



As at 11 August 2017

# Program and Newsletter

**Semester 2, 2017**

*Stretch your mind and body with new friends*

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**For all queries, please contact Member Liaison**

Print copies of the Program are available in both the Toronto and Speers Point Public Libraries.  
We would prefer you read these in the Library and not remove them.

### MEMBER LIAISON

For all enquiries, please contact

**Mandy Lea    Phone 0490 367 591    Monday to Friday 9:00 am - 5:00 pm only**

**or**

**[memberliaison@lakemacquarie.u3anet.org.au](mailto:memberliaison@lakemacquarie.u3anet.org.au)**

## Dates for Your Diary

**Term 3:** Monday 24 July - Friday 22 September

**Term 4:** Monday 16 October - Thursday 30 November

<b>Musicale</b>	Wednesday 8 November	Toronto Workers Club
<b>Variety Concert</b>	Friday 17 November	Warners Bay Performing Arts Centre
<b>AGM</b>	Friday 1 December	Toronto Workers Club

**See September's newsletter for further details**

## LAKE MACQUARIE U3A INC

Patron Greg Piper MP

### MANAGEMENT COMMITTEE 2017

<b>President</b>	Christine Peel	<b>Events</b>	Bernadette Lowther
<b>Vice President</b>	Lionel Farrell	<b>Member Liaison</b>	Mandy Lea
<b>Secretary</b>	Pauline Wiche	<b>Membership</b>	Glenys Chambers
<b>Treasurer</b>	Veronica Lund	<b>Program Coordinator</b>	Joy Norris
<b>Clerk Liaison</b>	Robyn Dampney	<b>Publications</b>	Rosalind Wigham
<b>Enrolments</b>	Ann Hayter	<b>Venues</b>	Carole Obre

### VENUES

Anglican Church Hall, Corner Brighton Avenue and Cary Street, Toronto

Bolton Point Hall, Middle Point Road, Bolton Point

Ron Hill Oval, Straight Drive, Toronto

Uniting Church Hall, First Street, Booragul

Teralba Community Hall, Anzac Parade, Teralba

Toronto Community Centenary Hub, 97-99 The Boulevard, Toronto

Toronto Multi-Purpose Centre, Thorne Street, Toronto

Toronto Public Library, Pemell Street, Toronto

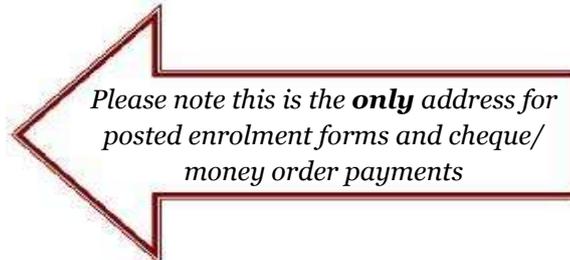
Toronto Workers Club Courts, James Street, Toronto

Woodrising Neighbourhood Centre, 80 Hayden Brook Road, Woodrising

# MEMBERSHIP APPLICATION AND ENROLMENT PROCEDURE

- You do not need to re-enrol if you are currently enrolled in a year-long course
- To enrol, follow the instructions in the **Enrolment Email** or **Post** us your enrolment form (you should pay for Express Post in order to get it in on time)
- If enrolling by post and not the new email enrolment system, applications should be mailed to:

The Enrolment Officer  
Lake Macquarie U3A  
PO Box 864  
WARNERS BAY NSW 2282



- Do not send us scanned copies as these will not be accepted
- If you are confused about the enrolment system, phone **Mandy** on our helpline on **0490 367 591** and she will talk you through the process
- **Closing date for applications is 10 July**
- Some full-year courses have vacancies, but in many cases these are limited, so send your enrolment form as early as possible, **with payment if enrolling for the first time for 2017**, to avoid disappointment
- You will be notified whether enrolment in a course has been successful or whether you have been placed on a waiting list. If you have not received your enrolment confirmation by **21 July** please contact Glenys Chambers by emailing [membership@lakemacquarie.u3anet.org.au](mailto:membership@lakemacquarie.u3anet.org.au) or phone 4952 4995 (email preferred). If receiving notification by email, please remember to check your Spam/Junk mail folder before contacting Glenys
- Participants are warned that there is a risk of injury when participating in U3A courses involving physical activity
- Please consider volunteering to be a Course Clerk. Your assistance in this vital role is greatly appreciated

**A reminder to those using postal enrolment:**

***please mail completed forms ONLY TO THE ADDRESS SHOWN ABOVE***

# MONDAY - FULL-YEAR COURSES WITH VACANCIES

The following courses start on 24 July and run every Monday except term breaks unless otherwise specified

## **102 French Continues - Part 3**

Course Leader Robyn Elliss  
Venue Small Meeting Room, Toronto Public Library  
Time 9:30 am - 11:00 am

This class has a profound love of the French language. We continue to learn towards an intermediate level of French through different aspects of the language - reading, writing, oral work, grammar, exercises, including homework. This class is not a beginner's class. Entry level is at least three years of French learning.

## **103 French Conversation**

Course Leader Elvira Abel  
Venue Large Meeting Room, Toronto Public Library  
Time 11:00 am - 12:30 pm

The emphasis in this class is on speaking, listening to and understanding French. This is not a beginner class as the lesson is conducted in French. Aspects of grammar are taught as necessary.

## **105 Social Tennis**

Course Leader Robert Adams  
Venue Toronto Workers Club Courts  
Time 11:00 am - 1.00 pm

Players of all standards are welcome. Bring your tennis racket, tennis shoes and water for two hours of 'hit and miss'. A small fee each week contributes to court hire.

## **106 Italian Continuing**

Course Leader Helen Battilana  
Venue Large Meeting Room, Toronto Public Library  
Time 12:45 pm - 2:15 pm

This is a continuing course for those who have completed the beginner course and/or those who have some knowledge of Italian. The course will consist of grammar, reading short articles and translating with the focus always on developing speaking and conversational skills. This course will also include topics on travel, which would be beneficial to those planning a trip to Italy.

## **107 German Intermediate**

Course Leader Marlene Boehmer  
Venue Meeting Room, Multi-Purpose Centre  
Time 1:00 pm - 2:30 pm

A basic knowledge of German grammar and vocabulary is necessary. We continue with reading, translating, improving your grammar, vocabulary and learning about German traditions.

## **108 Trivial Pursuit with a Difference**

Course Leaders Tony Parrott and Rosalind Wigham  
Venue Room C, Multi-Purpose Centre  
Time 1:00 pm - 2:30 pm

Forget The Chaser, Hot Seat Millionaire, Eggheads and all those shows. This is where the action really is! It's a great way to learn new things while having fun with friendly people. Seating is random so it's fair for everyone. There are now places available. Bring pencil and paper.

## **109 Italian Conversation**

Course Leader Adriana Howes  
Venue Meeting Room, Multi-Purpose Centre  
Time 2:45 pm - 4:15 pm

**Wait List**

This course provides you with an extended knowledge of Italian through reading and discussion. Students must have some knowledge of the Italian language.

## **110 Book Reading and Discussion Group**

Course Leader Jann Nicoll  
Dates 10 July; 14 August; 11 September; 9 October; 13 November  
Venue Small Meeting Room, Toronto Public Library  
Time 1:00 pm - 2:30 pm

**Wait List**

The Book Reading Group is designed to stimulate, challenge, entertain and develop friendships. Each month a book is set for reading and discussion. Books are selected from a variety of genres, styles and authors and our 'own choice' is included. At each meeting we discuss various aspects of the book and evaluate it. Books are set aside at Toronto Library for U3A.

# MONDAY - SECOND SEMESTER COURSES

## **151 History of the Early Christian Church**

Course Leader Jorg Illi  
Dates Starts 24 July, then all Mondays except term breaks  
Venue Room C, Multi-Purpose Centre  
Time 9:30 am - 12:00 noon

In this course we take a close look at the first 400 years of Christianity. We ask how it was possible that a small Christian community became, against all odds, the leading spiritual power in Europe. We meet many colourful figures and battle the mighty Roman Empire. Course text is available weekly from the leader for \$2.00-\$3.50 and is, as always, optional.

## **152 Better Speaker**

Course Leader Martina Bowen  
Dates 24, 31 July; 7, 14, 21, 28 August; 4, 11, 18 September  
Venue Room C, Multi-Purpose Centre  
Time 2:45 pm - 4:15 pm

This course will help you become a better speaker and learn how to become the host you always wanted to be. You will no longer be afraid to speak up, but will gain all the confidence you always wanted. There will be an initial charge of \$20 to cover photocopy costs.

## **153 Exploring the Kimberley**

Course Leaders Ken Short and Robyn Short  
Dates 16, 23 October  
Venue Room C, Multi-Purpose Centre  
Time 2:45 pm - 4:15 pm

Having made several trips to the Kimberleys since the mid 1990s, this fascinating region has become a favourite part of Australia. We will discuss the landscape, Aboriginal and European history and the impact of pastoral and tourism industries. The talks will be illustrated by images from our journeys by land and sea.

## **154 Christmas Foliage Art**

Course Leader Krystyna Tottrup  
Dates 20, 27 November  
Venue Uniting Church Hall, Booragul  
Time 9:30 am - 11:30 am

Krystyna was a commercial florist and taught at evening college for many years. She will demonstrate how to easily arrange unusual foliage without the need for flowers. She will also show you how to smarten ordinary gifts for Christmas. The second session provides the opportunity for you to make your own displays and gifts. There is a small cost for floral equipment for week 2.

## **155 Rendelsham Forest UFO Incident**

Course Leader Peter Turner  
Dates 20, 27 November  
Venue Room C, Multi-Purpose Centre  
Time 2:45 pm - 4:15 pm

The RAF/USAF Woodbridge and Brentwaters UFO 'incident' is deserving of further discussion as new authentic material becomes available in the public domain. It is evidently of major significance, involving senior US and UK air force personnel and others, over a period of three to four nights adjacent to and over a large air force base in the UK. The incident involved close encounters with an illuminated grounded craft and, in one case, radiation injury. Otherwise known as the UK Roswell although not so extensively publicised.

## **156 Music Theory for Beginners - Stage 1**

Course Leaders Janice Anderson and Susan Coggan  
Dates 24, 31 July; 7, 14, 21, 28 August; 4, 11 September  
Venue Uniting Church Hall, Booragul  
Time 2:00 pm - 3:30 pm

Do you want to read and understand the language and arithmetic of music? You will learn to read and write music notation, play rhythm values and develop aural (listening) skills to identify pitch, melody, chords, etc. This course will involve active participation through group and individual activities to create new neural pathways in the brain. It will require you to have fun!

## **157 Music Theory for Beginners - Stage 2**

Course Leaders Janice Anderson and Susan Coggan  
Dates 16, 23, 30 October; 6, 13, 20, 27 November  
Venue Uniting Church Hall, Booragul  
Time 2:00 pm - 3:30 pm

This course uses simple songs played on the keyboard to extend previous course participants' knowledge of musical notation, rhythm and major scales. We will also explore minor scales and their key signatures. New chords and time signatures will complement melody analysis and song construction. Be prepared to work in groups and learn to conduct.

## MONDAY - SECOND SEMESTER COURSES (continued)

- 158**                      **Chess in Three Weeks**  
Course Leader        George Lithgow  
Dates                    30 October, 6, 13 November  
Venue                    Room C, Multi-Purpose Centre  
Time                    2:45 pm - 4:15 pm  
Compete with your smart grandchildren! Come along and get some tips on how to improve your moves. Any level of play is OK. Sets provided. Just bring yourself.

## TUESDAY - FULL-YEAR COURSES WITH VACANCIES

The following courses start on 25 July and run every Tuesday except term breaks unless otherwise specified

- 202**                      **Balance 'n' Bones - Tuesday 2**  
Course Leader        Jan Leckie  
Venue                    Toronto Community Centenary Hub  
Time                    10:45 am - 11:45 am  
This is a 45-minute DVD exercise program designed for active, mobile, mature-aged participants at all fitness levels. It is a fun, easy workout aimed to increase flexibility, balance, co-ordination and bone strength through light, age-appropriate exercises. Wear comfortable clothes, bring water, a small ball and hand weights (1 kg or lower).
- 203**                      **Old Fashioned Teralba Tea Dance**  
Course Leader        Elizabeth Lewin  
Venue                    Teralba Community Hall  
Time                    9:30 am - 11:00 am  
Dancing to great music is one of the best forms of exercise for the body and mind and if you love the old dances (the ones with actual steps) like Pride of Erin, Cha-Cha, Waltz, etc, then come and join the fun. If you are unsure of the steps then we can teach you. Coming along with someone else is optional as we use a Progressive Dance format, meaning you change partners many times during each piece of music. However, smiling and willingness to have fun is compulsory. BYO morning tea.
- 204**                      **Fun with Painting and Drawing**  
Course Leaders        Christel Hacene and Glennis Gladman  
Venue                    Room C, Multi-Purpose Centre  
Time                    11:00 am - 12:30 pm  
This course gives you the opportunity to discover and practise your artistic talent in a friendly atmosphere, doing your own projects with the media you prefer. There will be no formal teaching, but plenty of guidance, support and encouragement.
- 207**                      **Total Body Stretch Latino Style**  
Course Leader        Colleen Potts  
Dates                    19, 26 September; 3, 10, 17, 24, 31 October; 7, 14, 21, 28 November; 5 December  
Venue                    Teralba Community Hall  
Time                    12:30 pm - 1:30 pm  
**Please note date changes:** the course starts late and continues in Term 4 with an extra date. A gentle stretch routine for the whole body. Stretches are in three positions: standing, sitting and lying down. You will need to bring a yoga mat, towel and bottled water. Please wear suitable clothing and shoes for exercise routines.
- 208**                      **Embroidery for All**  
Course Leader        Elaine Whittaker  
Venue                    Room C, Multi-Purpose Centre  
Time                    12:45 pm - 2:45 pm  
This is a class for beginners and experienced embroiderers. The aim is to teach stitches and incorporate them into finished items, keeping it affordable for all. Some homework will be necessary.
- 209**                      **Creative Writing Workshop**  
Course Leader        Kate Martin  
Venue                    Small Meeting Room, Toronto Public Library  
Time                    1:30 pm - 3:30 pm  
This course aims to celebrate the imagination through group discussion and story writing in a fun way. No previous experience necessary. Please bring writing materials.

## TUESDAY - SECOND SEMESTER COURSES

### 251 Italian Peninsula, a Brief History

Course Leader Adriana Howes  
Dates 25 July; 1, 8, 15, 22, 29 August; 5, 12, 19 September  
Venue Room C, Multi-Purpose Centre  
Time 9:15 am - 10:45 am

Adriana will present a brief history of the Italian Peninsula covering the Etruscans, the Holy Roman Empire, the Renaissance, the Unification, WWI, WWII and more recent events.

### 252 History of Modern America

Course Leader John Tottrup  
Dates 17, 24, 31 October; 7 November  
Venue Room C, Multi-Purpose Centre  
Time 9:15 am - 10:45 am

Via DVD, John will present the BBC film series produced and presented by Alistair Cooke. Cooke gives his informative and entertaining *History of America* which was a great success on US and British TV in the 1970s. His *Letters from America* broadcasts provide a wide view of life and events with spectacular views of the region. Discussion welcome.

### 253 Work in Heavy Industry

Course Leader John Turner  
Dates 14, 21, 28 November  
Venue Room C, Multi-Purpose Centre  
Time 9:15 am - 10:45 am

John has had a most interesting life, starting his working career as a metallurgy trainee in 1948 at a copper refinery in Port Kembla. By the age of 32 he was superintendent of the then largest steel furnace department in Australia and on his way up! Over these three sessions, John will talk about his vast experience in the steel industry in Australia, USA, Canada and USSR. He resigned from the steel industry in 1981 and spent the next 10 years operating Retravision stores with his wife. John also has many stories about his two world trips, his love of politics, economics, and his philanthropy funding five students at Newcastle University.

### 254 Happy Living

Course Leader Dorothea Twomey  
Dates 25 July; 1, 8, 15, 22, 29 August, 5, 12, 19 September  
Venue Room C, Multi-Purpose Centre  
Time 3:00 pm - 4:15 pm

This course allows you to contribute something from your life (serious or amusing) which will help us enjoy the moment and get more from life. Dorothea will begin each week by outlining the concept of happy ageing, and she will explain when the ageing process begins and how to maintain a wonderful spirit throughout the rest of your life. There will be singing, jokes and games added to the program but contributions from those attending will be the highlight.

### 255 Is There a Law Reformer in the House?

Course Leader Victor Gleeson  
Dates 17, 24, 31 October; 7, 14, 21, 28 November  
Venue Room C, Multi-Purpose Centre  
Time 3:00 pm - 4:15 pm

How about some 'felicity calculus'? This was proposed by Jeremy Bentham at the beginning of the 19<sup>th</sup> century thus giving rise to utilitarianism, a tool for philosophers and would-be legal reformers to maximise happiness. We shall look at how utilitarianism has developed and then everyone can have a go at applying it to troublesome social issues.

### 256 Excursion to Jewish Synagogue and Museum

Course Leader Bernadette Lowther  
Dates 17 October  
Venue Excursion  
Time 8:00 am - 6:30 pm

**Wait List**

Depart Fassifern at 7:46 am. Most of us are aware that the religious culture of Judaism dates back to centuries before Christ. However, how many of us know the history of Judaism in Australia from the time of earliest white settlement? We will also be privileged to hear the testimony of a survivor of the Jewish Holocaust. Using your OPAL card we will travel by train to Sydney to enjoy a guided tour of the Great Synagogue in Elizabeth Street. We will then travel by bus to Darlinghurst for lunch at the Jewish Museum café followed by a guided tour of their museum. Cost \$32 per person includes a light lunch and tours. Details following enrolment. **Please do not send any money until your enrolment is confirmed.**

# WEDNESDAY - FULL-YEAR COURSES WITH VACANCIES

The following courses start on 26 July and run every Wednesday except term breaks unless otherwise specified

## **301 Mah Jong - Wednesday Group**

Course Leader Mandy Lea  
Venue Room C, Multi-Purpose Centre  
Time 9:00 am - 12:00 noon

A basic knowledge of Mah Jong is required but we are always willing to help if you need it. We have a good friendly group of players and would like you to join us. We use *The Mah Jong Player's Companion* by Patricia A Thompson and Betty Maloney (cost about \$20) but you can play without it. A short morning tea break is included.

## **302 Our Choir**

Course Leader Merle Everard  
Venue Anglican Church Hall, Toronto  
Time 9:15 am - 10:45 am

Getting together to sing in harmony is a thrilling and very satisfying thing to do. The group has done this for many years now and would love to have new voices of all types who have a commitment to the group. It is not necessary to read music, just to have the will to sing. We have a simple uniform of a white blouse/shirt and black skirt/trousers when we perform. There are plenty of places for tenors and basses; come on men - join in the fun. An annual charge of \$25 is payable for the music sheets.

## **307 Card Making**

Course Leaders Diana Humble and Joanne Gerritsen  
Venue Uniting Church Hall, Booragul  
Time 12:30 pm - 2:00 pm

This class is for experienced card making enthusiasts and you should bring your own equipment. A minimal cost will need to be paid for materials, which can be obtained from the leader. Diana has been scrapbooking and card making for over 10 years and has many resources to draw on. However, everyone is encouraged to share their knowledge and skills.

## **308 In Your Opinion**

Course Leader John Turner  
Venue Room AB, Multi-Purpose Centre  
Time 12:30 pm - 2:00 pm

Recent news and opinion articles are introduced and described by anyone present. Before each session the leader will offer two or three items for possible discussion. The various opinions held by those present, on the items introduced, are sought and discussed. The leader will seek to ensure that contributors speak in turn.

## **309 Art and Painting for Pleasure - a Self-Help Group**

Course Leaders Robin Beach and Irene Csuka  
Venue Bolton Point Hall  
Time 1:00 pm - 3:00 pm

This friendly, encouraging group for beginners, dabblers and of course the more experienced artists, explores the various techniques of basic drawing using charcoal and pastel, painting in watercolour and the fascination of pen and coloured ink effects. Bring along your watercolour materials for the first session.

## **310 Tai Chi for Exercise**

Course Leader Nan Toeava  
Venue Toronto Community Centenary Hub  
Time 12:30 pm - 1:30 pm

Tai Chi is a relaxing form of an ancient Chinese exercise system involving gentle movements of all parts of the body. This class is for those who wish to do regular exercise for arthritis and for good health. It is also a beginner's class for those who wish to transfer to Level 1 after completing this term. This class will cover parts of Lotus and Shibashi 1. Wear comfortable clothes and soft shoes. Please bring a bottle of water.

**A reminder to those using postal enrolment:**

***please mail completed forms***

***ONLY TO THE ADDRESS SHOWN ON THE ENROLMENT FORM***

## WEDNESDAY - SECOND SEMESTER COURSES

### **351 Excursion to HMRI**

Course Leader Bernadette Lowther  
Dates 23 August  
Venue Excursion  
Time 2:00 pm - 4:00 pm

U3A's inaugural visit to what has been described as the most modern research building in the world, the Hunter Medical Research Institute, and it is here in our own backyard. It was opened in 2012 and houses 450 researchers seeking cures in many areas including cancer, brain and mental health, and heart disease. We will meet inside the main entrance of the John Hunter Hospital to commence our tour at 2:15 pm. Public buses are available from Toronto; parking has a cost. Afternoon tea is provided for \$5 pp with a portion of this going towards HMRI research.

### **352 Lightroom Basics plus Macro on the Cheap**

Course Leader: John Sharples  
Dates: 18, 25 October; 1, 8, 15, 29 November  
Venue: Large Meeting Room, Toronto Public Library  
Time: 10:00 am - 12:00 noon

#### **Please note: no class on 22 November**

You will need a basic understanding of digital photography. John will help you get started with Adobe Lightroom from importing through to basic photo editing techniques including creating and using presets. There will be a session on macro photography using inexpensive gear plus a session on focus stacking as an adjunct to macro. Bring your laptop with Lightroom installed if you have it.

## WEDNESDAY TALKS

All Talks Take Place in Room AB at the Multi-Purpose Centre from 2:30 pm - 4:00 pm

### **353 Consciously Choosing Life**

Course Leader Gabrielle Bailey  
Date 26 July

Come and join in this interactive chat and explore how we really can choose to live our best life. Discussions include: What motivates the choices we make? How does our past determine our future? How do you make conscious choices? If you were free to choose, what might you change? Please bring pen and paper.

### **354 Madagascar - Helping the Poorest of the Poor**

Course Leaders Graeme & Jane Buchan  
Date 2 August

The presentation will highlight the special times working with the poor in the Buchan's recent trip to the city of Antananarivo and a remote rural village of Soavinandriana in Madagascar. Graeme and Jane have spent countless hours over the past 4 years working voluntarily for Thrive Madagascar, a locally run 'not for profit' organisation with 10 years of humanitarian experience in the country. Come along and be enthralled with this presentation on the challenging project to enhance the lives of the poorest of the poor in Madagascar.

### **355 Cherry Blossom Time in Japan**

Course Leader Kathy de Flon  
Dates 9 August

Experience the delight of cherry blossom time in Japan. Visit the Tokyo fish markets, lunch with retired Sumo wrestlers, view temples, shrines, a castle and Mount Fuji - some of the wonderful sights in this fascinating country, many of them World Heritage listed.

### **356 Space Weather and its Effect on Earth**

Course Leader Colin Waters  
Dates 16 August

We often hear of advances in understanding of the universe from astronomy. What about closer to Earth where we place satellites for Earth observation, GPS and communications? Professor Waters will focus on understanding near-Earth space, the connection with solar activity and the aurora and why a knowledge of this region is important for human technology.

## WEDNESDAY TALKS (continued)

All Talks Take Place in Room AB at the Multi-Purpose Centre from 2:30 pm - 4:00 pm

### **357**                      **1) Communication or Mis-communication? 2) Lettering and Paper**

Course Leader     Peter Cane  
Dates                23 August

Peter will present two short talks. 1) This is a humorous look at some of the things we say which are not always what we mean, such as 'wipe your feet before entering'. Do you really have to take your shoes off first? We often have sayings which are nonsensical and maybe we should think before we speak. 2) What is so interesting about lettering and paper? We use the alphabet every day and put it on various types of paper. After a career in the printing industry Peter has learnt a few things which may interest and amuse you about these everyday topics.

### **358**                      **From a Bush Poet's Pen**

Course Leader     Bob Bush  
Dates                30 August

Bob will take us close to our home and country. He will recite some of his poems and share the stories behind each one. With characteristic Aussie humour, Bob Bush has been sharing his bush poetry with the community for over 22 years. His poems paint the hardships, humour and rewards of living, working and playing in this lucky country. Some books will be on sale.

### **359**                      **Autism Spectrum Disorder: Current Opportunities and Challenges**

Course Leader     Alison Lane  
Dates                6 September

This disorder affects approximately one in a hundred Australian children. Individuals with autism experience barriers in participation in school, work, recreation and home life. Carers experience high levels of stress. Researcher, Associate Professor Alison Lane, will overview current approaches to the identification and treatment of autism and discuss her research related to customised therapies based on sensory sub-types.

### **360**                      **Murray River Cruising**

Course Leaders    Ken Short and Robyn Short  
Dates                13 September

The Mighty Murray is of significant importance to three States. Over a month in March/April 2017, Ken and Robyn followed the river for over 1500 km learning about Aboriginal and European history, agriculture, the timber industry and the role of the river in the spread of settlement.

### **361**                      **Tongue, Hair and Nail Diagnostics**

Course Leader     Deborah Vasau  
Dates                20 September

There are many signs, some obvious and some not so obvious, that can help us to understand what our body is trying to tell us. These were often the tools of the early-day doctors, long before some of the fancier testing we have today, however still a wealth of information right in front of us. Deborah has been practising as a Medical Herbalist and Iridologist since 1987.

### **362**                      **The Wonder of Clouds**

Course Leader     Howard Bridgman  
Dates                18 October

Howard introduces cloud formations and classification, but also emphasises how wonderful clouds are. Included are a history of cloud classification, beginning with Luke Howard in the 1800s, and some spectacular examples of clouds and cloud formations. For the last 10 minutes of the talk there will be a field trip.

### **363**                      **Wonderful Wiltshire**

Course Leaders    Richard Coggan and Susan Coggan  
Dates                25 October

Wiltshire is famous for Stonehenge, Salisbury Cathedral (with its Magna Carta) and Stourhead Gardens. Yet there are other hidden treasures to learn about such as a lost Saxon church, a chalk white horse, Moonrakers, a devil with his foot in the world and a poultry cross. History is everywhere, even a local church celebrating its 700<sup>th</sup> anniversary.

### **364**                      **Forensic Odontology**

Course Leader     Jane Taylor  
Dates                1 November

Associate Professor Jane Taylor will point out that forensic science is not really like it appears on CSI and related TV blockbusters. This presentation will introduce Forensic Odontology and explain why you really should look after your teeth.

## WEDNESDAY TALKS (continued)

All Talks Take Place in Room AB at the Multi-Purpose Centre from 2:30 pm - 4:00 pm

### **365 Engaging Children in Physical Activity: the Fun is in the Complexity**

Course Leader Andrew Miller  
Dates 8 November

Family involvement (including grandparents) in teaching children physical skills is very important. Understanding the stages of how children develop physically can help in providing valuable movement experiences. Dr Miller's research highlights the development stages of physical learning and offers insights for research targeted at teaching children through 'game play' rather than the traditional stance of skill acquisition.

### **366 1998 HMS Westralia Tragedy**

Course Leader Geoff Goodwin  
Dates 15 November

This disaster was the RAN's worst accident since the 1964 collision of the Melbourne and Voyager. In 1998 the replenishment tanker, HMS Westralia, laden with fuel, suffered a catastrophic engine room fire off Fremantle. Four sailors died and the ship was left dangerously drifting in the shipping channel. Geoff will describe what happened, how it was determined what happened, and the aftermath.

### **367 The Rise and Fall of 'Fake News'**

Course Leader John Dunnet  
Dates 22 November

The rapid spread of social media sites on the internet has been accompanied by a global decline in the reach of 'old' media vehicles (press, radio and television). The ubiquity of the internet has allowed some unregulated and unmediated social media sites to spread false and misleading 'news' and information to vast audiences ignoring the principles which underlie the credibility of traditional journalism. The results of this relatively new trend are having wide-ranging consequences for individuals, communities and nations. As a traditional journalist, John will lead a discussion on this contemporary issue.

### **368 The Great Witch Hunt**

Course Leader Noel Rutherford  
Dates 29 November

The 14<sup>th</sup> century was a period of enormous stress in Europe: the Great Famines of 1315-18 and the Black Death in 1348. Following years of widespread conflict (including the 100 year war) causing great upheaval, the blame was put upon witches!

## THURSDAY - FULL-YEAR COURSES WITH VACANCIES

The following courses start on 27 July and run every Thursday except term breaks unless otherwise specified

### **403 Poetry Appreciation**

Course Leader Kathryn Abram  
Venue Small Meeting Room, Toronto Public Library  
Time 9:30 am - 11:00 am

The richness of language and poetry styles are explored by this group of poetry lovers. We read, discuss, unravel and share poetry of all forms. Class members are encouraged to take an active role in the class.

### **404 Ethnic Lunches on Thursday**

Course Leader Martina Bowen  
Dates 27 July; 31 August; 28 September; 26 October; 30 November  
Venue Venues to be advised  
Time 11:00 am - 2:00 pm

Ethnic Lunches is on again with new and exciting venues to visit. There are new restaurants popping up all the time and we have 10 to visit in 2017, all with a different culture to experience, so come and join me and your fellow U3A members to experience the delights of ethnic food.

## THURSDAY - FULL-YEAR COURSES WITH VACANCIES (continued)

The following courses start on 27 July and run every Thursday except term breaks unless otherwise specified

### 407 Scottish Dancing Continuing

Course Leader Ian Robertson  
Venue Uniting Church Hall, Booragul  
Time 1:00 pm - 2:30 pm

Scottish dancing is a wonderful way to keep fit, have a laugh and challenge the brain. There will be no intricate steps to learn. Wear comfortable clothes and shoes and bring drinking water. The class is open to newcomers and those experienced in Scottish dancing. This is an ideal class for couples and we would particularly welcome some more male participants.

### 408 Opera, Operetta and Musical Appreciation

Course Leader George Lithgow  
Venue Unit 2, 35 Lake St, Blackalls Park **Wait List**  
Time 1:00 pm - 3:00 pm

This course offers both entertainment and appreciation and will consist mainly of performances on DVD of opera, operetta, an occasional ballet and a play or two if desired. Depending on the particular performances, class times vary between two and three hours' duration. The venue is level and parking is available at the rear.

### 409 Chair Yoga

Course Leaders Debra Luke and Diana Humble  
Venue Bolton Point Hall  
Time 1:30 pm - 2:30 pm

In western countries we rarely sit on the floor and therefore in some people our pelvis and large muscle groups are very tight. Chair Yoga is a more gentle form of yoga, practised sitting in a chair or using a chair for support. Debra is a registered nurse with 30 years' experience and has worked in the medical field of nursing, including cardiac rehabilitation. You will be provided with instruction while being guided by your limitations. Bring water, a blanket and an open mind.

## THURSDAY - SECOND SEMESTER COURSES

### 451 Croquet, An Introduction

Course Leader Marion Davies  
Dates 3, 10, 17, 24, 31 August and 7 September  
Venue Ron Hill Oval, Toronto  
Time 1:00 pm - 3:00 pm

Croquet is a game which can be played by all ages and enjoyed by people of varying levels of ability. In the first session you will learn the basic skills of golf croquet. In following sessions you will participate in a game, at which time some basic rules and strategies will be explained. There is no running involved but a reasonable amount of walking. \$5 per person per session will cover the use of equipment, green fees and afternoon tea.

### Important Enrolment Information

- You do not need to re-enrol if you are currently enrolled in a year-long course
- To Enrol, follow the instructions in the **Enrolment Email** or **Post** us your enrolment form **only to the address shown on the form** (you should pay for Express Post in order to get it in on time)
- Do not send us scanned copies as these will not be accepted
- If you are confused about the enrolment system, phone **Mandy** on our helpline on **0490 367 591** and she will talk you through the process

# FRIDAY - FULL-YEAR COURSES WITH VACANCIES

The following courses start on 28 July and run every Friday except term breaks unless otherwise specified

## **501 Exercise to Music for Fitness, Health and Fun**

Course Leader Christine Mitford  
Venue Bolton Point Hall  
Time 9:00 am - 10:00 am

Come join the fun and fitness class with the aim to have an enjoyable time while exercising. This class will cater for both male and female members in a social setting. Wear comfortable clothes and shoes and bring your water bottle.

## **502 Peace and Circle Dance**

Course Leaders Jan Heath and Denise Sawang  
Venue Teralba Community Hall  
Time 9:00 am - 10:30 am

Dances are drawn from the European folk dance tradition, universal peace and community dances of Findhorn, Scotland. The dance circle is open to both beginners and experienced dancers. Steps are taught at the beginning of each dance. Walking, swaying and circling are included and the pace of the dances in any one session can range from slow and meditative to upbeat. This course offers an opportunity to meet other dancers in a space which is welcoming and supportive.

## **503 Balance 'n' Bones - Friday 1**

Course Leaders Diana Humble and Joanne Gerritsen  
Venue Toronto Community Centenary Hub  
Time 9:30 am - 10:30 am

This is a 45-minute DVD exercise program designed for active, mobile, mature-aged participants at all fitness levels. It is a fun, easy workout aimed to increase flexibility, balance, coordination and bone strength through light, age-appropriate exercises. Wear comfortable clothes, bring water, a small ball and hand weights (1 kg or lower).

## **504 Balance 'n' Bones - Friday 2**

Course Leader Kathryn Gray  
Venue Toronto Community Centenary Hub  
Time 10:45 am - 11:45 am

This is a 45-minute DVD exercise program designed for active, mobile, mature-aged participants at all fitness levels. It is a fun, easy workout aimed to increase flexibility, balance, coordination and bone strength through light, age-appropriate exercises. Wear comfortable clothes, bring water, a small ball and hand weights (1 kg or lower).

## **505 Mah Jong - Friday Group**

Course Leaders Vivienne Goodwin and Julie Lau  
Venue Room AB, Multi-Purpose Centre  
Time 9:30 am - 12:30 pm

Experienced Mah Jong players can improve their game or, if you are a real beginner, there is someone available to show you all the rules. There is a morning tea break and plenty of time for socialising. It is recommended that members purchase *The Mah Jong Player's Companion* by Patricia A Thompson and Betty Maloney (cost about \$20).

## **507 Playing the Recorder - Intermediate**

Course Leader Beth Lucas  
Venue Anglican Church Hall, 146 Brighton Ave, Toronto  
Time 9:30 am - 11:00 am

This class is for those who can already read music and play with reasonable fluency. The lessons are also suitable for anyone wishing to learn how to manage a recorder of a different pitch from that which they have previously played. We practise a variety of music spanning some six centuries.

## **508 Playing the Recorder - Advanced**

Course Leader Beth Lucas  
Venue Anglican Church Hall, Toronto  
Time 11:15 am - 12:45 pm

This class is for continuing members, plus any new members who can confidently hold a part in four-part arrangements of contemporary and classical repertoire.

## **509 Tap Dance for Beginners**

Course Leader Christine Mitford  
Venue Bolton Point Hall  
Time 10:00 am - 11:00 am

The basics of tap dance will be taught and will be set to music. Come and enjoy the art of dance in a social setting where the rewards and achievements are great.

## FRIDAY - FULL-YEAR COURSES WITH VACANCIES (continued)

The following courses start on 28 July and run every Friday except term breaks unless otherwise specified

### 511 The Art of Traditional Chinese Tai Chi

Course Leaders Peter Yang and Gloria Yang  
Venue Toronto Community Centenary Hub  
Time 12 noon - 1:00 pm

**Wait List**

Mr Yang is a Master of Chinese Kung Fu who recently emigrated to Australia. He was trained in the art of Tai Chi by one of the great Chinese masters and was a Tai Chi coach for 11 years in China, practiced for more than 20 years. Come along to improve your health and reduce stress. Mr Yang is expert in traditional Chinese Tai Chi such as Chen style, Yang and Wu Styles. Beginners welcome. Please bring a bottle of water.

### 512 Tai Chi - Levels 5/6

Course Leaders Norma Johnson and Barbara Anne Hicks  
Venue Toronto Community Centenary Hub  
Time 1:00 pm - 2:00 pm

This course is for members who have completed U3A levels 1 to 4. Please wear comfortable clothes and bring water.

### 513 Scrabblers

Course Leader Barbara Brooks  
Venue Large Meeting Room, Toronto Public Library  
Time 1:30 pm - 3:30 pm

This is for those people who have played Scrabble before or would like to learn. Please come with the attitude to expand your mind. We will show you the finer points of the game without getting too serious and introduce you to using scrabble words not used in everyday speech. We allow you to use a scrabble dictionary and word charts - not just relying on your own vocabulary.

### 514 Orchestra

Course Leader Angela Finney  
Venue Anglican Church Hall, Toronto  
Time 1:45 pm - 3:45 pm

The orchestra learns a variety of works during the year to suit the abilities and interests of its members. We work towards a performance at the Musicale during the latter part of the year. The orchestra is always looking for new members especially percussion, cello, viola and wind players. Bring your instrument(s) and love of music. It helps if you can sight read music but this is by no means absolutely necessary.

### 515 Bridge for Improvers

Course Leader Anne Reilly  
Venue Room A, Multi-Purpose Centre  
Time 2:00 pm - 4:00 pm

**Cancelled**

This course is suitable for members who have completed a Beginners Bridge course or who have not played Bridge for some years. Emphasis will be on the play of Bridge hands in the competitive auction as well as improving declarer and defender play. Some basic bridge conventions such as Stayman and later Transfers will be introduced.

## FRIDAY - SECOND SEMESTER COURSES

### 551 Play Reading

Course Leader Ian Lucas  
Dates 1, 8, 15, 22 September; 20, 27 October; 3, 10 November  
Venue 6 Bayview Ave, Blackalls Park  
Time 2:00 pm - 4:00 pm

Participants need to spend more than the usual 90 minutes in this group as most two-act plays will take a good two hours to read. There is no cost as Ian provides reading copies from his own collection of period and modern plays, as well as libretti for a range of musical comedies and operetta. No one will be required to sing unless they particularly wish to.

## FRIDAY - SECOND SEMESTER COURSES (continued)

**552**                      **Transfiguration: Making the Jesus Story**  
 Course Leader        John Carr  
 Dates                    20, 27 October; 3, 10, 17, 24 November; 1, 8 December  
 Venue                    Woodrising Neighbourhood Centre  
 Time                     10:00 am - 12.00 noon

This course reveals the extensive story-making processes by which the character called 'Jesus' came to be reshaped into the lead role in that great drama known as the Jesus Story. Whereas others have suggested a crucial distinction between the person called Jesus and the Jesus Story, we can now identify the array of narrative strategies that have been woven together to concoct the Jesus Story from identifiable story elements. Many of these narrative templates actually pre-dated the real Jesus, so that in essence we will be tracing the means by which a 'Jesus-before-Jesus' and later the real Jesus were both transformed into the modern 'Jesus Christ'.

**553**                      **100 Classic Movies**  
 Course Leader        Vince Dale  
 Dates                    Starts 28 July, then all Fridays except term breaks  
 Venue                    Large Meeting Room, Toronto Public Library  
 Time                     11:00 am - 12:30 pm

Participants will discuss around 12 movies each week, using video trailers, books and documentary footage. It covers all genre and periods and participants will be encouraged to preview a movie under discussion and present to the group (although this is not mandatory).

## CONTINUING COURSES WHICH ARE NOT ACCEPTING NEW ENROLMENTS IN SEMESTER 2

Please note: This information is included as a reminder for those members already enrolled.  
 You do not need to re-enrol for Semester 2

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104	French True Beginners
201	Balance 'n' Bones Tuesday - 1
205	Ukulele - Stage 3
206	Middle Eastern Dance - Choreographies
210	Ukulele Stage 2
303	Fibre and Textile Craft Group
304	Intermediate Tap
305	Bridge basics for beginners
306	Bridge for advanced players
311	Tai Chi - Levels 1/2
401	Tap Dancing Advanced
402	Meditation Plus
405	Jazz Dance
410	Line Dance for Beginners
510	German for Beginners
516	Ethnic Lunches on Friday

**Note: the first lunch for Semester 2 will now be held on 28 July not 21 July as previously advertised.**

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