

# NORTHERN BEACHES

**Regional President:** Kerrie Sanders kersand@bigpond.com

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

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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

REFER PAGE 41

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.