

# 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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## HARBOURSIDE NORTH REGION OF SYDNEY u3a

### Annual General Meeting and Election of Office Bearers

will be held on: **Friday 14 March commencing at 2.00 pm**  
at: **Northbridge Golf Club**

Address: 296c Sailors Bay Road, Northbridge (parking available in the grounds) Followed by afternoon tea, with guest speaker John Tidmarsh

**Bookings (by 7 Mar):** Rosemarie Einstein einstein@starmar.net.au (preferred) or 0412 043 377  
Harbourside North members are encouraged to attend. All Sydney u3a members welcome.

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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

Games

### MAHJONG WESTERN STYLE

**Every Thursday from 6 Feb 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

### TUESDAYS AT CASTLE COVE (max 25)

**Alternate Tuesdays from 11 Feb 10:30 to 12:30**

Interesting presentations on various topics on alternate Tuesdays.

**Bookings:** <https://sydneyu3a.org> or Barbara Boston  
barbboston2013@gmail.com (preferred) 9417 2967

Film

### 1. Kubrick: a visual odyssey

**11 Feb**

A brief look at the film style of Stanley Kubrick, a master movie director. From photographing for 'Look Magazine' in the 1950s to 1999, 'Eyes Wide Shut', his last movie.  
Presenter: Martin Weatherill

Music Opera

### 2. Favourite opera singers

**25 Feb**

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

Art History

### 3. A general introduction to the treasures of ancient India

**11 Mar**

Several world religions, including Hinduism, Buddhism, and Islam originated or blossomed in India. Indigenous art styles mixed with external cultures, resulted in vivid visual displays in art and architecture  
Presenter: Robijn Alexandra

Yoga Culture

### 4. Yoga: its origins and importance to Indian culture

**25 Mar**

Yoga postures depicted in art illustrate how yoga emerged by assimilating and incorporating aspects of several religions to present a concept of transformation through body postures and breathing techniques.  
Presenter: Robijn Alexandra

History Australia

### 5. Yellow shadows on a white land

**8 Apr**

Gordon was born in Australia in the time of the White Australia Policy. He will describe the difficulties experienced by the wives and children of mixed marriages.  
Presenter: Gordon Mar

Music

### 6. You say Goodbye, I say Hello

**22 Apr**

Arrivals and departures produce some of our deepest emotional moments, frequently reflected in music. From the Beatles to Bocelli, enjoy and discover stories behind some wonderful songs on the themes of hello and goodbye.  
Presenter: Graham Spindler

Geography

### 7. Great river systems of the world

**6 May**

Our rocky planet has many surprises. We look at some of the great rivers and the diverse civilizations they pass through.  
Presenter: Punchi Dassanayake

Music

### 8. Celtic connections: the other Celtic world

20 May

We mostly associate Celtic Music with Ireland and Scotland, but its music and communities are much more diverse.

Look and listen to the history, locations and sounds of this influential and much-loved music.

Presenter: Graham Spindler

History China

### 9. My father: driver for a Chinese opium warlord

3 Jun

Through my father's experiences we look at the tumultuous history of China in the 1920s and 1930s.

Presenter: Lydia Fegan

Art History

### 10. An introduction to Ancient Egypt and its treasures

17 Jun

The enduring popularity of ancient Egyptian monuments, tombs, temples, and artwork is that these celebrate life and stand as reminders of what once was and what human beings, at their best, are capable of achieving.

Presenter: Robijn Alexandra

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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

### ADVANCED RECORDER

Alternate Mondays from 13 Jan 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

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

Language French

### FRENCH FOR NEAR BEGINNERS (max 12)

Every Monday from 3 Feb to 24 May 10:30 to 12:30

Can you remember a little high school French?

If so, this course is for you. Study basic phrases through topics such as likes and dislikes, hotel bookings and asking the way. This course focuses on conversation.

Leader and **Bookings:** Bridget Miall

bridgetmiall@gmail.com (preferred) or 0415 635 989

Music Recorder

### INTERMEDIATE RECORDER GROUP

Alternate Wednesdays from 5 Feb 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 2

Alternate Thursdays from 6 Feb 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 7 Feb 10:30 to 12:30

Interesting presentations on various topics most Fridays.

Science Travel

### 1. A journey through the elements

7 Feb

The people, places and experiences from over fifty years travelling the world as a geologist.

Presenter: Garry Lowder

**Bookings:** Ursula Schappi ursulasch@bigpond.com (preferred) 0407 995 578

History Culture

### 2. A history of the future

14 Feb

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

Media Culture

### 3. Stories happen to people who tell them

21 Feb

Chair of the ABC Advisory Council and Women in Media and one of Australia's most awarded TV producers, Anita's gift for storytelling allows a glimpse behind the scenes of Australia's media industry.

Presenter: Anita Jacoby AM

**Bookings:** Ursula Schappi ursulasch@bigpond.com (preferred) 0407 995 578

Science nature

### 4. Southern Auroras and Northern lights

28 Feb

Hear about the science behind auroras, some of the associated myths and historical events and find out why there are lots of auroras in 2025.

Presenter: Vicki Moss

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

Travel Culture

### 5. Mongolia and Alaska

7 Mar

This highlights the history, geography, culture, architecture, lifestyles and landscapes of each country, based on the impressions formed when travelling there and research carried out since.

Presenters: Kevin and Glenys Murray

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

History Culture

### 6. A history of Glebe

28 Mar

Hear about Glebe's changes throughout every decade since the 1820s and how its heritage was saved. A map for self-guided walks will be provided.

Presenter: Vicki Moss

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

History

### 7. When Britain bullied China

4 Apr

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

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

History Politics

### 8. The world without Dr Kissinger – a world in chaos?

11 Apr

Henry Kissinger was a controversial and major historical figure and knowing why he is viewed as divisive is interesting in itself.

Presenter: Harry Melkonian

**Bookings:** Robert Henderson

robkit.henderson@bigpond.com (preferred) 0419 223 001

History Culture

### 9. Korea and Japan

2, 9 May

The Far Eastern states of Japan and Korea represent ancient cultures, individual ways of life and a history of rivalries.

Presenter: Himanshu Jhala

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

(preferred) 0407 995 578

Health

### 10. Why we age

23 May

Some insights into the biology of ageing come from observing our cells, but we can also learn a great deal, both positive and negative, from the health and death records from 182 countries.

Presenter: Dr Judy Ford

**Bookings:** Robert Henderson

robkit.henderson@bigpond.com (preferred) 0419 223 001

Current Affairs

### 11. First Nations people and the criminal justice system

30 May

At less than 3% of the population, First Nations people are grossly over-represented in the criminal justice system. Why - and what can be done about it?

Presenter: Nicholas Cowdery

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

(preferred) 0407 995 578

Technology

### 12. Artificial Intelligence – its current state and possible futures

6 Jun

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

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

(preferred) 0407 995 578

Science

### 13. The DNA revolution

13 Jun

The latest revolutionary advances in DNA research and gene editing, and the many ethical issues that result from them.

Presenters: Kevin and Glenys Murray

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

(preferred) 0423 947 411

Discussion Group

### DISCUSSION GROUP 1

Alternate Thursdays from 13 Feb 10:00 to 12:00

Would you like to hear some interesting opinions? Do you want to air some of your own? This is a varied group who consider some of the issues of life and living that contribute to our modern existence.

Leader and **Bookings:** Jill Tukian jill.tukian@me.com

(preferred) 0431 053 395

## TUESDAYS AT CHATSWOOD

Tuesdays from 18 Feb 10:30 to 12:30

Interesting presentations on various topics most Tuesdays.

History Transport

### 1. A brief history of Sydney tramways

11 Feb

This illustrated talk will cover the development of the extensive steam, cable, horse and electric tramways of Sydney and why the system was abandoned in the mid-20th century.

Presenter: Ron Besdansky

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

(preferred) 0407 995 578

History Australia

### 2. Australian Indigenous heritage sites

18 Feb

A well-illustrated introduction to Budj Bim in Victoria, listed in 2019, and Murujuga in Western Australia, to be assessed by the World Heritage Committee in 2025, almost certainly to be listed.

Presenter: Graeme Aplin

**Bookings:** Rosemary Sparkes

rosemaryannsparkes@gmail.com (preferred) 0400 181 091

History Australia

### 3. World Heritage convict sites and Parramatta Female Factory

25 Feb

There are 11 listed sites in NSW, TAS, WA and Norfolk Island. The Parramatta site was placed on Australia's Tentative List in 2023 and will probably be nominated in the future.

Presenter: Graeme Aplin

**Bookings:** Rosemary Sparkes

rosemaryannsparkes@gmail.com (preferred) 0400 181 09

Language

### 4. World of words: grammar, usage and pronunciation

4 Mar

We all have our prejudices, preferences, antipathies, ignorance about "our" native tongue. A journey from Anglo-Saxon English to today's world language.

Presenter: John Flint

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

(preferred) 0423 947 411

Art

### 5. Grace Crossington Smith

11 Mar

The art of Grace Crossington Smith, one of the most important post-impressionist Australian artists with a great talent for making the everyday look brilliant.

Presenter: Dr Reinhard Ronnebeck

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

(preferred) 0407 995 578

History Ancient

### 6. Medinet Habu: the Mortuary Temple of Ramesses III

18 Mar

Ramesses III built the last of the great mortuary temples at Luxor incorporating a long-standing shrine to Amun-Ra. The temple is a leading source of information about the collapse of the Late Bronze Age.

Presenter: Michael Birrell

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

(preferred) 0423 947 411

Music

### 7. Music, leisure and pleasure in 18th century London

25 Mar

The newly enriched middle class had time and money to indulge in leisure pursuits. How did they spend their time?

Presenter: Nora Hinchin

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

History War

### 8. The navy at Gallipoli

1 Apr

An overview of WWI in 1914-15 and the role of our RAN ships under the command of the RN. The decision by Churchill to attack Constantinople and stop it joining the AXIS forces.

Presenter: Noel Phelan

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

History Culture

### 9. The Flaneur

15 Apr

The lone stroller on the streets of Paris, Vienna and Berlin in the late 19th and early 20th C who became the cultural symbol of the modern city, and prompted exciting innovations of photography and cinema.

Presenter: Lydia Fegan

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

History Technology

### 10. Working partners who changed the world

29 Apr

James Watt and Matthew Boulton greatly improved the steam engine and introduced several other important innovations, including in the silverware and coining industries and in workers' insurance.

Presenter: Debbie Rudder

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

History Culture

### 11. History of the Perigord, France

6 May

A beautiful part of the South west of France, home to painted caves (including Lascaux), medieval castles (from times of English/French rule), foie gras and fine wines.

Presenter: John Walsh

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

Travel Outdoors

### 12. My life cycle

20 May

Roger's 12 years of long-distance cycling, covering 35,000 kilometres. His trips include one trip across the Nullarbor, three across the US, one across Canada and one in the UK.

Presenter: Roger McDougall

**Bookings:** Ursula Schappi ursulasch@bigpond.com (preferred) 0407 995 578

Current Affairs

### 11. Refugee Council of Australia

27 May

A not-for-profit umbrella organisation networking with refugee communities, volunteers and support agencies to settle refugees in Australia, advocating for the support of refugees and asylum seekers, research resettlement options, and more.

Presenter: Deena Yako, Director Community Engagement

**Bookings:** Ursula Schappi ursulasch@bigpond.com (preferred) 0407 995 578

History India

### 14. The history of muslim

3 Jun

The story of muslim in India is one of centuries-old artistic tradition, greed, empire and restoration, of emperors, imperial trading superpowers and powerless artisans, whose unique craft became caught in the web of history.

Presenter: Judy Tenzing

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

History Ancient

### 15. Ephesus: a Roman metropolis in Western Turkey

10 Jun

The ancient city of Ephesus, on the Aegean coast of Turkey, became an important Hellenistic port and subsequently acquired grand civic structures making it well suited to its role as Roman provincial capital.

Presenter: Michael Birrell

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

Dance

### LATIN AND BALLROOM DANCING: SALSA PLUS MORE

Every Friday from 21 Feb 1:00 to 2:30

Join us for some fun and fitness through dancing. No partners required. Start with gentle warm up exercises and basic Salsa. Suitable for all newcomers. Advance to other Latin/ballroom dances with a DanceSport registered coach.

Leader: Nazni Farooq

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

Language German

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

Alternate Thursdays from 27 Feb 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 27 Feb 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

Language French

### FRENCH GRAMMAR

Mondays from 7 Apr 10:30 to 12:30

(6 sessions)

A basic course on grammar which follows on from the Near-Beginners. Having learnt some functional language, you can reinforce your knowledge with a short excursion into the whys and wherefores of French grammar rules.

Leader and **bookings:** Bridget Miall

bridgetmiall@gmail.com (preferred) 0415 635 989



# GREENWICH: THE BAYTREE RETIREMENT RESORT

6 Ulonga Ave (Off Innes Rd)  
Wheelchairaccess, bus stop nearby  
Venue Coordinator Maranne Thiering  
mariannethiering@gmail.com (preferred) 0423 397 343

## TUESDAYS AT GREENWICH

**Every Tuesday from 4 Feb 10:00 to 12:00**

Interesting presentations on various topics.

History Famous People

### 1. Sir Douglas Mawson: a true Australian hero

**4 Feb**

Mawson was a geologist, legendary Antarctic explorer, inspiring leader, distinguished academic and effective educator. The talk includes a DVD highlighting his incredible survival in the frozen southern continent.

Presenter: Garry Lowder

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

Science Medical Matters

### 2. Frontiers of medical imaging

**11 Feb**

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

Presenter: Adj Prof. Laurie Wilson

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

Art

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

**18 Feb**

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

History Famous People

### 4. Nikola Tesla: brilliant engineer but tragic eccentric

**25 Feb**

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

Presenter: Don Napper

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

Media

### 5. New media and the Post-Truth World

**4 Mar**

A community needs to have access to truthful information if it is to remain stable and prosperous. The new media landscape undermines this need.

Presenter: Peter Nixon

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

Legal Matters

### 6. Voluntary assisted dying

**11 Mar**

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

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

Science

### 7. Charles Darwin

**18 Mar**

How Darwin's observations on his 5 years voyage around the world on the Beagle led him to the concept of evolution and his book, *On the Origin of Species*.

Presenter: Ian Burnet

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

Medical Matters

### 8. Genes and lifestyle: reducing negative ageing

**25 Mar**

As we live, many changes occur in our bodies e.g. our blood vessels lose elasticity and our bones shrink. To what extent can we reduce such changes with healthy lifestyles?

Presenter: Dr Judy Ford

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

Travel

### 9. Impressions of Siberia and Russia

**1 Apr**

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

Language

### 10. The world of words - changing English

**8 Apr**

Grammar, usage, pronunciation – Sharing our prejudices, preferences, antipathies and ignorance.

Presenter: John Flint

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

Drama

### 11. David Williamson – a view to die for

**15 Apr**

An overview of Australia's best-known playwright concentrating on plays covering two themes: Sydney real estate and death choices.

Presenters: Nora Hinchin

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

Literature

### 12. Is Shakespeare still relevant today?

**29 Apr**

Examination of some of the greatest passages from Shakespeare's plays to discover whether his insights of the human condition are as contemporary as they were 400 years ago.

Presenter: Andrew Caro

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

Science Nature

### 13. Extraordinary eyes and how animals see the world

**6 May**

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

Presenter: Ian Thompson

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

History

#### 14. Fearless engagements in the two World Wars

13 May

1. The Navy at Gallipoli: Heroic assistance provided by RAN ships under the command of the RN.
2. The Miracle of D-Day: Overview of the politics, planning and technical execution of the 'Second Front' during WWII.

Presenter: Noel Phelan

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

History

#### 15. Winston Churchill

20 May

Politician, leader and statesman during the turbulent times of the Boer War, the First and Second World Wars. Glimpse into his life through his mistakes, triumphs, personal struggles and inspirational speeches.

Presenter: Jennifer Sansom

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

Music

#### 16. The musical theatre - a celebration

27 May

An overview of the musical theatre from a historical perspective from the early days to the present.

Presenter: Graham Ball

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

Art Appreciation

#### 17. Mathematics in Art

3 Jun

From the Renaissance to the work of M C Escher, mathematical principles have inspired many breakthroughs in the visual arts.

Presenter: Laurie Wilson

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

Travel Culture

#### 18. Finland

10 Jun

It is a land sculpted by ice, with 168,000 lakes and 179,000 islands. A light-hearted (and musical) look at this exotic country, whose 5.5 million people have been voted the world's happiest for the seventh year.

Presenter: Garry Lowder

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

History

#### 19. Isfahan: Pearl of Islam

17 Jun

The Safavid era (c.1500-1720) witnessed the birth of modern Iran. Its capital, Isfahan, with its exquisite pavilions, vast bazaars and ornate mosques is one of the most dazzling and perfectly preserved Islamic cities.

Presenter: John Tidmarsh

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

Current Affairs

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

24 Jun

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

Presenter: Himanshu Jhala

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

## 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 20 Jan 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

Legal Matters

#### 1. Understanding Australian Law

20 Jan

A brief introduction to Australia law, a prelude to the 6-week June course; how the system works, rule of law, judges, juries, barristers, solicitors.

Presenter: David Hirsch

History Current Affairs

#### 2. The world without Dr Henry Kissinger

3 Feb

Dr Kissinger ended the Yom Kippur War, disengaged the USA from Vietnam, opened relations with China and achieved detente with Russia. Given today's troubled world, could he have done better?

Presenter: Dr Harry Melkonian

History Religion

#### 3. The Bible timeline (1)

10 Feb

The Bible Timeline Chart shows how the books of the Bible fit together to tell the story of creation, Adam and Eve, Christ and the Church.

Presenter: Charbel Raisch

History Religion

#### 4. The Bible timeline (2)

17 Feb

The Bible Timeline Chart identifies and arranges key people, places and events of Sacred Scripture in chronological order, helping to illustrate the bible's "big picture."

Presenter: Charbel Raisch

Food History

#### 5. Dining with dictators

24 Feb

The culinary habits of Fidel Castro, Hitler, Stalin and Saddam Hussein; their eccentricities, table talk, manners, gastro-intestinal issues, some of their favourite dishes and their frequent terror of poisoning.

Presenter: Diana Noyce

Food History

#### 6. Pub with no beer: Coffee palaces in Australia

3 Mar

The term "coffee palace" was primarily used in Australia to describe the temperance hotels, built during the latter part of the 19th century, that did not serve alcohol.

Presenter: Diana Noyce

Art

#### 7. Inside artists' houses

10 Mar

Take a peek inside the homes of well-known artists, both here and overseas for an intimate tour of an artist's works, materials and processes.

Presenter: Ann Sutherland

Medical Matters

### **8. Music and emotional development**

**17 Mar**

This presentation will endeavour to elucidate how music evokes and calms emotions using insights from evolutionary theory, history and brain research.

Presenter: Assoc Prof John Brennan

Medical Matters

### **9. What is autism**

**24 Mar**

Autism is a spectrum of neurobiological disorders that are a consequence of genetic and environmental factors impacting the developing brain. It can affect social development and can paradoxically result in superior abilities.

Presenter: Assoc Prof John Brennan

Science

### **10. A history of the future**

**31 Mar**

Over many centuries, people have attempted to predict how we will live. Many of these predictions have been stunningly accurate, others very wide of the mark.

Presenter: Dr Laurie Wilson

Science

### **11. ET where are you?**

**7 Apr**

The possibilities for life outside the earth, our attempts to discover or contact it and the ways in which we might become aware of such life.

Presenter: Dr Laurie Wilson

Legal Matters

### **12. What happens to children in the Family Court process**

**14 Apr**

Adults complain about delays and bias in the Federal Circuit and Family Court but what is it like for the children caught in the middle?

Presenter: Rhondda Shaw

Science

### **13. Einstein's Theory of Relativity in everyday terms**

**28 Apr**

Einstein 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 demonstration).

Presenter: Ian Bryce

History Current Affairs

### **14. Why are Americans so divided?**

**5, 12 May**

The 250 years of American history may help us find the answers.

Presenter: Peter Nixon

Music

### **15. A history of 20th Century music**

**19 May**

Diversification of music including development in classical music, jazz, film, country and R & R, pioneered by composers ranging from Stravinsky to John Williams.

Presenter: Graham Ball

Science History

### **16. Iconic Australian inventions of our time**

**26 May**

A look at the people and science behind some of our classical Australian discoveries and inventions from the 19th century colonial era through to our present time.

Presenter: Ian Thompson

Health Medical Matters

### **17. Health seminar: Heart Research Institute**

**2 Jun**

Information on cardiovascular disease, how to take care of your heart and the warning signs of heart ill health.

Presenter: Andrea Natoli

Legal Matters

### **18. Understanding Australian law**

**16, 23, 30 Jun, 7, 14, 21 Jul**

Where laws come from, how the system works, legal dimensions of current events including the: Australian Constitution, rule of law, judges, juries, barristers, solicitors, how trials are run, the principles of evidence, crime, contracts, negligence, human rights, and international law.

Presenter: David Hirsch

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## **LANE COVE: LIVING AND LEARNING CENTRE**

180 Longueville Rd

Venue Coordinator Vanessa Follett

vfollett@ozemail.com.au 9433 8066

Book Group

### **BOOK GROUP**

**Every fourth Monday from 13 Jan 10:30 to 12:30**

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

Leader: Lyndell Ford

**Bookings:** Vanessa Follett 0490 652 292

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## **MCPMAHONS POINT: COMMUNITY CENTRE**

165 Blues Point Rd Wheelchair access bus stop nearby

Venue Coordinator Emaunela Carniato

ellbellamtgambier@gmail.com (preferred)

0449 823 066

Music Keyboard

### **KEYBOARD FOR BEGINNERS (max 8) \*\*NEW\*\***

**Tuesdays from 4 Feb 10:30 to 12:30**

Play simple melodies using tone bank and autobeat.

Create your own pentatonic music using the black keys.

Bring your own 4 octave keyboards or use one of ours.

Leader and **Bookings:** Tina Roberts 0412 636 794

Book Group

### **BOOK GROUP**

**Alternate Fridays from 7 Feb 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

# 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

Publishing

## SELF-PUBLISHING YOUR BOOK

**Tuesday 18 Feb 10:30 to 12:30**

Family or local history, memoir or biography, novel or cookbook: are you ready to publish? Hear about formatting your manuscript, layout, book size, photos, charts, maps and editing. Cover design, registering your book, preparing print specification, quotes, quantities and marketing. Leader and **Bookings:** Margaret Szalay margaret@cremorne1.com 9904 1829

## MONDAYS AT THE ART GALLERY

**Every Monday from 3 Feb 10:30 to 12:30**

Interesting presentations on various topics each Monday.

**No booking required**

Environment

### 1. Tackling Climate Change 2025 – Insights from the Pilgrims Progress

**3 Feb**

Addressing global heating in 2025, through the lens of John Bunyan's 1687 classic about one man's journey to reach a desired goal in the face of overwhelming challenges, despondency, distractions, false promises, and misinformation.

Presenter: Dr Warren Yates

Technology

### 2. Should every household install solar and battery?

**10 Feb**

An overview of what is happening in our transition to renewables and how we can embrace the important role of rooftop solar and batteries in reaching our target of net zero by 2050.

Presenter: Graeme Jessup

Medical Matters

### 3. Medical device regulation: tales from the TGA

**17 Feb**

How medical device regulation has evolved in Australia and the world. Challenges included heart valves, joint replacements, AID's, and devices which impacted women e.g. breast implants, vaginal mesh, IUD's.

Presenter: Dr Derrick Beech

Literature

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

**24 Feb**

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

Presenter: Susan Ackroyd

History Current Affairs

### 5. Mosman Council: community, history, governance

**3 Mar**

Dr Peter Ableson is a retired professor of Economics at Macquarie University and was on the Mosman council for 13 years, seven years as Mayor.

Presenter: Dr Peter Ableson

Photography

### 6. Twelve images which made Australia

**10 Mar**

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

Presenter: Dr Laurie Wilson

Food History

### 7. Dining with the 20th century's most notorious tyrants

**17 Mar**

An investigation into what some of the world's most notorious twentieth century despots have enjoyed at their dinner table - favourite dishes, eccentricities, table talk, manners, addictions and frequent fear of poisoning.

Presenter: Diana Noyce

Aviation

### 8. Flight to resilience: navigating life's challenges

**24 Mar**

This is a journey of resilience drawing from experience as an air force and Qantas pilot. Explore the power of remaining calm in the face of adversity and the importance of preparation.

Presenter: Richard de Crespigny

Economics Ethics

### 9. Money laundering

**31 Mar**

What is money laundering and what is the reported financial impact on the Australian and the global economy? Hear from a professional 'anti-money-laundering specialist'.

Presenter: Elizabeth Goodbody

Music

### 10. Femicide: ancient tragedy through the opera narrative

**7 Apr**

The term "femicide" is new, but its roots are ancient. Literature and opera from Verdi's Otello to Bizet's Carmen often depict love turning into possessiveness and destruction. But is it truly love that kills?

Presenter: Aida Manouchehrpour

Politics Current Affairs

### 11. New media and the Post-Truth world

**14, 28 Apr**

A community needs to have access to truthful information if it is to remain stable and prosperous. The new media landscape undermines this need.

Presenter: Peter Nixon

Science Technology

### 12. Glass

**5 May**

Glass has a long history of being used in everyday things, from windows to Windows, beautiful objects, scientific instruments, and a few devices that might surprise you.

Presenter: Debbie Rudder

Medical Matters

### 13. Transforming women's maternal health in Africa

**12 May**

Andrew has dedicated his life to restoring the health and dignity of women in Africa who have survived a horrendous and preventable injury – obstetric fistula.

Presenter: Dr Andrew Browning



Science Nature

#### **14. Extraordinary eyes and how animals see the world**

**19 May**

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

Presenter: Ian Thompson

Science Technology

#### **15. Nikola Tesla**

**26 May**

Nikola Tesla was a brilliant inventor but a tragic eccentric, who died a pauper after being a millionaire.

Presenter: Don Napper

Medical Matters

#### **16. How does gut health affect the immune system?**

**2 Jun**

The more diverse the bacteria in our gut, the better our immunity as 70% of our immune cells reside in our gut. Learn how to strengthen your immune system with simple changes to your diet.

Presenter: Gayle Nelson

Medical Matters

#### **17. Skin is the largest organ of the human body**

**16 Jun**

The skin is a very complex structure, we look at the aspects of the skin colour, its multitude of functions, diseases, and treatment regimens; old and new.

Presenter: Punci Dassanayake

Philosophy Psychology

#### **18. Physics of the mind: exploring our very essence**

**23 Jun**

Our brain is made up 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

History Europe

#### **19. Evolution of modern European nation states**

**30 Jun**

City states, kingdoms, empires, provinces, feudal states, and principalities have regularly coalesced and fragmented over the centuries to finally form the nations of Europe as we know them today.

Presenter: Himanshu Jhala

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## **MOSMAN: THE GARRISON**

13 Spit Road (enter from Punch Street)

Wheelchair access, bus stop nearby

Venue Coordinator Jenny Rudd O'Neill

Writing

#### **DEVELOPING YOUR MEMORIES (max 15)**

**Alternate Thursdays from 13 Feb 10:30 to 12:30**

Using memories and stories from our past, we discuss then write pieces that might be for a memoir, a biography, or just for the pleasure of creative writing. 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

## **THE MANORS OF MOSMAN RETIREMENT VILLAGE**

6 Hale Rd, off Military Rd Wheelchair access

Venue Coordinator Margaret Kropman

margaretk14@gmail.com (preferred) 0434 839 172

Discussion Group Current Affairs

#### **TOPICAL ISSUES DISCUSSION GROUP**

**Alternate Wednesdays from 5 Feb 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 margaretk14@gmail.com (preferred) 0434 839 172

Discussion Group Book Group

#### **LITERARY DISCUSSION GROUP (max 12)**

**Alternate Tuesdays from 11 Feb 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.

Leader: Mary Billing

**Bookings:** Elisabeth Kingsford Smith 0408 703 373

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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 5 Feb 10:00 to 12:00**

Interesting presentations on various topics each Wednesday.

**No booking required**

History Maritime

#### **1. The navy at Gallipoli & the miracle of D-Day**

**5 Feb**

Hear about the complex role played by the navy in these two momentous events.

Presenter: Noel Phelan

History Australia

#### **2. Sir Douglas Mawson – a true Australian hero**

**12 Feb**

We look at Mawson the man, his scientific legacy and his exploits, followed by a film re-enactment of his horrendous journey in the Antarctic.

Presenter: Garry Lowder

Food History

#### **3. From Slippery Bob to Baba Ghanoush**

**19 Feb**

Our cuisine is shaped by our history. We trace the development of European food consumption in Australia from the arrival of the convict ships in 1788 to the present day.

Presenter: Diana Noyce

History Culture

#### **4. Le Flaneur – 19th and early 20th Century stroller**

**26 Feb**

Follow the “flaneur” - a distinctive stroller, who became the cultural symbol of the modern city, prompting exciting inventions of photography and cinema. Were there any women strollers, or “flaneuses”?

Presenter: Lydia Fegan

Health

#### **5. An Introduction to kinesiology**

**5 Mar**

Kinesiology seeks the causes of poor health – conscious reasons describe the symptoms and unconscious reactions reveal the root causes, enabling better treatment.

Presenter: Steve Powell

History Middle East

#### **6. The story of Arabs (Part 1)**

**12 Mar**

The Arabs founded Islam and defeated the old empires of west Asia. The world benefited immensely by their efforts to preserve old world knowledge.

Presenter: Himanshu Jhala

History Middle East

#### **7. The story of Arabs (Part 2)**

**19 Mar**

The Turks and Mongols invaded and destabilised the Arab rule, then Britain and France induced fragmentation. The quest for ‘Arab Unity’ remains an elusive dream.

Presenter: Himanshu Jhala

Travel

#### **8. The most scenic train journeys in the world**

**26 Mar**

As train travel is getting more popular, we look at the best scenic railway journeys in the world, plus a glimpse into some superfast trains.

Presenter: Punci Dassanayake

Science Famous People

#### **9. The life and work of Sir Isaac Newton (1642 – 1727)**

**2 Apr**

A look at the astonishing life of this incredible man. The Genius of Woolsthorpe -scientist, mathematician and astronomer.

Presenter: Ian Thompson

History

#### **10. Isfahan: Pearl of Islam**

**9 Apr**

The brilliant Safavid era (c. 1500 – 1720) witnessed the beginnings of modern Iran with its capital, Isfahan, one of the most dazzling and perfectly preserved cities of the Islamic world.

Presenter: John Tidmarsh

History

#### **11. ‘Princes and fleas’. Qajar rule and the formation of modern Iran**

**16 Apr**

Despite widespread poverty and corruption, during the 19th century, Persian art and architecture broke away from many of their earlier constraints, and the foundations of contemporary Iran were established.

Presenter: John Tidmarsh

Music Singing

#### **12. Favourite singers**

**23 Apr**

Anne and Nora have been listening to classical music all their lives. They share some of their favourite singers with you.

Presenters: Nora Hitchen, Anne Richardson

History Maritime

#### **13. A history of lighthouses**

**30 Apr**

The history and development of lighthouses around the world, plus a look at some lighthouses along the NSW coast. The location and uses of navigation lights within Sydney Harbour.

Presenter: Ian Thompson

Energy

#### **14. Storing electricity**

**7 May**

Renewable electricity is abundant, but unpredictable in its availability. This means we have to store it, lots of it. This talk reviews the options and the considerable progress in NSW.

Presenter: Robert Eales

Art Appreciation

#### **15. Outsider art**

**14 May**

A journey along the trails of creativity, madness and outsider art. Why, for example, did Sidney Nolan admire these outsider artists? And what about women? Is the term relevant today!

Presenter: Lydia Fegan

History Australia

#### **16. Building the Darling Harbour Freeway – challenges and intrigues**

**21 May**

Darling Harbour was one of Sydney’s earliest transportation/industrial/engineering/commercial hubs. Max was a Construction Engineer between 1974 – 1979, when Jack Munday and the “greenies” were active.

See Events for the walking tour of Darling Harbour on 22 May.

Presenter: Max Underhill

Food History

#### **17. Pub with no beer: coffee palaces in Australia**

**28 May**

The rise and demise of coffee palaces in the 19th century associated with the temperance movement, a movement of cultural significance.

Presenter: Diana Noyce

Literature

#### **18. Introduction to the literary works of J M Coetzee**

**4 Jun**

An overview of the literary works of J M Coetzee, the Nobel-prize-winning author of numerous novels including two that have won the Booker Prize, *Life & Times of Michael K* and *Disgrace*.

Presenter: Sue Kossew

Economics

#### **19. Does capitalism produce both prosperity and freedom for individuals?**

**11, 18 Jun**

Nobel Prize winner in economics, Joseph Stiglitz asks this question in his latest book. We dissect his answer

Presenter: Peter Nixon

History Current Affairs

## 20. The world without Dr Kissinger

25 Jun

We will discuss Dr Kissinger's many foreign policy achievements and, looking at today's troubled world and ask what would he be doing now?

Presenter: Harry Melkonian

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# WILLOUGHBY: HYGROVE DISPLAY SUITE

44 Penshurst St

Wheelchair access, parking nearby, bus stop nearby

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

## FRIDAYS AT WILLOUGHBY

Alternate Fridays from 7 Feb 10:30 to 12:30

Interesting presentations on various topics every second Friday.

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

History Ancient

## 1. A selection of treasures introducing Ancient Egypt 7 Feb

Ancient Egyptian monuments, tombs, temples, and artwork celebrate life and stand as reminders of what once was and of human creativity on a grand scale.

Presenter: Robijn Alexandra

Travel Transport

## 2. The most scenic railway journeys in the world 21 Feb

As train travel is getting more popular with tourists, we look at the best scenic railway journeys in the world, plus a glimpse into some superfast trains.

Presenter: Punchi Dassanayake

Health

## 3. Cardiovascular health 7 Mar

Learn about heart health and have your questions answered by the Heart Research Institute team.

Presenters: Andrea Natoli, Katrina Dowling,  
Professor Julie McMullen

History Technology

## 4. (i) The golden age of steam (ii) The miracle of D-day 21 Mar

(i) The wonders of steam power (ii) The miracle of logistics behind D-day.

Presenter: Noel Phelan

History

## 5. Pioneering aviation in the Pacific Islands 4 Apr

From Kingsford Smith's landing in Fiji, hear about the people who pioneered aviation and the strength of character needed to fly tiny aircraft to remote islands.

Presenter: Andrew Drysdale

History Religion

## 6. The house divided 2 May

At the heart of the Middle East, with its conflicts and proxy wars, is a 1400-year-old schism between Sunni and Shia.

How did this come about?

Presenter: Peter Nixon

History Ancient

## 7. Gods and goddesses of Ancient Egypt: an introduction

16 May

From the earliest times, statues in Ancient Egypt were crafted to serve as a home for a spirit or a god and were connected to the sky, water, and land.

Presenter: Robijn Alexandra

Forensic Science

## 8. An Introduction to forensic science

30 May

The history of forensic science across a number of disciplines, including forensic anthropology, and a study of forensic entomology - the use of insects in the investigation of criminal matters.

Presenter: Ian Thompson

Geography

## 9. The great river systems on our planet

13 Jun

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

Presenter: Punchi Dassanayake

History Technology

## 10. The three Industrial Revolutions and the impending fourth

27 Jun

The machine age, the combustion engine, and today's digital age, along with the impending fourth.

Presenter: Emeritus Prof Don Napper

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# OUT THERE

Outdoors Eating out

## THIRD FRIDAY LUNCH GROUP

Third Friday from 21 Feb

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