



Sunday 3 November: Lunch @ the Mind Café, Narrabeen
Wednesday 20 November: The Rock Orchestra's End of Year Concert

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

Upcoming events

Lunch @ The Mind Café - Sunday 3 November

Another chance to join fellow members for lunch at The Mind Café in Narrabeen. The cafe recently received a Local Heroes 2024 award from Westfield Warringah Mall and were given a \$20,000 grant which will go towards the 'Mental Health Companion Program' and training members of their team to become counsellors.

If you can, please bring a spare \$5 to buy forward a coffee for someone who is less fortunate.

Venue: The Mind Café, 1356 Pittwater Road, Narrabeen

Time: 12.00 noon

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

Contact: Meg Watson megwatson2008@hotmail.com or 0401 266 653

The u3a Rock Orchestra End of Year Concert - Wednesday 20 November 'Cities of Rock: The big city British rock rivalry'

An afternoon of Great British rock hits from British bands of the 60s to the 90s. Think the Beatles, The Hollies, The Moody Blues, The Stones, The Animals, and more

Which city gave the best to rock'n roll?

Come along and you can decide!

Wednesday 20 November at 2.00pm

Narrabeen Baptist Church, 13 Grenfell Avenue, North Narrabeen

Entry by **free ticket** from TryBooking - a gold coin donation at the door to help with expenses would be appreciated

Click on this link <https://www.trybooking.com/CWARR> to be taken directly to the TryBooking site.

To view and download the flyer please select [this link](#).



A poem ...

THAT'S NOT MY AGE!!

That's not my age, it's just not true
My heart is young, the time just flew

My body's not in disrepair
I know I haven't got much hair
Sometimes I feel a little tired
But go for swims to get inspired

This old age thing is not for me
Concessions given, prescriptions free
I'll just pretend I'm in my prime
To age too fast would be a crime

I'm just not old inside my head
It's still so long till I am dead
So please don't see me in that way
I'm staying young if that's OK

'YOUNG JOHN'

November presentations

North Curl Curl Community Centre

Movie Series: Presenter's Pick - Alternate Tuesdays 1.00-4.00pm (Page 41)

All welcome, no need to book

- 5 Nov** *Phar Lap - an earlier than usual start at 12.30pm today*
If you wish, please bring a plate and dress up for Melbourne Cup Day
- 19 Nov** *One flew over the cuckoo's nest*

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

- 7 Nov** *Soundtrack of our Lives - 'Lyrics quite contrary' with Graham Spindler*
- 14 Nov** *Feeding and watering our future world with Chris Russell AM*
- 21 Nov** *Theatre Plays: 'Caryl Churchill and Edward Bond' with Diana Pheils*
- 28 Nov** *Our increasing use of technology with Dr Jennifer Sansom*

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

- 12 Nov** *Artificial Intelligence with Jeff Burgess*
Please note this is a change to the originally advertised program.
- 26 Nov** *Extraordinary eyes with Ian Thompson*

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

- 6 Nov** *Country comes to the city! with Suzanne Upton*
How the Easter Show developed over 200 years!
Show bags, side shows, hot scones, beautiful plants and animals!

In 1822 the Agricultural Society of New South Wales was formed by a group of leading citizens to encourage and promote the future of agriculture through improvements in breeding of animals and the growth of local produce and crops.



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

- 29 Nov** *European search for the Great Southland with Geoff Davidson*
Geoff will tell us about some of the myths and lesser known facts that led to the European discovery and spectacular development of our once far off land.



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.

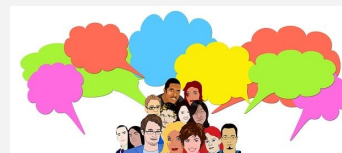
Any queries, please ring Ruth Buchanan on 0401 203 368

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.



Out and About

The Riverboat Postman Cruise - Wednesday 25 September

It was a perfect day both weather wise and for fun as 45 members boarded the coach for a trip on the Hawkesbury River, travelling along the Postman's Run and delivering the mail on the way.

Travelling to Brooklyn was easy with no parking to organise or trains to catch.

Our host was very knowledgeable about the origins and peculiarities of the area and we all admired the waterside homes. Lunch was no fuss and very tasty ... and the bar had a good workout.

As we had the whole ferry to ourselves we were able to freely chat and catch up with friends.

Thank you all for coming and perhaps we may do it again in the future.

Picnic at Clontarf Reserve - Wednesday 23 October

What a glorious Spring day it was for the Clontarf picnic this year with good friends and some new members getting together to enjoy a catered lunch in the fresh air and sunshine on Middle Harbour.

Again lots of chitchat and discussion about Christmas plans.

Thank you to Gaye Pringle for taking these photos



A note from Kerrie

These activities are subsidised by your gold coin donations and we hope to continue them next year.

Suggestions for activities are always welcome - please pass on your ideas to me or a committee member.

Kerrie Sanders

Are you thinking of travelling in 2025?

As Sydney u3a members you will have received an email on 6 October from the Sydney u3a President, Jennifer Waldron, advising of the exciting new travel initiative with Wendy Wu Tours.

There are two tours on offer:

Kuala Lumpur and Borneo - 9 nights - Early June 2025

Tour highlights:

*Kuala Lumpur (2 nights) *City Sights *Batu Caves *Chinatown *Day trip to Malacca, historical part of Malaysia

*Borneo (7 nights) *Mari Mari Cultural Village *Sabah Tea Plantation

*Kinabalu National Park *Kundasang War Memorial, where there are beautiful gardens *Sandakan, where you will see the orangutans and sun bears *Bilit River Cruise

Singapore, The Affordable Art Festival - 6 nights - November 2025

*Ticket to the Art Fair, with two morning visits *Visit to Chinatown *High tea at Raffles Hotel *City sights tour *National Orchid Gardens *Day on Sentosa Island *Gardens by the Bay

Interested?

If so, forward your expression of interest to Robin Amos at jjnanna@internode.on.net including your full name, membership number, membership expiry date, email address and whether you will require single, double or twin accommodation.

The only criteria is that there must be a financial Sydney u3a member in each room.

Remember, you can take a friend or a family member with you.

You will then receive a detailed itinerary from Wendy Wu Tours and you can decide if you wish to convert this to a booking.



Note from the Ed

A big thank you to Judy Higginson for looking after the October newsletter in my absence on holiday. I really appreciated her help to keep things moving along as usual and she did a great job.

Manly Warringah Choir Christmas Concert

As we know, our members have diverse interests and many also belong to other organisations. One of these is the Manly Warringah Choir which puts on about four concerts a year. The Christmas concert is coming up on **Sunday 8 December at 4.00pm** and promises to be sold out. The choir is performing J S Bach's glorious Christmas Oratorio which will certainly help put you in the mood for the upcoming celebrations.

Here's the link to the flyer which gives full information about the concert

<https://sydneyu3a.org/wp-content/uploads/2024/10/2024-Dec-MWChoir-Concert-postcard.pdf>

Tickets are \$45 each and the website link to make a booking is www.manlywarringahchoir.org.au
Tickets are selling fast so don't delay if you'd like to go.

Semester 2 Course Book Changes/Additions

The Semester 2 courses are coming to an end and work has nearly been completed on the Semester 1 2025 course book which will be available in January. There have been some changes during this semester and these can be accessed using [this link](#).

Friendly Reminders!

- ◇ Please contact our Welfare Officer, Gaye Pringle, either by email to 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 - 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 December newsletter is Saturday 23 November.

Please be sure to get your contributions in on time or advise me 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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