

NORTHERN BEACHES

Regional President: Kerrie Sanders kersand@bigpond.com **Enquiries only**
Regional Course Coordinator: TBA

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

NORTHERN BEACHES REGION OF SYDNEY u3a

Annual General Meeting and Election of Office Bearers

will be held on **Thursday 6 March commencing at 11:00**

at: **The Dutch Club**

1 Grattan Crescent (off Bantry Bay Road), Frenchs Forest 2086

Doors open from 10:30 for examination of reports and minutes from last meeting. Nomination forms for committee roles will be included in the Sydney u3a Northern Beaches newsletter and website nearer the date.

Guest speaker: TBA

A light lunch will be provided. RSVP by Friday 21 Feb to Brenda Fuller bfuller@iinet.net.au or 9971 5280

AVALON RECREATION CENTRE

59 Old Barrenjoey Rd
wheelchair access, parking nearby
Venue Coordinator Eve Lane evelane222@gmail.com
0455 948 864

Art

ART GROUPS (max 12)

Every Monday from 3 Feb 11:00 to 3:00

Enjoy the company of other artists with varying levels of skill. Bring your own equipment (any medium).

No tuition given.

Leader: Gen Watts genwatts@hotmail.com

Bookings: Eve Lane evelane222@gmail.com

BALGOWLAH: CLUB TOTEM

195 Condamine St wheelchair access, parking onsite
Venue Coordinator Sandra Orton
sandraorton038@gmail.com

Book Group

LITERATURE

Alternate Wednesdays from 5 Feb 11:00 to 1:00

Washaway Room Level 3

A wide range of authors and their books are discussed. These include *Anything is Possible* by Elizabeth Strout, *Wifedom* by Anna Funder, *Prophet Song* by Paul Lynch, *10 Minutes 38 Seconds in This Strange World* by Elif Shafak and *Yellowface* by Rebecca Kuang.

Leader: Sandra Orton sandraorton038@gmail.com
0460 795 959

Bookings: Janelle Laidlaw

janelledorothylaidlaw@gmail.com 0418 436 127

BELROSE BOWLING CLUB

146 Forest Way
parking onsite
Venue Coordinator Peter Nixon pnixon0443@gmail.com
0402 379 109

Games Bowls

ENJOY A GAME OF BOWLS

Every Friday from 7 Mar 10:00 to 12:00

(3 sessions)

Learn to play bowls and have fun with friends.

Equipment provided and coaches on hand. Just come along, bring a friend or two and enjoy a game over three Friday mornings.

Leader and **Bookings:** Peter Nixon pnixon0443@gmail.com
0402 379 109

FORESTVILLE RSL CLUB

22 Melwood Ave
wheelchair access, parking onsite
Venue Coordinator Beth Robertson
bethrobertson@aapt.net.au

Craft

CRAFT IN THE FOREST

Alternate Fridays from 31 Jan 10:00 to 12:00

Bistro

Join our inspirational group of craft enthusiasts for a relaxing morning of chat and the sharing of new skills. No prior knowledge expected, only the love of learning new creative ideas.

Leader and **Bookings:** Beth Robertson
bethrobertson@aapt.net.au 9452 2396

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Rd
wheelchair access, parking nearby
Venue Coordinator John Watt john@wattever.com
0407 547 583

FRIDAYS IN THE FOREST

Last Friday from 28 Feb 10:00 to 12:00

A monthly program of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject. Something for everyone.
Leader: John Watt john@wattever.com (preferred)
0407 547 583

Bookings not required

History Food

1. Hoosh, dogs and seal meat

28 Feb

How come Norway's Roald Amundsen was first to plant his flag at the South Pole and Captain Scott missed out? Diana Noyce returns to look at the vital role food played.
Speaker: Diana Noyce

Music Appreciation

2. Behind the Beatles

28 Mar

Enjoy some fabulous Beatles' music and find out the unexpected stories behind the songs.
Speaker: Graham Spindler

25 Apr No meeting (Anzac Day)

Current Affairs

3. What's on your mind?

30 May

Master communicator Peter Nixon will reveal all at our meeting today. So, don't miss it!
Speaker: Peter Nixon

History

4. Weird and not so wonderful histories

27 Jun

An irreverent look at some of history's events – a morning of chuckles at the lighter side of history.
Speaker: Harvey Broadbent

FRENCHS FOREST: THE DUTCH CLUB

1 Grattan Cres (off Bantry Bay Rd)
wheelchair access, parking onsite
Venue Coordinator John Peters jayefpe@hotmail.com
0412 161 069

Music Ukulele

UKULELE INTERMEDIATE/ADVANCED

Every Tuesday from 28 Jan 1:30 to 3:30

If you have learnt at least six basic chords, now is the time to move to or join this group. Lots of fun, strumming, singing and an opportunity to gain confidence in leading a song.

Leader and **Bookings:** John Peters
jayefpe@hotmail.com 0412 161 069

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE

1395A Pittwater Rd
wheelchair access, parking nearby
Venue Coordinator Marcia Andrews
marciaandrews711@hotmail.com

Current Affairs

TOPICS OF OUR TIMES (max 25)

Alternate Tuesdays from 28 Jan 2:00 to 4:00

Berry Hall

Discussions about a wide spectrum of contemporary issues with the aim to deepen our knowledge and understanding. Members are encouraged to submit topics and actively participate in the discussions. However you are welcome to simply listen.

Leader: Antoine van de Walle

antoinevdwalle@gmail.com 8056 7882

Bookings: Peggy Crocker fripeg2@gmail.com
9975 6828

Yoga

YOGA AND RELAXATION

Every Thursday from 30 Jan 10:15 to 11:45

Lakeview Hall

Every class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.

Leader: Maryanne Deans Kolek

Bookings: Liz Kelly liz@lizkelly.id.au

Art Drawing and Painting

ART: PAINTING AND DRAWING IN ANY MEDIUM

Every Monday from 3 Feb 1:00 to 4:00

Berry Hall

We are a happy group of painters who paint in their medium of choice, yet still dabble in other mediums. Newcomers are welcome but there is a waiting list.

Leader: June Rodden june@rodde.net 9402 4550

Bookings: Narelle Harvey nel11@bigpond.com
0447 865 657

Discussion Group Movies

MONDAY AT THE MOVIES - MAM

First Monday from 3 Feb 1:30 to 2:30

Lakeview Hall

Enjoy current movies? Our movie club operates similar to a book club. Every month view up to three nominated movies in your own time and join us for a stimulating discussion about the plot, actors, producers and cinematography. Decide your own ratings.

Leader and **Bookings:** Liz Boase

lizzyboasebruce@gmail.com 0413 736 331

Music

PIANO/KEYBOARD FOR BEGINNERS ****NEW****

Every Wednesday from 5 Feb 10:30 to 12:30

(5 sessions)

Berry Hall

Play simple melodies, using tone bank and auto beat. Create your own pentatonic music using the black keys. (Bring your own 4 octave keyboard with batteries/ extension cord. Kindly assist with setting up and packing up.)

Leader and **Bookings:** Tina Roberts

tinaroberts14@yahoo.com.au 0412 636 794

Language French

ADVANCED FRENCH

Alternate Fridays from 7 Feb 10:00 to 12:00

Berry Hall

Advanced conversation in French based on a text and tape.

Leader: Wendy Clark scorpio39@bigpond.com 9913 9807

Bookings: Maureen Black maureengb192@gmail.com 9982 7149

Theatre

THEATRE TALKS WITH DIANA ****NEW****

Second Thursday from 13 Feb 2:00 to 4:00

Lakeview Hall

Plays are the stories of our lives as told by playwrights. We look at how comedy and tragedy lasts the test of time.

Diana brings these plays to life in an entertaining and informative way for her audience.

Leader: Diana Pheils pheilsdiana@gmail.com 0400 623 799

Bookings not required

Music

PIANO/KEYBOARD LEVEL 1 ****NEW****

Every Wednesday from 12 Mar 10:30 to 12:30

(5 sessions)

Berry Hall

Play two hands together, reading Treble and Bass notation.

Provide a wish play list as a goal. Create your own

pentatonic music using the black keys. (Bring your own 4 octave keyboard with batteries/ extension cord. Kindly assist with setting up and packing up.)

Leader and **Bookings:** Tina Roberts

tinaroberts14@yahoo.com.au 0412 636 794

NARRABEEN NORTH: NARRABEEN BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway)

wheelchair access, parking onsite

Venue Coordinator Barbara Bohm

jeddassam1@bigpond.com 9913 3481

Art Painting

THURSDAY ART GROUP

Every Thursday from 30 Jan 1:00 to 4:00

Education Centre GF

For those who enjoy putting paint on canvas or paper via your preferred medium join our relaxed group. With varying levels of skill, we work on our own projects and commonly share techniques, ideas and information which is welcomed by all.

Leader: Alf Silvester a.silvester@optusnet.com.au 0493 043 111

Bookings: Barbara Tuna 0407 513 045 text only

Music Singing

SINGING FOR THE JOY OF SINGING

Alternate Fridays from 31 Jan 10:00 to 12:00

Auditorium

We have fun singing well-known songs from all genres.

Anyone who enjoys singing, irrespective of ability, is welcome to join our friendly group to sing, hum along or just sit and listen.

Leader and **Bookings:** Lynne Wasinski
lynne.wasinski@gmail.com 0408 971 060

Philosophy

HISTORY OF PHILOSOPHY 5

Alternate Tuesdays from 4 Feb 10:00 to 12:00

Education Centre GF

We cover key ancient and modern Western philosophers covering metaphysics, theory of knowledge, ethics and politics. The focus of the course is life's meaning as considered by these thinkers.

Leader and **Bookings:** John Lauricella jml1010@yahoo.com 9918 2142

Music Ukulele

UKULELE FOR BEGINNERS

Every Tuesday from 4 Feb 11:45 to 1:00

(except school holidays) Level 1, Room 2

This course is for rank beginners. If you have always wanted to play a musical instrument, this is the place for you. You will learn the main chords, have great fun playing and singing. Come along and have a go!

Leader and **Bookings:** Felicity Davis

felicity@sciencefilms.com.au 0414 470 644

Music Guitar

ACOUSTIC GUITAR GROUP (un-pluggers)

First three Wednesdays from 5 Feb 10:30 to 12:30

Level 1, Room 2

The group will continue building a repertoire of classic soft rock/blues acoustic pieces. Only basic skills with guitar chords and following lyric/chord charts are needed. Bring own guitar and music stand. Due to popularity, places are limited.

Leader and **Bookings:** Claudie Moffat

cmof5582@bigpond.net.au 0411 270 037

Music Performance

THE 3RD AGE ROCK ORCHESTRA

First three Wednesdays from 5 Feb 2:00 to 5:00

Auditorium

The orchestra plays classic rock music with singers and post-beginners on all instruments. Basic skills with following chord charts are needed. Reading music is an advantage.

The orchestra performs a few times a year. At present there are vacancies for strings, brass and woodwind.

Leader and **Bookings:** Harvey Broadbent

3rdagerockorchestra@gmail.com 0414 486 675

Language Latin

LATIN BEGINNERS I (max 10)

Alternate Fridays from 7 Feb 9:30 to 11:30

(8 sessions)

Education Centre GF

Continuation of Latin Beginners I Course including Classical Latin grammar, sentence formation and vocabulary through exercises and readings with the objective of introducing you to Latin literary texts. New members accepted only if have studied sufficient Latin previously, e.g, at school.

Text: *The Oxford Latin Course Part 1 - Student Book (ISBN 9780 19912264)*

Leader and **Bookings:** Gail Sadler

gailasadler@gmail.com 0420 989 170

Philosophy

HISTORY OF PHILOSOPHY 6

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

Auditorium

We cover key ancient and modern Western philosophers covering metaphysics, theory of knowledge, ethics and politics. The focus of the course is life's meaning as considered by these thinkers.

Leader and **Bookings:** John Lauricella jml1010@yahoo.com 9918 2142

Language Latin

LATIN INTERMEDIATE I (max 10)

Alternate Fridays from 7 Feb 12:30 to 2:30

(8 sessions)

Education Centre GF

Continuation course (for 2024 students) covering Classical Latin grammar and vocabulary through exercises and readings with the inclusion of Latin literary texts.

Text: *The Oxford Latin Course Part II*

Leader and **Bookings:** Gail Sadler gailasadler@gmail.com
0420 989 170

Language French

FRENCH POST BEGINNERS/INTERMEDIATE

Alternate Fridays from 14 Feb 10:00 to 12:00

Education Centre GF

Easy going course suitable for people with a basic knowledge of French Grammar. Not suitable for beginners or for people who have not opened a French book since school. Book to be used is *French Made Simple* by Pamela Rose Haze.

Leader and **Bookings:** Olivia Kesby olivia.kesby@gmail.com
0401 303 472

NARRABEEN NORTH: NARRABEEN RSL CLUB

116 Nareen Pde parking onsite

Games Croquet

CROQUET (max 20)

Every Tuesday from 28 Jan 8:30 to 12:00

Bowling Green

Teaching available on request. No partner required. Mallets supplied. Games are organised on a first come basis. Class currently full, new players will be added to a waiting list.

Leader: Bob Hunter 9970 7352

Bookings: Jill Barrett jillb45@hotmail.com

NEWPORT COMMUNITY CENTRE

11-13 The Boulevard wheelchair access, parking nearby

No public or school holidays

Venue Coordinator Helen Howes helsim@internode.on.net

0424 464 047 **ALSO SEE PAGE 48**

Qigong

QIGONG

Every Monday from 3 Feb 9:30 to 10:30

Main Hall

Reconnect with nature via this gentle, moving meditation originating in China. Relaxes the joints, aids digestion and sleep, calms the mind and gently tones and strengthens muscles. Work at your own level.

Leader and **Bookings:** Penny Auburn penauburn@gmail.com

Yoga

YOGA AND RELAXATION

Every Monday from 3 Feb 12:30 to 2:00

Main Hall

Every class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.

Teacher: Maryanne Deans Kolek

Leader and **Bookings:** Susan Barnard
susanbarnard@iinet.net.au

Art Painting

ART CLASS WITH KAYE DEXTER

Every Monday from 3 Feb 1:00 to 4:00

Activity Rooms 1 and 2

This acrylics class enjoys using different techniques and styles. We bring our own equipment.

Leader: Kaye Dexter kdexter@bigpond.net.au

Bookings: Robyn Mayman peter@maymans.com
9918 2941

TOPICS OF INTEREST

First Wednesday from 5 Feb 1:30 to 3:30

Main Hall

Come and join a friendly group to experience separate presentations by people who are experts in or have enthusiasm for their subjects, covering a wide variety of topics from science, history, travel, the arts, social justice and some quirky topics.

Leader: Margaret White marg.white@me.com

0416 182 393

Bookings not required

Politics

1. Donald Trump: Friend, Foe, or Schmo?

5 Feb

A broader historical perspective concerning Trump's views on, tariffs, immigration, right-wing groups, the deep state and MAGA

Presenter: Dr. David M. Hart

History Asia

2. Life in the Imperial Turkish Harems

5 Mar

The Turkish harem was operated for five centuries by women and eunuchs. It became a political power base of the Turkish Ottoman Empire. Hear its myths and legends!

Presenter: Cindy Davies

Indigenous Australians

3. First Nations people and the criminal justice system 2

Apr

With less than 3% of the population, First Nations people are grossly over-represented in the criminal justice system. Why?

Presenter: Nicholas Cowdery

Art History

4. The power of art

7 May

How do monarchs and heads of state like to be depicted in their official portraits? We travel from Charles II to Charles III via Napoleon.

Presenter: David Hart

History Asia

5. The house divided

4 Jun

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

Legal

6. NSW Mounted Police – a long history

2 Jul

NSW Mounted Police, a mounted section of the Police Force, is the oldest continuous mounted group in the world, formed in September 1825.

Presenter: Melinda Murray

Drama

DRAMATIC ACTIVITIES

Alternate Wednesdays from 5 Feb 1:30 to 4:00

Activity Rooms 1 and 2

Looking for fun and an enjoyable activity that extends you? Join our drama activities where you will meet new people and have fun along the way. We do drama to music, also mime, improvisation and roleplaying.

Leader and **Bookings:** Helen Rosenkranz
helenrosenkranz@gmail.com 0405 060 727

Games Table Tennis

TABLE TENNIS (max 40)

Every Thursday from 6 Feb 1:15 to 4:15

Main Hall

Table tennis stimulates physical and mental performance. We offer the opportunity to revive a dormant skill and to socialise with new friends in an air-conditioned venue that is ideal for year round play.

Leader: Richard Hughes

Bookings: Ron Heald and Angela Gollmer
ra.u3a.tt@gmail.com

Language French

INTERMEDIATE FRENCH

Alternate Wednesdays from 12 Feb 1:30 to 3:30

Activity Rooms 1 and 2

A good knowledge of French grammar is required. The objective is to increase our working knowledge of the French language, the country and culture through development of vocabulary, grammar, speaking, writing, presentation and listening. Textbook and dictionary essential.

Leader: Danina Anderson danina_anderson@hotmail.com

Bookings: John Benjamin johnsbenjamin27@gmail.com

NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Cnr Robertson Rd and Ocean Ave
parking nearby, not public holidays
Venue Coordinator Janeska Ahmed
janeska.ahmed@gmail.com

Music Recorder

RECORDER CONSORT

Every Wednesday from 3 Feb 10:30 to 12:30

A small group playing descant, treble, tenor and bass recorders, playing music from Renaissance to Bach through to Modern and Jazz. New players always welcome.

Bookings: Janeska Ahmed janeska.ahmed@gmail.com

NORTH CURL CURL COMMUNITY CENTRE

Cnr Griffin and Abbott Rds
wheelchair access, parking onsite, not public holidays
Venue closed for maintenance 14-18 Apr
Venue Coordinator Runa Schmidt-Muller
runasm@ihug.com.au

THURSDAYS AT NORTH CURL CURL

Every Thursday from 30 Jan 10:00 to 12:00

A series of weekly presentations by people who are experts in their subject.

Leader: Runa Schmidt-Muller runasm@ihug.com.au

Bookings not required

Health

1. Stress management

30 Jan

In 2024, Finland is again the happiest country in the world! Why? Because they change 'stresses' into challenges, allow healing, and develop personal resilience. Come and learn some anatomy, physiology and practical ideas for happiness!

Presenter: Dr Judy Ford

Music

2. Soundtrack

6 Feb

Harvey presents more *Minstrels of Song: Singer-Songwriters of the 60s to the Present* - an illustrated and affectionate selection of songs from great and popular singer-songwriters of the 60s to the present.

Presenter: Harvey Broadbent AM

History Australia

3. Rookwood Cemetery

13 Feb

Learn about Rookwood's history, its development and evolution, the significant link to our nation's heritage and many other fascinating and quirky facts.

Presenter: Mark Bundy

Geology

4. Diamonds are forever

20 Feb

Brief history of diamond mining; the formation and location of the world's diamond deposits; the use of diamonds; issues associated with global diamond production, and finally, the future of the diamond industry.

Presenter: Jackie Wilson

Biography

5. A Spanish love affair

27 Feb

Not wanting to spend the winter in cold, dark and wet London, probably behind a typewriter, Susan hopped on a train to Madrid. This is where the story really takes off.

Presenter: Susan Joy Alexander

6 Mar

No presentation due to AGM

History USA

6. The history of the USA

13, 20 and 27 Mar

(3 sessions)

History has helped shape the America of today. We explore some themes in the short 250-year life of this important nation.

Presenter: Peter Nixon

Music

7. Soundtrack: You say good-bye and I say hello

3 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

Writing

8. To carve identity – in life, art and literature

10 Apr

Our identities – who we are – consists of many lived experiences. I discuss how my 'identity', from scientist to writer, developed over several decades and how childhood in Maitland (NSW) informed my novel *To Carve Identity*.
Presenter: Susan Steggall

17 Apr

No class due to maintenance at the Centre

Photography

9. Fake views

24 Apr

'The camera never lies', or does it? How photographic images have been 'faked' over the years, from glass plates to Artificial Intelligence.
Presenter: Dr Laurie Wilson

Music

10. Soundtrack

1 May

Harvey presents *Rock and Ballads of Stage and Screen* - a selection of hits from shows and movies. Enjoy these evergreens from Elvis to Evita, McCartney to Mad Max.
Presenter: Harvey Broadbent AM

Crosswords

11. Solving cryptic crosswords – basic introduction (max 20)

Every Thursday from 8 May – 29 May then 12 and 19 Jun
(6 sessions)

Cryptic crosswords conform to a set of rules which, once you are aware of them, will help you unravel those tricky clues. A basic course intended for those who would like to learn some strategies and techniques to get started.
Leader and **Bookings**: Eve Lane evelane222@gmail.com

Music

12. Soundtrack: Celtic Connections

5 Jun

Part talk, part singalong, join musicians *Celtic Connections* for an overview of Celtic music across the world followed by a mini concert of Celtic songs to sing along with.
Presenter: Graham Spindler

Television

13. Soundtrack: how we laughed

26 Jun

Remember those great comedies on TV, *Two Ronnies*, *Keeping up Appearances*, *Vicar of Dibley*? Laugh again to video clips of the shows and hear about those great actors.
Presenter: John Watt

Games Canasta

CANASTA - BOLIVIA VERSION

Every Thursday from 30 Jan 12:45 (prompt) to 4:00

No class on 17 Apr due to maintenance at the Centre
Take the opportunity to learn the strategies and tactics of this version of Canasta. Tuition for new players will be provided on 20 and 27 Feb.
Leader and **Bookings**: Eve Lane evelane222@gmail.com

Games Mahjong

MAHJONG - THE WESTERN GAME

Every Thursday from 30 Jan 1:00 to 4:00

No class on 17 Apr due to maintenance at the Centre
Learn and play Mahjong in a friendly atmosphere.
Patient teaching is provided by Judith Bennett.
Leader and **Bookings**: Sylvia Strike
sylviastrike@hotmail.com

Exercise

BALANCE 'N' BONES EXERCISE

Every Friday from 31 Jan 9:30 to 10:20 (Easy), 10:30 to 11:20 (Advanced)

No class on 18 and 25 Apr (public holidays)

Every Monday from 3 Feb 9:30 to 10:20 (Easy), 10:30 to 11:20 (Advanced)

No class on 14 Apr due to maintenance at the Centre nor 21 Apr (public holiday)

Conditioning exercises for all major muscle groups and balancing to improve posture. Instruction by Beth Denny DVD.

Leaders: Runa Schmidt-Muller runasm@ihug.com.au

(Mondays) Diane Muchar dmuchar@gmail.com (Fridays)

Bookings not required

Trivia

TRIVIA FOR FUN

Every Friday from 31 Jan 1:15 to 3:15

No class on 18 Apr due to **public holiday**

Come along to our friendly trivia sessions. Nothing too serious – just enough to exercise the grey cells! Come on your own or make up a team of six. Various presenters.
Leader and **Bookings**: Eve Lane evelane222@gmail.com

Games Bridge

SOCIAL BRIDGE

Every Monday from 3 Feb 1:00 to 4:00

No class on 14 Apr due to maintenance at the Centre nor 21 Apr (public holiday)

Basic Bridge knowledge required.

Leader and **Bookings**: Leigh Hudson

leighandrichard@gmail.com

Current Affairs

ISSUES FOR DISCUSSION

Alternate Tuesdays from 4 Feb 2:00 to 4:00

A participative group where all are encouraged to raise issues that may be of interest to themselves and others. Topics are debated in a friendly and inclusive atmosphere.
Leader: Various

Enquiries: Carmen Exner carmen.exner@gmail.com

CURLY QUESTIONS IN SCIENCE

Alternate Tuesdays from 4 Feb 10:00 to 12:00

For members who enjoy science, please join us for a series of talks on a wide range of topics presented by experts in their field.

Leaders: Laurie Wilson and Ian Thompson

Enquiries: Laurie Wilson wlaurie118@gmail.com (preferred)
0417 045 934

Bookings not required

Medical Matters

1. Medical entomology – the Australian paralysis tick 4 Feb

We discuss their distribution, biology, lifestyle, and ecology, plus their impact on human health - including mammalian meat allergies and 'Lyme Disease'.

Presenter: Ian Thompson

Science Nature

2. Arctic wilderness

18 Feb

Find out how animals and people have adapted to living in the Arctic, surviving in ice and snow, changing climate, challenging terrain, interactions between species, and more! Prepare to be surprised.

Presenter: Rita Shaw

Archaeology

3. Archaeology 1 – Ephesus: the home of Ephesian Artemis

4 Mar

In this two-part series, these talks will explore the history, archaeology and identity of two different sites, located on the Ionian coast of Turkey, which were inhabited by differing ethnic groups, the Anatolians, the Greeks and the Romans.
Presenter: Gail Sadler

Archaeology

4. Archaeology 2 – Aphrodisias: a city built in marble

18 Mar

Part two in this archaeology series on ancient Turkey.
Presenter: Gail Sadler

Science Nature

5. Nature loves disorder

1 Apr

Sounds strange, does it not? Yet this simple principle underlines so much that occurs in the natural world.
Presenter: Peter Nixon

15 Apr

No presentation due to maintenance at the Centre

Health

6. Chemicals and human health: good, bad and ugly

29 Apr

Humans comprise a mixture of structural, functional and miscellaneous chemicals as well as many organisms. How can we best select and control 'environmental' chemicals to support and nurture our health?
Presenter: Dr Judy Ford

Science

7. The use and misuse of science: one Nobel prize winner's shame

13 May

Although Fritz Haber introduced gas warfare to WWI in 1915, he received the 1918 Nobel Prize for Chemistry for conversion of nitrogen into fertilizer.
Presenter: Prof Don Napper

Science Medical Matters

8. Frontiers of medical imaging

27 May

The interior of the human body can be imaged in many ways, including X-rays, CT, Nuclear Medicine, MRI and Ultrasound. Some key breakthroughs in medical ultrasound were made in Australia.
Presenter: Dr Laurie Wilson

Food History

9. A Taste of War, plus the Squander Bug

10 Jun

Two great talks from a food historian: A Taste of War; Trench Fare in World War One; plus The Squander Bug: Propaganda and its influence on food consumption in Wartime Australia.
Presenter: Diana Noyce

Medical Matters History

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

24 Jun

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

Games Cards

CARD GAMES 500

Alternate Tuesdays from 11 Feb 10:00 to 12:00

We meet and enjoy or learn to play cards in a friendly and relaxed atmosphere. Tuition for new players will be provided.

Leader and **Bookings**: Wolfgang Buschhaus
wbuschhaus@gmail.com

Cinema

MOVIE SERIES: PRESENTER'S PICK

Alternate Tuesdays from 11 Feb 1:00 to 4:00

Details of the movies being presented will be in the Northern Beaches u3a Monthly Newsletter. Suggestions from our audience will be welcome.

Leaders: Kerrie Sanders kersand@bigpond.com and Sandra Orton sandraorton038@gmail.com

Bookings not required

Book Group

BOOK CLUB

Tuesdays every 4 weeks from 25 Feb, 25 Mar, 22 Apr, 20 May, 17 Jun 10:00 to 12:00

Eastern end of hall

Join fellow book lovers monthly to select a book, and after reading, discuss at the next get together.

Leaders and **Bookings**: Anne Black
anneblack@yahoo.com.au and

Janie Stubbing janieandwal01@optusnet.com.au

WARRIEWOOD: TED BLACKWOOD YOUTH AND COMMUNITY CENTRE

Cnr Jacksons and Boondah Rds

wheelchair access, parking nearby No school holidays
Venue Coordinator Marcia Andrews
marciaandrews711@hotmail.com

Dance

INTRODUCTION TO BALLROOM DANCE **NEW**

Every Thursday from 6 Feb 12:00 to 2:00

Main Hall

The course presents the steps of selected Ballroom Dance styles (Standard and Latin) including Waltz, Rumba and Slow Rhythm for Semester 1. Tango, Cha Cha, Quickstep, Slow Jive and Foxtrot will follow in a later semester.

Beginners are welcome.

Leader and **Bookings**: Peter Fennell

peterfennell9@hotmail.com 0408 660 311

PRIVATE HOMES

Music Appreciation

BACH TO THE FUTURE (Avalon) (max 20)

Alternate Fridays from 7 Feb 2:00 to 4:00

During each session we analyse a topic related to classical music, with examples of great recordings of the music being studied. Class members are encouraged to discuss the music and suggest topics for future study.

Leader and **Bookings**: Roger Pratt

a.and.r.pratt2@bigpond.com 0405 199 093

Music Appreciation

THE GREAT COMPOSERS (Newport) (max 7)

Alternate Wednesdays from 12 Feb 2:00 to 4:00

Two sessions per composer: Beethoven, Mozart, Puccini, Brahms, Mahler, Wagner. On CD and video. Brief spoken introductions to the composers and the eras they lived in. State of art home theatre and sound system.

Leader: Ivor Zetler izetler@ozemail.com.au

Bookings: Lynda Cronshaw lyndacron@gmail.com

0411 041 537

Book Group

WENDY'S BOOK CLUB (Forestville) (max 10)

Alternate Thursdays from 13 Feb 1:30 to 3:30

We borrow kits of books from the library. You will have four weeks to read your book before we discuss it. In the alternate meeting we share reading something aloud.

Leader: Bernie Gibson bernieanddavid@hotmail.com

0416 231 513

Bookings: Marianne Short 0403 939 004

NEWPORT COMMUNITY CENTRE

11-13 The Boulevard wheelchair access, parking nearby No public or school holidays

Venue Coordinator Helen Howes helsim@internode.on.net

0424 464 047

Language Spanish

SPANISH BEGINNERS

Mondays from Feb 3, 2025 10.30 to 12.30

Enhance your language skills with fun and engaging lessons designed to welcome beginners, and enhance your understanding of Hispanic history, culture and Latin-American music.

Bookings: Helen Howes helsim@internode.on.net