



**Sunday 22 September:** Sunday Brunch @ the Mind Café, Narrabeen (Page 1)  
**Wednesday 25 September:** Riverboat Postman Cruise Day Trip (Page 1)  
**Wednesday 23 October:** Clontarf Picnic (Page 1)

**Don't forget to check the booking details for these events  
so that you don't miss out!**

## Upcoming events

### Sunday Brunch @ The Mind Café - 22 September

Come along to share brunch with fellow members while supporting The Mind Cafe, which has a focus on inclusiveness and togetherness whilst serving yummy food.

Bring a spare \$5 to buy forward a coffee for someone who is less fortunate ... and maybe bring an instrument to brighten our morning.

**Venue:** The Mind Café, 1356 Pittwater Road, Narrabeen

**Time:** 11.00am (all day menu)

**Bookings are essential and space is limited, so best be quick**

**Contact:** Meg Watson [megwatson2008@hotmail.com](mailto:megwatson2008@hotmail.com) or 0401 266 653

### The Riverboat Postman Cruise - Wednesday 25 September



Yes, we're out and about again and hope to see many of you for what will be a fabulous day aboard the Hawkesbury Mail Boat. We will be able to enjoy the magnificent scenery of the lower Hawkesbury River - full details are available on the attached flyer which can be downloaded and printed - please select [this link](#).

Our coach will leave at **8.30am** from the Beacon Hill Memorial Hall car park, 35 Willandra Road, Beacon Hill.

**Please aim to be at the car park by 8.15am ready for the 8.30am departure.**

**Please be on time as we won't be able to wait for you.**

We will arrive home at approximately 3.30pm.

The cost of **\$55 per person** includes morning tea and lunch and is being subsidised by NB u3a.

Please come along and enjoy the day.

**Bookings as soon as possible, please, and full payment by 13 September**

**Contact:** Gaye Pringle, [gayepringle@gmail.com](mailto:gayepringle@gmail.com) or by phone on 0407 248 331



Only a few places left

### Picnic at Clontarf Reserve - Wednesday 23 October

The last picnic at Clontarf Reserve was very successful and feedback from members confirmed it is a great location .... so we're repeating it again this year.

All you have to do is BYO glass and chair then sit back to enjoy the view and good conversation with like-minded u3a friends.

A picnic feast plus drinks will be provided at the heavily subsidised price of **\$10 per head**. Note, this is half the price of the previous picnic.

**Venue:** Area 1, Clontarf Reserve, Sandy Bay Road, Clontarf (please note this is an alcohol free zone)  
Northern Beaches Council parking permits are valid

**Timing:** 12.00noon until 3.00pm

**Bookings are essential by 11 October**

Please contact Kerrie Sanders [kersand@bigpond.com](mailto:kersand@bigpond.com) or 0400 309 986 to book and make your payment.



## September presentations

### North Curl Curl Community Centre

Curly Questions in Science - Alternate Tuesdays 10.00-12.00pm (Pages 42/43)

The full program can be viewed via [this link](#) All welcome, no need to book

**3 Sep** *The evolutionary origin of humans* with Kevin Murray

**17 Sep** *The history and use of clay* with David Malone

Thursdays at North Curl Curl - Every Thursday 10.00-12.00pm (Pages 41/42)

The full program can be viewed via [this link](#) All welcome, no need to book

**5 Sep** *Soundtrack of our Lives - 'Music can change the world'* with Graham Spindler

**12 Sep** *History of lighthouses* with Ian Thompson

**19 Sep** *Theatre Plays: 'More plays of the sixties'* with Diana Pheils

**26 Sep** *History of physiotherapy* with Winsome Baker

Movie Series: Presenter's Pick - Alternate Tuesdays 1.00-4.00pm (Page 41) All welcome, no need to book

**10 Sep** *James Bond - Casino Royale*

**24 Sep** *Little Big Man*

### Newport Community Centre

Topics of interest - First Wednesday every month 1.30-3.30pm (Page 40)

The full program can be viewed via [this link](#) All welcome, no need to book

**4 Sep** *Imagine: Surgeon/author/musician!* with Dr Richard Harris

Dr Harris completed his training in England and at several Sydney hospitals including Royal Prince Alfred and Royal North Shore. He is currently Chairman of the Medical Staff Council at Hornsby Hospital.

Apart from surgery he has been a musician, a backpacker, a poet and painter. He has managed to get Hornsby Hospital rebuilt and in the surgical world has progressed from the old style massive operations to state of the art minimally invasive high-tech treatment of patients with arterial and venous problems.

This will be your opportunity to talk to a real live vascular surgeon and novelist about his two passions.

Come with curiosity and questions. Be prepared to sing!



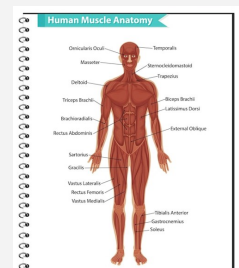
### Lionel Watts Community Centre, Frenchs Forest

Fridays in the Forest - Last Friday every month 10.00-12.00pm (Pages 37/38)

The full program can be viewed via [this link](#) All welcome, no need to book

**27 Sep** *Medical matters and our body* with Dr John Walsh

How are you feeling? Our speaker Dr John Walsh will help us decode the mysteries of medicine and our body, what it's made of, what can go wrong and how to treat it.



## Are you looking to try something new?

Both these courses are at North Curl Curl Community Centre

Social Bridge (Page 41)



Come and join a welcoming group for a social game of bridge every Monday from 1.00-4.00pm. Teaching the third Monday of each month.

If you haven't played for some time you are welcome to come and rekindle your love of bridge.

Any queries, please ring Ruth Buchanan on 0401 203 368

Issues for Discussion (Page 43)

Alternate Tuesdays from 23 July - 2.00-4.00pm

We are a nice and friendly discussion group, meeting on alternate Tuesday afternoons. It is an inclusive atmosphere and we are encouraged to raise issues of interest not only to ourselves but to the whole group.

We would love to have a few more members and would make you very welcome.



## Items for noting

### September is 'Show Your Membership Card' month

Please help us this month by bringing your membership card to all your u3a activities and showing this to the booking secretary as you sign in.

I'm sure you can appreciate that unfinancial members are not covered by insurance and therefore we are having to ensure that all our members remain safe while attending our courses.

On entry the booking secretary will make a note of your membership expiry date.

### Beware of email scams

A few of our members have had their emails hacked and their contact lists used to send messages to other members. Some messages contain a hyperlink and some ask you to make email contact as that person is 'suffering from laryngitis' or is 'in a meeting and unable to phone'.

**It's important that you don't reply to these emails or click on any of the attachments as this could spread the scam to all your contacts.**

### The October newsletter

**Note from the Ed:** I'm taking a holiday and will be overseas for a few weeks. This means that for the October newsletter Judy Higginson has kindly agreed to look after things in my absence .... so, if you have any items you'd like to be included in the October edition please email Judy direct at [judyhigginson22@gmail.com](mailto:judyhigginson22@gmail.com).

It will be back to normal for the November newsletter.

## Out and About

### Congratulations to Bala - she's done it again!



Yes, that's right, Bala Dattani completed what is now her 27th City to Surf walk on Sunday 11 August in under three hours.

Bala's comments:

"Sachin, my grandson, walked with me all the way instead of his usual running (he normally finishes in an hour) and I had a lot of support from my family, Rima, Mehul, Ari and Sachin.

The funny thing was that in this sea of people it was hard to see many older people and quite a few of the young ones came up to me and said "you are doing really good, keep going" ... so I did!

This run is very well organised and I'm hoping to do it again next year."

### 'Celtic Songlines' - 28 August

Another great concert at the Narrabeen Baptist Church, this time by *Celtic Connections*, a group comprised of musicians from The Third Age Rock Orchestra and Unpluggers Guitar Group. They must be congratulated for their performance and for the hours they spent rehearsing; it is very much appreciated as the concert was enjoyed by all. We're looking forward to the next one!

Toes were tapping and the audience sang along to many of the familiar traditional and contemporary Celtic songs - a very relaxing and enjoyable afternoon of music.



Back Row L-R: Graham Spindler, Peter Purches, Peter Bliss, Ian Lucas  
Front Row L-R: Claudie Moffatt, Pat Lyndon, Robyn Wells

A big thank you to Tony Clark for sharing these photos

## Semester 2 Course Book Changes/Additions

There have been no changes since the August newsletter but all changes/additions relating to this semester can be accessed using [this link](#).

Please update your copy of the course book to avoid any confusion when making bookings

## Friendly Reminders!

- ◇ Please contact our Welfare Officer, Gaye Pringle, either by email to [gayepringle@gmail.com](mailto:gayepringle@gmail.com) or by phone on 0407 248 331 if you become aware of a member who is sick or in hospital.
- ◇ Please take your own cup or mug to all your sessions and, if requested, assist with setting up and stacking chairs.

## Membership

- ◇ Are you aware that Sydney u3a has a **Code of Conduct** and that when you become a member you agree to comply with this at all times? The code is available on the Sydney u3a website [here](#) ...please take a couple of minutes to remind yourself of this information.
- ◇ If you're aware of a family member or friend who would like to join Sydney u3a they are able to attend two sessions (bookings essential) before being asked to become a member (\$85 per year).
- ◇ Please check that your membership is current. It can be renewed [online](#) or you can download and complete a form available on our website. The link is: <https://sydneyu3a.org/membership/>
- ◇ When renewing your membership by direct deposit, please remember to include your name and/or membership number. There have been some instances recently where this information has been omitted and therefore your membership cannot be traced and is cancelled.
- ◇ If your email address or any other contact or personal details have changed, these can be updated online using [this link](#). If you run into difficulties updating online please email the City Office - [officemgr.sydneyu3a@gmail.com](mailto:officemgr.sydneyu3a@gmail.com) - detailing the changes.
- ◇ Please make sure you book your course (*except where bookings are not required*) and advise the leader if you decide to opt out or you're unable to attend at any time.

## ... and finally

**The deadline for contributions to the October newsletter is Monday 23 September.**

**Please remember that for October only you will need to send your contributions to Judy Higginson, email address: [judyhigginson22@gmail.com](mailto:judyhigginson22@gmail.com)**

Please be sure to get your contributions in on time or advise Judy that you are working on something you'd like included so that space can be allocated.

### **Handy Northern Beaches website links:**

NB u3a website: <https://sydneyu3a.org/sydney-u3a/regions/northern-beaches/>

NB u3a Facebook group: <https://www.facebook.com/groups/u3anorthernbeaches>

NB newsletter access at all times: <https://sydneyu3a.org/sydney-u3a/regions/northern-beaches/nb-newsletters/>

**Sydney u3a is a volunteer based organisation. Members share their knowledge, learn from others, socialise and have a passion for education**

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