



**SYDNEY u3a**

learn laugh live

*thePulse*

**JANUARY 2025 ISSUE 1**

**eZine of Sydney u3a Greater West Region**



**Welcome  
to  
Sydney u3a  
Greater West  
2025**

And we are off.

It is 2025 - a quarter of the way through the 21C. Sydney u3a Greater West continues to be active physically and mentally: bushwalking, deep discussion sessions, enjoying our book clubs, Tai Chi, dancing, and extraordinary presentations at The Phive on Tuesdays, Wednesdays and Fridays.

Read our regional President, Robin Amos, thoughts on the upcoming year including our AGM and the importance of nominating for the committee or being an assistant to a Committee member.

In this issue of *thePulse*, enjoy the Monday Book Club's comments from the last book of 2024 they shared, Richard Glover's *Best Wishes*. Included in this issue is a short overview of the upcoming Sydney u3a Literary Festival which Greater West coordinates.

And don't forget to let the different Booking Coordinators know of the courses you wish to attend this semester.

~ Linda



## A Word from our President



I hope you have all checked the new coursebook and registered for courses on offer this year, some of which are highlighted in this newsletter.

Our AGM will be held on **Friday 28 February** at The Phive in Parramatta. I encourage you to come along, especially if you are a new member.

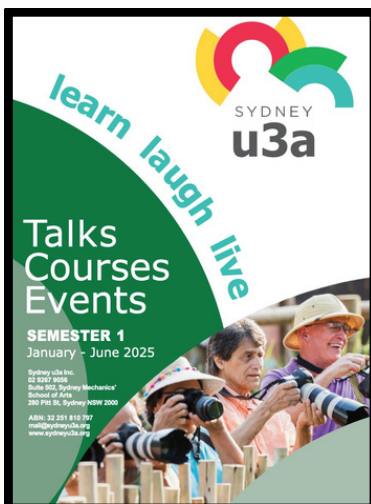
Come and meet our newly elected Committee. Have a chat to them and see if there is some contribution you could make to ensuring we continue to grow with new ideas and new members.

We are a 100% volunteer organisation and we need to encourage new people with new ideas to help with our development.

We are always eager to have new presenters, new venues, and new suggestions brought to our attention. Your suggestions and your skills are valued.

I look forward to meeting you at our AGM. Don't forget to RSVP our outgoing Secretary **Ann** on [annorel@hotmail.com](mailto:annorel@hotmail.com) to ensure we cater adequately for afternoon tea and ensure enough seating is organised.

~ Robin



Check the new **Coursebook for Semester 1 2025** for all our courses. The coursebook is a flipbook which you can access on the [Sydney u3a website](http://www.sydneyu3a.org). Scroll to Greater West and have a read - diverse and stimulating courses for this semester.



### A New Course at The Phive

*A Permaculture Course at The Phive every second and*

*fourth Tuesday of each month is being offered this semester. It is on the same day as **Tuesdays at Phive** but in the afternoon.*

A perfect time to come to The Phive, listen to fabulous presentations in the morning, have a break for lunch before heading back to The Phive to be involved in the science of permaculture. You will be engaged as Michele considers permaculture and the ensuing changes that will occur as the climate changes.

Contact Michele at [michelesacco@yahoo.com](mailto:michelesacco@yahoo.com) to let her know you will be there.



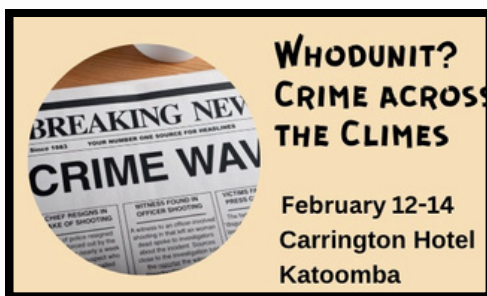


The **Mystery and Thrillers Book Club** ended with a celebratory lunch after one amazing year of fellowship. And that is what Sydney u3a Greater West is all about - fellowship. Interested in joining this energetic group? Contact Ann at [anntoddu3a@gmail.com](mailto:anntoddu3a@gmail.com)



Discussion Group every alternate Tuesday from February 4 at Castle Hill ARV. Contact Jim on [jcgray011@gmail.com](mailto:jcgray011@gmail.com) if you wish to join this active session. The topics and conversation are brilliant.

## 18th Literary Festival Whodunit: Crime Across the Climes

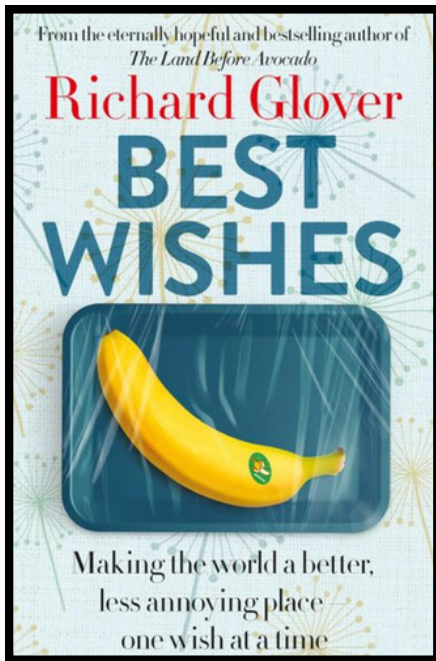


It was no surprise that the annual Sydney u3a **Literary Festival** was booked out within a couple of days. It is always a great three days at Katoomba where members engage in the presentations on the theme chosen for the Festival (this year Crime Fiction), and enjoy gourmet dinners and a cocktail party in a beautiful environment.

With topics such as *Unmasking Korea's Dark Side: Exploring Korean Crime Writing*, *Getting to Grips: Japanese Crime Fiction*, *Outback Noir-Not in Our Backyard*, *Deep Bones*, *Curmudgeonly Chief Inspector Morse*, *Slow Crime in the Blue Mountains* and more, the Festival this year will have the audience clutching the edge of their chairs.

More about the Festival in the March issue of *thePulse*.





## Monday Book Club at The Phive

Our last Book Club for 2024 had us celebrating **Richard Glover's** recently published book **Best Wishes**. He asks the question 'Do you think the world would be a better place if people got back their sense of humour?'

Well, we challenged our members to choose two of their favourite *Best Wishes* in Glover's Book plus make up one Best Wish of their own.

The greater majority of the members loved the book - lots of humour and chuckles from us, the Baby Boomers! And of course, it was certainly filled with wisdom in a humorous way of thinking. Enjoy some of the *Best Wishes* from our members as a consequence of reading Glover's book.



**Greed**

I wish we could diminish greed and increase kindness.

**Generosity**

I wish I knew what the future holds for our grandchildren!!



I wish principles of employment and contracts for younger people were fairer!



I wish TV Ads would remain at the same sound levels as the program. Why do they have to be louder?

I wish we could self-check before we blurt out comments like 'those Asians down the street' or 'she's black and female and thus not appropriate for the role' .... microaggressive comments that have seeped into our everyday language are disrespectful and possibly insulting .... we need to be careful about language that can be dehumanising.

I wish that prices ending in **.96, .97, .98 and, even more annoying, .99 (cents)**, would stop! What a waste of pricing, time and effort! We no longer have 1 cent pieces so who do the retailers think they are kidding? I don't go along with the idea that people think the article is 'cheaper' as no one ever gets change back. I wish retailers would be smarter and show the correct price. Customers are not stupid!



I wish dementia would disappear. Its effects, on not only the individual but others, is devastating.

I wish that we will all enjoy lots of good books in 2025 – and that we all support our local libraries as they offer so many free experiences, such as author talks, and great books.