

# HARBOURSIDE NORTH

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

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

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## CASTLE COVE: THE RESIDENCES

8B Deepwater Rd off Eastern Valley Way  
Parking nearby  
Venue Coordinator Barbara Boston  
barbboston2013@gmail.com (preferred) 9417 2967

### TUESDAYS AT CASTLE COVE

**Every Tuesday from 2 Jul 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 Poetry

#### 1. Lyrics quite contrary

**2 Jul**

A look at the often unlikely (and often unpleasant) origins and histories behind some of the best known traditional nursery rhymes and children's songs.

Presenter: Graham Spindler

Music

#### 2. Music can change the world

**9 Jul**

Despite Beethoven's assertion, it probably can't, but music has often played a part in world events – sometimes for the better. A look at the stories behind some influential music.

Presenter: Graham Spindler

Photography Art

#### 3. Visual literacy in the age of the digital screen

**16 Jul**

The way we experience the moving image from the cinema to black and white tv to Netflix on a smartphone. Why personal photography has never been so important.

Presenter: Martin Wetherill

History

#### 4. Isfahan: Pearl of Islam

**23 Jul**

Under the Safavids (1500-1722) Persia entered a golden age with its capital, Isfahan, still one of the most dazzling and perfectly preserved cities of the Islamic world.

Presenter: John Tidmarsh

History

#### 5. When Britain bullied China

**30 Jul**

In early 19th century, Barbarians forced their way into the peaceful Celestial Empire. It was the beginning of a century of humiliation for China. How and why did this happen?

Presenter: Gordon Mar

History Famous People

#### 6. Sir Douglas Mawson

**6 Aug**

Includes a new 50 minute DVD on Mawson; a distinguished Australian geologist and Antarctic explorer and his incredible survival when things went badly wrong in the frozen southern continent.

Presenter: Garry Lowder

History

#### 7. Northbridge

**13 Aug**

The story of the suspension bridge and the development of the area.

Presenter: Ron Besdansky

Medical Matters History

#### 8. Top medical advances in history and recent breakthroughs

**20 Aug**

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

Presenter: Punchi Dassanayake

Astronomy

#### 9. From a star to the New Yorker

**27 Aug**

As the morning/evening star, Venus is a conspicuous planet. Myths emerged to explain the constellations with a female identity/goddess to creation stories, fertility and victory.

Presenter: Robijn Alexandra

History Ancient

#### 10. Ships of the Gods of ancient Egypt

**3 Sep**

The Nile River was the source of life of the Ancient Egyptians. Boats explained the concept of a sky boat that served the souls of the deceased in the afterlife.

Presenter: Robijn Alexandra

Travel

#### 11. Most scenic railway journeys in the world

**10 Sep**

As train travel is getting more popular with the tourists, we look at the best scenic railway journeys in all the five continents.

Presenter: Punchi Dassanayake

History

#### 12. Tramways of the north shore

**17 Sep**

The development and construction of tramways on the North Shore.

Presenter: Ron Besdansky

History

**13. Australia's origins: how we got here**

**24 Sep**

How did Australia's origins link with the larger history of movements of human beings across the globe.

Presenter: Emeritus Prof John Gascoigne

Religion Architecture

**14. The world's greatest churches**

**1, 8, 15, 29 Oct, 5 Nov**

DVD series about churches from early caves to the magnificent gothic churches of Europe. The buildings instruct, edify, and inspire their communities, using iconography, symbolism, and architecture as ultimate expressions of faith.

Presenter: Barbara Boston

History

**15. The world of Turks and the Ottoman Empire**

**22 Oct**

The Turkic nomads emerged from the Asian steppes and replaced the Arabs in controlling the Islamic world.

Presenter: Himanshu Jhala

History China

**16. Chinese coolies in France in WWI**

**12 Nov**

A little-known chapter in the history of WWI when China sent thousands of coolies to work, and some to die, on the battlefields of Europe. A story untold, until today.

Presenter: Gordon Mar

Games

**MAHJONG WESTERN STYLE**

**Every Thursday from 4 Jul 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

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## 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

**INTERMEDIATE RECORDER GROUP**

**Alternate Wednesdays from 26 June 10:30 to 12:30**

This group has some experience playing descant, treble, tenor and bass 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 1**

**Alternate Thursdays from 4 Jul 10:00 to 12:00**

Conversation beckons! Everything everywhere is changing and all at once! Cultural, economic, technological, climatic, medical, demographic, financial, scientific, historical, geopolitical, social, national and international. Come and discuss our brave new world!

Leader and **Bookings**: Jill Tukian jill.tukian@me.com  
(preferred) 0431 053 395

Music Recorder

**ADVANCED RECORDER**

**Alternate Mondays from 8 Jul 10:30 to 12:30**

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

Leader: Bernie Williams bernardokw43@gmail.com

**Bookings**: Alice Wheelright aliswinn1@gmail.com  
(preferred) 0468 844 852

Discussion Group

**DISCUSSION GROUP 2**

**Alternate Thursdays from 11 Jul 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  
chrispatten@gmail.com (preferred) 0417 219 847

**FRIDAYS AT CHATSWOOD**

**Fridays from 12 Jul 10:30 to 12:30**

Interesting presentations on various topics most Fridays.

Dance

**1. Salsa plus more... \*\* NEW \*\***

**Every Friday from 12 Jul 1:00 to 2:30**

Join us for some fun and fitness through dancing. No partners required. Start with gentle basic salsa, move at your own pace. Later explore other Latin/ballroom dances with DanceSport registered coach.

Leader: Nazni Farooq

**Bookings**: Janet Douglas janet\_away@yahoo.com  
(preferred) 0423 947 411

Travel

**2. Impressions of Siberia and Russia**

**12 Jul**

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

**Bookings**: Janet Douglas janet\_away@yahoo.com  
(preferred) 0423 947 411

Science

**3. Relativity: Einstein's theory in everyday terms**

**19 Jul**

Einstein's relativity explained for the first time how the fabric of the universe is distorted under extreme conditions - at very high speeds and with strong gravity. Includes visual demonstrations.

Presenter: Ian Bryce

**Bookings**: Janet Douglas janet\_away@yahoo.com  
(preferred) 0423 947 411

Art History

**4. Spiritualist-inspired artist between the wars**

**2 Aug**

Spiritualism was embraced by artists around the world from the 1880s. It continues to delight and surprise today.

Hear about spiritualist artists such as Kandinsky, Klee, Mondrian and Af Klint.

Presenter: Ann Sutherland

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

Photography

### 5. Twelve photographs that made Australia

16 Aug

Twelve photographs from the 1840s to the early 2000s show how our country, its people, the way we view the world, and how photographic technology has changed.

Presenter: Laurie Wilson

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

Evolution

### 6. The evolutionary origins of humans

23 Aug

The evolutionary origins of humans are determined by the latest fossil and genetic evidence.

Presenter: Kevin Murray

**Bookings:** Janet Douglas janet\_away@yahoo.com (preferred) 0423 947 411

Current Affairs

### 7. Voluntary assisted dying

30 Aug

How we die is important to us, our families, our associates and all involved in the process. The VAD Act gives us new options.

Presenter: Nicholas Cowdery AO KC

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

Art

### 8. Caravaggio and the power of the cinematic image

13 Sep

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

Presenter: Martin Wetherill

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

Photography Art

### 9. Visual literacy in the age of the digital screen

20 Sep

Why personal photography has never been so important. The way we experience the moving image from the cinema to black and white TV to Netflix on a smartphone.

Presenter: Martin Wetherill

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

Philosophy Psychology

### 10. Physics of the mind: exploring our very essence

4 Oct

Our brain is made of atoms, but is consciousness a spark of something else? What are freewill and consciousness? Where does ethics come from? Can we construct our own morality?

Presenter: Ian Bryce

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

Literature

### 11. A saint from All Saints

18 Oct

A mystery story which embraces life in 19th and 20th century Australia, spanning adventure, commitment, courage, heroism, kinship, sickness and health and happy and sad times.

Presenter: Chris Schofield

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

Art

### 12. Sydney art exhibitions this summer

25 Oct

A preview of summer exhibitions in the major Sydney art galleries.

Presenter: Ann Sutherland

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

Science

### 13. A planet, its people and their rocky relationship

1 Nov

A geological reality check of three topics currently of wide interest in the context of climate change: sea level change; ocean acidification and renewable energy.

Presenter: Dr Garry Lowder

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

Economics Ethics

### 14. Money laundering

8 Nov

What is money laundering and what is the reported financial impact on both the Australian and the global economy?

Hear from a professional "anti-money-laundering specialist".

Presenter: Elizabeth Goodbody

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

History

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

22 Nov

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:** Janet Douglas janet\_away@yahoo.com (preferred) 0423 947 411

Current Affairs History

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

29 Nov

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

Presenter: Andrew Drysdale

**Bookings:** Janet Douglas janet\_away@yahoo.com (preferred) 0423 947 411

## TUESDAYS AT CHATSWOOD

Tuesdays from 16 Jul 10:30 to 12:30

Interesting presentations on various topics most Tuesdays.

History

### 1. Captain Cook Graving Dock

16 Jul

The construction of the dock was the second largest engineering project in Australia - even larger than the Harbour Bridge.

Presenter: Noel Phelan

**Bookings:** Janet Douglas janet\_away@yahoo.com (preferred) 0423 947 411

History Ancient

### 2. Pergamon: ancient city in western Turkey

23 Jul

After the death of Alexander the Great, a line of kings created one of the most dynamic Hellenistic kingdoms in the Mediterranean; its capital enriched with temples, theatre and gymnasiums.

Presenter: Michael Birrell

**Bookings:** Janet Douglas janet\_away@yahoo.com (preferred) 0423 947 411

Literature

### 3. Rhyme and reason: political satire and nursery rhymes

6 Aug

Author, Susan Ackroyd, shows how nursery rhymes that were formed as political comments in the medieval ages, are still cited today without awareness of the past political comments.

Presenter: Susan Ackroyd

**Bookings:** Rosemary Sparkes

rosemaryannsparkes@gmail.com (preferred) 0400 181 091

History Ancient

### 4. Dougga: A Roman city in western Tunisia

13 Aug

In Roman times the city became an important metropolis enriched with all the attributes of a provincial city. Due to its isolated location, many of these monuments survive remarkably well.

Presenter: Michael Birrell

**Bookings:** Janet Douglas janet\_away@yahoo.com

(preferred) 0423 947 411

Art

### 5. Vincent van Gogh

20 Aug

Although today Van Gogh is one of the most liked artists, he sold only one painting in his life. We shall view his paintings and discuss his life.

Presenter: Reinhard Ronnebeck

**Bookings:** Ursula Schappi ursulasch@bigpond.com

(preferred) 9955 7628

History

### 6. Isfahan: Pearl of Islam

10 Sep

Under the Safavids (1500-1722) Persia entered a golden age with its capital, Isfahan, still one of the most dazzling and perfectly preserved cities of the Islamic world.

Presenter: John Tidmarsh

**Bookings:** Rosemary Sparkes

rosemaryannsparkes@gmail.com (preferred) 0400 181 091

Science

### 7. The evolution of our universe

24 Sep

From the Big Bang to the present, including the appearance of life on earth.

Presenter: Kevin Murray

**Bookings:** Rosemary Sparkes

rosemaryannsparkes@gmail.com (preferred) 0400 181 091

Music

### 8. Favourite opera singers

1 Oct

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

Presenters: Anne Richardson and Nora Hinchin

**Bookings:** Rosemary Sparkes

rosemaryannsparkes@gmail.com (preferred) 0400 181 091

Science

### 9. How DNA made you and me

22 Oct

DNA is the blueprint for all living beings. How does ATGC build our body's features and behaviours?

Presenter: Punci Dassanayake

**Bookings:** Rosemary Sparkes

rosemaryannsparkes@gmail.com (preferred) 0400 181 091

Music

### 10. Rossini: Prodigy, celebrity and wit

12, 19 Nov

Spanning the years from Beethoven to Wagner, Rossini was not only a great operatic composer, but also a celebrated bon-vivant, chef and raconteur, whose parties were sought-after occasions.

Presenter: Nora Hinchin

**Bookings:** Janet Douglas janet\_away@yahoo.com

(preferred) 0423 947 411

Language German

### REVISITING GERMAN (max 12) \*\* NEW \*\*

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

A course for learners who studied German in the past and would like to refresh their speaking skills. Focuses on conversation about everyday topics. Materials supplied.

Leader and **Bookings:** Bettina Boss

bossbettina3@gmail.com (preferred)

0466 979 460

Language German

### GERMAN FOR POST BEGINNERS (max 12)

Alternate Thursdays from 8 Aug 1:00 to 3:00

An ongoing course for learners who completed a similar course recently. Focuses on reading short texts and discussing them. Materials supplied.

Leader and **Bookings:** Bettina Boss

bossbettina3@gmail.com (preferred)

0466 979 460

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## 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 16 Jul 10:00 to 12:00

Interesting presentations on various topics each Tuesday.

History Culture

### 1. A fateful feast: The final meal on RMS Titanic

16 Jul

The Titanic provides an exquisite microcosm of the Edwardian world, illuminating its strict class distinctions, its obsession with etiquette and fashion, and its love of fine food.

Presenter: Diana Noyce

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

Famous People Medical Matters

### 2. The Sackler story

23 Jul

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

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

History Australia

### 3. Twelve photographs that made Australia

30 Jul

These photographs from the 1840s to the early 2000s show how our country, its people and the way we view the world have changed.

Presenter: Adj Prof Laurie Wilson

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

Legal Human Rights

### 4. First nations people: over-represented in the criminal justice system

6 Aug

We will explore how this has come to pass, what the present situation is and how things might be improved in the future.

Presenter: Nicholas Cowdery AO KC

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

Science

### 5. A history of the future

13 Aug

For centuries, people have attempted to predict how we will live in the future. Many predictions have been stunningly accurate and others just amusing and wide of the mark.

Presenter: Laurie Wilson

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

History Ancient

### 6. Cities in the sands: Palmyra 'Bride of the Desert'

20 Aug

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

History Ancient

### 7. Cities in the sands: 'Petra Rose-Red City'

27 Aug

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

History Maritime

### 8. Stories from the Maritime Museum

3 Sep

1. The Halvorsens: excellent builders of boats and race-winning yachts and supporters of our war efforts in WWII.
2. Women Sailors: Young and old, from Australia and overseas.

Presenter: Noel Phelan

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

Current Affairs

### 9. What is democracy really about?

10, 17 September

With the US elections in November and a dangerous sociopath and fan of dictators, a possible winner, is it time to consider what democracy aims to achieve?

Presenter: Peter Nixon

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

History

### 10. Spymasters and codebreakers of WWII

24 Sep

The career of Leo Marks and his uncanny ability to crack ciphers. He sent many spies to Europe - not all happy endings! Meanwhile Australians were busy in the Pacific.

Presenter: Ian Bryce

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

History

### 11. Arthur Phillip

1 Oct

From Ship's Boy to Admiral, farmer, global adventurer, spy and our first Governor. His mysterious death still engages and intrigues the historians.

Presenters: Geoff Davidson

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

Science

### 12. Iconic Australian inventions of our time

8 Oct

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

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

Literature

### 13. Edna O'Brien: Love and evil

15 Oct

Often said to be Ireland's greatest living writer, famous for *The Country Girls*, Edna O'Brien has recently written about some of the world's most horrific events.

Presenter: Jenny Rudd O'Neill

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

Science

### 14. Australian Skeptics' scientific investigations

22 Oct

The Skeptics offer a large prize for real evidence of the paranormal or new science. We have investigated many dubious claims, activities and conspiracies, many challenging the laws of physics.

Presenter: Ian Bryce

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

History

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

29 Oct

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

Music

### 16. Favourite opera singers

5 Nov

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

Presenters: Anne Richardson and Nora Hinch

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

History

### 17. Historic Anglo-French global rivalry

12 Nov

The Anglo-French rivalry spilled out of Europe leading to colonial expansion with deadly consequences for people in Asia, Africa, North America and the Caribbean.

Presenter: Himanshu Jhala

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

Technology

### 18. The fifth dimension: Cyberspace. Cold War to Code War

19 Nov

Historically conflicts have been fought on land, sea, in air and more recently space. Wars are now also being fought in cyberspace. What does this mean for us?

Presenter: Dr Jennifer Sansom

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

History

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

26 Nov

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

Presenter: Andrew Drysdale

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

Food History

### 20. Feeding body and soul; From Hoosh to Beef Wellington

3 Dec

1. The midwinter celebration to commemorate the winter solstice is an invented tradition unique to Antarctica.
2. A historical overview of how Christmas is celebrated at the South Pole.

Presenter: Diana Noyce

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

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## HUNTERS HILL: C A FAIRLAND HALL

14 Church St parking nearby

Venue Coordinator Judy Harris judyaharris222@gmail.com (preferred) 0447 194 510

### MONDAYS AT HUNTERS HILL

Every Monday from 8 Jul 10:30 to 12:30

Interesting presentations on various topics each Monday.

**Bookings:** <https://sydneyu3a.org> OR Judy Harris judyaharris222@gmail.com (preferred) 0447 194 510

History

### 1. A brief history of modern Ireland and Northern Ireland

8 Jul

Why has a small island helped populate many countries, including Australia, over the centuries? A brief summary of modern Ireland and Northern Ireland's complex history after 1920.

Presenter: Peter Nixon

Legal Human Rights

### 2. Voluntary assisted dying

15 Jul

VAD is now legalised in all Australian States with safeguards in place for all involved in the process for legal, ethical and social reasons.

Presenter: Nicholas Cowdery AO KC

History

### 3. Mary Wollstonecraft

22 Jul

This writer and early feminist from the 18th century revisits the planet to tell us about her tumultuous life and those of her daughters.

Presenter: Peter Nixon

Music

### 4. Why our favourite classical singers are special

29 Jul

Our speakers will share their favourite singers, including Dimitri Hvonrostovsky, Jose Diego Florez and a few surprises.

Presenters: Nora Hinchin and Anne Richardson

Medical Matters

### 5. Drugs that affect mood and behaviour (part 1)

5 Aug

Learn how alcohol, cannabis and benzodiazepines (Valium-like drugs) work in the body and the dangers associated with their use.

Presenter: Dr Rosemarie Einstein

Medical Matters

### 6. Drugs that affect mood and behaviour (part 2)

12 Aug

'Ice', Ecstasy and cocaine are just some of the illicit substances causing problems today. How do they work in the body and what dangers are associated with their use?

Presenter: Dr Rosemarie Einstein

Drama

### 7. A water view to die for – David Williamson

19 Aug

David Williamson, Australia's best known playwright, accurately tells the quirky ambitions of Australians, especially real estate and death choices.

Presenter: Nora Hinchin

Famous People

### 8. Nikola Tesla

26 Aug

Discover the life and accomplishments of the engineer who contributed to the design of the modern alternating current (AC) electricity supply system.

Presenter: Prof Don Napper

Travel History

### 9. Liguria and Piedmont: North west Italy

2, 9 Sep

Their history (especially their part in the unification of Italy), their capitals (Genoa and Turin), the towns of Asti, Alba and the Italian Riviera (cinquetera), festivals, cuisine and famous wine.

Presenters: Nora Hinchin and John Flint OAM

Travel

### 10. Charles Darwin

16 Sep

Darwin's book, *On the Origin of Species*, first published 150 years ago, is one of the greatest breakthroughs in scientific history.

Presenter: Ian Burnet

Government Services

### 11. Service NSW

23 Sep

Information on services provided by Service NSW, especially the Savings Finder Program, which includes rebates and savings.

Presenter: Giselle Coelho

Science

### 12. Life in colour: How animals see the world

30 Sep

For us, the world can be a stunning place but what is it like for those members of the animal kingdom and what function does colour serve for them?

Presenter: Ian Thompson

Travel Culture

### 13. The temples of Java

7 Oct

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

Presenter: Ian Burnett

Exercise Health

### 14. Move to improve

14 Oct

Staying strong, healthy and active is necessary for an independent lifestyle, regardless of age, ability or circumstances. We all can do something to achieve realistic health and fitness goals.

Presenter: Sally Castell

Health

### 15. Hearing loss and hearing aids

21 Oct

Why do people mumble? Hear from an audiologist about innovative technology to hear better in noisy environments.

Presenter: Damian O'Connor

History Geography

### 16. St Kilda archipelago

28 Oct

Primitive Gaelic speaking Celts inhabited a group of islands off Scotland until 1930, when some emigrated to St Kilda, Victoria. It is the only UNESCO World Heritage site in the UK.

Presenter: Winsome Baker

Science Medical Matters

### 17. Frontiers of medical imaging

4 Nov

X-rays, CT (computer tomography), MRI (magnetic resonance imaging), nuclear medicine, PET (positron resonance imaging). Our speaker was involved in important developments for medical ultrasound, in Sydney.

Presenter: Adj Prof. Laurie Wilson

Famous People Medical Matters

### 18. The Sacklers

11 Nov

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

Presenter: Dr Rosemarie Einstein

Science Current Affairs

### 19. AI technology

18 Nov

Should we be concerned about our increasing use of technology? Are we becoming too dependent on the internet, the web, social media and artificial intelligence?

Presenter: Dr Jennifer Sansom

Science Current Affairs

### 20. AI: The fifth dimension: Cyberspace

25 Nov

AI is increasingly intertwined with humans. Vast resources are committed to AI. Will it be friend or foe?

Presenter: Dr Jennifer Sansom

Events

### 21. u3a Christmas party and carols

25 Nov

With popular music from the 50's to the 70's

Presenter: Graham Ball

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## LANE COVE: LIVING AND LEARNING CENTRE

180 Longueville Rd

Venue Coordinator Robert Lynn boblynn03@gmail.com

9433 8066

Book Group

### BOOK GROUP

Every fourth Monday from 1 Jul 10:30 to 12:30

Group discussion enhances our appreciation of the book read. New members welcome.

Leader: Janice Gentle

Bookings: Vanessa Follett 0490 652 292

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## MCMAHONS 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 9 Jul 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 12 Jul 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

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## 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 1 Jul 10:30 to 12:30

Interesting presentations on various topics each Monday.

No booking required

Biology

**1. Poisonous stings**

**1 Jul**

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

Presenter: Ian Thompson

Legal Matters

**2. Voluntary assisted dying**

**8 Jul**

How we die is important to us. The Voluntary Assisted Dying Act 2022 (NSW) gives us new options and the Act's creation and operation will be discussed.

Presenter: Nicholas Cowdery AO KC

Medical Matters

**3. Stroke – a time-critical emergency**

**15 Jul**

If the treatment is initiated in time, 85% of strokes can be treated effectively. Prompt recognition and action is vital. Get the latest update.

Presenter: Dr Christine Lopacinski

History

**4. Weapons of mass destruction**

**22, 29 Jul**

The story of making and dropping of atomic bombs over the cities Hiroshima and Nagasaki, and the subsequent nuclear weapons race.

Presenter: Punchi Dassanayake

Politics Current Affairs

**5. What is democracy all about?**

**5, 12 Aug**

With the US elections pending and mini-dictators moving some European countries away from democracy, it is timely to analyze how this political experiment that was born less than 200 years ago, is coping.

Presenter: Peter Nixon

Aviation

**6. Flight to resilience – navigating life's challenges**

**19 Aug**

A journey of resilience, drawing from my experience as an air force and Qantas pilot. The power of remaining calm in the face of adversity and the importance of preparation.

Presenter: Richard de Crespigny AM

History

**7. Mozart at the movies**

**26 Aug**

Mozart's compositions provide sound tracks for many films. This presentation contains movie scenes, with episodes from Mozart's life and extracts from his letters when he wrote those works.

Presenters: Nora Hinchin

Science

**8. Science is in ALL things**

**2 Sep**

What have mauve, Newton, beetle eyes, X-rays, seances got in common? They've all featured on RN's 'The Science Show.' Is there a future for thought-provoking legacy listening?

Presenter: Sharon Carleton

Logic

**9. Logic and reasoning: The path to knowledge**

**9 Sep**

Scientists, doctors, magistrates and jurists all share the need to make critical decisions. This presentation will describe how deduction and induction provides the confidence we seek.

Presenter: Ian Bryce

Geography History

**10. St Kilda Archipelago**

**16 Sep**

The history of a group of islands off the north west of Scotland. The population lived there for thousands of years as Celts until evacuation in 1930.

Presenter: Winsome Baker

Science

**11. Colour**

**23 Sep**

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

Presenter: Dr Laurie Wilson

Famous People

**12. Greg Mortimer**

**30 Sep**

Greg and Tim McCartney Snape were the first Australians to climb Mt Everest. Greg has had a career as an adventurer and businessman, taking people to the ends of the world.

Presenter: Greg Mortimer OAM

Music

**13. Favourite singers**

**14 Oct**

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

Presenters: Anne Richardson and Nora Hinchin

Inventions

**14. Australian innovation: Beyond Hills hoist, Vegemite, Victa**

**21 Oct**

A surprising range of Australian ideas had changed our lives and spread around the world. Innovation continues today.

Presenter: Debbie Rudder

Famous People

**15. Lucy Osburn: Controversial founder of Sydney Hospital**

**28 Oct**

Hear how she founded modern "Nightingale" nursing in Australia and why Florence Nightingale disowned her.

Presenter: Dr Judith Godden

Famous People

**16. Anne Bronte: First whistleblower on the abuse of women**

**4 Nov**

Anne Bronte, a sickly consumptive, stood up against the outcry from the pillars of Victorian patriarchal society, about forced marriage and ill-treatment of wives.

Presenter: Catherine Whittaker

Sociology

**17. Is social work practice a reflection of recent societal change?**

**11 Nov**

Some recent significant changes in Australia will be linked to the joys and challenges of preparing students for the workforce.

Presenters: Louise Bain and Eva Benjamin

Travel History

**18. Liguria and Piedmont**

**18, 25 Nov**

Liguria and Piedmont are regions in northwest Italy. This presentation covers aspects of their history, as well as visiting cities, towns and villages, plus their festivals and cuisine.

Presenters: Nora Hinchin and John Flint



## 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 12 Sep 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. We are a friendly, supportive group.

Leader: Jenny Rudd O'Neill jennyruddoneill@gmail.com

**Bookings:** Pamela Tilbrook

pamelatilbrook@optusnet.com.au (preferred) 0413 377 212

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## 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 24 Jul 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 30 Jul 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

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## 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 Aug 10:00 to 12:00

Interesting presentations on various topics each Wednesday.

#### No booking required

Medical matters

#### 1. Human gut – the ultimate grinding machine

##### 7 Aug

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: Punchi Dassanayake

Religion

#### 2. 26 Extraordinary years at the ABC

##### 14 Aug

In over 1700 programs on religion for the ABC, Rachael explored everything from the sublime to the ridiculous and from archbishops to aliens. There was never a dull moment.  
Presenter: Rachael Kohn

Art

#### 3. Caravaggio and the power of the cinematic image

##### 21 Aug

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

Presenter: Martin Wetherill

Photography Art

#### 4. Visual literacy in the age of the digital screen

##### 28 Aug

Why personal photography has never been so important. The way we experience the moving image from the cinema to black and white TV to Netflix on a smartphone.

Presenter: Martin Wetherill

Energy

#### 5. Energy resources

##### 4, 11 Sep

Renewables, fossil fuel, nuclear energy, hydro power. How is Australia tackling these issues?

Presenter: Peter Nixon

Geography History

#### 6. Great river systems on our planet

##### 18 Sep

Our rocky planet has many surprises. We look at some of the great rivers and the diverse civilisations they pass through.

Presenter: Punchi Dassanayake

Science Medical Matters

#### 7. Quackery – a brief history of the worst ways to cure everything

##### 25 Sep

The golden age of quacksalvers - a historical look at quackery during the Middle Ages and the toxic treatments that these medical-peddlers offered, including early surgical procedures and leech-therapy.

Presenter: Ian Thompson

History Religion

#### 8. Religion's effects on European society and politics (1)

##### 2 Oct

Pre-Christian European societies emerged from religious cults through to worship of Greek, Roman and Scandinavian deities before Christianity became the religion of the Roman empire.

Presenter: Himanshu Jhala

History Religion

#### 9. Religion's effects on European society and politics (2)

##### 9 Oct

Philosophical and political differences led to turbulent times in Europe. Religious wars tore societies apart resulting in the loss of millions of lives. Europe was now ready for the Enlightenment.

Presenter: Himanshu Jhala

History Religion

### **10. Religion's effects on European society and politics (3)**

**16 Oct**

Christianity had a profound influence on art, architecture, and music. European trade and colonisation spread Christianity outside Europe. Christians frequently demonstrated intolerance to other faiths and cultures.

Presenter: Himanshu Jhala

History Culture

### **11. A brief history of gold**

**23 Oct**

Why have humans been besotted, for over 5,000 years, with gold? What is it about the metal that has driven people to go to such extreme ends to acquire it?

Presenter: Garry Lowder

Geology

### **12. A planet, its people and their rocky relationship**

**30 Oct**

We owe our very existence to special features of our planet and its dynamic behaviour. We take a geological reality check of sea level change, ocean acidification, and renewable energy.

Presenter: Garry Lowder

Science

### **13. The world in a grain of sand**

**6 Nov**

We look at beach and desert sand and how it has transformed our world, including the hidden social and environmental costs of sand mining, together with why Australia is selling sand to Saudi Arabia.

Presenter: Ian Thompson

History

### **14. Olympe de Gouges – Humanist, feminist, educationalist, enlightenment thinker**

**13 Nov**

Olympe de Gouges was guillotined for sedition in 1793. Why was she nominated twice to receive a place in The Pantheon and a bust of her placed in the French National Assembly in 2016?

Presenter: Chris Serrano

Ethics

### **15. Voluntary assisted dying**

**20 Nov**

The legal history of voluntary dying will be discussed, leading to the operation of the new Voluntary Assisted Dying Act 2022 (NSW) that began on 28 November 2023.

Presenter: Nicholas Cowdery AO KC

Science Religion

### **16. The science of religion**

**27 Nov**

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

## **WILLOUGHBY: HYGROVE DISPLAY SUITE**

44 Penshurst St

Wheelchair access, parking nearby, bus stop nearby

Venue Coordinator Rohan Kirby rohan@hygrove.com.au (preferred) 0475 775 000

### **FRIDAYS AT WILLOUGHBY**

#### **Alternate Fridays from 5 Jul 10:30 to 12:30**

Interesting presentations on various topics every second Friday.

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

History Science

#### **1. One planet, one human race, the Age of Discovery**

**5 Jul**

A brief look back at the last 13.5 billion years, the formation of the planet, the evolution of the human race and the Age of Discovery.

Presenter: Dr John Walsh

Current Affairs

#### **2. China: an ancient civilization's rise to become a superpower**

**19 Jul**

China is the world's oldest continuing civilisation. It still maintains fascinating cultural traditions as it takes on the world.

Presenter: Himanshu Jhala

History Australia

#### **3. Australians in WWI and WWII**

**2 Aug**

The British Empire was at its peak at the outbreak of WWI in August 1914 and, when Britain declared war on Germany in September 1939, Prime Minister Menzies followed suit.

Presenter: Dr John Walsh

History Australia

#### **4. Treasures in Sydney Churches**

**30 Aug**

Objects employed for ritual use and religious devotion in services reveal some surprising works of art.

Presenter: Robijn Alexandra

Health

#### **5. Brain health**

**13 Sep**

A wellness expert explores how to maintain brain health. What can be done to prevent a decline of cognitive function?

Presenter: Gayle Nelson

History Famous People

#### **6. Nikola Tesla - Brilliant engineer but tragic eccentric**

**27 Sep**

Discover the life and accomplishments of the engineer who contributed to the design of the modern alternating current (AC) electricity supply system.

Presenter: Emeritus Prof Don Napper

Health

#### **7. Aged care in Australia**

**11 Oct**

What is aged care, how does it work, and how is it changing?

Presenter: Cameron Kirby

Science Environment

**8. Why does carbon dioxide cause global warming?**

**25 Oct**

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: Emeritus Prof Don Napper

Science Current Affairs

**9. Artificial Intelligence - past, present and future**

**8 Nov**

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

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## OUT THERE

Outdoors Eating out

**THIRD FRIDAY LUNCH GROUP**

**Third Friday of each month from 19 Jul**

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