



CITY & INNER WEST REGION NEWSLETTER JUNE 2024

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We welcome newsletter articles from Sydney u3a members.
Please submit your article to the editor, Catherine Watson: catwat629@gmail.com

PRESIDENT'S MESSAGE



Hi all

By now, you will all have received a link to the Semester 2 Course Book or a printed copy if you ordered one through your membership. City and Inner West courses are on Pages 10-15, our many events are on pages 6-8 and the zoom course are on pages 51-53. All the best with finding courses that are perfect for you.

Some of you may be aware that I organise talks in the City on Tuesday afternoons. I have written two articles in Course News below about some of our talks.

Vicki Moss, President for City & Inner West Sydney u3a

REGIONAL COURSE COORDINATOR'S MESSAGE



I hope you have been studying your new Course Book that you've received in the mail. If you were expecting one and haven't received it call the Office on 9267 9056. The Course Book is also on the website, easy to use and it can be printed at home. It is essential to book and remember many have limited numbers. However, some regular classes are looking for new participants and you will be made very welcome. Have you remembered that you could **Try Croquet** by enrolling for three sessions on Friday 5, 12 and 19 July from 9:20-12:30 by emailing Bob Phillips bobphillips@bigpond.com

There are a couple of corrections to the Course Book which we have advised by email. Some may not have received the email or not noticed so here they are:

Corrections

Event - Trains, Tunnels and Tombstones

This event is on Tuesday 15 October

Bookings open at 9am sharp on **Monday 30 September** (not Monday 14 October).

For details, see Page 7 of the Course Book

Classic Movies

On alternate Wednesdays from 3 Jul has moved venues from Burwood Woodstock Community Centre to Burwood RSL. Details on p11 of the Course Book

Two New Zoom Courses

Cracking Cryptic Crosswords (max 6)

Four Zoom sessions - Tuesdays 6, 13, 20, 27 August 2:00 - 4:00

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 RonShapiro ronshap1938@gmail.com (preferred) or 9225 0270

Unravelling the Lehrmann/Higgins "Omnishambles" (max 100)

Wednesday 17 July 7:00pm to 8:30pm

Something happened in the Parliament House office of Liberal Senator Linda Reynolds between her two staffers Bruce Lehrmann and Brittany Higgins. Accusations, denials, conspiracy theories, an aborted criminal trial, and a failed defamation claim followed.

David Hirsch, Barrister will help us understand this case that has captivated and polarised the country.

Leader: David Hirsch

Bookings: catwat629@gmail.com

New Ethics Course in City Office

Course Title: A Foundation for Living Ethically

Location: Level 5/280 Pitt Street (Sydney Mechanics School of Arts)

Dates: Wednesday afternoons from 17 July to 18 September 2024

Time: 2:30 to 4:30 pm

Leader and Bookings: Glenn Martin: Phone 0421 440 557

glennpmartin@optusnet.com.au (preferred)

This course explores what a foundation for living ethically could look like, based on a core set of human values. It explores ethical decision-making and ethical development, and the distinction between individual versus social standards. The following topics will be covered over ten sessions:

Topics

1. Approaches to ethics, and a definition
2. A human values framework, with five core human values
3. Tensions between ethics and success
4. Ethics, stress and happiness
5. Why do people act unethically? Why do people act ethically?
6. Levels of ethics: ethical development
7. Ethical decision making
8. Ethics for oneself versus ethics for the masses
9. Is ethics different in different spheres, e.g. business, the professions, family?
10. Is this world too hard for ethics?

Anne Hall, Regional Course Coordinator

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COURSE NEWS

Classic Movies - New Premises

Do you love those old classic movies that are so hard to find on TV and streaming services these days? Well, the Classic Movies Group is for you! For too many years to count the Classic Movies Group, lead by

City & Inner West u3a's's own version of Bill Collins, Hugh Watson, has been meeting in a small room at the Woodstock Centre at Burwood which severely restricted its number of participants. However, from Wednesday 3 July the group will move to new premises at Burwood RSL with a large cinema screen and projection system and can accommodate many more people.

"One of the Year's 10 Best"



WENDY HILLER
LESLIE HOWARD

with
BERNARD SHAW'S

PYGMALION

Produced by GABRIEL PASCAL

So, why not think about spending every second Wednesday morning enjoying carefully selected choices from the golden age of cinema followed by a lively discussion of the film?

Burwood RSL in Shaftsbury Avenue, which is already the venue for various other u3a groups, is close to public transport, offers easy parking, as well as lift and other disabled access, and undoubtedly many of the group will also be having lunch there following the screening in their tasty bistro.

The next movie showing on 3 July will be Pygmalion with Leslie Howard. If you are interested in joining in the fun, please contact Anne Hall on annenhall@gmail.com or 0419 017 364

Regional Galleries - Salon des Refuses

On Saturday 22 June the Regional Galleries Group paid its annual visit to the Salon des Refuses at the S H Ervin Gallery. The Salon des Refuses features a selection of entrants in the Wynne and Archibald Prizes that are not hung at the NSW Art Gallery.



Despite the rain everyone enjoyed a delicious lunch at the Trust Café followed by a viewing. Perched up the top of Observatory Hill, the S H Ervin Gallery is always a bit like a secret peaceful Georgian oasis in the midst of our very modern shiny noisy city.

I personally love this exhibition every year and enjoy it just as much, if not more, than the Art Gallery choices. Hey, art is largely a matter of personal taste anyway, isn't it?

Pictured left is Joanna Braithwaite's "memory Lane" which is a self portrait based around her early memories of Australia.

Tuesdays in the City - Talk About Native Wildlife

On Tuesday 21 May, Susi Hamilton, State Manager of Development with the Australian Wildlife Conservancy (AWC) came to Sydney u3a's Office to give a talk about their invaluable work in protecting native wildlife. The AWC manages several properties where native wildlife can be protected from predators not native to Australia. The photo below was taken at Scotia Wildlife Sanctuary which is one of the NSW properties owned and managed by the AWC in regional NSW.



This photo was taken on a camera trap. It shows a predator-proof fence between a bilby and (if you look closely at the right) a feral cat at AWC's Scotia Wildlife Sanctuary. The sanctuary shares a border with South Australia and the nearest airport is Mildura in Victoria.

Susi explained it is frustrating that we need these fences. However, they are very effective in preventing extinctions. The most recent bilby census showed a population of 3,300 across the AWC sanctuaries and it will hopefully increase to

5,000 within the next decade.

If you would like to support the AWC, any gift over \$2 is tax deductible and will help reverse our native wildlife extinction crisis. You can donate at <https://www.australianwildlife.org/support-us/eofy2024/>

Travel Ready - In the Office Next Door to Sydney u3a

Many of us travel to the City for Sydney u3a activities in the City Office. Most of us have been wondering what the people in the office next door are doing. As our talk about wildlife on Tuesday 21 May was scheduled to finish early, we arranged for Raymond Tai (the owner of Travel Ready) to explain to us what they do. So, after our interesting talk about saving native wildlife, ten of us wandered over to the office next door and watched Raymond's presentation (while sitting on very comfortable chairs). He explained that Travel Ready is currently in development and their launch is still a few months away. The company will assist people by helping them get set up before they travel and by being available to help when things go wrong. He said Travel Ready is similar to NRMA. They do not fix your problems, but they will make it a lot easier to get on with your holiday while they sort out any issues you have.

Newletter and Facebook Contributions

We love to promote all of our wonderful groups and courses through both our newsletter and our City and Inner West u3a – Sydney Facebook page.

If you have something you'd like included please send it to Catherine Watson at catwat629@gmail.com

PATRICIA'S PEN



Surprise

Surprise injects a sense of excitement and anticipation into our lives. It breaks the monotony, offers an unexpected delight, and keeps life interesting. Significantly, it can lead to memorable experiences and create lasting memories.

Our neighbour Ron, a police sergeant, was about to be surprised on his 50th birthday. His wife Norah had cunningly and secretly contacted ex-army buddies and gathered family, friends and neighbours together. Delighted to be part of the intrigue, my husband Kevin and I arrived punctually on a dark winter evening at their home as Ron was expected to arrive at around 6.30pm. AS the time app[roached grown men and women giggled like schoolchildren as we moved into the darkness of the attached conservatory to hide.

Norah signalled to us that she had heard Ron's key in the front door. We held our collective breath as we watched a tired Ron enter the room and pausing inside the door greet his wife as he removed his tie. At a signal within the conservatory we burst en-masse through the double doors entering the lounge with a

collective shriek “Surprise!”. The 6 foot 2 inch Ron paled and looked momentarily bewildered just before his knees crumpled in a faint to the floor. Oops!

Upon arriving home, I drew my husband not our half completed kitchen renovation to view some of the newly completed work. A movement to the left caught his eye, he turned, nodded, and smiled at the tanned young lady and turned away as a bolt of realisation struck. Our darling daughter was now laughing and approaching her dad with open arms. Kevin stood rigid, rooted to the spot, then howled, huge tears falling and his body shaking. It took minutes for him to process that she was here with him, not travelling far distant lands. Nine months had slipped by since their last warm hugs and we delighted in following, through her letters, her many backpacking adventures through Australia, Indonesia and beyond.

The impact on surprises hinges on its nature and context, while pleasant surprises can enhance our lives, sudden unexpected changes can be confronting and disrupt our sense of control and stability leading to physical discomfort and unwanted effects.

Well executed surprises can strengthen relationships by showing care and consideration. Moreover, surprises can inspire creativity and innovation, prompting us to think freely and embrace new perspectives. However, I am not convinced the two surprises I have outlined achieved the desired results. The loss of control of emotions witnessed and experienced by Ron and Kevin were uncomfortable. For Ron, being tired at the end of a busy shift, induced such severe stress and shock it triggered a dramatic vasa vagal attack – faint. He recovered quickly and eventually enjoyed his carefully prepared evening with special people but was later heard to say to his wife, “Don’t ever do that to me again.”

Would I connive to surprise Kevin again so dramatically? Maybe not. I know I was so disappointed in my expectations; I had expected immense joy and instead it was devastating shock and confusion by catching him off guard and out of control.

Perhaps surprises born of spontaneity work better, demonstrating consideration and care for another’s feelings. A surprise invite for a meal in a new restaurant, an unexpected trip out to somewhere unique, not likely to run the risk of disappointment and unintended consequences. Instead, well received and the desired enjoyment.

In conclusion, surprises can be a double edged sword with benefits and drawbacks. While bringing enormous pleasure and excitement, surprise also carries the potential for discomfort, distress, disappointment, and unpredicted outcomes. Striking a balance between spontaneity and predictability is key, allowing us to embrace the unexpected while maintaining our well-being.

Patricia Thornton
Leader, City Writing Group