our knowledge of Italy and its language.

Leader and **Bookings:** Pia Ottavian 0424 738 824 pia.ottavian@yahoo.com.au

Language Creative Writing

OUR WORDS

Presented by Greater West Region

First & third Mondays every month from 5 Feb 9:30 to 11:30

Interested in the origin of language? Words and sayings can be fun. Share a word to use in an on-the-spot writing task. Discuss articles on many aspects of the English language. Hone your writing skills in a friendly like-minded group and let your talent emerge.

Leader and **Bookings:** Ann Orel annorel@hotmail.com

Current Affairs

CURRENT AFFAIRS (max 12)

Presented by City and Inner West

Every Monday from 5 Feb 10:00 to 12:00 and/or every second Thursday from 8 Feb 4:00 to 6:00

Join us for a friendly and respectful discussion on current affairs, local and international. Every 2nd month we meet for lunch (optional).

Leader: John Brockman alban.kingslangle@gmail.com 0400 422 962

Bookings: Sara Graham s.dk.graham@gmail.com 0410 860 776

Language Russian

RUSSIAN ADVANCED CONVERSATION

Presented by Upper North Region

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

This is a continuing course that encourages participants to practice conversational Russian with the help of audio-visual materials. New members with an adequate level of Russian are very welcome.

Leader and **Bookings:** Dr Richard Brettell richardbrettell@hotmail.com 0455 279 866

Crosswords

MASTERING CRYPTIC CROSSWORDS (max 16)

Presented by City and Inner West Region

First Monday every month from 5 Feb 1:30 to 3:30

Guided practice sessions for members who have already participated in Cracking Cryptic Crosswords or who have other relevant experience.

Leader and **Bookings:** Ron Shapiro 4225 0270 ronshap1938@gmail.com (preferred)

Language Spanish

SPANISH FOR BEGINNERS PART 2 (max 12)

Presented by City and Inner West Region

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

For those who have completed Spanish for Beginners Part 1 or those who have learnt some basic Spanish before. We will continue to focus on everyday spoken Spanish with emphasis on conversational practice.

Leader and **Bookings:** Vivian McGuire vmcguire@tpg.com.au (preferred) 0418 259 102

ZOOM COURSES

Language French

FRENCH – INTERMEDIATE (max 12)

Presented by Upper North Region

Every Wednesday from 7 Feb 9:30 to 11:30

For those students who have a good basic knowledge of grammar and the ability to read, understand and communicate in French at an intermediate level.

Leader and **Bookings:** Ethleen Low
ethlow@bigpond.net.au (preferred) 0418 161 706

MORE GREAT MOMENTS IN SCIENCE

Presented by Upper North Region

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

This course, hosted by Ian Thompson, explores many and varied scientific issues.

Leader and **Bookings:** David Malone
dymalone@bigpond.net.au 0418 440 828

Science

1. The science of religion

7 Feb

Examining theories and evidence from evolution and the cognitive sciences that seek to explain the experience of religious belief as a purely naturalistic phenomenon originating entirely in the human brain.

Presenter: Kevin Murray

Health

2. Safeguarding our health

21 Feb

It is near impossible to avoid illnesses. What defences do we have to safeguard and restore health?

Presenter: Sunny Ko

Medical Matters

3. The human gut: the ultimate grinding machine

6 Mar

There is no better grinding machine in the world than our gut. The harsh food we eat is pounded, nutrients extracted and the waste expelled. See how this is done.

Presenter: Das Dassanayake

Nature

4. Pattern formation in nature

20 Mar

How have natural processes produced the dazzling variety of patterns we see around us, from zebra stripes to sand ripples.

Presenter: Adj Prof Laurie Wilson

Legal

5. Patents, trademarks, copyright, design registrations

3 Apr

An introduction to intellectual property law, including examples of some classical patents and the science behind these inventions that have shaped the world.

Presenter: Ian Thompson

Famous People

6. The Sackler story

17 Apr

How Valium, Oxycontin, philanthropy, art galleries, museums, lies, addiction, deaths, court cases and billions of dollars make up the story of the Sackler family.

Presenter: Dr Rosemarie Einstein

Craft

7. The history and craft of pottery and ceramics

1 May

One of mankind's oldest pursuits - creating useful and beautiful objects from one of the most common natural materials, clay.

Presenter: David Malone

Geology

8. A planet, its people and their rocky relationship

15 May

We owe our very existence to special features of our planet and its dynamic behaviour, which is why a knowledge of geology is vital to our survival.

Presenter: Dr. Garry Lowder

Astronomy

9. A brief history of astronomy

29 May

How different cultures throughout history have sought to measure and understand the movements and nature of the heavens.

Presenter: Kevin Murray

Inventions

10. Who invented what and when

12 Jun

We look into the stories behind many discoveries and inventions found in our homes and that are commonplace in our daily lives.

Presenter: Ian Thompson

Logic

11. Logic and reasoning

26 Jun

How we apply deduction and induction to find out about the world.

Presenter: Ian Bryce

Crosswords

MASTERING CRYPTIC CROSSWORDS (max 16)

Presented by City and Inner West Region

First Wednesday of each month from 7 Feb

1:30 to 3:30

Guided practice sessions for members who have already other relevant experience.

Leader and **Bookings:** Ron Shapiro 4225 0270
ronshap1938@gmail.com (preferred)

Cinema Movies

FILM DISCUSSION GROUP (max 9)

Presented by City and Inner West Region

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

Join a fun, friendly and stimulating discussion about two films at every meeting. Two films from SBS on Demand or Netflix are chosen at each session. The result is an invigorating, insightful and enjoyable discussion from the comfort of your own home.

Leader and **Bookings:** Ross Giannone 0409 382 384

ZOOM COURSES

Discussion Group

TALKING POINTS ON ZOOM

Presented by Harbourside North Region

Alternate Thursdays from 8 Feb 10:00 to 11:30

Topics discussed include issues in the news and other matters of the times. Everyone is encouraged to participate and new members are most welcome. The talking points for each session are sent to participants 3 days before the meeting.

Leaders: Rosemarie Einstein and Ric Einstein

Bookings: <https://sydneyu3a.org> OR Rosemarie Einstein einstein@starmer.net.au

Travel

TRAVELLERS ON ZOOM (max 25)

Presented by Endeavour Region

Second Thursday every month from 8 Feb 2:00 to 4:00
(excluding school holidays)

The group is for people who enjoy travel. Members can share their travel experiences, stories and photographs. Or you can just enjoy being part of the audience to reminisce or dream.

Leaders: Kate Churcher kchurcher2@hotmail.com
and Greg Organ cjgjorgan@gmail.com 0481 835 009

Bookings: Greg Organ

Photography

CREATIVE PHOTOGRAPHY

Presented by Northern Beaches Region

Alternate Fridays from 9 Feb 10:00 to 12:00

Regular photo assignments to be taken in your own time, plus occasional photoshoot outings to local locations. Feedback via regular Zoom sessions, with some tutorial-based sessions. Places are limited; previous participants are welcome to re-join.

Leaders: Adj Prof Laurie Wilson and Ian Thompson

Bookings: Adj Prof Laurie Wilson wlaurie118@gmail.com
(preferred) 0417 045 934

Travel History

TRAVEL AND HISTORY TOGETHER

Presented by Greater West Region

4th Tuesday every month from 27 Feb 2:00 to 4:00

Enjoy armchair travelling as various members share their travel journeys, including the intriguing history of the places they have travelled. Check the Sydney u3a GW website (Courses & Updates) for dates and topics of individual presentations.

Leader and **Bookings:** Karen Paterson
karenpaterson@optusnet.com.au

Language French

FRENCH FOR BEGINNERS

Presented by Eastern Region

Every Thursday from 22 Feb 10:30 to 12:30

Full year course. Each Zoom class has 3 sessions of 40 minutes with a 5 minute break between sessions.

Leader and **bookings:** Jeanette Pham
nguyetpham45@yahoo.com.au 0409 751377

Language Spanish

POST INTERMEDIATE SPANISH

Presented by Northern Beaches Region

Every Monday from 26 Feb 2:00 to 4:00

Further development of spoken and written communication skills, grammar reviews and study of Spanish speaking cultures. For people with three years of Spanish or equivalent. Newcomers please contact course leader for details.

Leader and **Bookings:** Alexis Tabensky
alexistabensky7@gmail.com 0424 983 618

Language

PAST PRESENT FUTURE **NEW**

Presented by Eastern region

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

Examining different ideas of past present future through the language we use.

Bookings: maxwell.deutscher@mq.edu.au or 0407151002

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January							February							March						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6					1	2	3						1	2
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30
														31						
April							May							June						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						
July							August							September						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					
October							November							December						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

WEEK A BLUE WEEK B BLACK
PUBLIC HOLIDAYS RED
SCHOOL HOLIDAYS GREEN SHADING

NOTES



SYDNEY U3A INCORPORATED

Suite 502, Sydney Mechanics' School of Arts, 280 Pitt Street, Sydney.

Phone: 9267 9056

Email: mail@sydneyu3a.org

ABN 32 251 810 797

NOTICE OF THE 36th ANNUAL GENERAL MEETING

Notice is hereby given that the 36th Annual General Meeting of members of Sydney U3A Incorporated will be held:

Date: Wednesday, 20th March 2024

Time: 11am (tea & coffee from 10.30am)

Place: Henry Carmichael Theatre, Sydney Mechanic's School of Arts, 280 Pitt Street, Sydney

Guest Speaker: Nicholas Cowdery AO KC

Election of Office Bearers

Financial members of Sydney U3A are eligible for nomination and election. Nominations are now called for the positions of President, Vice President (Education), Vice President (Public Relations), Treasurer, Secretary and Administration Manager. Nominations close 7 days prior to the date of the Annual General Meeting on the form printed overleaf.

The following members are eligible for re-election and can be nominated for their current office or another office.

President	Jennifer Waldron
Vice President Education	
Vice President Public Relations	Michael Parkinson
Treasurer	Patrick McGovern
Secretary	Deb Brennan
Administration Manager	Lynda Cronshaw

Nominations for all positions are to be received by the Secretary (email secretary.sydneyu3a@gmail.com) by 9am, Wednesday, 13th March 2024.



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FORM OF NOMINATION FOR OFFICE BEARERS

(This form may be photo copied)

Financial members of Sydney u3a are eligible for nomination and election. Nominations for the positions of President, Vice President (Education), Vice President (Public Relations), Treasurer, Secretary and Administration Manager should be delivered to the Secretary at the above address or email: secretary.sydneyu3a@gmail.com by 9am, Wednesday, 13th March 2024.

We, the undersigned financial members of Sydney U3A hereby nominate

..... for the office of

At the election of Office Bearers for 2024 at the Annual General Meeting on 20 March 2024.

Proposer:

Signature: Membership Number:

Seconder:

Signature: Membership Number:

I agree to stand for the position as nominated

..... Membership Number:

Office Use Only: Date Received..... Secretary



**OUR COLOUR BRAND
VALUES EXPLAINED:**

KINGFISHER BLUE = SHARING

We share our knowledge

GREEN = GROWING

Together we grow our minds

YELLOW = SOCIALISING

We interact and connect with others

RED = PASSION

Our passion is for education

Sydney u3a is a not-for-profit volunteer based organisation providing continuing education opportunities for people who are no longer in full time employment. The courses and talks are conducted in a relaxed environment; are stimulating and interesting across a wide variety of topics. Participating members are provided with the opportunity to form enduring friendships through socialisation and community interaction whilst learning something new.